PAGE'S
COOK BOOK

COMPLIMENTS OF
THE PAGE DAIRY CO.,
TOLEDO, OHIO
### QUANTITIES OF FOOD NEEDED

**To Serve One Hundred People**

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken to Roast</td>
<td>50 lbs.</td>
</tr>
<tr>
<td>Chicken to Cream</td>
<td>40 lbs.</td>
</tr>
<tr>
<td>Chicken for Salad</td>
<td>35 lbs.</td>
</tr>
<tr>
<td>Potato Chips</td>
<td>10 lbs.</td>
</tr>
<tr>
<td>Potatoes Creamed</td>
<td>3 pks.</td>
</tr>
<tr>
<td>Potatoes Mashed</td>
<td>4 pks.</td>
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<tr>
<td>Potatoes Escaloped</td>
<td>4 pks.</td>
</tr>
<tr>
<td>Ham</td>
<td>40 lbs.</td>
</tr>
<tr>
<td>Baked Beans</td>
<td>4 gals.</td>
</tr>
<tr>
<td>Bread</td>
<td>12 to 15, according to size of loaf</td>
</tr>
<tr>
<td>Rolls</td>
<td>14 doz.</td>
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<tr>
<td>Butter for Rolls</td>
<td>2 lbs.</td>
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<tr>
<td>Butter for Sandwiches</td>
<td>4 lbs.</td>
</tr>
<tr>
<td>Cakes</td>
<td>5</td>
</tr>
<tr>
<td>Coffee</td>
<td>3 lbs.</td>
</tr>
<tr>
<td>Coffee Cream</td>
<td>1 gal.</td>
</tr>
<tr>
<td>Fruit Jelly</td>
<td>10 qts.</td>
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<tr>
<td>Salted Nuts</td>
<td>4 lbs.</td>
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<tr>
<td>Berries</td>
<td>20 qts.</td>
</tr>
<tr>
<td>Sugar for Berries</td>
<td>4 lbs.</td>
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</tbody>
</table>

### BALM FOR SKIN OR HANDS

\[
\frac{1}{4} \text{ oz. Gum Tragacanth; 1 pt. soft water. Let stand for two days. Heat until all lumps disappear, then strain. Add } \frac{1}{4} \text{ oz. boracic acid; } 3 \text{ oz. glycerine; } 3 \text{ oz. alcohol; } \frac{1}{2} \text{ pt. water, or enough to make the solution like cream. Add perfume if desired. (Dissolve boracic acid in water.)}
\]

### SPLENDID LOTION FOR ROUGH HANDS

1 tablespoon quince seeds. Soak in 1 1/2 cups hot water over night. Then strain thru cheese cloth bag, and add 1 1/2 oz. of glycerine; 1 1/2 oz. alcohol (refined); perfume if desired. Splendid for face, to keep wind from chapping.
SOUPS

**MOCK BISQUE SOUP**

\[
\begin{align*}
\frac{1}{2} & \text{ can of tomatoes; 1 qt. of sweet milk; 1 tablespoonful of butter; } \\
1 & \text{ tablespoonful of flour; 2 tablespoonfuls of chopped celery; half an onion, sliced; salt and pepper to taste; soda and sugar.}
\end{align*}
\]

Cook the tomatoes, onion, celery and seasoning together until well stewed. Then strain, and add a pinch of soda and one of sugar. Heat the milk; then cook the butter and flour together, and add the hot milk slowly until the mixture is thick and creamy. Remove from the fire and add to the tomatoes, stirring vigorously. If desired, add a cupful of cream. Serve at once.

If oyster soup is to be substituted for the above dish, allow five oysters for each person.

**OYSTER SOUP**

30 oysters; 1 qt. of milk; 2 tablespoonfuls of butter; 2 tablespoonfuls of flour.

Drain the oysters in a colander and pour over them a cupful of cold water. Drain again and put in a dry, hot kettle. Shake until they begin to boil, and cook until the edges curl. Drain and save the liquor. Cook the butter and flour together; add the milk and allow to come to the boiling point. Add the oyster liquor and seasoning; then bring to a boil, add the oysters and serve. A famous southern cook adds small pieces of onion and celery to oyster soup as flavoring. Crackers are served with this soup.

**POTATO SOUP**

6 good-sized potatoes; \(\frac{1}{4}\) pound of salt pork; 2 onions; a few sprigs of parsley; 2 cupfuls of milk; 1 heaping tablespoonful of butter; salt and pepper to taste.

Peel and quarter the potatoes and put them into a saucepan. Add the pork, the onions sliced, and the parsley. Cover liberally with cold water and allow to boil gently for one hour. Remove the pork and rub the remainder through a colander. Return to the pot, add the milk, butter and seasonings. Allow to boil up once, to become thoroughly hot, and serve in a hot tureen.

**TO CLEAR SOUP STOCK**

Remove fat and put quantity to be cleared in a stewpan, allowing the white and shell of one egg to each quart of stock. Beat egg-white slightly and add to stock, with egg-shell broken in small pieces. Place on front of range and stir constantly until boiling point is reached; then let boil two minutes. Set back on range where it may simmer twenty minutes. Remove scum, and strain through a double thickness of cheese-cloth placed over a fine strainer.

**CHICKEN GUMBO**

Peel and chop one medium-sized onion and cook with four tablespoonfuls of butter five minutes, stirring constantly. Add to four cupfuls of chicken stock with one-half can of okra, cut in small pieces, one and one-half teaspoonfuls of salt, one-eighth teaspoonful of pepper, and one-half small green pepper (from which the seeds have been removed), finely chopped. Bring to the boiling-point and let simmer forty minutes.
MANHATTAN CLAM BISQUE, PIMENTO CREAM:

Wash two quarts of clams in shells, put in kettle, add one-half cupful of cold water, cover, and cook until shells open. Strain liquor through a double thickness of cheese-cloth, and add enough water to make four cupfuls of liquid. Cook three tablespoonfuls of butter until brown (stirring constantly that it may not burn), add three and one-half tablespoonfuls of flour, and stir until well blended. Then pour on gradually, while stirring constantly, the clam water. Bring to the boiling-point and let simmer twenty minutes. Season with one-half teaspoonful of salt and a few grains of paprika, and just before serving add one cupful of rich milk or thin cream. Serve in bouillon-cups with a spoonful of pimento cream on each.

CREAM-OF-TOMATO SOUP

Cook one-half can of tomatoes with one slice of onion and two teaspoonfuls of sugar fifteen minutes; add one-fourth teaspoonful of soda and force through a puree-strainer. Melt one-third cupful of butter, add four tablespoonfuls of flour, and stir until well blended; then pour on gradually, while stirring constantly, one quart of scalded milk. Bring to the boiling-point, add tomato, and season with one teaspoonful of salt and one-eighth teaspoonful of pepper. Serve at once with crisp crackers or croutons.

VEGETABLE SOUP

Wash and scrape a small carrot; cut in quarters lengthwise; cut quarters in thirds lengthwise; and cut strips thus made in thin slices crosswise. Wash and pare half a turnip, and cut and slice same as carrot. Wash and pare potatoes, cut in one-third-inch slices, and slices, and slices in one-third-inch cubes; there should be one and one-half cupfuls. Wash and scrape celery, then cut in one-fourth-inch slices; there should be one-half cupful. Peel one-half onion and cut in thin slices. Mix vegetables (except potatoes) and cook in four tablespoonfuls of butter ten minutes, stirring constantly; add potatoes, cover, and cook two minutes. Pour over one quart of freshly boiled water and let simmer fifty minutes. Beat with a spoon or fork to break vegetables, and add one tablespoonful of butter and one-half tablespoonful of finely chopped parsley. Season to taste with salt and pepper.

MOCK-BOUILLON

Put two cans of tomatoes (quart capacity) in a stewpan and add four stalks of celery broken in pieces, eight slices of carrot, one-half sliced onion, one-half small green pepper (from which the seeds have been removed), cut in strips, two cloves, and a bit of mace. Strain, add one-fourth cupful of sherry wine, and season with salt and pepper. Chill and then clear. Serve in bouillon-cups.

GERMAN VEGETABLE SOUP

$\frac{1}{2}$ cupful of Lima beans; $\frac{1}{2}$ cupful of dried peas; 2 tablespoonfuls of barley; 2 tablespoonfuls of rice; 2 tablespoonfuls of brown beans; 2 potatoes; 2 onions; 1 small turnip; 1 carrot; 2 slices of bologna sausage; 1 cupful of stewed tomatoes; seasoning of salt and pepper; 1 stalk of celery; one ham bone.

This is a cheap, delicious and exceedingly nourishing soup. Soak
the beans, peas, barley and rice for an hour and a half in sufficient cold water to cover them. Bring them to the boiling point; add the vegetables cut in small pieces, and cook slowly until they are tender. About half an hour before serving-time add the bologna sausage and the ham bone. Season with salt and pepper. Stir frequently and add boiling water as it cooks down. Serve quite thick and very hot.

MUSHROOM SOUP

One tablespoonful of beef extract, one quart water added to two tablespoonfuls of flour stirred into two tablespoonfuls of melted butter. Let simmer; stirring, add one can mushrooms (cut in slices) with liquor. Heat one quart of cream in double boiler. Add just before serving and season to taste. Makes enough for twelve people.

CORN CHOWDER

1 quart can of corn; 1 quart of sliced raw potatoes; a 2-inch cube of fat salt pork; 1 sliced onion; 1 teaspoonful of pepper; 1 tablespoonful of flour; 2 tablespoonfuls of butter; 2 cupfuls of milk; 6 butter crackers.

Heat the corn and scald the potatoes. Fry the pork and take it from the saucepan; cook the onion in the fat. Strain the fat into one quart of the water in which the potatoes were scalded, then put in a layer of potatoes and a layer of corn pulp; season with salt and pepper and allow to simmer for twenty minutes. Blend the butter and flour together in a saucepan over the fire, stir in the milk, and keep stirring until it comes to the boiling point. Pour it over the chowder. Put a layer of crackers into a hot soup-tureen, and turn the chowder over them.

FISH AND OYSTERS

OYSTERS ROASTED IN SHELLS

Oysters; salt and pepper; butter; cracker dust.

Wash shells clean and wipe dry. Place in a pan with the round part of the shell down. Set in very hot oven for three minutes. Take from oven and remove upper shell. Place three oysters in each of the round shells. Season with salt, pepper and small bits of butter, cover with cracker dust, return to oven and brown. This is a delicious and easily prepared dish for a Sunday night supper.
PIGS IN BLANKETS

Oysters; bacon.
Drain and carefully dry nice, plump oysters. Wrap each one in a thin slice of bacon, fasten with a wooden toothpick and fry quickly in a hot pan.

PLANKED WHITEFISH

Clean, wipe and split a three-pound whitefish. Trim into shape. Place skin side down on a hot well-greased oak fish plank one and one-half inches thick and two inches longer and wider than fish. Brush over with melted butter.

Surround fish with a border of coarse salt to prevent plank from burning. Broil twenty minutes under gas flame. Remove from oven and scrape off salt border. Surround the fish with mashed potatoes forced through pastry bag.

Serve fish on plank placed on platter, garnish with lemon and parsley.

OYSTER FRITTERS

1 1/2 cup of milk; 2 eggs; flour (about 1 1/4 cup); 1 pint of oysters; 1 teaspoonful of baking powder; 1/2 teaspoon of salt.

Beat the eggs well and add the milk and enough flour to make a thin batter. The salt and baking powder should be sifted in with the flour. Chop the oysters quite fine and add to the batter. Drop by spoonfuls into smoking hot fat, drain on brown paper and serve garnished with sliced lemons.

FRIED OYSTERS

2 dozen oysters; 1 egg; cream; boiling water; cracker dust; bread-crumbs; red pepper; hot fat.

Wash, drain and clean oysters. Place in frying basket and plunge in boiling water for just one minute. Drain and dry on a towel. Sprinkle lightly with red pepper (black if preferred) and roll in cracker dust. Have egg beaten well with an equal quantity of thick cream. Dip the oysters in this and roll in fine bread-crumbs. Press gently with a broad knife and fry in deep fat hot enough to brown them in one minute. Drain on soft, brown paper and serve immediately.

ESCALLOPED OYSTERS

1 pint of oysters; 1/4 cup of butter; 1/2 cup of grated bread-crumbs; 1/2 cup of cracker crumbs; 1/4 cup of milk; salt and pepper.

Drain and clean the oysters. Mix part of the butter with the bread-crumbs and the remainder with the cracker crumbs. Butter a baking dish, cover with bread-crumbs and arrange a layer of oysters and then one of bread-crumbs in the dish. Season. Repeat this until the dish is nearly filled. Add equal parts of milk and oyster liquor until nearly covered (about one-fourth cup of each), sprinkling buttered cracker crumbs on top. If mixture seems too dry, add more oyster liquor. Bake in quick oven twenty-five minutes.

FRIED BLUE FISH, AND OTHER KINDS

Clean, wipe dry, inside and out. Sprinkle with flour, and season with salt. Fry in hot butter or sweet lard. 1/2 lard and 1/2 butter
Take a good mixture for frying fish. The moment fish are done to good brown, take them from fat and drain in hot strainer; garnish with parsley.

**TO FRY BROOK TROUT OR ANY OTHER SMALL FISH**

Clean fish, and let them lie few minutes wrapped singly, in clean dry towel; season with pepper and salt; roll in cornmeal, fry in 7/8 butter and 7/8 lard; drain on sieve, and serve hot.

**BAKED CRABS**

One cupful of crab meat, two hard-cooked eggs, one teaspoonful chopped olives, one teaspoonful of mustard, two tablespoonfuls of flour, one cupful of milk, some buttered eadcrumbs, seasoning of salt, pepper and red pepper. Melt the butter; stir in the flour, salt, pepper and red pepper; add stock; cook eight minutes and then add eggs chopped, crab meat and olives. Divide into crab shells, sprinkle with buttered breadcrumbs and bake until hot. Garnish with slices of lemon.

**ROASTED CLAMS**

Wash the clams, lay them unopened in a baking-dish and set the dish on top of the range. Cook until the shells open wide, then remove the upper shells and transfer the lower—each with the clam and juice still in it—to a hot platter. Squeeze upon each clam a few drops of lemon juice, add seasoning of salt and pepper and serve in the shells. Garnish the center with sprigs of parsley. Serve with tomato ketchup.

**DEVILED CLAMS**

Melt in a saucepan two heaping tablespoonfuls of butter; when brown add one chopped onion, twelve chopped clams, four skinned and chopped tomatoes, and seasoning of salt, pepper and paprika, and cook for a quarter of an hour; then add one teaspoonful of mushroom ketchup and three-quarters of a cupful of breadcrumbs, and heat thoroughly. Remove from the fire, and when cool add three beaten eggs. Wash the clam shells well, then fill with the mixture, sprinkle a few breadcrumbs on the top of each, dot with butter and bake in a hot oven for fifteen minutes. Serve garnished with parsley.

**LOBSTER A LA CREOLE**

Chop up fine one green pepper, one skinned tomato and a slice of onion; cook these in two heaping tablespoonfuls of butter in a fireproof dish until they are very tender; then add one cupful of stock, salt to taste, and simmer for eight minutes; then put in the diced meat of a boiled lobster. When thoroughly heated serve at once.

**CREAMED SHRIMPS AND PEAS**

Blend together in a saucepan over the fire one tablespoonful of butter and one tablespoonful of flour, then add gradually one cupful of milk; season with salt and white pepper, and add a squeeze of lemon juice. Stir constantly until it boils for a few minutes, then add one cupful of picked shrimps and a cupful of cooked peas. When thoroughly heated divide into well-buttered ramekins, and decorate with a picked shrimp, a little parsley and a ring of peas around the edge of each dish. Serve while very hot.
FOWL AND GAME

FRIED CHICKEN WITH PEAS IN TURNIP CUPS

1 young chicken; young turnips; white sauce; vegetable-oil; green peas; salt and pepper.

Fry the young chicken, after it has been dressed and jointed, in hot vegetable fat till tender and brown, seasoning with salt and pepper. Boil young turnips in salted water until tender, then drain, and form into cups by scooping out part of the centers. Cook the peas, seasoning with a teaspoonful of sugar and salt and pepper to taste, and dress with a white sauce. Fill into the turnip cups, and arrange around the chicken on a plate or platter, garnishing with sprigs of parsley.

CHICKEN PIE

1 chicken; 2 onions; salt and pepper; 2 cupfuls sweet corn; 3 potatoes; potato pastry.

Dress and cut the chicken up as you would for boiling. Chop the potatoes into bits or cut into cubes, also the onions, and place on top of the chicken, seasoning with salt and pepper. Season the corn with salt, pepper and a teaspoonful of sugar. Pour over the chicken and potatoes. If the chicken is not fat, add a little bacon fat, or vegetable-oil after the chicken is put in the bake-pan. Line the pan with a potato pastry, made as follows, and also cover the top with this, and bake in the oven for one hour if the chicken is young, and longer if old.

Take two cupfuls of finely mashed potatoes and add two cupfuls of sweet milk, a pinch of salt, one beaten egg, two teaspoonfuls of baking-powder and enough flour to make a stiff dough. Roll out about one-half inch thick.

CHICKEN EN CASSEROLE WITH VEGETABLES

1 chicken; 2 green peppers; 2 medium-sized carrots; 3 tablespoonfuls vegetable-oil or drippings; 4 onions 2 cupfuls potato; 2 cupfuls sweet milk; salt and pepper.

Dress and joint the chicken and place in a casserole, cut the vegetables quite thin and place over the chicken, seasoning well with salt and pepper, and some parsley or celery if desired. Pour over the oil and milk. Cover and bake in slow oven for two or three hours, or until the chicken and vegetables are nice and tender. Other vegetables may be substituted for the ones named. Peas may be used instead of potatoes, and turnips instead of carrots.

CHICKEN CROQUETTES

2 cupfuls cold boiled chicken; 2 cupfuls cooked rice; salt and pepper; 2 tablespoonfuls parsley; 1 egg; ½ cupful milk.

Chop the chicken fine or run through a meat-chopper, add the rice, chopped parsley, and other seasoning to taste, then add enough milk to make of the right consistency to mold. Beat up the egg and add. Roll in corn-meal, then in beaten egg, and again in corn-meal, and fry in deep vegetable-oil, just heated to the boiling-point. It may be served with a tomato sauce.
BROWN FRICASSEE OF CHICKEN

Clean and disjoint. Brown in a few spoons hot butter or pork fat. Transfer to a kettle. To fat in pan add sufficient flour to absorb, stir and brown. Gradually add 1 pint hot water, stir till thickened, strain over chicken. Cover and simmer gently till tender.

SAVORY CHICKEN

Cut a chicken into joints. Melt four tablespoonfuls of vegetable-oil, put in the pieces of chicken, and season with one teaspoonful of salt and one-half teaspoonful of pepper. Fry until slightly browned, add one tablespoonful of corn-flour, two small onions chopped, one-half cupful of tomato sauce, one bunch of herbs, and sufficient stock or water to cover. Cook slowly until the fowl is tender. Add more seasonings if necessary and serve garnished with slices of hard-boiled egg and small pieces of toasted bread.

ROAST RABBIT

2 young rabbits; 1 quart of soft bread-crumbs; 3 tablespoonfuls of shredded suet; parsley; 1 egg; ½ teacupful of stock or hot water; salt; ½ teaspoonful of black pepper; bacon; ½ pound of calf’s liver; 1 pint of beef stock; 1 tablespoonful of butter; 1 tablespoonful of red currant jelly; cayenne pepper; 1 tablespoonful of flour.

Prepare the rabbits for baking and stuff them with a dressing made as follows: Mix the bread-crumbs, shredded suet, one tablespoonful of chopped parsley, the egg, the stock or hot water, one teaspoonful of salt and one-third of a teaspoonful of pepper. After the rabbits have been filled with the dressing, tie them in place, cover with bits of breakfast bacon and roast in a brisk oven for three-quarters of an hour, basting frequently. For the sauce put the calf’s liver into a saucepan with with three sprigs of parsley and the beef stock and simmer for twenty minutes. Then strain the broth into a bowl. Mince the liver and put it aside. Melt the butter, add the flour and let it brown. Pour in the broth from the liver and cook until it begins to thicken. Then add the chopped liver, the red currant jelly, one-half of a teaspoonful of salt and a dash of cayenne pepper.

Boil this up once and serve with the rabbit in a separate dish.

MOCK DUCK

3 pounds of round steak cut in a single piece. Make a deep slit in the middle from the side—fill with a potato and onion dressing as for duck; put strips of salt pork on top. Bake 3 hours slowly, basting often. Make a brown gravy and pour over meat when served.

WILD DUCK WITH PEAS

Cold duck; ham; 2 tablespoonfuls of butter; 1 pint of stock; 1 tablespoonful of flour; 1 pint of peas; salt and pepper.

Put the remains of a cold duck and one slice of ham in a saucepan with the butter. Fry until they are slightly browned. Then dredge in the flour and pour the stock in gradually. When it boils up, season with one teaspoonful of salt and one-fourth of a teaspoonful of pepper. Have the peas ready, put them in the center of the dish, arrange the duck around them and pour the sauce over it.
CURRIED PHEASANT

1 pheasant; 2 sour apples; 1 sliced onion; 2 tablespoonfuls of butter; boiled rice; 1 teaspoonful of salt; ¼ teaspoonful of pepper; 1 tablespoonful of curry powder; 1 quart of brown stock.

Pick, singe and clean the pheasant. Cut it up into neat joints and put it into a frying pan with the apples, peeled and chopped fine, the onion and butter. Fry until all is browned. Then add the salt, pepper, curry powder and brown stock. Cook slowly for three-quarters of an hour. Remove the meat from the pan and pass the puree through a sieve. Then return all to the pan and reheat. Dish in the center of a hot platter and serve with a border of rice.

RABBIT CUTLETS WITH TARTAR SAUCE

1 tablespoonful of butter; 2 tablespoonfuls of flour; 1 teacupful of milk; 1 teaspoonful of salt; ¼ teaspoonful of pepper; watercress; onion juice; rabbit; 2 teacupfuls of bread-crums; 1 egg; nutmeg; lemon peel; 2 small, sweet pickles; 3 olives; 1 cupful of mayonnaise; capers.

Blend the butter with the flour, add the milk and cook until thick and smooth. Season with the salt and pepper and put aside to cool. Add the cold rabbit which has been passed through the meat chopper, the bread-crums, the egg, a few gratings of nutmeg and one teaspoonful of grated lemon peel. Mix well and form into cutlets. Dip in egg, then in bread-crums and fry in deep fat. Drain on unglazed paper and serve with tartar sauce. For the sauce chop fine the pickles, olives and a handful of watercress. Add this to the mayonnaise and beat thoroughly. Then add a few drops of onion juice and a few capers.

SCALLOPED DUCK

Duck and stuffing; 1 tablespoonful of butter; 2 tablespoonfuls of flour; 1 teacupful of brown stock; salt and pepper; celery extract; cracker crumbs; 1 quart of chestnuts.

Take the remains of a duck and the stuffing and mince them fine. Boil the chestnuts until tender and pass them through the meat chopper. Blend the butter with the flour. Add the brown stock and cook until it begins to thicken. Season with one teaspoonful of salt, one-third of a teaspoonful of pepper and a few drops of celery extract. Butter a baking dish and put in a layer of the duck. Cover with the sauce, then a layer of the chestnuts and so on until the dish is nearly full. Cover the top with cracker crumbs and bits of butter. Bake for half an hour and serve immediately.

WILD DUCK WITH TOMATOES

1 fat duck; 2 tablespoonfuls of butter; 1 sliced onion; 1 tablespoonful of flour; 1 teacupful of water; 1 quart of tomatoes; salt and pepper; rice.

Cut the duck into neat joints and sauter it quickly in a saucepan with the butter, onion and flour. Then add the water and tomatoes. Stew for about thirty minutes. Then remove the pieces of duck and rub the sauce through a fine sieve. Return to the saucepan. When hot add the pieces of duck. Season with one teaspoonful of salt and one-fourth of a teaspoonful of pepper. Arrange the duck on a dish, pour the sauce over it, garnish with croutons of fried bread and serve with a separate dish for boiled rice.
MEATS

VICTORIA STEAK

One and a half pounds steak, cut thick, cup bread crumbs, 2 tablespoons of finely chopped beef suet, 1 tablespoon parsley, pepper, salt and a little thyme, or poultry seasoning will do, 1 egg, little milk. Place the steak on board and flatten with a rolling pin; mix the dry ingredients with egg and milk into a forcemeat; press same well on the meat, then roll and fasten well with string, tape is better; dredge with flour, melt a little dripping in stewpan, fry a light brown, then pour on ¾ pint of hot water; stew gently 1½ hours, stir in 1 teaspoon of Worcester sauce or dried mushrooms, take out meat, remove string, carefully thicken gravy with 1 tablespoon flour, just let gravy boil up and then pour over meat.

VEAL PAPRIKA

Take two pounds of loin of veal. Have the veal cut in good-sized pieces. Put a teaspoonful of fat or drippings into the pot. Add two onions sliced, make red with paprika. Let this cook until onions are well done but not brown. Add the meat, which is well sprinkled with salt. Cover and let them brown thoroughly. Turn occasionally so it will brown on all sides. Let it simmer for a while in its own juice, then just cover it with boiling water and let it simmer for one hour. This is very good served with boiled spaghetti which has been seasoned with butter, pepper, and salt.

MEAT LOAF

MATERIALS

1 pound fresh pork; 1 pound veal; 2 pounds beef; 1 cup bread crumbs; 1 cup milk; 1 tablespoon salt; ⅛ teaspoon pepper; 3 eggs slightly beaten.

Chop meat finely, mix and add remaining ingredients in order given. Shape into a loaf, put in pan and lay across top of six thin slices of fat salt pork. Roast in hot oven one and one-half hours, basting every ten minutes, at first with one-half cup hot water and after that has gone, with fat in pan. Remove to platter, pour around tomato or brown sauce and garnish with parsley. Many think one small onion, peeled and finely chopped, an agreeable addition to this dish.

BRAISED CALVES’ LIVER

MATERIALS

Calves liver; carrot; onion; celery; cloves; peppercorns; bayleaf; stock.

Skewer, tie in shape, and lard upper side of calves’ liver. Place in deep pan, with trimmings from lardoons; surround with one-fourth cup each, carrots; onions and celery, cut in dice; one-fourth teaspoon peppercorns, two cloves, bit of bay leaf and two cups brown stock or water. Cover closely and bake slowly two hours, uncovering the last twenty minutes. Remove from pan. Strain liquor, and use liquor for the making of a brown sauce with one and one-half tablespoons butter and two tablespoons flour. Pour sauce around liver for serving.
TOMATO SAUCE
MATERIALS
1 ¾ cups fresh stewed tomatoes; 1 slice of onion; 3 tablespoons flour; 3 tablespoons butter or any oil; ¼ teaspoon salt; ⅛ teaspoon pepper.

Cook onions with tomatoes fifteen minutes, rub through a strainer, and add oil and flour (to which seasonings have been added) cooked together. If tomatoes are very acid, add a few grains of soda. If tomatoes are to retain their red color it is necessary to brown oil and flour together before adding tomatoes.

HAM BAKED IN MILK

A two or three inch slice from center of ham, milk, half a cup of brown sugar. Allow the ham to stand in water for an hour. Pour off the water and place ham in a casserole. Add milk to nearly cover. Cook slowly until the ham is tender.

When about half done, place the brown sugar over the top. Add more milk if needed to keep ham from burning, but do not have much left when the ham is done. Remove to platter and surround with the sweet potatoes that have been mashed.

Return to the oven just long enough to brown the top of the potatoes.

TO BOIL A HAM

A blade of mace, a few cloves, a sprig of thyme, and 2 bay-leaves. Well soak ham in large quantity of water for 24 hours, then trim and scrape very clean; put into large stewpan, with more than sufficient water to cover it; put in mace, cloves, thyme, and bay-leaves. Boil 4 or 5 hours, according to weight; when done, let it become cold in liquor in which is was boiled. Then remove rind carefully, without injuring the fat; press cloth over it to absorb as much of the grease as possible. It is always improved by setting in the oven for nearly an hour, till much of the fat dries out, and it also makes it more tender. Shake some bread raspings over the fat. Serve cold garnished with parsley.

MUSHROOMS AND MEAT CAKES
MATERIALS
1 pound ground round steak; 1 quart fresh mushrooms; 1 cup bread crumbs; 1 tablespoon butter; 3 stalks celery; 1 tablespoon drippings; seasoning to taste; salt; pepper.


PORK CHOPS WITH TOMATO GRAVY

Trim off skin and fat; rub the chops over with a mixture of powdered sage and onion; put small pieces butter into frying-pan; put in the chops and cook slowly, as they should be well done. Lay chops on hot dish; add a little hot water to gravy in pan, 1 large spoon butter rolled in flour, pepper, salt, and sugar, and ½ cup juice drained from
can tomatoes. The tomatoes themselves can be used for a tomato omelet. Stew 5 minutes and pour over the chops and serve.

BRAISED VEAL SHOULDER

Have shoulder boned. Fill with stuffing (see Stuffings). Prepare bed of vegetables as for braised beef. Lay veal on it, add 1 pint boiling water, 1 pint stewed tomatoes, \( \frac{1}{2} \) teaspoon salt, \( \frac{1}{2} \) teaspoon pepper. Cover and cook 4 hours in moderate oven. Uncover and brown. Serve strained gravy separately.

BEEFSTEAK PIE (FRENCH STYLE)

Take a nice piece of beef, rump or sirloin, cut in small slices; slice also a little raw ham; put both in a frying-pan, with some butter and small quantity chopped onions; let them simmer together a short time on the fire or in the oven; add a little flour and enough stock to make sauce; salt, pepper, chopped parsley, and a little Worcestershire sauce as seasoning; add also a few sliced potatoes, and cook together for about 20 minutes; put this into a pie-dish, with a few slices of hard-boiled eggs on the top, and cover with a layer of biscuit dough. Bake from 15 to 20 minutes in a well-heated oven. All dark-meat pies can be treated precisely in the same way. If poultry, leave the potatoes out.

BROILED STEAK

Trim and wipe steak, which should be at least 1 inch thick. Rub broiler with fat, arrange steak with thickest part in center of broiler. Have fire clear and very hot, but without blaze. Hold steak close to fire. Turn every \( \frac{1}{2} \) minute, that it may sear quickly. When \( \frac{1}{2} \) done season with salt and pepper. Steak 1 inch thick will broil in 4 minutes.

TO ROAST A LEG OF PORK

Choose a small leg of fine young pork; cut a slit in the knuckle with a sharp knife, and fill the space with sage, and onions chopped, and a little pepper and salt. When half done score the skin in slices, but do not cut deeper than the outer rind. Apple sauce and potatoes should be served to eat with it.

PANNED STEAK OR CHOPS

Trim and wipe steak. Heat frying-pan until it smokes all over. Rub bottom with a bit of fat. Lay in steak and turn every 10 seconds. Keep pan very hot. Season when \( \frac{1}{2} \) done. Mutton and pork chops, ham and bacon, may be panned in same way.

If hot platter for steak is rubbed with a cut onion it will give a delightful flavor to the meat.

VEAL AND PEAS EN CASSEROLE

Brown \( \frac{1}{4} \) cup flour in good sized piece of butter. Put in pint of water; boil to a brown sauce; pour over one pound of veal cubes, 1 can of peas, small onion, small teacup of diced potatoes. Bake in oven in casserole one hour.
BROWN BEEF STEW

Cut 2 pounds beef in small pieces. Melt some of the fat in a pan, brown in it ½ the meat. Put rest of meat in kettle with 1 pint cold water, let stand 20 minutes, then heat slowly. Transfer browned meat to kettle; thicken fat with two tablespoons browned flour; add 1 pint boiling water and stir; when thick strain into kettle. Add 1 cup diced carrot, cover, and simmer. When half done add 1 pint diced potatoes. Season well with salt and pepper.

SWEETBREADS

Scald in salted water; remove stringy parts; put in cold water 5 or 10 minutes; drain in towel; dip in egg and bread or cracker crumbs, fry in butter, or broil them plain.

CROQUETTES

Mix 2 cups chopped meat or poultry with ¼ teaspoon salt, a little pepper, a dash of cayenne, and ½ teaspoon onion juice. Add 1 cup thick, hot white sauce. Shape the meat into croquettes and dip in a beaten egg, then in cracker crumbs, then egg, then crumbs again. Place the croquettes in a frying basket and cook in hot fat. Garnish with cress or parsley and serve with a spoonful of jelly on the plate.

VEGETABLES

HINTS ON COOKING VEGETABLES

First—Have them fresh as possible. Summer vegetables should be cooked on same day they are gathered. Second—Look them over and wash well, cutting out all decayed or unripe parts. Third—Lay them, when peeled, in cold water, for some time before using. Fourth—Always let water boil before putting them in, and continue to boil until done.

Turnips.—Should be peeled, and boiled from 40 minutes to an hour.

Beets.—Boil from 1 to 2 hours; then put in cold water and slip skin off.

Spinach.—Boil 20 minutes.

Parsnips.—Boil from 20 to 30 minutes.

Onions.—Best boiled in 2 or 3 waters, adding milk the last time.

String Beans.—Should be boiled 1½ hours.

Shell Beans.—Require an hour.

Green Corn.—Steam covered 10 or 15 minutes.

Green Peas.—Should be boiled in little water as possible; boil 20 minutes.

Asparagus.—Same as peas; serve on toast with cream gravy.

Winter Squash.—Cut in pieces and boil 20 to 40 minutes in small quantity of water; when done, press water out, mash smooth, season with butter, pepper and salt.

Cabbage.—Should be boiled from 1 to 2 hours in plenty of water, salt while boiling.
ASPARAGUS ON TOAST

Have stalks of equal length; scrape lower ends; tie in small bunches with tape. Cook 20 to 30 minutes, according to size. Dip 6 or 8 slices dry toast in asparagus liquor, lay on hot platter, place asparagus on them, and cover with a white or drawn butter sauce; in making sauce use asparagus liquor and water or milk in equal quantities.

FRIED TOMATOES

Select firm, medium sized tomatoes, peel and cut in slices about three-eighths of an inch thick. Have prepared a beaten egg, a dish of bread crumbs, salt and a shaker of sugar. Dip a slice in the egg, lay it in the bread crumbs and dust the one side with salt and sugar, cover completely with the crumbs and stew in a hot kettle of fat.

These must be fried quickly and watched closely to keep them from burning. They should be served and eaten immediately as they have a tendency to soften if allowed to stand.

FRIED EGGPLANT

Pare and cut in slices half an inch thick; sprinkle with salt; cover and let stand for an hour. Rinse in clear cold water; wipe each slice dry; dip first in beaten egg, then in rolled cracker or bread crumbs. Season with pepper and salt and fry brown in butter.

BAKED TOMATOES

Six tomatoes, one tablespoonful of lard, one small onion (chopped), one cupful of toasted bread crumbs, one teaspoonful of parsley, one cupful of shrimps (cut finely), one tablespoonful of butter, one level teaspoonful of salt, and a dash of cayenne pepper. Wipe and remove a thin slice from the stem end of each tomato. Take out the seeds and the pulp. Cook slowly for half an hour. Put one tablespoonful of lard in a saucepan and when hot add the onion and cook until it is tender, but do not brown it. Pour in the tomato pulp and at end of half an hour add three-quarters of the bread crumbs, parsley, pepper, salt, and shrimps. Let it cook for a few minutes, then fill the tomatoes. Sprinkle with bred crumbs and put a dab of butter on top of each one. Bake in a buttered pan in a moderate oven for thirty-five minutes.

EGGPLANT AND TOMATOES ESCALLOPED

One large eggplant, 3 large onions, 4 large ripe tomatoes, 1 sweet pepper, butter.

Peel eggplant and tomatoes; cut them up. Put a layer of eggplant, then onion and tomatoes in a pan large enough for baking. Put butter and pepper on top. Cut pepper in four pieces. Take pepper out before serving, as there is nothing but skin left. Do not use any water.

Bake an hour or until eggplant is tender.

ESCALLOPED TOMATOES

MATERIALS

6 tomatoes; buttered crumbs; salt; pepper; sugar; onion, grated. Cover bottom of buttered baking with buttered crumbs; cover
with tomatoes, peeled and sliced, sprinkle with salt, pepper and a bit of sugar, if preferred sweet, and a few drops of grated onion juice; cover with buttered crumbs and bake over a medium flame until crumbs are brown.

**STUFFED TOMATOES**

Hollow out 6 tomatoes but leave as many of the veins in as possible. Do not peel them. Take 3 fresh sausages, boil 10 minutes, skin, mix with 1 cup of bread crumbs, a little green pepper cut up fine and seasoning.

Fill tomato and sprinkle over top dry bread crumbs. Dot with butter. Butter your pan and bake until tender.

This is delicious and looks very pretty if served on lettuce leaves.

**ESCALLOPED YOUNG TURNIPS**

1½ dozen young turnips; 2½ cupfuls white sauce; 1 cupful dry bread-crumbs; 3 tablespoonfuls melted butter; ½ cupful grated cheese, optional.

Wash and peel the turnips, chopping the tops closely. Boil all together in water to cover, or better still, steam, in either case adding a teaspoonful of salt. Drain the vegetable. Then butter a baking-dish, put in alternate layers of the turnips, sliced, the turnip tops and the white sauce. Cover with he bread-crumbs mixed with the melted butter and the cheese if it is used, and bake thirty minutes in a moderate oven. If the turnips are large, a dozen will be sufficient.

**RAMEKIN TOMATOES**

**MATERIALS**

6 tomatoes; 1 small onion; ½ pint cream or white sauce.

Scald and peel small tomatoes. Put a tablespoonful of the white sauce into the bottom of each ramekin dish or custard cup, then the tomato and the remaining sauce over the top, sprinkling the whole with chopped parsley and the grated onion. Stand the dishes in a baking pan and bake in a moderate oven half an hour.

**CREAM LIMA BEANS AND CORN**

One pint of lima beans and 1 quart of sweet corn scraped from the cob. Cook in as little water as will keep from scorching, and when almost done add salt, pepper, butter the size of an egg and 1 cup of rich sweet cream. Have ready one-half tablespoon flour made smooth in a little cold milk, and slightly thicken with this.

**BAKED SQUASH**

Cut the squash about the size of potatoes. Remove seeds and stringy portions and bake in moderate oven about forty minutes. Season with butter, salt and pepper and serve on a hot dish just like the baked potatoes.
ENTREES

EGGS WITH MUSHROOMS

Place a pound of carefully peeled and washed mushrooms in a saucepan with a tablespoonful of butter, a few drops of lemon juice and a bit of salt, and cook for ten minutes. Add a glass of sherry wine, thicken the gravy with flour and let it come to a boil. Turn onto a hot platter, place a poached egg for each person on top and serve at once.

CORN OYSTERS

MATERIALS

\( \frac{1}{2} \) pt. chopped green corn; 2 crumbled crackers (or bread to that amount); 1 egg; lard; salt and pepper.

Beat egg in mixing bowl, add chopped corn, crackers, crumbled (or bread), and season with salt and pepper. Have skillet with hot fat and drop the mixture with teaspoons in hot fat and brown on both sides.

CHICKEN CUTLETS WITH MUSHROOM SAUCE

1 pint of diced cooked chicken; 2 tablespoonfuls of butter; 3 tablespoonfuls of flour; 1 cupful of milk; 1 teaspoonful of onion juice; 1 tablespoonful of chopped parsley; 2 eggs; some fine bread-crumbs; 1 tablespoonful of lemon juice; 1 cupful of cream sauce; \( \frac{1}{2} \) cupful of cooked mushrooms; salt and pepper to taste.

Blend the butter and flour together in a saucepan over the fire add the milk, stir until it is boiling, then season with the salt, pepper, parsley and onion juice. Add the chicken and spread on a platter to cool. When cold shape into meat cutlets, roll in the bread-crumbs, then brush over with the eggs well beaten, toss again in the bread-crumbs, and fry in plenty of smoking-hot fat. Heat the cream sauce, then add the lemon juice and mushrooms to it. Serve hot with the cutlets.

Veal may be substituted for the chicken, and the cutlets may be baked if preferred.

CHEESE CANAPES

Cut slices from a loaf of whole wheat bread, that is at least twenty-four hours old, and with a round cutter stamp into neat circles, toasting to a golden brown; butter lightly and spread with the following: Mash to a paste one small cream cheese, adding a pinch of salt, one tablespoonful of thick cream and half a cupful of chopped sweet red peppers (canned). Cover the toast very quickly, garnishing the top of each canape with tiny circles cut from stuffed olives and bunches of crisp cress.

NOODLES AND TOMATO SAUCE

Cook two cupfuls of dried noodles in plenty of boiling salted water rapidly for thirty minutes, then drain and put into a greased
fire-proof dish with two tablespoonfuls of butter, one and one-half cupful of tomato sauce, one teaspoonful of salt, and one-fourth teaspoonful of paprika. Sprinkle with cheese and bake.

A FAMOUS WELSH RABBIT

½ pound of mild cheese; 1 egg; 2 rounding tablespoonfuls of butter; 2 level tablespoonfuls of flour; 2 cupfuls of milk; ½ teaspoonful of salt; red pepper to taste; hot toast or large soda crackers.

Cut the cheese into small pieces, put it into a saucepan with the butter and place it on the stove to melt slowly. In another saucepan scald the milk and pour into it the egg, flour and salt, which have been beaten together. Let this mixture cook, stirring constantly, until it is perfectly smooth, then pour the cream mixture into the melted cheese and butter. Beat the combined mixtures vigorously with the egg-beater, then add the red pepper. Serve on hot toast or on large soda crackers which have been browned slightly in the oven. The secret of the success of this recipe lies in the proper and careful combining of the two mixtures.

CORN SOUFFLE

Two tablespoons butter, two tablespoons flour, one fourth teaspoon salt, few grains pepper, one cup corn, two tablespoons finely chopped green pepper, two eggs.

Melt the butter, add the flour and seasonings. When well mixed add the milk gradually while stirring constantly. When thick stir in the cup of corn, the chopped pepper and the yolks of the eggs well beaten. Fold in the stiffly beaten whites of the eggs. Put in an oiled baking dish, set the dish in a pan of water and cook in a moderate oven for half an hour. Serve immediately so it will not fall. Very attractive baked in individual dishes and served in same.

SPANISH EGGS

Chop one small onion very finely and fry it for a few minutes in a tablespoonful of butter. Add two cupfuls of stewed tomatoes, cook and stir for three minutes more. Now add six well-beaten eggs and stir the whole constantly, seasoning with salt and pepper to taste. Cook until the eggs are set; then serve at once with small pieces of toast.

MACARONI SALAD

8 ounces, or ½ lb. macaroni, boiled in salted water ten min.; drain and blanch in cold water. ½ doz. sweet pickles chopped fine; 1 can pimentos chopped fine; mix the above with mayonnaise dressing.

EGGPLANT WITH TOMATOES

Peel an eggplant and divide it into six even sized slices, trimming them neatly, seasoning them with pepper and salt and rolling them lightly in flour. Heat 1 ounce of butter or well clarified drippings in a pan and fry the slices in this for 3 minutes on each side. Lift out and place in a buttered fireproof dish.

Have ready prepared the following mixture: Put 2 sausages
chopped and skinned in mortar previously rubbed over with a cut clove of garlic, with 1/2 teaspoon each chopped parsley and chives, 2 ounces of bread crumbs, 1/2 gill of cream, 1 egg yolk, a seasoning of pepper and salt and a grate of nutmeg, and pound these together to a smooth paste. Spread this over the slices and on each place a halved and peeled tomato, cut side downward (this having been first seasoned with pepper and salt;) put a very little melted butter over each and bake in a hot oven for 20 minutes, then serve at once.

RICE CREOLE

Peel and chop nine medium-sized tomatoes, add six sweet peppers or one-half can pimentos, and three-fourths cup rice. In a frying pan melt two tablespoons butter, add three finely chopped onions, three sprigs of parsley, salt and red pepper to taste, and brown. Add to other ingredients, cook slowly for one half hour, transfer to baking dish and bake until quite firm. This is delicious.

NOODLES WITH CHEESE

Two cups noodles, 1/4 pound cheese, 2 tablespoons butter substitute, salt and pepper to taste. Cook noodles in plenty of boiling salted water until soft, drain. Melt butter substitute, add noodles, grated cheese and seasonings. Cook slowly on back of range or with gas low until cheese is melted, or put in moderate oven for a few minutes. Serve as a luncheon dish.

A GOOD BAKED OMELET

6 eggs; 1 cupful of hot milk; 3 tablespoonfuls of cold milk; 1 tablespoonful of cornstarch; 1 tablespoonful of butter; 1 teaspoonful of salt.

Beat the yolks of the eggs and the salt together until creamy. Boil the milk and slowly stir in the cornstarch, which has been mixed with the cold milk. Add the butter and beat until well blended. Stir this into the yolks of the eggs and lightly fold in the whites of the eggs, which have been beaten very stiff. Pour into a buttered pan and bake in a slow oven for twenty-five minutes.

DEVILED EGGS

Spanish deviled eggs are prepared by allowing 1 egg for each person, and boiling hard. When cooked put the eggs in cold water at once to prevent the yolks turning black. Cut the eggs in half and mash the yolks with a silver fork. Add to the yolks anchovy paste, or small oil sardines and a dash of sweetened vinegar, salt and pepper. Blend well and stuff the halves with the filling. Serve with a garnish of nasturtium flowers and leaves, or cress or parsley.
Canning and Preserving

METHOD FOR COLD PACK

The term "cold pack" means that vegetables are packed cold and raw in fruit jars—with some exceptions in blanching—as soon as possible after picked.

Some of the vital steps are these:
1.—Have jars clean and tested for leakage before beginning any canning.
2.—Use all new rubbers.
3.—Sterilization and cleanliness insure success.
4.—Select perfectly ripened fruit for canning or jelly making. Keep others for every day use or drying.
5.—Have jars and covers washed, tested and placed in the kettle or canner of cold water and bring slowly to boiling point for at least ten minutes. Then they are ready to fill as needed.
6.—To "blanch" plunge fruit or vegetables in boiling water from one to eight minutes and then dip quickly in cold water. This process is said to kill bacteria, shrink the fruit, loosen the skin and set the color. Steam spinach. For convenience a wire basket or yard square of cheesecloth should be used for holding small fruits and vegetables in blanching in the kettle of boiling water. Easy, quick and safe to remove to sink for dipping in cold water.
7.—Next skin, scrape or cut the fruit or vegetables as desired and pack in the tested hot sterilized jars. Very important to remove all scales from asparagus; the young rhubarb washed but not peeled.
8.—A boiling sirup, thick or thin as desired, is poured over fruit until can is full; rubber placed; cover partially tight and set in the kettle or canner on the rack with hot water at least to the neck. Some authorities say cover entirely with water. I have used this method for years without losing a jar, having the water only over the shoulder or to the neck. Juice is apt to boil out and waste when jars are covered with water.
9.—For vegetables proceed as for fruits, except fill jars with boiling water and one teaspoonful of salt added to each quart can, then proceed as for fruits.
10.—All fruits may be canned successfully without the use of sugar by adding boiling water. Sweeten when ready to use. Maple sirup, and corn sirup alone, or in combination with sugar for sirups in canning may be used.
(Do not attempt to use this table without reading all directions carefully.)

HOT WATER PROCESS

Note—Berries, cherries, currants, figs, gooseberries and plums when packed in tin must be put in enamel-lined cans.

To make the sirups recommended, boil sugar and water together in the proportions given below until sugar is dissolved (from eight to 10 minutes). Strain all impurities out of the sirup before using:

Sirups No. 1—Use one cup to two quarts water; allow about 1 ½ cups of sirup to every quart jar.
Sirup No. 2 Use 1 ½ cups to two quarts water.
Sirup No. 3—Use 3 ½ cups to two quarts water.
Sirup No. 4—Use 5 ½ cups to two quarts water.
The sirup for canned berries is made out of berry juice instead of water.

The rhubarb is better steamed ten minutes, sweetened a little, jars filled and no water used. Or wash, cut in inch strips, pack very solid, and cover within an inch of top with sirup No. 3 and proceed as in table.

**TIME TABLE FOR BLANCHING, STERILIZING**

The following time-table shows blanching time for various vegetables and fruits, and also sterilizing time in the hot water bath outfit, and in equipment for sterilization by the water-seal method, the steam-pressure method:

<table>
<thead>
<tr>
<th>VEGETABLES</th>
<th>Minutes</th>
<th>Steriliz'g</th>
<th>FRUITS</th>
<th>Minutes</th>
<th>Steriliz'g</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asparagus</td>
<td>10 to 15</td>
<td>120</td>
<td>Apples</td>
<td>1 1/2</td>
<td>20</td>
</tr>
<tr>
<td>Beets</td>
<td>5</td>
<td>90</td>
<td>Apricots</td>
<td>1 to 2</td>
<td>16</td>
</tr>
<tr>
<td>Brussels sprouts</td>
<td>5 to 10</td>
<td>120</td>
<td>Blackberries</td>
<td>None</td>
<td>16</td>
</tr>
<tr>
<td>Cabbage</td>
<td>5 to 10</td>
<td>120</td>
<td>Blueberries</td>
<td>None</td>
<td>16</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>5</td>
<td>60</td>
<td>Dewberries</td>
<td>None</td>
<td>16</td>
</tr>
<tr>
<td>Carrots</td>
<td>5</td>
<td>90</td>
<td>Cherries, sweet</td>
<td>None</td>
<td>16</td>
</tr>
<tr>
<td>Corn</td>
<td>5 to 10</td>
<td>180</td>
<td>Cherries, sour</td>
<td>None</td>
<td>16</td>
</tr>
<tr>
<td>Greens</td>
<td>5</td>
<td>120</td>
<td>Fruit juices</td>
<td>See directions</td>
<td></td>
</tr>
<tr>
<td>Lima Beans</td>
<td>5 to 10</td>
<td>120</td>
<td>Gooseberries</td>
<td>1 to 2</td>
<td>16</td>
</tr>
<tr>
<td>Okra</td>
<td>5</td>
<td>120</td>
<td>Oranges</td>
<td>1 to 2</td>
<td>12</td>
</tr>
<tr>
<td>Parsnips</td>
<td>5</td>
<td>90</td>
<td>Pears</td>
<td>1 1/2</td>
<td>20</td>
</tr>
<tr>
<td>Peppers, sweet or hot</td>
<td>5 to 10</td>
<td>120</td>
<td>Peaches</td>
<td>To loosen skins</td>
<td></td>
</tr>
<tr>
<td>Peppers, pimentos Roast</td>
<td>35</td>
<td>Pineapples</td>
<td>3 to 5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Peas</td>
<td>5 to 10</td>
<td>180</td>
<td>Quinces</td>
<td>1 1/2</td>
<td>20</td>
</tr>
<tr>
<td>Pumpkins</td>
<td>See directions</td>
<td>120</td>
<td>Raspberries</td>
<td>None</td>
<td></td>
</tr>
<tr>
<td>Salsify</td>
<td>5</td>
<td>90</td>
<td>Rhubarb</td>
<td>None</td>
<td>16</td>
</tr>
<tr>
<td>Sour cabbage</td>
<td></td>
<td>120</td>
<td>Strawberries</td>
<td>None</td>
<td>16</td>
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<tr>
<td>String beans</td>
<td>5 to 10</td>
<td>120</td>
<td>Fruits without sugar</td>
<td>30</td>
<td></td>
</tr>
<tr>
<td>Squash</td>
<td>See directions</td>
<td>120</td>
<td></td>
<td>To loosen skins</td>
<td></td>
</tr>
<tr>
<td>Tomatoes</td>
<td></td>
<td></td>
<td></td>
<td>24</td>
<td></td>
</tr>
</tbody>
</table>

The time given in this table is for quart jars. Add thirty minutes for two-quart jars and deduct five minutes for pint jars.

The time given is for fresh, sound and firm vegetables. Increase the time of sterilization by adding one-fifth for vegetables which have been gathered over twenty-four hours.

The time given is for altitudes up to 1,000 feet above sea level. For higher altitudes increase the time in hot water bath 10 per cent for each additional 500 feet. For example, if the time is given as 120 minutes in the table and your location is 1,500 feet above sea level, the time should be made 132 minutes.

Neither home-made nor commercial hot water bath outfits are entirely satisfactory, however, for canning at very high altitudes, as the temperature of water in them does not reach 212 degrees F. In such localities water-seal and steam-pressure outfits are advisable, as they give higher temperatures.

**TO CAN QUINCES**

Wash, pare, quarter or slice and drop into weak salt water to prevent discoloration. Blanch one and one-half minutes in boiling water, cold dip, pack into a jar and cover with boiling water for thin syrup. Put on rubber and top and adjust top bail or screw top or with thumb and little finger. Sterilize in hot water bath for twenty minutes. Apples may be canned with the quinces. (With a steam pressure cooker sterilize eight minutes at five to ten pounds pressure.)

The parings and cores left from the canned quinces may be used in making jelly, or the whole fruit may be used.
QUINCE JELLY

Six Quinces, 3 1/2 pounds of sugar, 1 quart water.

Pare, quarter and core quinces. To the cores and parings add one pint of water. Let simmer half an hour and press through a sieve. Chop quinces, using the finest cutter, add a pint of water and simmer while cores are cooking. Add pulp and juice from cores and boil ten minutes. Strain through double cheesecloth or jelly bag. Add sugar and boil about five minutes or until it jellies.

When the whole fruit is used in making the jelly the pulp which is left may be pressed through a sieve and used for making "quince cheese."

QUINCE CHEESE

To every pound of the quince pulp allow three-fourths of a pound of sugar. Boil until very thick. Pour into sterilized glasses and seal like jelly. This "quince cheese," when turned out of the glass, will hold its shape and may be sliced.

QUINCE HONEY

Pare six quinces. Grate them or put through the food chopper, using a fine cutter. For each quince allow a pint of water and a pound of sugar. Boil the sugar and water to a syrup, add the grated quinces and cook for fifteen or twenty minutes. Seal in sterilized jars fitted with rubber and tops. When cold the mixture should be about the same thickness as honey. Use the parings for making an extra glass of jelly.

PEPPER RELISH

18 sweet peppers, red, green and yellow; 12 medium sized onions; 1 head cabbage; grind in food grinder, add 1 small cup of salt. Let stand over night, in morning drain well, then add 1 qt. of vinegar and 1 qt. of sugar, 1 tablespoonful of mustard seed, and 3 tablespoons of celery seed. Mix and put in jars. Do not cook.

DUTCH PEACH SAUCE

One peck peaches, 1 pint vinegar, seven pounds granulated sugar.

Scald peaches and remove spots. Put on to cook in vinegar, cook until smooth. Fish out seeds. Add sugar and cook about twenty-five minutes. Put in jars and seal.

APPLE BUTTER

Boil new cider down to just half the amount.

Pare, core and cut the same quantities of sweet and sour apples. Put the sweet apples in the kettle first so as to soften, as they take longer to cook. Then add enough of the boiled cider to cook them after boiling half an hour; they must be stirred often. Add the sour apples, then add more cider with molasses to sweeten. Keep on stirring until tender, then put in crocks for winter use. This is nice; not expensive.

CRABAPPLE BUTTER

Two pints crabapples ground through a food grinder; one lemon ground; four pints sugar; one pint water.

Boil until thick and glossy.
PEAR BUTTER
MATERIALS
3 quarts pears; 2 quarts sugar; 1 quart water.
Peel and quarter pears. Cook pears, sugar and water until pears are tender. Remove and mash fruit. Return to sirup and cook twenty minutes. This does not have to be stirred.

QUINCE MARMALADE
Gather the fruit when fully ripe. Pare, quarter and core it; boil skins with as many teacups of water as you have pounds of quinces. When they are soft, mash them and strain the juice from them and add to the quinces. Boil them until they are soft enough to run through a sieve.

Add to the pulp as many pounds sugar as you have pulp. Stir together, set over gentle fire until it will fall from a spoon like jelly. If it jellies when it is cold it is cooked enough. Put away in jars.

SPICED CRAB-APPLES
Wash apples, stick 3 or 4 whole cloves in each one, if desired, and cover with vinegar to which has been added stick cinnamon and 2 cups sugar for every quart. Cook slowly at a low temperature until apples are heated through. These may be placed in jars or stone crocks.

ORANGE MARMALADE
Six oranges, one lemon, eleven cups cold water and seven cups sugar.
Peel oranges, removing all white skin and slice thin. Slice lemon with rind on. Cover oranges and lemon with cold water; let stand twenty-four hours. Then boil three hours. Add sugar and let boil one hour.

Pour into glasses; cool and cover.
This recipe makes nine glasses of marmalade.

BLACKBERRY MARMALADE
Two cups blackberries, two cups rhubarb cut in inch lengths without removing skin, two cups sugar (or enough to sweeten to suit taste); a little water. Cook blackberries. Put through wire sieve to remove seeds, then add rhubarb and sugar. Cook about twenty minutes or till it jells. Be careful not to burn. Any kind of berries, grapes or fruit may be used in place of blackberries. Put into jelly glasses and seal with paraffine.

PRESERVED CRABAPPLES
Wash crabapples. Leave stem on, then prick with a fork two or three times.
Take a cup of sugar to every pound of fruit and about one-half cup of water. Boil syrup. When boiling, add fruit and let boil until it jells like other jelly. Crabapples will stay whole.

Put into pint jars or glasses. Cover with paraffine. Very nice to serve with meats, and they look very nice for a luncheon.

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RASPBERRY CONSERVE
Three pounds berries, 3 pounds sugar, $\frac{1}{2}$ English walnuts, chopped, and add just before removing from the stove. Rind and juice of one orange. Cook slowly one and one-half hours, stirring to keep from burning. Grapes, peaches, and plums may be used instead of berries.

CHERRY-RAISIN CONSERVE
To one quart of red-currant juice add four pounds of stoned cherries and three pounds of raisins seeded and chopped fine. Cook slowly for fifteen or twenty minutes; then add six pounds of sugar, or seven if you wish it very sweet; add the juice of two oranges and the juice and rind of one lemon. Boil until it is thick, stirring constantly; fill into preserve glasses or jars, and seal. This is nice to serve with meats.

CRYSTAL PRESERVES
After washing and draining either blackberries or raspberries, take three parts of fruit to two of sugar; put the berries with sugar on top, in a kettle on back of stove; when the juice rises so berries can be stirred without breaking let them boil hard twenty minutes. Good as sun dried preserves.

GRAPE CONSERVE
5 pounds of grapes seeded; 2 oranges; 1 lb. figs; 1 lb. pecans or English walnuts; 1 cup sugar to each cup of ingredients. Boil the grapes, oranges and figs until thick as grape butter. Before removing from the fire, add the nuts.

CORN SALAD
Two dozen ears of corn, 2 heads of cabbage, 8 onions, mustard to suit taste, mixed smooth with little vinegar; chop all fine. Mix with 1 gallon vinegar 2 tablespoons celery seed, a little salt, 2 cups sugar. Boil few minutes and seal while hot.

TO PRESERVE MUSHROOMS
To each quart of mushrooms allow 3 ounces of butter; pepper and salt to taste, and the juice of one lemon. Peel the mushrooms, put them in cold water with a little lemon juice, then take them out, dry carefully with a cloth. Put the butter in a stewpan. When it is melted add the mushrooms, lemon juice and seasoning. Draw them down over a slow fire and let them remain until their liquor is boiled away and they have become quite dry, but not to stick to the bottom of kettle. When done, put in small pots and pour over them clarified butter. Let cool, cover with oiled paper. When wanted for use, put all in a pan, reheat, strain the butter from them and they are ready to use.

DELICIOUS BEET SALAD
One pint raw cabbage, one pint boiled beets, one cup white sugar, one teaspoon salt, one half teaspoon pepper one-eighth teaspoon red pepper one-half cup grated horseradish. Cut the cabbage and beets in fine strips with sharp knife, place the above in a jar, cover with cold vinegar and keep from the air.
CORN RELISH

1 small cabbage; 1 large onion; 6 ears of corn; 2 tablespoons of salt; 2 tablespoons of flour; ¾ cup of sugar; 2 hot peppers; 1 pint of vinegar; 1½ tablespoons mustard.
Steam corn thirty minutes, if necessary, otherwise only until tender. Cut from the cob and add to the chopped cabbage, onion and peppers. Mix the flour, sugar, mustard and salt together and then add the vinegar. Add mixture to the vegetables and simmer thirty minutes. Pour into sterilized jars or bottles and seal while hot.

MANGO CATSUP

One large head cabbage, 1 doz. green mangoes, ½ doz. red mangoes, 6 onions, 1 cup sugar, 1 qt. vinegar, 1 tablespoon mustard seed, 1 tablespoon salt, 1 teaspoon celery seed.
Heat vinegar and spices to boiling point. Add the above, scala and seal. (Makes 7 pints.)
Run cabbage, mangoes and onions through food chopper.

UNCOOKED CHILI SAUCE

One peck ripe tomatoes (chop and drain well). Chop fine and drain 6 onions, 3 red peppers, 4 heads celery. Add 1 quart of vinegar, one-half cup salt, 4 cups brown sugar, 1 teaspoon each ground cinnamon, cloves and allspice.
Put all together in crock and stir well.

CHILI SAUCE

Take 36 tomatoes skinned, 8 small onions chopped fine, 6 sweet green peppers (take seeds out), 1 small hot pepper (red), 2 teaspoons each, salt, cinnamon, nutmeg (ground); 2 cloves ground, 5 cups sugar, 6 cups vinegar.
I put tomatoes, peppers, onions through food chopper. Cook slowly two hours or until thick. Stir often to keep from scorching.

CUCUMBER PICKLES WITH OLIVE OIL

Twenty-five or 30 medium sized cucumbers, 5 or 6 onions (both sliced). Put layer of cucumber, and a few onions in crock, then repeat until all are used.
Sprinkle with salt, let stand three hours, drain and rinse. Put back in jar, sprinkle with mustard seed and celery seed, add tablespoon (more if liked) of olive oil. Repeat till jar is full. Pour over cold vinegar to cover.
Let stand over night, then seal.

TOMATO RELISH

Scald and skin 15 ripe tomatoes. Pare, core and cut into small pieces 6 sour apples. Peel 5 medium-sized onions. Chop all of these very fine, using a food chopper if you have one. Put into a large saucepan with—2 level tablespoons salt; 3 green peppers or 1 level teaspoon of black pepper; ½ teaspoon of cayenne pepper; ½ pint of vinegar.
Bring to a boil and boil slowly 1½ hours. Remove the vessel from the stove, put the relish into jars or bottles, and seal while hot. This is mild and delicious when served with meats, oysters or vegetables.
CATSUP

Wash and cut up a quantity of tomatoes. It is not necessary to remove the skins. Place in kettle without any water and boil until thoroughly soft. Mash thru a fine sieve until the seeds and skins are removed. To each gallon of this liquid add 3 level tablespoons of salt and ¼ tablespoon of red pepper. Place again in the kettle and suspend in it a little flannel bag containing for each gallon—2 level tablespoons of whole allspice; 4 level tablespoons of unground white or yellow mustard seed; 1 level tablespoon of whole cloves; 2 level tablespoons unground celery seed; 1 ounce of stick cinnamon; 3 ounces of green ginger root that has been cleaned and scraped.

Now drop in two large whole onions, bring to a boil, stirring frequently to prevent scorching, and boil until the mixture begins to thicken, then add one pint of vinegar and three level tablespoons of sugar. Continue boiling until the catsup becomes so thick that when a teaspoonful is removed and placed in a saucer no water will run from it. Remove the onions and the bag containing the spices, put the catsup into jars or bottles that have been previously washed in boiling water and seal or cork while hot. If kept corked, catsup made in this way will keep indefinitely.

CHOPPED GREEN PICKLE

1 gallon of green tomatoes; 1 gallon of cabbage; ½ gallon of onions; 24 large, green peppers; 12 large, red peppers.

Place all together in a vessel, cover with water, add about 1 pint of salt, and let stand over night. In the morning put all in a bag and drain 24 hours. After draining add 1 pint of white mustard seed. In a separate vessel boil 1 gallon of vinegar with 1 ¾ pounds of brown sugar. When boiling hot, pour over the chopped vegetables. Put all on stove together and cook about 15 minutes. Put in jars and seal while hot.

CHUNK PICKLES

7 pounds pickles; soak three days in very strong salt water. Then three days in fresh water. Drain; simmer in weak vinegar three hours; drain on a cloth. Three pints of strong vinegar; three pounds of sugar; spice to taste. Boil; pour over pickles boiling hot. Will keep without canning.

CHOW-CHOW

Two large bunches celery, 8 large cucumbers, 6 onions medium size, 1 cauliflower, 1 red pepper, 3 mangoes, one-half peck green tomatoes.

Chop this up very fine, put in salt brine over night. Squeeze out in the morning.

Take 2 cups brown sugar, 1 tablespoon tumeric.

Put in bowl a little flour, add one-half teaspoon mustard. Mix with vinegar, add to above. Let it come to a boil.

PICKLED ONIONS

Peel, wash and place in brine, using 2 cups of salt to 2 quarts of water. Let stand two days and pour off brine. Cover with fresh brine and let stand two days longer. Remove from brine, wash and pack in jars, cover with hot vinegar to which whole cloves, cinnamon and allspice have been added.

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SWEET PICKLES

One gallon strong cider vinegar, 1 large tablespoon whole cloves, 1 large tablespoon whole allspice, 1 large tablespoon mustard seed, 1 large tablespoon pulverized alum, one-half pint of salt, 1 teaspoon of saccharin.

Boil all together and let cool, then put in crock. Wash pickles carefully and pack in the crock. When crock is full, put on weight and tie up.

It takes about 2 1/2 gallons of vinegar for a five-gallon crock.

HUNGARIAN DILL PICKLES

MATERIALS

2 dozen medium-sized cucumbers; 1 onion; 1 clove of garlic; 2 tablespoons salt; dill as much as desired; boiling water.

Select cucumbers of uniform size, wash and put in layer in a large glass jar, alternating with the sliced onion, clove of garlic and salt. Pour boiling water over all until the jar is full and put a two inch square of bread on top. Cover and stand in the sun for four days, and they are ready for use and have a very delicious flavor, and a few grape leaves over the top are an extra addition to flavor.

SWEET PICKLED PEACHES

Wipe peaches and stick 3 or 4 whole cloves in each one. Place in jars or crocks and cover with hot vinegar, allowing 3 1/2 cups of sugar to each quart of vinegar. Add a little cinnamon and allspice and a few cloves to the sweet vinegar.

Every morning for a week pour off the vinegar, heat to boiling and pour over peaches again. On the last day seal jars or cover crock well. To conclude the operation in one day use a thicker syrup in which to cook the peaches. Cook peaches in syrup until done, but not to pieces. Place in jars and seal at once.

ELDERBERRY WINE

One gallon berries, one gallon water, four pounds of sugar, one-half ounce bruised ginger, one-fourth ounce cloves, one-half yeast cake dissolved in half a cup of water, and one pint of spirits.

Mash the berries, add the water and let stand for two days, stirring them frequently.

Strain; add the brown sugar to the juice. Tie the ginger and cloves in a clean piece of cheesecloth, and boil in the wine for an hour.

Put the wine in a cask and when it is nearly cold add the yeast. Let it ferment for two days, then put in the pint of spirits with the bag of spice and close up the cask.

This is an excellent medicine for delicate or elderly persons.

ELDERBERRY SYRUP

Try it on buckwheat cakes next winter. Cover elderberries with water. Let boil; strain as for jell. Add 1/2 as much sugar as you have juice and boil twenty minutes. Can and seal air tight.

ELDERBERRY WINE

Over eight quarts of berries pour four quarts of boiling water. Set on stove and bring to boiling point, then add one ounce of cloves, two ounces of cinnamon. Pour into crock, let stand twelve hours, strain and add four pounds of sugar. Put in keg to ferment.
SALADS

PLAIN MAYONNAISE

1 ¼ teaspoonful powdered sugar; 1 teaspoonful salt, ⅛ teaspoon Cayenne; ⅛ teaspoonful mustard; 2 egg yolks; 1 ½ cupful salad-oil (any kind); 2 tablespoonfuls lemon-juice; 1 tablespoonful vinegar; ⅜ teaspoonful Worcestershire Sauce.

Mix together the first four ingredients in a deep, small, heavy bowl. Then stir in the egg yolks, and when thoroughly mixed, add the lemon-juice, Worcestershire sauce, and vinegar. Then, using a wheel egg-beater, beat in the oil, a teaspoonful at a time, until the dressing becomes thick. Then the oil may be poured in slowly, care being taken to beat it in thoroughly. Then beat in a tablespoonful of boiling water to insure against separation. Store in a cool place in a covered glass jar.

FRENCH DRESSING IN QUANTITY

As it is a waste of time to make up French dressing whenever needed, a far better plan is to prepare it in quantity. To do this, measure into a pint jar a cupful of salad-oil, add two teaspoonfuls of salt, one-half teaspoonful of paprika, and one-third teaspoonful of pepper. Then measure in one-third cupful of good cider vinegar, or Italian vinegar. Put on the rubber ring and the top, shake till emulsified, and measure out the quantity needed. Store in a cool place. Always shake before using.

CREAM CHEESE SALAD DRESSING

5 tablespoonfuls cottage or cream cheese; ⅛ teaspoonful salt, 7 tablespoonfuls salad-oil; 4 tablespoonfuls vinegar from sweet pickles; 8 minced pickled onions; ⅓ teaspoonful paprika.

Beat the cheese till soft with a fork, working in the seasonings and vinegar; then add the onions; beat in the oil and serve on lettuce or a mixture of salad greens, or on molded cooked cowslip, dandelion greens, or spinach. A cheese dressing of this kind adds to the food value of a salad.

FRENCH CREAM DRESSING

Mix one-half teaspoonful of salt, one-eighth teaspoonful of paprika, two tablespoonfuls of vinegar, and three tablespoonfuls of olive-oil; then add six tablespoonfuls of heavy cream beaten until stiff.

PINEAPPLE AND CHEESE SALAD

1 small can pineapple diced; 1 cup cream cheese diced; ½ bunch of celery cut up; ½ lb. English walnuts cut up. Mix with mayonnaise dressing, and ½ pt. whipped cream.

ROQUEFORT CHEESE DRESSING

Mix together half a teaspoonful of salt, a quarter of a teaspoonful of white pepper, six tablespoonfuls of olive oil, and when well mixed add three tablespoonfuls of vinegar or lemon juice. Beat all together until an emulsion is formed. Add to this an eighth of a pound of roquefort cheese, crushed fine, and a little chopped pimento. Serve on lettuce, chicory, or endive.
CANTALOUP SALAD

Cut one-half of a ripe cantaloup into cubes. Mix with an equal quantity of oranges or berries. Cut pieces of the remaining melon into small boat-shaped pieces; garnish with dates. Arrange on head lettuce and serve with whipped-cream dressing or French fruit dressing.

PINEAPPLE SALAD

1 can pineapple; 1 pound marshmallows; ½ pint whipped cream; ½ pound English walnuts. Heat pineapple juice, and pour over nuts, pineapple and marshmallows; whip cream and put in when cool.

FRUIT SALAD

2 lbs. California grapes seeded; 2 pineapples cubed; 2 cupfuls celery chopped; 2 oranges cubed; 2 cupfuls English walnuts; mayonnaise dressing; 2 eggs; ¼ cupful sugar; 2 tablespoons flour; 1 teaspoonful salt; 1 teaspoonful mustard; 1 cupful milk; 1 cup mild vinegar; 1 lump of butter size of egg; 1 cup whipped cream.

Mix ingredients, stir into cup boiling milk until it thickens, when cold mix with cup of cream well whipped. Pour over salad ingredients and mix well.

CHINESE-CABBAGE SALAD

Shave one medium-sized head of the crisp vegetable known as Chinese cabbage or celery cabbage, add two cups of celery cut in small pieces, two tablespoons of chopped onions and one hard-boiled egg, sliced. Cover generously with cooked cream dressing and sprinkle with chopped peanuts.

COOKED SOUR-CREAM DRESSING

Beat together two whole eggs, two teaspoons of flour, one teaspoon of mustard, one teaspoon of salt, four teaspoons of sugar, five tablespoons of cider vinegar, two tablespoons of soft butter. Cook in a double boiler until thick. When cold, add sour cream until dressing is of right consistency.

SWEET-RED-PEPPER SALAD

Sweet red peppers; 1 cup chopped tomato; lettuce leaves; 1 cup chopped celery; 2 onions; mayonnaise or boiled dressing.

Cut the stems from the large red peppers and cut into rounds about an inch thick. Remove the seeds, and place each round on a lettuce leaf. Mix the chopped tomato, celery and onion together and marinate the dressing, then fill each round with this mixture. Serve a ring to each person.

CABBAGE SALAD IN GREEN-PEPPER CASES

Sweet green peppers; French dressing; cabbage; lettuce leaves.

Cut off the small ends from sweet green peppers and remove the seeds. Use the tender center of the cabbage and chop very fine. Add a little chopped green pepper. Fill into the pepper cases, and pour over the dressing. A chopped fresh cucumber will improve this salad for many.
DELICIOUS ARGYLE SALAD

1 can of apricots; 12 chopped marshmallows; 1/2 cupful of chopped pecan-nut meats; some lettuce leaves; yolks of 4 eggs; 4 tablespoonfuls of vinegar; 1 tablespoonful of sugar; 1 teaspoonful of salt; 1 teaspoonful of dry mustard; 1 teaspoonful of butter; a few grains of red pepper; 1 cupful of whipped cream.

Drain the apricots and lay them on crisp lettuce leaves. Put the egg yolks into a double boiler, add the vinegar, sugar, salt, mustard, red pepper and butter, and stir them over the fire until they have cooked for five minutes. Allow to cool, then add the whipped cream and beat all thoroughly together. Next add the nuts and the marshmallows. Place a spoonful of the dressing on each plateful of salad. This is an excellent recipe.

WATER LILY SALAD

Six hard boiled eggs, one tablespoon butter, one-half teaspoon salt.

Cut eggs in halves lengthwise. Remove yolks, mash and add butter, salt and lemon juice. Cut each half of the white lengthwise into three sections. Place these sections on a lettuce leaf to represent the petals of a lily. In the center place a spoonful of the yolk mixture formed into a ball.

A very attractive salad is made by taking five or six pieces of carrots cut into three-quarter inch lengths and held together by a ring of green pepper about half-inch wide. Season with salt and pepper with boiled dressing.

CRAB MEAT SALAD

Use twice as much crab meat as celery. Cut the vegetable stalks into fine pieces and stir them into the mayonnaise. Break the meat into pieces of uniform size, heap it upon a bed of lettuce leaves and pour the dressing over the mount. Serve cold.

TOMATO-MUSHROOM SALAD

Medium-sized tomatoes; onion; 1 cup mushrooms; celery.

Peel the tomatoes and scoop out the seeds, sprinkle the cavities with salt and a little paprika and invert on ice. Mix with one cup of mushrooms, one-half cup of finely chopped celery and one small onion chopped fine. This proportion should fill six tomatoes, and the proportion can be increased according to number of tomatoes to be used. Dress with good thick mayonnaise, and then fill into the cavities. Serve on lettuce leaves with a little mayonnaise around each tomato cup.

TOMATOES STUFFED WITH PINEAPPLE

MATERIALS

Tomatoes; salt; pineapple; walnut or pecan meats; mayonnaise dressing; lettuce leaves.

Peel medium sized tomatoes, remove a thin slice from the top of each and take out seeds and some of the pulp. Sprinkle inside with salt, invert and let stand to drain for half an hour. Cut sufficient fresh pineapple in small cubes to fill the cavities and combine with walnut or pecan meats in proportion of two-thirds pineapple cubes to one-third nut meats; mix with mayonnaise dressing and fill tomatoes.

Garnish with halves of nut meats and serve on bed of lettuce leaves.

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POTATO SALAD

Cook the potatoes in boiling salted water. When cold, cut into cubes. Have about 1 pint of these. Peel 1 cucumber, cut into cubes and keep in cold water until ready to use it. Take 1 cup chopped celery. Dry the cucumber and add that and the celery to the potatoes. Also add ¼ cup grated onion and mix with boiled dressing. Place on small, fresh lettuce leaves.

MARSHMALLOW COMBINATION DESERT

Take 1 ten cent package of marshmallows, cutting each piece in four. One cupful of apples; two oranges; four bananas sliced; ½ cupful chopped walnuts; 1 cupful whipped cream. Mix together, and heap whipped cream on top of it.

MARSHMALLOW AND CHEESE SALAD

1 qt. can of pineapple cut in small pieces; 1 lb. marshmallows cut small with shears; ½ lb. cream cheese cut fine; ½ pt. cream, and enough mayonnaise to give a good flavor. Mix lightly together. Will serve fifteen.

SUBSTITUTE FOR WHIPPED CREAM

1 cup sugar; ½ cup soft peaches; white of 1 egg. Don’t beat egg first. Put all together and beat. Longer beating improves it.

MANHATTAN RELISH

MATERIALS

1 pt. lemon jello; ½ lb. Enlish walnut meats; 1 pt. boiling water; 1 small can pimentos; 1 bunch celery; 3 apples, chopped fine.

Put jello in saucepan, pour over this one pint of boiling water—set away to cool. Mix together, apples, chopped fine, broken walnut meats, pimentos, chopped; celery, cut in small pieces in mixing bowl. When jello is cool pour it over these ingredients and set in ice box to harden. Serve in individual plates on a lettuce leaf. A very pretty and appetizing relish.

PINEAPPLE SALAD

MATERIALS

1 pint cream; 1 can pineapple; 1 cup nuts; ¼ lb. marshmallows; mayonnaise; lettuce; sugar.

Cut marshmallows with scissors and nuts with knife. Whip cream. Cut pineapple in small pieces. When ready to serve mix pineapple, nuts, marshmallows and cream, to which has been added one-half cup sweet mayonnaise and one-fourth cup powdered sugar. Serve on lettuce leaves.

CHERRY SALAD

1 cup pitted cherries; 6 tablespoons mayonnaise dressing; 1 cup of diced apple; crisp white lettuce.

Mix the apple, mayonnaise and three-fourths of the cherries. Put this on the lettuce-leaves and garnish with the remainder of the cherries. Serve toasted cheese wafers.
COMBINATION SUMMER SALAD
Two cups of string beans, cooked; 3 large tomatoes, 2 small cucumbers; French dressing.
Slice the tomatoes and place on lettuce leaves on individual plates. Arrange the string beans in rows on either side of the tomato slices, and put the sliced cucumber atop of the tomato slices. Serve with French dressing.

CABBAGE AND PEPPER SALAD
One-half small head cabbage, lettuce, 3 green peppers, French dressing.
Soak the cabbage in cold, salted water for five minutes, then drain and shred it. Allow the peppers to stand for five minutes in boiling water, drain and remove all seeds. Cut the peppers into narrow strips and mix them with the cabbage. Place the mixture on lettuce leaves and pour the dressing over it.

ASPARAGUS SALAD
Allow six asparagus tips to a person. (The lower tough ends of the stalks should be used for asparagus soup.) Arrange on individual plates, and garnish with lettuce leaves. Pour over chiffonade, or cream cheese salad dressing. Or for plain service use French dressing and a garnish of cream cheese balls, or sliced creamed cheese.

JEWEL SALAD
½ envelope Knox's Sparkling Gelatin; ½ cup cucumbers; ½ canned sliced pineapple; ¼ cup cold water; ¼ cup boiling water; ½ cup sugar; ½ cup pineapple syrup; 1 tablespoon Tarragon vinegar; 1 tablespoon lemon juice; a few grains of salt.
Pear, chop and drain cucumbers. Chop and drain pineapple. Mix cucumber and pineapple, and add gelatin which has been soaked in ¼ cup of water and dissolved in the ¼ cup boiling water. Then add remaining ingredients. Can be moulded in individual molds, or in solid molds. Cut in squares or slices. Serve on nest of lettuce, and accompany with mayonnaise dressing.

PASTRY
PUMPKIN PIE
Pare and cut part of a pumpkin into small pieces. Put in a kettle with only enough water to keep from burning. Cover closely, put over the fire and steam very slowly for one hour, or until thoroughly tender. Press pulp through a sieve, and while still hot stir in one tablespoonful of butter. To each cupful of pumpkin add ⅛ cupful of hot milk; 1 well-beaten egg; ½ cupful of sugar; 1 teaspoonful each of cinnamon, ginger and nutmeg.
Mix well together; use a deep pie plate lined with crust and fill with the pumpkin mixture. Bake in a moderate oven for about one hour, until firm in the center.
BLUE PLUM PIE

MATERIALS

6 or 8 large blue plums; 1 egg; \( \frac{3}{4} \) cup sugar; pie shell; 1 cup milk; pinch of salt.

Make pie shell, slice plums lengthwise; take stones out of plums and arrange them on the pie shell. Mix custard and pour over plums. Bake until custard is set.

GREEN APPLE PIE

3 tart juicy apples; \( \frac{3}{4} \) cup sugar; \( \frac{1}{2} \) teaspoonful cinnamon or nutmeg; 2 teaspoonfuls butter; 1 or 2 tablespoonfuls water; 1 tablespoonful corn flour.

Roll plain pastry to cover pie pan. Trim and wet the edges. Mix sugar, flour and seasoning, and sprinkle all over pastry. Peel and slice very thin the apples, heaping up well in the center of the crust. Cover with bits of butter, add water according to juiciness of apples, roll out upper crust, cut openings for escaping steam while baking, and cover. Press edges well together and then with a thin, pointed knife, lift both crusts loose from the pan and bake about forty-five minutes or until apples are done. The oven should be a quick heat for the first fifteen minutes and then reduce to a moderate temperature. If this method is followed no juice will be lost in the baking in apple or any juicy pies.

LEMON ORANGE PIE

\( \frac{1}{2} \) lemon; \( \frac{1}{4} \) orange; \( \frac{3}{4} \) cup sugar; two eggs; three tablespoons cornstarch; save whites of eggs for frosting.

LEMON CREAM PIE

1 \( \frac{1}{2} \) pints milk, 3 tablespoons corn-starch, 1 cup sugar, 2 tablespoons butter, grated rind and juice of 2 lemons, yolks 4 eggs. Boil milk, add corn-starch dissolved in a little cold milk; when it reboils, take off, beat in yolks, butter, lemon juice, and rind; pour at once into pie-plates lined with paste, having high rim—as described in custard pie; bake in hot oven until paste is cooked—about 20 minutes, or, if meringue is desired, whip whites of 4 eggs to dry froth; slowly incorporate 1 cup sugar; spread over top of pie; when baked, dust with powdered sugar; return to oven to set fawn color.

CUSTARD PIE

2 eggs, 3 tablespoons sugar, \( \frac{1}{2} \) teaspoon salt, \( 1 \frac{1}{2} \) cups milk, a little grated nutmeg. Beat eggs slightly, add sugar, salt, and milk. Line pie-plate with any desired crust, making edge high and thicker than in center. Strain in the mixture slowly, adding few gratings of nutmeg. Bake in quick oven at first till edge of paste is set, then decrease heat. Bake till custard is just set.

COCOANUT PIE

Proceed as for custard pie, adding \( 1 \frac{1}{2} \) cups grated cocoanut, and leaving out \( \frac{1}{2} \) pint milk.
CURRANT TEA RING

One cup scalded and cooled milk, one cup lukewarm water, three-fourths cup sugar, two cakes compressed yeast, seven cups sifted flour, six tablespoons lard or butter, (melted), three eggs, one-half teaspoon salt.

Dissolve yeast and one tablespoon of sugar in lukewarm liquid. Add three cups flour and beat until smooth. Add lard and sugar thoroughly creamed, and eggs beaten until light. Add the remainder of the flour gradually, or enough to make a moderately soft dough, add salt. Turn on board, knead lightly. Set aside in warm place for about two hours. Roll out in oblong pieces one-quarter-inch thick. Brush with melted butter, currants and cinnamon. Roll up lengthwise and place in circle on shallow greased pan. With scissors cut three-quarter-inch slices, almost through. This should give the effect of a many pointed star, and show the different layers with filling. Cover and let rise one hour, and bake twenty-five minutes. Ice while hot with plain frosting.

BLACKBERRY PASTRY

$\frac{1}{2}$ cup butter; 1 teaspoon baking-powder; 1 egg; 3 cups blackberries; $\frac{1}{4}$ teaspoon of salt; 2 $\frac{1}{2}$ cups flour; 1 tablespoon of milk; $\frac{1}{2}$ cup of sugar.

Beat the egg slightly. Mix the butter, flour, salt and baking-powder. Add the milk and egg. This will form a very stiff dough. Roll thin and cut into squares. Bake in a hot oven. Crush the berries and add the sugar. Put the berries between the squares of pastry and some on top just before serving.

PEACH DUMPLINGS

MATERIALS

2 cups of flour; $\frac{1}{2}$ teaspoon salt; 2 teaspoons of baking powder; peaches; $\frac{1}{4}$ cup of butter; $\frac{3}{4}$ cup of milk; 1 egg.

Sift dry materials four times. Cut in butter, add milk. Lastly add beaten egg. Roll in well-floured pastry board. Cut with three-inch biscuit cutter. Made a dint in each dumpling and lay a sweetened half of peach in this. Bake twenty minutes in quick oven. Ten minutes before taking out of the oven pour one cup of sirup over dumplings. This makes a fine shortcake crust, too.

PEACH MOONS

Make a sweetened shortcake dough and add 2 beaten eggs. Roll out the dough $\frac{1}{2}$ inch thick and cut into large biscuits. Drop on each one spoon fresh, chopped peaches, and fold over, into half-circles. Press the edges together, brush with melted butter and bake.

LEMON PIE BAKED IN CRUST

Rind and juice of a lemon; 1 cup sugar; 3 tablespoons flour; yolks of 2 eggs; beat; add a tablespoon melted butter; one cup of water. Beat whites of eggs, add, put in crust and bake.

PEACH SHORTCAKE

Peel the peaches and cut into slices. Put in a pan with sugar, a little water and a few of the stones. Place on the back of the range to heat through slowly. Make the regulation baking powder biscuit
dough with the addition of two tablespoons sugar and two tablespoons of shortening.

Shape into individual cakes. Bake in a hot oven for twenty minutes. Split crosswise, spread with butter and a few of the peaches. Put on the top and add more peaches. Serve with plain or whipped cream.

**CREAM PUFFS**

Better than the bake shop kind

\[ \frac{1}{2} \text{ cup shortening}; 1 \text{ cup boiling water}; 3 \text{ eggs}; 1 \text{ cup flour}; \frac{1}{6} \text{ teaspoon salt}; 2 \text{ teaspoons baking powder}. \]

Heat water and shortening in saucepan until it boils up well; add flour, sifted with salt, all at once and stir vigorously. Remove from the fire as soon as mixed; cool and mix in unbeaten eggs, one at a time. Add baking powder, mix well, and drop by spoonfuls 1\(\frac{1}{2}\) inches apart on greased tin. Shape into circular form with wet spoon. Bake 25 minutes in hot oven. With sharp knife cut to admit filling.

**CREAM FILLING**

1 \text{ cup sugar}; \(\frac{1}{6} \) \text{ cup cornstarch}; \(\frac{1}{6} \) \text{ teaspoon salt}; 1 \text{ egg}; 2 \text{ cups scalded milk}; 1 \text{ teaspoon vanilla}.

Mix dry ingredients, add egg slightly beaten and stir into this gradually the scalded milk. Cook about 15 minutes in double boiler, stirring constantly until thickened. Cool slightly and flavor.

Sweetened whipped cream may be used instead of the above filling.

**APPLE COFFEE CAKE**

Take 1 quart of milk, heat it enough to melt half a cup of butter; when butter is melted add 1 cake of yeast which has been dissolved in a half cup sweetened water, then add 3 well-beaten eggs, 1 tablespoon of salt, 1\(\frac{1}{2}\) cups sugar and a dash of nutmeg. Mix all well. Set in warm place and let raise.

Grease your pans and put a layer of dough in. Slice apples over, sprinkle with sugar and cinnamon, cover with another layer and place apples on top; let raise until pans are even, then bake three fourths of an hour. Start with a very hot oven, then decrease fire. This makes two good-sized coffee cakes.

**TRANSPARENT PIE**

Beat together one white of egg and the yolks of two, then add two tablespoons melted butter. One cup sweet milk; 1 cup brown sugar, and \(\frac{1}{6}\) grated nutmeg. Mix all together and bake with an undercrust only. When done cover with a frosting made of \(\frac{1}{6}\) cup sugar and the whites of two eggs. Flavor with lemon and place in oven for two or three minutes to brown.

**CREAM PUFFS**

One-half cup butter, 1 cup boiling water, 1 cup flour, 3 eggs, \(\frac{1}{6}\) teaspoon soda. Let water and butter come to a boil, stir in flour, cook 5 minutes, stirring all the time. When cool add eggs and soda. Drop by tablespoonfuls on buttered tins. Bake \(\frac{1}{6}\) hour.

Cream for puffs: One-half pint milk, 1 egg, \(\frac{1}{6}\) cup sugar, \(\frac{1}{4}\) cup flour. Cook until thick and flavor.
PUDDINGS.

GERMAN APPLE PUDDING

1 egg; 1 cupful of milk; 1 tablespoonful of melted butter; 2 teaspoonfuls of baking powder; 2 cupfuls of flour; salt to taste; ½ cupful of brown sugar; 1 teaspoonful of powdered cinnamon; some quartered apples.

Let the egg be beaten without separating, then add the milk, melted butter, flour, baking powder and salt, stir well and pour into a buttered, shallow pan. Press into the mixture the quartered apples, dust with the brown sugar and the cinnamon. Bake until the apples are tender. Serve with cream.

BERMUDA PUDDING

2 eggs; ½ cupful of butter; 1 cupful of flour; ½ cupful of sugar; 1 teaspoonful of baking powder; 1 tablespoonful of orange marmalade or raspberry jam; a sweet sauce.

Beat the butter and sugar until creamy, then add the eggs well beaten and beat again, then add the flour, baking powder and orange marmalade. Pour into a buttered mold, cover with a buttered paper and steam gently for two hours. Serve hot with a sweet sauce or with hot milk and sugar.

A GENUINE ENGLISH PLUM PUDDING

1 pound of seeded raisins; 1 pound of currants; ¼ pound of chopped citron peel; 1 pound of chopped suet; 6 eggs; 1 cupful of bread-crumbs; 2 cupfuls of flour; 2 cupfuls of milk; 2 tablespoonfuls of salt; 1 pound of brown sugar; 1 teaspoonful of powdered cinnamon; 2 teaspoonfuls of powdered allspice; ½ teaspoonful of powdered cloves.

Thoroughly clean and dry the raisins and currants, add to them the citron peel, suet, flour, breadcrumbs, sugar, salt, spices and milk, and the eggs well beaten. Mix three days before using. Scald a pudding-cloth and dredge it with flour. Put in the pudding mixture and tie it securely, allowing no swelling room, as the ingredients swell during the three days they are mixed. Into a large kettle of boiling water that will completely cover the pudding put the bag and boil steadily for five hours, replenishing the water as it boils down. When done drain the bag in a colander, then turn out the pudding on to a hot dish. Place a sprig of holly in the center and serve with a sweet sauce flavored with lemon or vanilla extract.

DATE PUDDING

1 cup granulated sugar; 2 eggs; 2 tablespoonfuls flour; 1 teaspoon baking powder; 1 cup chopped dates; 1 cup English walnuts. Bake 40 minutes in an ungreased pan.

DATE PUDDING

11 soda crackers (crumbled); 2 cups granulated sugar; 6 eggs, 2 boxes of dates; 2 cupfuls English walnuts; 1 teaspoon baking powder. Mix together and add eggs beaten with teaspoonful of baking powder. Bake slowly for an hour. Serve with whipped cream.
CUSTARD SOUFFLE

Rub two scant tablespoonfuls of butter to a cream; add two tablespoonfuls of flour and pour on gradually one cupful of hot milk. Cook for eight minutes in the double boiler, stirring often. Separate the yolks and whites of four eggs; put the whites on ice, beat the yolks. Add two tablespoonfuls of sugar and add to the milk and set away to cool. Half an hour before serving beat the whites of the eggs stiff and cut them in lightly. Bake in a buttered pudding-dish in a moderate oven for thirty minutes. Serve at once with creamy sauce.

PINEAPPLE SOUFFLE

1 small can of pineapple; 2 tablespoonfuls butter; 2 tablespoonfuls flour; 1 pint of scalding milk; 3 egg yolks; 3 beaten egg whites; 3 tablespoonfuls sugar.

Rub the flour and butter together until smooth and add to the milk which has been scalded in a double boiler; cook until thick. Add the egg yolks and the sugar; stir for two minutes and then remove and cool. Add the pineapple juice, or the pineapple mashed through a sieve, and fold in the stiffly whipped egg whites. Place in individual souffle dishes and bake in a moderate oven from ten to fifteen minutes. Or make into one large souffle and bake slowly for about thirty-five minutes.

APRICOT SOUFFLE

Heat a pint of milk in the upper part of double boiler, stirring in one teaspoonful of butter, a pinch of salt, one tablespoonful of sugar and a heaping tablespoonful of cornstarch dissolved in a little cold milk; be sureth that the sauce boils, then remove from the fire, beating in the yolks of two eggs and a can of chopped apricots (drained from the syrup); now allow the mixture to become cold and fold in lightly the stiffly whipped whites of three eggs and half a cupful of confectioner’s sugar. Turn the souffle in a buttered dish, being careful that it is only about half full, and after setting the dish into a pan of hot water cook in a quick oven about thirty minutes; serve with a sauce made from the syrup, blended with whipped cream and flavored with powdered cinnamon.

APPLE CUSTARD

3 eggs; 1 cupful of sugar; 1 cupful of sifted sour-apple sauce; ½ cupful of butter; flavor with vanilla.

Make a nice crust for the holders. Bake in round muffin-tins.

CHERRY PUDDING

1½ cup soft baking powder biscuit dough; 1 ½ cups pitted cherries; ½ cup sugar.

Pit the cherries after they have been washed. Make the biscuit-dough. Butter a pudding-mold which has a tight-fitting cover. Put a spoon of the dough into the mold, then a spoon of cherries, then more dough and more cherries, until the bottom of the mold is covered. Put a teaspoon of sugar on each spoon of cherries. Make another layer, putting dough on top of cherries and cherries on top of dough, until all has been used, including the sugar, or the mold is two-thirds full.

Adjust the cover and set in a steamer or a kettle of boiling water on a low rack. The boiling water should come half-way up the sides of the mold. Keep boiling one hour for a quart mold. When done, serve with a clear sauce.
PEACH SOUFFLE

Peel and rub 8 large peaches thru a sieve and stir into them 1 cup of powdered sugar and the beaten yolks of 3 eggs. Beat and whip the fruit and eggs for 8 minutes. Set aside until the whites of 4 eggs are beaten stiff, then fold carefully into the peach, egg mixture, turn into a greased baking dish, sprinkle with sugar and bake in a quick oven for five minutes.

PINEAPPLE TAPIOCA

1 cup water; ½ cup tapioca; 3 tablespoons sugar for top; 1 cup diced and sweetened pineapple.

Cook water and tapioca in double boiler until clear; place the prepared pineapple in a pudding-dish and pour the tapioca over, cover with three spoons sugar and bake until fruit is tender, about half an hour. Cool and serve with cream.

CHERRY PUDDING-SAUCE

1 cup cherry-juice; 2 tablespoons sugar; 3 cloves; 2 tablespoons cold water; 1 tablespoon cornstarch; 1 teaspoon salt; 1 tablespoon of butter.

Mix the corn-starch and cold water. Add the sugar to the cherry-juice and heat until it boils. Add the corn-starch and salt to this. Cook until clear. When it has reached this stage, add the butter and cloves, and serve with bread pudding or any similar kind.

BLACKBERRY PUDDING

4 slices of plain cake; 1 cup whipped cream; 2 cups blackberries; ½ teaspoon almond extract; 2 tablespoons sugar.

Put the cake on individual plates. Crush the blackberries and pour over the cake. Flavor the cream with sugar and almond extract, and put on top of the berries.

FIG PUDDING

½ pound of suet, finely chopped; ½ pound (scant) of figs, finely chopped; 2 heaping cupfuls of bread-crumbs, soaked in ½ cupful of milk; ¾ cupful of sugar; 2 eggs, last, well beaten.

Mix thoroughly and steam for four hours. Serve with hard or foamy sauce.

BACK-ABOUT PUDDING

Soak one cupful of pearl tapioca over night in cold water. Put it in a double boiler, add more water to it, and cook it until it is clear. Stir in one cupful of granulated sugar and one cupful of preserved strawberries or one cupful of tart jelly. Serve it cold with cream.

CARROT PUDDING

1 cup carrots ground; 1 cup brown sugar; 1 cup potatoes ground; 1 cup of suet ground; 1 cup raisins; 1 teaspoon cinnamon; 1 teaspoon allspice; ½ cup flour; 1 teaspoon of salt; 2 teaspoons of soda. Steam three hours. Pudding Sauce: 1 cup brown sugar; 2 tablespoons flour; butter size of an egg. Flavor to suit. Cook a few minutes, then add hot water to suit, also.
Bread, Waffles, Fritters.

A GOOD RAISIN BREAD

2 pounds of seedless raisins; 1 quart of milk; 1 tablespoonful of lard; 2 eggs; ¾ pound of sugar; 1 compressed yeast cake; 1 tablespoonful of salt; 1 tablespoonful of powdered cinnamon; flour.

Bring the milk to the boiling point, remove it from the fire and add the lard. When cool add the yeast cake mixed with the salt, a tablespoonful of the sugar and enough flour to make a soft batter. Allow to rise over night in a warm place, then in the morning add the sugar, the eggs well beaten, the raisins and enough flour to make it stiff. Allow it to rise, then mold into loaves. Mix the cinnamon with a little sugar and sprinkle it over the top, then allow to rise again. Bake in a moderate oven for one hour.

SOUTHERN CORN-MEAL EGG BREAD

1 cupful of corn meal; 1 egg; 1 cupful of sour milk; 1 tablespoonful of melted lard or butter; ½ teaspoonful of baking powder; ¼ teaspoonful of salt; ¼ teaspoonful of baking soda.

Mix the soda, salt and baking powder with the corn meal, add the egg well beaten, the milk and the melted lard or butter; and beat briskly for one minute. Turn into a well-greased, sizzling hot pan and bake in a moderately hot oven. This bread should be served as soon as it is taken from the oven.

LUNCHEON-ROLLS

Put two tablespoonfuls of butter, one tablespoonful of sugar, and one-half teaspoonful of salt in a bowl without a lip. Pour over one cupful of scalded milk, and when mixture is lukewarm add three fourths of a yeast-cake broken in pieces and dissolved in one-fourth cupful of lukewarm water; then add one and one-half cupfuls of bread flour once sifted. Beat thoroughly, cover with a cloth and board, and let rise until light. Cut down, and add enough flour to knead, the quantity required being about one and three-fourths cupfuls. Cover and again let rise. Toss on a floured board, shape in small biscuits, cover with a cloth and pan, and when well puffed make a deep crease through the center of each biscuit with the handle of a wooden spoon. Press edges together, place biscuits close together in a buttered pan, cover, let rise, and bake in a hot oven from twelve to fifteen minutes.

CORN BREAD

1 egg; 1 teaspoon sugar; 1 teaspoon butter; ¼ cup flour; ½ cup cornmeal; ½ cup sweet milk; 2 teaspoons baking powder; ½ teaspoon salt. Bake fifteen minutes.

EGG GEMS

Take one cupful of finely chopped meat and add to it a cupful of fine bread-crumbs, a teaspoonful of very finely chopped onion and a spoonful of melted butter; add also, enough milk to bind the whole, and salt and pepper to taste. Grease well a number of large gem or muffin pans and nearly fill them with the mixture. Before setting in the stove, carefully break an egg on top of each and sprinkle with a bit of salt. Bake for eight minutes and serve hot.
CORN-FLOUR BISCUITS

2 cupfuls corn flour; ½ teaspoonful salt; 2 tablespoonfuls fat; 1 tablespoonful sugar; 4 teaspoonfuls baking-powder; ¾ cupful milk.

Sift dry ingredients several times. Then stir in the fat and proceed as for tea-biscuit.

NUT BREAD

1 cup sugar; 1 tablespoonful butter; 1 egg; 1 ½ cups sweet milk; 4 cups flour; pinch of salt; 4 teaspoons baking powder; 1 cup of nuts; 1 cup of raisins.

Mix well. Let stand 20 minutes. Bake three quarters of an hour in slow oven.

CORN FRITTERS

MATERIALS

8 large ears corn; 1 tablespoon melted butter; 1 teaspoon salt; ¼ teaspoon pepper; 2 teaspoons sugar; flour; 1 egg.

Grate the corn enough to break the skin and scrape the cobs well. Add egg, unbeaten, then the butter, salt, pepper and sugar. Add just enough flour to hold together, and fry in a well-greased skillet.

BROWN BREAD

4 cups graham flour; 1 teaspoon salt; ½ box of seedless raisins; ¾ cup baking molasses; 1 teaspoon soda in the syrup; 2 cups sweet milk. Steam two hours. Bake 20 minutes. (1 lb. size baking powder cans may be used, without lids; makes three loaves.)

FRUIT SANDWICH BREAD

Sift one cup of white flour with one-half teaspoon of salt, one tablespoon of sugar and three teaspoons of baking-powder. Add two cups of whole-wheat flour, rub in one tablespoon of melted butter and mix to batter with one and three-fourths cups of milk. Beat well, add one cup of seeded raisins and one cup of figs cut in small pieces. Bake in hot oven. Cut in thin slices for sandwiches.

ROLLS

MATERIALS

1 cup scalded milk; ½ cup lard; ½ cup sugar; 1 yeast cake dissolved in ¼ cup lukewarm water; ½ teaspoon salt; ½ cup raisins stoned and cut in quarters; 1 teaspoon extract of lemon; flour.

Add one-half sugar and salt to milk; when lukewarm, add dissolved yeast cake and one and one-half cups flour; cover, and let rise until light; add lard, remaining sugar, raisins, lemon and let rise again and bake. If wanted glazed, brush over with beaten egg before baking.

SOUTHERN SODA BISCUIT

Put one quart flour into sifter; add one level teaspoon soda, one heaping teaspoon baking powder, one level teaspoon salt. Sift all together, add four tablespoons lard, mix to soft dough with either buttermilk or sour milk, roll about one-half inch thick, cut and bake in moderate oven.
SODA BISCUITS

To 1 cup butter-milk add one-half cup cream, in which dissolve 1 level teaspoon soda, one-fourth teaspoon salt and flour enough to roll. Cut and bake in quick oven.

BUCKWHEAT CAKES

To 1 1/2 pints pure buckwheat flour (never use prepared or self-raising flour) add 1/4 pint each wheat flour and Indian meal, 3 heaping teaspoons Royal Baking Powder, 1 teaspoon salt, 1 tablespoon brown sugar or molasses. Sift well together, in dry state, buckwheat, Indian meal, wheat flour, and baking powder, then add remainder; when ready to bake add 1 pint water or sufficient to form smooth batter that will run in a stream (not too thin) from pitcher; make griddle hot and cakes as large as a saucer. When surface is covered with air-holes it is time to turn cakes over; take off when sufficiently browned.

GRAHAM GEMS

1 egg; 2 tablespoonfuls of butter; 1 tablespoonful of sugar; 1/4 spoonful of salt; 1 cupful of sour cream; 1 cupful of graham flour; 1/2 cupful of white flour; 1/2 teaspoonful of soda.

Mix the butter, sugar and salt together. Add the egg and stir a few times. Add the cream, reserving a little in which to dissolve the soda, and the flour and soda and stir vigorously. Bake in a moderate oven for twenty minutes to half an hour.

Cakes and Cookies

MOCHA CAKE

1 cupful of sugar; 1 cupful of flour; 1 teaspoonful of cream of tartar; 1/2 teaspoonful of soda; 1 large teaspoonful of melted butter; 1/2 cupful of boiling milk; 2 eggs, not beaten.

Sift the flour, sugar, cream of tartar, and soda together twice. Add the butter, then break in the eggs, stir. Add the milk last. Stir briskly. Bake in a moderate oven twenty minutes.

MOCHA FROSTING

One cupful of powdered sugar, a small piece of butter, two tablespoonfuls of coffee, two teaspoonfuls of vanilla. Cream the butter and sugar and add the cocoa, then coffee and vanilla. Add more sugar, if necessary. Spread with a knife dipped in hot water.

A DELICIOUS DATE CAKE

1/2 cupful of soft butter; 1 1/8 cupfuls of brown sugar; 2 eggs; 1/2 cupful of milk; 1 1/3 cupfuls of flour; 3 teaspoonfuls of baking powder; 1/2 teaspoonful each of cinnamon, nutmeg, cloves and salt; 1/2 pound of dates cut into pieces.

Put all together at once, beat for three minutes and bake for forty minutes.
JUMBLES

\[ \frac{1}{2} \text{ cup butter; 1 cup sugar; 2 eggs; } \frac{1}{2} \text{ teaspoon soda dissolved in a tablespoon warm water; add flour; roll thin and bake.} \]

LIGHTNING CAKE

Melt \( \frac{1}{4} \) cup of butter in a measuring cup. Break an egg into the melted butter and beat well. Add milk to fill the cup. Mix with a cup of sugar, cup of flour and a teaspoon of baking powder all sifted together. Flavor and beat two or three minutes. Pour into a buttered pan, and bake for 20 minutes.

CAKE SUGGESTIONS

The wonderful variations that can be made from this simple and inexpensive rule for cake, seem almost endless. It can be used as a plain steam pudding, with a well flavored sauce, or a cup pudding, with a spoonful of jam or preserves placed in the bottom of the cup. A spoonful of rich cranberry sauce alternating with a spoonful of the batter, then steamed in cups, is a prime favorite. Bake in a square pan, cut in two and fill with a rich custard is another way. When baked in gem pans there are many varried possibilities. Besides plain cup cakes, the addition of a little coconuat, spice, currants, dates or figs, alter the character of the cakes entirely. Not to speak of the changes achieved by the use of frosting of different colors and flavors. The rule is one tablespoon of butter, scant \( \frac{3}{4} \) cups sugar, 1 egg, \( \frac{1}{2} \) cup milk, \( 1\frac{1}{2} \) cups flour (measured after sifting) and 2 teaspoons baking powder.

DUTCH CAKE

Beat one cupful of butter and one cupful of sugar together to a cream. Then add the well-beaten yolks of eight eggs, half a cupful of chopped, candied citron peel, half a teaspoonful of powdered cinnamon, a quarter of a teaspoonful of grated nutmeg, four tablespoonfuls of brandy, the stiffly beaten whites of the eggs, four cupfuls of flour, one teaspoonful of baking powder and one pound of currants. Turn into a buttered and papere cake tin and bake in a moderate oven for two hours. When cold decorate with white frosting and small Dutch figures.

A GOOD CHEAP CAKE

1 cup granulated sugar; 1 rounding tablespoon of Crisco; a little salt; 1 egg; beat the whites separately; 2 cups of flour, after it is sifted, then add 2 teaspoons baking powder, and sift twice. \( \frac{1}{2} \) cup of sweet milk; add water to fill cup. Stir flour and milk in alternately, fold in the white of the egg. Never beat after the white of egg is added. Flavor with a blend of lemon and vanilla. Two layers or a small loaf.

SPICE CAKE

1 cup brown sugar; 2 eggs; 4 tablespoons butter; \( \frac{1}{2} \) cup sour milk; \( \frac{1}{2} \) cup strong coffee; 1 teaspoon soda; 1 teaspoon baking powder; \( 2\frac{1}{2} \) cups flour. Add spices.
MY GRANDMOTHER'S RASPBERRY SHORTCAKE

One cupful of sugar, three eggs, two cupfuls of flour, a pinch of salt, half a cupful of butter, one cupful of milk, one teaspoonful of vanilla, and two teaspoonfuls of baking powder. Cream the sugar and the butter, add the well-beaten yolks of the eggs. Then mix alternately the milk and the flour with the baking powder and the salt. Add the vanilla and pour the mixture into greased jelly pans.

FILLING—Three cupfuls of raspberries, slightly mashed, sprinkled with two tablespoonfuls of sugar.

MERINGUE FOR THE TOP—Let one cupful of mashed berries mixed with one tablespoonful of sugar stand for some time. Beat the whites of the eggs until very stiff and add four tablespoonfuls of sugar and then beat this until it is stiff; add three drops of lemon juice or extract. Beat into this the mashed berries and put it all in a hot oven for a few minutes, but do not brown.

A FUDGE CAKE

1 cupful of sugar; 2 tablespoonfuls of cocoa; ¼ cupful of butter; 1 egg; 1 teaspoonful of salt; 1 teaspoonful of soda dissolved in ½ cupful of sour milk; 1¼ cupfuls of flour; ¼ cupful of boiling water (add a little vanilla.)

To be put together in the above order. Bake in a shallow tin. When cool split open and fill.

FILLING FOR FUDGE CAKE

1 cupful of hot water; 1 tablespoonful of cocoa; ½ cupful of sugar; 1 tablespoonful of butter; 1 tablespoonful of cornstarch, mixed with ½ cupful of cold water; add a little vanilla.

Cook until thick and spread when cool.

DEVIL'S FOOL

1 cup brown sugar; 1 cup sweet milk; 1 cup cocoa; dissolve on stove. Then add ¼ cup milk; 1 cup brown sugar; ½ cup butter; 3 eggs, leaving white of one for frosting; 1 teaspoon soda; 2 cups flour, sifted five times; 1 pinch of salt; vanilla.

SNOW CAKE

2 cups white sugar; ¾ cup butter; 1 cup sweet milk; 2 cups flour; 1 cup cornstarch; 2 teaspoons baking powder; 1 teaspoon lemon extract; mix flour, cornstarch, baking powder together; add whites of seven eggs last.

POTATO FRIED CAKES

2 cups of fresh mashed potatoes; 2 cups granulated sugar; 1 cup sour milk; (you can use sweet milk, and five teaspoons baking powder) 1 teaspoon soda; 2 teaspoons baking powder; 3 eggs; 1 tablespoon melted fat; 1 teaspoon salt; 2 qts. of flour. Flavor to suit the taste.

SOUR CREAM CAKE

1 cupful of thick sour cream; 1 egg; 1 cupful of sugar; ½ teaspoonful soda; 2 cupfuls of flour. Put the cream, egg and sugar all into the mixer at once, being careful not to pour the sugar directly
on the egg. Give a few vigorous stirs. Add the flour and soda, which should be dissolved in a little of the cream, reserved for the purpose. Flavor with vanilla, if desired. To be very successful, this cake must be baked with the greatest care in a slow oven, giving it a chance to rise very evenly at the start.

**COFFEE CAKE**

2 cups flour; 2 tablespoons sugar; ½ teaspoon salt; 4 level teaspoons baking powder. Sift all together. Then add 2 tablespoons melted sugar, and mix it through as for pie crust. Then add ½ cup milk. Put in pan. For top: 2 tablespoons flour, 4 of brown sugar; 1 teaspoon of cinnamon; 3 tablespoons of melted shortening, mix and spread on top. Bake one half hour.

**DARK FRUIT CAKE**

2 cups butter, 2 cups sugar, 12 eggs, 4 cups flour, 1 teaspoon baking powder; ½ teaspoon salt, 1 pound currants, 1 pound sliced citron, 3 pounds seeded raisins, 1 pound chopped figs, ½ cup any kind of wine, 2 tablespoons strained lemon juice, 2 teaspoons cinnamon, ½ teaspoon each cloves and mace, ⅛ teaspoon each allspice and nutmeg. Sift together flour, salt, baking powder, and spices. Dredge fruit thoroughly. Cream butter and sugar, add beaten yolks and lemon juice. Alternate flour and wine, add whipped whites, and beat for 10 minutes. Stir in prepared fruit. Line loaf-pans with 4 thicknesses paper; pour in batter. Bake in slow oven from 3 to 5 hours, covering pans with paper until ⅔ baked.

**DOUGHNUTS**

1¾ cups sugar; 4 tablespoons melted lard; 3 eggs; 1 cup sweet milk; ⅛ of a nutmeg; 2 teaspoons baking powder. Use flour enough for a soft dough.

**STRUDEL CAKES**

Mix 1 quart flour, 1 teaspoon salt, 1 tablespoon sugar, 2 teaspoons baking powder. Rub in 4 tablespoons butter, mix to soft dough with milk, roll out ½ inch thick. Have ready mixed 1 cup chopped almonds, ½ pound seedless raisins, ½ cup grated maple sugar. Cut dough in 2 pieces. On 1 piece spread nut mixture, cover with other piece, roll together with pin. Cut in 4-inch squares, brush tops with milk, sprinkle with maple sugar, bake in quick oven.

**ANGEL FOOD CAKE**

Whites 11 eggs, 1½ cups fine granulated sugar, 1 cup flour sifted four times with 1 teaspoon baking powder, 1 teaspoon vanilla. Whip the whites to a firm, stiff froth. Cut in lightly the sugar, then the flour mixed with the baking powder, lastly the vanilla. Pour into an ungreased pan and bake 40 minutes in moderate oven. When baked invert pan on 2 cups; let stand till cold.

**WHITE LAYER CAKE**

½ cup granulated sugar; 1 cup sweet milk; 2 teaspoons baking powder; ½ cup butter; 2 cups flour; whites of two eggs.
WHITE CAKE

1 1/2 cups sugar; 1/2 cup butter; work to a cream; add the whites of 5 eggs beaten to a stiff froth; then stir until light as foam; add 1/2 cup cornstarch dissolved in 1/4 cup sweet milk; add 1/2 cup sweet milk, and 2 1/2 cups flour; two teaspoons baking powder; 1 teaspoon flavoring.

FIG CAKES

1 1/2 cups sugar, 1/2 cup butter, 1/2 cup sweet milk, 1 1/2 cups flour, 1/4 teaspoon salt, 1 teaspoon baking powder, 1/2 cup cornstarch, whites 6 eggs. Put together as for cornstarch cake, and bake in 2 shallow oblong pans in a quick oven. Put together with fig filling (see Cake Fillings.)

COOKIES

1 1/2 cups granulated sugar; 1 egg; 1 cup sour cream or milk; 1 cup butter; 1 teaspoon soda dissolved in milk; flour to make a soft dough; flavor with nutmeg.

COCOANUT CAKE

Beat 1/4 cup butter to a cream, and add gradually 1 1/2 cups granulated sugar and yolks of two eggs. Sift 2 1/2 cups flour with two teaspoons baking powder; measure 1/2 pint water; beat whites of eggs to stiff froth; add half the water and half the flour to the sugar and butter; beat thoroughly, and add the remaining half of flour and water. Beat constantly five minutes, and add the stiffly beaten whites of the eggs. Bake in three layers.

ICING:—1 cup granulated sugar; 4 tablespoons water; 1 tablespoon vinegar. Boil until this spins a heavy thread. Then stir in stiffly beaten whites of two eggs; add one cup of shredded cocoanut, or nuts.

CHERRY CUP CAKE

Beat 4 whole eggs into 4 ounces of melted butter. Add to mixture 6 ounces of flour, sifted with 1 teaspoon baking powder, and add to the batter 4 ounces of rich cherry preserves. Bake in a slow oven for 50 minutes or until brown and well done.

CHOCOLATE POTATO CAKE

3/4 cup butter; 2 cups granulated sugar; 1/2 cup chocolate; 1 cup mashed potatoes; 3/4 cup flour; 1 cup chopped almonds; 2 eggs; 5 teaspoons baking powder; 1 teaspoon vanilla; 1/4 teaspoon nutmeg; 1/4 teaspoon allspice; 1 1/2 teaspoon cinnamon; 1/2 teaspoon cloves.

Cream shortening and sugar, add melted chocolate and mashed potatoes; mix well. Beat eggs separately, add yolks to first mixture, then milk and dry ingredients which have been sifted together; add nuts, vanilla and beaten whites. Bake in greased loaf tins in moderate oven one hour.

FROSTED DATE CAKES

1 cupful of chopped dates; 1/2 cupful of butter; 1 cupful sugar; 2 eggs; 1/2 cupful of milk; 3/4 cupfuls of flour; 2 teaspoonfuls of
baking powder; \( \frac{1}{2} \) teaspoonful of powdered ginger; \( \frac{1}{4} \) teaspoonful of grated nutmeg; \( \frac{1}{4} \) teaspoonful of powdered cloves; boiled frosting.

Beat the butter and sugar to a cream, add the eggs well beaten, the milk, flour, baking powder, spices and dates. Mix and divide into buttered-and-floured gem-pans and bake in a moderate oven for twenty-five minutes. When cold cover with the frosting and decorate with a stoned date.

**WHITE CAKE**

1 1/4 cups sugar; 2 tablespoons Crisco creamed; 1 1/4 cups water; 2 cups Swansdown flour; beat the white of 2 eggs stiff; 1 teaspoon Royal Baking Powder; flavor to suit taste. Cream the sugar and Crisco; add water, then flour; then the beaten whites of eggs.

**DEVIL FOOD**

2 cups brown sugar; \( \frac{1}{2} \) cup butter or lard; 3 eggs; \( \frac{1}{2} \) cup cocoa in \( \frac{1}{2} \) cup hot water; \( \frac{1}{2} \) cup sour milk; 1 teaspoon soda; 2 1/2 cups flour; 1 teaspoon baking powder; pinch of salt; 1 teaspoon vanilla.

**DOUGHNUTS**

1 level cup sugar; 2 eggs; 1 pint sour milk; 2 tablespoons melted lard; 1 teaspoon soda; flavor with nutmeg. Make soft dough. When baked roll in powdered sugar.

**MANDY CAKE**

1 1/2 cups flour; 1 cup sugar; 1 heaping teaspoon baking powder; sift seven times; \( \frac{1}{2} \) cup butter; whites of two eggs. Then fill cup with water, turn all in flour; beat until light.

**BLACK ROCKS**

One and a half cupfuls of brown sugar, a scant cupful of shortening, three eggs, half a teaspoonful of ground cinnamon, three-fourths of a cupful of raisins cut in small pieces, half a cupful of chopped walnut meats, one teaspoonful of vanilla, five tablespoonfuls of hot water, one teaspoonful of soda and one teaspoonful of baking powder stirred into three cupfuls of flour. Beat well and drop from a spoon into buttered pans. Bake it in a moderate oven.

**EGGLESS GINGER COOKIES**

1 cup baking molasses; 1 cup brown sugar; 1 cup lard; 1 cup boiling water in which one teaspoon soda has been dissolved; 1 teaspoon ginger; flour to make stiff enough to roll.

**FRUIT DROP CAKES**

Cream together \( \frac{3}{4} \) cupful butter, and 1 cupful brown sugar; add a teaspoon of cinnamon, and \( \frac{1}{2} \) of a cupful each of cleaned currants and seeded raisins cut fine; \( \frac{1}{2} \) of a cupful chopped English walnuts; 2 well beaten eggs; \( \frac{1}{2} \) teaspoon of vanilla; 1 pint of sifted flour, with 1 scant teaspoonful baking powder. Drop by small spoonfuls on a flat pan. Bake in moderate oven.
WEARY WILLIE CAKE

1 1/4 cups flour; 1 cup sugar; 1 1/2 teaspoons baking powder; sift all together three times; whites of two eggs; 1 tablespoon of soft butter in a cup; fill cup with sweet milk; stir all together five minutes.

PLAIN CAKE

1 cup granulated sugar; ½ cup butter; yolks of two eggs; cream this; add ½ cup sweet milk; 2 cups sifted flour; 2 teaspoons baking powder; then the beaten whites of eggs.

COCO CAKE

1 cup brown sugar; 1 cup sweet milk; 1 1/2 tablespoons butter; 3 cups flour; 3 teaspoons baking powder; pinch of salt.

Fillings and Icings

CHOCOLATE CREAM FILLING

½ cake chocolate, grated, ½ cup milk, ½ cup sugar, 1 tablespoon butter, pinch salt, 1 teaspoon extract vanilla. Boil gently till thick.

COCOANUT FILLING

To custard filling, add 2 cups freshly grated cocoanut.

FRUIT FILLING

4 tablespoons finely chopped citron, same of chopped seeded raisins, ½ cup chopped blanched almonds, ¼ pound chopped figs, whipped whites 3 eggs, ½ cup sugar. Whip whites with sugar, add fruits, and beat well.

PRUNE AND NUT FILLING

Soak ½ pound large prunes over night. Steam until plump and soft. Remove pits. When cold add ½ cup chopped blanched almonds and stir into this whites 3 eggs, beaten stiff, with ½ cup powdered sugar.

ALMOND ICING

Whites 3 eggs, 1 pound Jordan (sweet) almonds, 3 cups sugar, 10 drops extract rose. Pound to fine paste almonds, with a little sugar; then add whites of eggs, rest of sugar, and extract; pound few minutes to thoroughly mix. Take up in bowl and use as directed.

CLEAR ICING, FOR CAKE

Put 1 cup sugar in a bowl with a tablespoon lemon juice and whites of 2 eggs. Mix together smooth and pour over the cake; if the cake is not hot enough to dry it, place it in the mouth of a moderately warm oven.
TRANSPARENT ICING

Place 1 pound pulverized white sugar in saucepan with ½ pint water. Boil to consistency of mucilage, then rub sugar with wooden spatula against sides of pan until it assumes white, milky appearance. Stir in 2 tablespoons extract vanilla; mix well together. Pour this while hot over top of cake so as to completely cover it.

CHOCOLATE TRANSPARENT ICING

Melt 3 ounces fine chocolate with small quantity water in pan over fire (stirring constantly) until it becomes soft. Dilute this with ½ gill of syrup; work until perfectly smooth. Then add to boiled sugar as above.

BOILED ICING

Boil 1 cup granulated sugar with ½ cup water till it ropes when dropped from fork. Pour gradually over stiffly whipped whites of 2 eggs, beating hard. Add flavoring and use at once.

BAKER’S SOFT ICING

Boil 2 cups granulated sugar with 1 cup water without stirring till itropes when dropped from fork. Take quickly from fire, let stand untouched till blood-warm. Beat till thick as soft dough, take in hands and knead till soft, smooth, and creamy. Pack in covered glass and keep in cold place. To use, put some in bowl, set in hot water, stir constantly till soft enough to spread. Flavor and use. Will keep indefinitely.

WHITE ICING

The whites of 4 eggs, 1 ½ pounds white sugar dust, the juice of ¼ lemon, ¼ ounce extract rose. Place the whites and the sugar in a bowl with the juice and extract. Beat with a wooden spoon until letting some run from the spoon, it maintains the thread-like appearance for several minutes, when use as directed.

DATE-ORANGE FILLING FOR CAKES

¾ cup sugar; grated rind ½ orange; 1 tablespoon lemon-juice; ¾ cup orange-juice; 3 tablespoons flour; 1 egg; ¼ cup chopped dates. Cook for ten minutes in a double boiler, stirring constantly. Cool before spreading.
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