Aunt Sally's Best Recipes

MADE WITH THE HELP OF THE

YALE FRUIT PRESS

Patented and Manufactured Solely by

Victor M. Grab & Co.
ASHLAND BLOCK, CHICAGO, ILL.
Aunt Sally’s Best Recipes

The recipes in this booklet have been selected after a most painstaking investigation of expert chefs and cooking authorities. We know you will be more than delighted with the results if you follow the instructions carefully. Try them the next cooking day and see.

The Yale Fruit Press, so well and favorably known to most cooks, both professional and amateur, should be used in all these recipes if the best results are to be obtained. It is the most reliable, practical and durable fruit press on the market. Without a press you lose fully one-half the juice and flavor of fruit or meat which only great pressure brings out.

GRAPE JUICE

The finest grape juice is obtained by pressing the grapes without boiling. After all juice has been extracted by the Yale Fruit Press, place pulp in kettle, bring to a boiling point, then continue pressing operation. This latter will yield a darker colored juice and not so delicate in flavor as the juice extracted by the cold process. In bottling or canning do not mix, but put up separately. Cold process juice must be heated to the boiling point before it is bottled.
GRAPE JELLY

GRAPEs should not be too ripe or they do not jell readily. Stem them, place in jelly bag and press in Yale Fruit Press. Allow a little less than two pounds white sugar to one quart juice, and boil one or two quarts at a time, before the sugar is added. Juice should boil fifteen minutes alone, then add sugar and boil five minutes longer. Pour into glasses.

STRAWBERRY SHERBET

PUT one pound of fine strawberries in Yale Fruit Press and crush to a smooth mass. Add juice of one lemon, three pints water and tablespoon orange-flower water and allow to stand four hours. Then put in basin one pound best refined sugar. Stretch over basin a cloth or napkin and strain strawberries into the sugar, squeezing out juice as much as possible. Stir until all sugar is dissolved and then freeze.

CURRANT JELLY

STEM currants that are just ripe, put in stone jar, set on stove and warm. Then place in cotton bag and crush in Yale Fruit Press. When well warmed place in coarse cheese cloth bag and squeeze through Yale Fruit Press into porcelain or marbleized iron kettle. To one pint juice add one pound white sugar and boil hard for twenty minutes. Does not need testing and will be of good color if currants are not too ripe.
SWEET CIDER

First grate or grind the apples. Then place in the Yale Fruit Press, apply pressure and juice will run out clear. If you want to keep it sweet, then put on the stove and boil five minutes. Then bottle and seal it. If you want hard cider, put unboiled juice into keg or crock and seal.

SAUSAGE STUFFING

Take the Yale Fruit Press and lock long spout to short one. Then remove colander and stuffing ring. Fill the press with sausage, place the ring thereon, then bring the follow head and beam to position, when all is in readiness for the work. In stuffing sausage, most market men use a piece of pig skin, cut to fit snugly in top of press, which, when placed on the top of sausage before bringing stuffing ring and follow head to position, prevents any sausage from oozing between the sides of press and the follow head. When pig skin is not in use it may be kept indefinitely in pickle. After the press is empty release screw, remove follow head and raise ring by the use of a small hook.

SQUASH PIE

Put cupful of squash through Yale Fruit Press. Then add three eggs and pint of milk. Sweeten to taste. Place in deep pie plate and bake like custard pie. Whip stiff cup of thick cream, add tablespoonful pulverized sugar, spread over pie when cold.
APPLE CUSTARD

Take half a dozen tart apples, pare and slice. Stew till tender and press through the Yale Fruit Press. Add the grated rind of one lemon and one cup sugar. Stir well and let cool. Add one cup of milk to four eggs beaten very light. Stir apples and this mixture together thoroughly. Bake in cups or pudding dish half an hour. Serve when cold.

FOUR NEW MIXED JELLIES

No. 1. Make one pint strawberry juice by crushing berries in Yale Fruit Press. Mix with one pint currant juice. Boil in granite or porcelain vessel. Add scant quart granulated sugar, boil rapidly for ten minutes. Try with a silver spoon; if it drops from spoon all in one place boil a little longer until it drops in several different places. Boil but one quart at a time.

No. 2. Use strawberry and sour apple juice and proceed as above.

No. 3. Use sour apple and cherry juice as above.

No. 4. Mix currant and cherry juice as above.

LEMON SHERBET

Wipe clean nine large lemons and cut each in halves. Put in Yale Fruit Press and squeeze so as to get juice and essence of peel. Dissolve one and one-half pounds of sugar in one quart of water and stir with lemon juice. Strain and freeze like ice cream.
STRAWBERRY ICE CREAM

MASH three pints strawberries (ripe) in Yale Fruit Press and add one pint granulated sugar. Allow them to stand two or three hours. Rub through sieve, add one quart cream, then freeze. This will make three quarts of delicious ice cream.

FIG JAM

SELECT figs that are perfectly ripe, peel and weigh. Allow one pound of sugar to every pound of fruit. Mash to a pulp in Yale Fruit Press before putting on fire, mixing in sugar. Extract seeds from three lemons, slice very thin and put with six pounds figs. Boil slowly until of right thickness. Be sure to use fresh lemons.

CURRANT JAM

CRUSH currants well in Yale Fruit Press and proceed as in recipe for Fig Jam, but do not strain currants.

QUINCE JAM

FINE yellow quinces should be used. Add small quantity of water and boil slowly till fruit breaks easily. Pour off water, crush and press through colander of Yale Fruit Press. This will remove seeds and cores. To one pound fruit add one pound best white sugar. Boil for half an hour and stir often. Seal in jars.
CURRANT MERINGUE PIE

MASH one cup of ripe currants in Yale Fruit Press. Add one cup sugar, two eggs, two tablespoonfuls water, salt, one tablespoonful flour. Beat egg yolk with flour, add the rest and bake in one crust. Meringue—beat stiff whites of two eggs and one tablespoon powdered sugar.

DELIGHTFUL DESSERT

ONE pint strawberries, one-half pint cream, one-fourth cup gelatine, one-half cup sugar, one-fourth cup hot water. Sort and wash strawberries in hot water, then mash in Yale Fruit Press. Add sugar and let stand one-half hour. Soak gelatine in enough water to cover, strain strawberries and sugar through coarse sieve and add gelatine. Put in basin of cracked ice and stir until it begins to thicken. Whip cream to a froth and add. Pour into mold until hard and serve with whipped cream.

PINEAPPLE LEMONADE

TAKE twelve fresh lemons and peel very thin. Put in the Yale Fruit Press and
squeeze out all the juice. Strain out seeds. Pour a little hot water on the peel and let stand in covered vessel a little time to infuse. When cool strain into the lemon juice and add one pound white sugar. Add a slice of pineapple and a little cracked ice to each glass.

**CRAB APPLE JELLY**

Wash the apples and cut out imperfections. Cover with water and set on stove. Cook slowly until soft enough to strain through a cotton bag placed in *Yale Fruit Press*. To four pints juice add three pints sugar. Heat sugar in oven and boil juice fourteen minutes. Stir in the warm sugar and boil the two for five minutes. Turn into molds.

**RASPBERRY JAM**

Take one pound not too ripe red raspberries, crush well in *Yale Fruit Press* and add one pound sugar. A little currant juice will improve the flavor. Boil until it jellies, which should take about half an hour. Pour in small jars and cover with paper. Tie down carefully around top.

Strawberries and similar fruit should be pressed, not crushed. Most of the juices are thereby extracted. Lard requires no special instructions, the operation being similar to that of fruits. The *Yale Fruit Press* will also be found useful in pressing suets, meats, etc. Don’t try to exert too much power on the press. Remember, for every pound you pull on the lever you get forty-eight pounds on the contents of press.
THE YALE is the most convenient and useful fruit press made. There is a daily use for it in every home. For making jams, jellies, grape juice, cider, wine, ices, frappes, pressing fruits, vegetables, meats, stuffing sausages and one hundred and one other delicacies, it is almost indispensable. Once you use it you will wonder how you ever got along without it.

No woman has the strength to press fruits with her hands, besides without a press you lose fully one-half your fruit or meat juice and nearly all the flavor which only great pressure brings out.

The Yale Fruit Press is made entirely of the best steel and iron (plated to prevent rust). It is practically indestructible and with ordinary usage will last a lifetime. Saves so much time, labor, material and annoyance that it pays for itself in a few weeks.

The Yale is so simply constructed that it cannot get out of order. It is easy to use and easily taken apart and cleaned. Can be instantly attached to table, shelf or other convenient place by means of clamps which are furnished free with each press. These clamps
hold press firmly in position, permitting free use of both hands for operating. An extra long spout for sausage stuffing is also furnished free.

More pressure per square inch can be obtained with the Yale than any other press of the same size. The pressure is regulated by hand wheel at the top of the plunger screw.

By means of the crank handle attachment for this wheel you can easily place contents of press under 2000 pounds pressure as every pound you pull, the wheel exerts 48 pounds pressure on materials in the press.

*Remember, you take no risk when purchasing the Yale Fruit Press because your money is refunded if you are not perfectly satisfied.* We guar-
antee our press for two years from breakage due to faulty material or workmanship. The Yale is sold on ten days’ trial. If your dealer will not supply you, send your order direct to us.

The Yale Fruit Press

is priced very reasonably:

2 quart size $2.95
4 quart size 3.95
8 quart size 6.95

The four quart size is our most popular seller for regular household use.

In ordering, write name and address distinctly. Send express or money order or bank draft. If currency, be sure to register letter.

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