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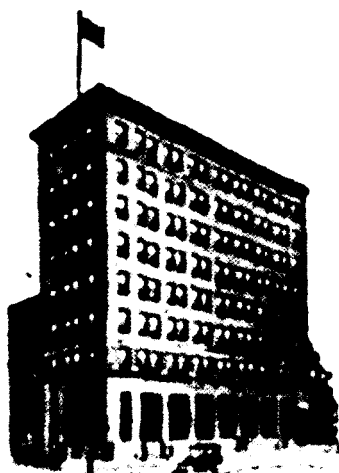


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JUNIOR DORCAS COOK BOOK

CONTAINING RECIPES RECOMMENDED
AND SUBMITTED
BY MEMBERS



JUNIOR DORCAS SOCIETY

JACKSON, MICHIGAN

1921

FIRST EDITION.



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SOUPS

Soups are divided into two great classes: (I) Soups with meat stock; (II) Soup without meat stock.

1. Soups with meat stock have, for their basis, beef, veal, mutton, fish, poultry, or game, separately or in combination. They are classified as:—

(1) Bouillon, made from lean beef, delicately seasoned, and cleared.

(2) Consommé, made from two or three kinds of meat, (beef, veal and fowl), highly seasoned with vegetables, spices, and sweet herbs. Always served clear.

(3) Brown soup stock, made from beef, highly seasoned with vegetables, spices and sweet herbs.

(4) White soup stock, made from chicken or veal with delicate seasonings.

(5) Lamb stock, delicately seasoned, is served as mutton broth.

II. Soups without stock are classified as:—

(1) Cream soups, made of a combination of white sauce (flour, butter and milk) and strained vegetable pulp. The vegetables most commonly used are potatoes, peas, beans, corn, tomatoes, celery, asparagus and spinach. Old and tough vegetables may be used as they are strained.

(2) Purées; made from vegetables or fish, forced through a strainer, and retained in soup, milk and seasonings. Generally thicker than a cream soup.

(3) Bisques, generally made from shell fish, milk and seasonings and served with fish dice. Maybe made of meat, game, or vegetables with small dice of same.

The soups with meat stock should be served with formal dinners. The soups without stock, or the cream soups, are more nourishing and are too rich to precede a heavy meal. Hence they are best served at luncheons.

HOW TO CLEAR SOUP STOCK.

Add whites of eggs slightly beaten and egg shell broken in small pieces to stock; or add raw lean beef finely chopped. The albumen in each effects the clearing by drawing to itself

some of the juices. Some rise to the top and form a scum, others are precipitated.

Boil two minutes and let simmer twenty minutes. Remove scum and strain.

HOW TO BIND SOUPS.

Cream soups and purees, if allowed to stand, separate, unless bound together. To bind a soup, melt butter and add an equal quantity of flour. When well mixed add to soup and stir until boiling point is reached.

VEGETABLE SOUP.

One knuckle of beef, one knuckle of veal. Cover well with cold water and cook until meat drops from bones. Cook day before you wish to use the soup. Set aside to cool, in the morning skim off as much of the fat as you wish. One small rutabaga, one piece of turnip, two large onions, one-half pint can tomatoes, one large potato, one-fourth cup rice, few pieces of celery, one-half green pepper, one-half bay leaf (if you wish.) Cut vegetables in small pieces and cook tender in some of the stock. When ready to serve, add remaining stock strained and salt to taste.

MRS. WILBUR TIMBERLAKE.

OXTAIL SOUP.

One oxtail, one shin bone of veal (2 or 3 lbs.), two small beggies, two carrots, two onions, one pint can tomatoes, salt and pepper. Cover well with water. Cook three or four hours. Cool and remove fat—add one-half cup rice or barley. Cook one-half hour.

MRS. HARGREAVES.

CHICKEN SOUP.

Four cups chicken broth, 1 tablespoon uncooked rice, one tablespoon chopped celery. Boil 25 minutes. Then season with salt and pepper. Add one-half pint rich cream just before serving.

GARLAND KELLOGG.

CLAM CHOWDER.

One can clams (B & Merrill Little Neck), and juice strained—add juice about 15 or 20 minutes before serving. One-fourth pound salt pork (lean). Fry in small pieces. Take out and fry large onion cut in small pieces. Six medium potatoes cut small in one quart water and one quart can tomatoes and six cloves. Dash of cayenne pepper. Cook two hours before adding clams.

MRS. HARGREAVES.

CELERY SOUP.

Three cups celery (cut in one-half inch pieces), one pint boiling water, two and one-half cups milk, three tablespoons butter, one-fourth cup flour, salt, pepper. Wash and scrape celery before cutting in pieces, cook in boiling water until soft, and rub through a sieve. Scald milk and add it to celery. Bind with butter and flour cooked together. Season with salt and pepper. Outer and old stalks of celery may be utilized for soups. Serve with croutons, crisp crackers, or pulled bread.

HELEN MITCHELL.

PEANUT BUTTER SOUP.

One quart milk, one small onion, grated, one tablespoon flour, level, one tablespoon butter, a little white pepper, one bay leaf, three stalks celery, chopped, one saltspoon celery salt, one-half teaspoon salt and dash of paprika, three-fourths cup Beechnut peanut butter. Heat milk in a double boiler. Add peanut butter, onion, bay leaf, chopped celery and other seasoning. While milk is heating, melt butter in a separate sauce pan, stirring in the flour as for cream sauce. When smooth, add the hot milk, after straining through a sieve. Serve at once, with croutons.

MADELEINE GALE FOY.

POTATO SOUP.

Three potatoes (small), one pint milk, one teaspoon chopped onion, one-half teaspoon salt, one-half teaspoon pepper, one tablespoon butter, one-half tablespoon flour, one-half teaspoon celery salt, one stalk celery.

A MEMBER.

PEA SOUP.

One can large peas put through sieve. Add juice of one onion and one pint rich milk (half cream if desired). Heat but do not boil. Add salt and pepper just before serving.

MADELEINE GALE FOY.

CREAM OF TOMATO SOUP.

One pint tomatoes. Strain through a sieve and let come to a boil. Add one-fourth teaspoon soda. When this boils up, pour it into one pint of milk which has been heated to the boiling point. Season to taste.

A MEMBER.

BOULLION.

Three pounds beef browned down in an iron kettle with a small piece of suet. When thoroughly brown, cover with cold water and a teaspoon of salt. Let it cook slowly until the beef is done, then remove the beef and set aside for hash or toast or baked hash. You should have one quart of liquid. Season quite highly with a pinch of sugar and a pinch of cayenne pepper. Serve with salted waters.

NELLY CRAFTS KNIGHT.

BEAN SOUP.

Two cups of cooked beans put through sieve and juice of one small onion. Add one pint of rich milk (half cream, if desired) and season to taste.

A MEMBER.



SOUP ACCOMPANIMENTS.

CROUTONS.

Cut stale bread in one-third inch slices and remove crusts. Spread thinly with butter. Cut slices in one-third inch cubes, put in pan and bake until delicately brown, or fry in deep fat.

CHEESE STICKS.

Cut bread sticks in halves lengthwise, spread thinly with butter, sprinkle with grated cheese seasoned with salt and cayenne, and bake until delicately browned.

CRACKERS WITH CHEESE.

Arrange zephyrettes or saltines in pan. Sprinkle with grated cheese and bake until cheese is melted.

IMPERIAL STICKS IN RINGS.

Cut stale bread in one-third inch slices, remove crusts, spread thinly with butter, and cut slices in one-third inch strips and rings; put in pan and bake until delicately browned. Arrange three sticks in each ring.

CHEESE STRAWS.

Roll puff or plain paste one-fourth inch thick, sprinkle one-half with grated cheese to which has been added a few grains of salt and cayenne. Fold, press edges firmly together, fold again, pat and roll out one-fourth inch thick. Sprinkle with cheese and proceed as before; repeat twice. Cut in strips five inches long and one-fourth inch wide. Bake eight minutes in hot oven. Cheese straws are piled log cabin fashion and served with cheese or salad courses.

VINNIE McRAY.

NOODLES.

Rub into one egg as much sifted flour as it will absorb. Add salt and roll out as thin as possible. Let dry for several hours. Dust over a little flour, and then roll over and over into a roll, cut off thin slices from the edge of roll and shake out into long strips. Put them into the soup lightly and boil for ten minutes.

A MEMBER.

CROUTONS.

Cut stale bread into one-half inch slices. Remove crusts. Cut into one-half inch dice. Put on tin and place in hot oven to brown. When brown dip in melted butter.

A MEMBER.

SPECIAL RECIPES

FISH

Fish meat, with but few exceptions, is less stimulating and nourishing than meat of other animals, but is easier of digestion. Salmon, mackerel and eels are exceptions to these rules, and should not be eaten by those of weak digestion. Whitefish, on account of their easy digestibility, are especially desirable for those of sedentary habits. Fish is not recommended for brain-workers on account of the large amount of phosphorus (a chief element in nerve tissue) which it contains, but because of its easy digestibility. It is a conceded fact that many fish contain less of this element than meat.

Fish meat is usually considered cheaper than meat of other animals. This is true when compared with the better meat, but not so when compared with cheaper cuts.

To obtain from fish its greatest value and flavor, it should be eaten fresh, and in season.

TO DETERMINE FRESHNESS OF FISH.

Examine the flesh, and it should be firm; the eyes and gills should be bright. No unpleasant odor.

On account of its strong odor, fish should never be put in an ice-box with other food, unless closely covered. A lard pail will be found useful for this purpose.

All fish and shell fish should be thoroughly cleansed in cold water before using, and under running water if possible. Wash oysters, clams, and scallops in a colander or strainer under the faucet. If the oyster or clam liquor is used, put it through a fine strainer.

TO SERVE OYSTERS AND SMALL CLAMS RAW.

Arrange on finely chopped ice on a plate, with a piece of lemon in center. Cut a section of lemon, not a slice. Horseradish is sometimes served with the raw oyster. Garnish with parsley. Allow six to each person.

FISH IN SEASON.

Trout, whitefish, pickerel, crabs, perch, etc., are eaten the year round.

Winter—Halibut, cod, haddock, flounders, whitefish, smelts.

September to May—Oysters, clams.

May to September—Salmon.

November to August—Shad, brook trout, lake trout.

April to October—Mackerel, eels, lobsters.

June to October—Blue fish.

CREAMED OYSTERS.

Clean oysters of all pieces of shell. Cook them below the boiling point for a few minutes until plump and edges begin to curl. Drain and add to white sauce seasoned with celery salt. Serve on toast, in bread cases, or patty shells.

HELEN CRUM.

HOT TARTAR SAUCE.

One-half cup white sauce, one-third cup mayonnaise, one-half teaspoon vinegar, capers, pickles, one-half pound each of finely chopped olives, parsley. Mix ingredients and stir until thoroughly heated, but do not boil. Serve with boiled, steamed or fried fish.

HELEN CRUM.

FISH STUFFING.

One-half cup cracker crumbs, one-half cup stale bread crumbs, one-fourth cup melted butter, one-half teaspoon salt, one-third teaspoon pepper, one-fourth cup hot water, few drops onion juice. Mix ingredients in order given.

CLARA HUFFMAN.

FROG LEGS.

Trim and clean. Sprinkle with salt and pepper, dip in crumbs, egg, and crumbs again, then fry three minutes in deep fat, and drain.

A MEMBER.

FISH CROQUETTES.

To one and one-half cups cold flaked halibut or salmon add one cup thick white sauce. Season with salt and pepper and spread on a plate to cool. Shape, roll in crumbs, egg, and crumbs, and fry in deep fat; drain, arrange on hot dish for serving, and garnish with parsley.

HELEN CRUM.

FISH AND EGG CROQUETTES.

Make sauce as Fish Croquettes, using one cup fish and three hard boiled eggs, finely chopped.

PIGS IN BLANKETS (OYSTERS).

Cleanse good sized oysters and dry on a clean towel or cheese-cloth. Roll each oyster in a thin strip of bacon and skewer into shape. Broil over a clear fire or cook till crisp and brown in a hot frying pan. Serve on squares of buttered toast very hot.

JOSEPHINE MILLER.

OYSTER COCKTAIL.

Eight small raw oysters, one tablespoon tomato catsup, one-half pound vinegar or lemon juice, two drops tobasco, salt, one teaspoon celery, finely chopped, one-half teaspoon Worcestershire sauce. Mix ingredients, chill thoroughly, and serve in cocktail glasses, or cases made from green peppers placed on a bed of crushed ice.

HELEN CRUM.

SCALLOPED OYSTERS.

One pint oysters, four tablespoons oyster liquor, three tablespoons milk or cream, one-half cup stale bread crumbs, one cup cracker crumbs, one-half cup melted butter, salt, pepper. Mix bread and cracker crumbs, and stir in butter. Put a thin layer in bottom of a buttered shallow baking-dish, cover with oysters, and sprinkle with salt and pepper; add one-half each oyster liquor and cream. Repeat, and cover top with remaining crumbs. Bake thirty minutes in hot oven. Never allow more than two layers of oysters for scalloped oysters; if three layers are used, the middle layer will be underdone, while others are properly cooked.

DORIS BROOKS.

BAKED WHITEFISH.

Clean fish well. Rub inside and out with salt. Dust with flour and place in well greased pan and bake about forty-five minutes.

COMMITTEE.

SALMON LOAF.

One cup of bread or cracker crumbs soaked in milk, one can salmon, two eggs, small piece of butter, one teaspoon of salt and a little pepper. Mix thoroughly and put in tin and pour one cup of sweet milk over it. Bake about thirty minutes.

MRS. DONALD R. RAYMER.

SALMON CHOPS.

One tablespoon butter, two tablespoons flour, one cup of milk, one teaspoon of salt, pepper, and one cup bread crumbs, one can salmon. 1. Make cream sauce. 2. Add the crumbs and salmon from which the skin and bones have been removed. 3. Shape like chops and roll in flour. Put stick of macaroni in end to simulate chop bone. 4. Saute and serve with tomato sauce.

GLADYS E. MARSHALL.

FISH ROAST.

One can salmon, one cup bread crumbs, grated rind and juice of one lemon, one egg, scant teaspoon salt, dash of pepper, one-half cup milk, bake in buttered dish about twenty minutes. Turn out and cover with cream sauce.

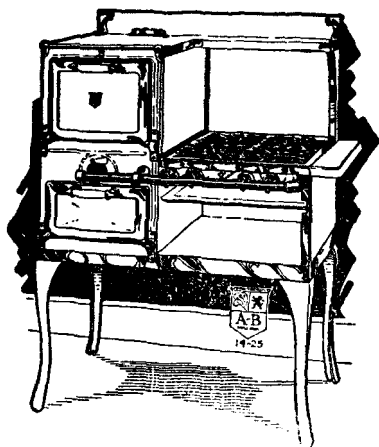
LILLIAN TOMPKINS.

SALMON TIMBALES.

One pound canned salmon, one tablespoon melted butter, four eggs, one cup soft bread crumbs, one tablespoon lemon juice, salt and few grains of cayenne. Remove bones and skin, break salmon into small pieces. Mix with other ingredients and pack closely into small buttered timbale moulds, or small cups. Set moulds in pan, surround with hot water, and bake in a moderate oven until firm, which requires about twenty-five or thirty minutes.

LUERA V. SHEELER.

SPECIAL RECIPES



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MEATS

Meat is the name applied to the flesh of all animals used for food.

BEEF is the meat of steer, ox or cow and is the most nutritious and largely consumed of all animal foods. The quality of beef depends on age of the creature and manner of feeding. The best beef is obtained from a steer four or five years old. Beef should not be eaten as soon as killed but allowed to **hang and ripen from two to three weeks in winter, two weeks in summer.**

Good beef should be firm and of fine-grained texture, bright red in color, and well mottled and coated with fat. The fat should be firm and of a yellowish color. Suet should be dry and crumble easily.

LAMB, coming as it does from the young creature, is immature and less nutritious than mutton. Mutton ranks with beef in nutritive value and digestibility. Lamb may be eaten soon after the animal is killed and dressed; mutton must hang to ripen. Good mutton comes from a sheep about three years old, and should hang from two to three weeks.

VEAL is the meat obtained from a young calf killed when six to eight weeks old. Veal from a younger animal is very unwholesome. Veal contains a much smaller percentage of fat than beef or mutton, is less nutritious, and more difficult of digestion. Good veal may be known by its pinkish colored flesh and white fat.

PORK is the flesh and fat of pig or hog. It contains the largest percentage of fat of any meat. When eaten fresh it is the most difficult of digestion, and although found in the market throughout the year, it should be but seldom served, and then only during the winter months.

POULTRY includes all domestic birds suitable for food except pigeon and squab. Examples: Chicken, fowl, turkey, duck, goose, etc. They are nutritious, and chicken is especially easy of digestion.

GAME includes such birds and animals suitable for food as are pursued and taken in field and forest. Examples, quail, partridge, wild duck, deer, etc.

Meat should be removed from paper as soon as it comes from the market, otherwise the paper absorbs some of the juices.

Always wipe, before cooking, with a wet cloth, but do not wash in pan of cold water as juices will be drawn out.

ROAST BEEF.

Wash roast and sear in a hot pan, over burner. Place in roaster and if there is not sufficient fat for basting, small pieces butter may be added to the top. Put in a very hot oven and when it begins to brown, turn fire low and roast until done. Baste frequently with hot fat. Season when done.

BEEF ROAST WITH PUDDING.

Rost beef as directed; make a Yorkshire pudding, to eat with the roast, as follows:

YORKSHIRE PUDDING.

One pint milk, pinch of salt, three cups flour, three eggs.

Beat to a smooth batter, and pour into the dripping pan under the meat, or into a hot pan with some of the drippings from the beef which is roasting, and bake thirty minutes. Cut in squares and serve on the platter with the roast.

COMMITTEE.

BEEF KETTLE ROAST.

Wash roast and place in hot kettle (iron preferred) on top of stove without water. Cook slowly adding a little hot water at a time as it browns down. Cook until very tender. Season to taste with salt and pepper.

COMMITTEE.

BEEF STEAK A LA CASSEROLE.

One pound round steak, one pint can tomatoes, three medium sized onions, six medium sized potatoes. Roll steak in flour and brown in frying pan. Then put in casserole. Cut onions in small pieces on top of meat and add tomatoes and potatoes pared and cut in quarters. To all this add one teaspoon of salt and one teaspoon of pepper and one tablespoon of fat. Cover and cook slowly in oven for two hours.

MRS. H. J. HILLS.

ROUND STEAK.

One pound round steak, ground, three large onions, one and one-half cups cooked rice, small can tomatoes, salt and pepper. Put grease in frying pan and slice onions in to it. Let brown, then add beef and let brown. Add tomatoes, rice and salt, pepper to taste. Cover and cook very slowly for one and one-half hours.

MARGUERITTE K. VAN DEVOORT.

LITTLE FRENCH BIRDS (MEAT).

Select about a pound of very thin round steak, remove all bone and fat, cut into uniform pieces about two inches square, season slightly, lay a piece of a bacon slice on each, roll bacon on inside, fasten with toothpick and put into hot skillet in which the fat has already been cooked, add enough lard so each bird may be nicely browned, remove fat, put the bone in and add boiling water to cover birds and season, let this simmer with a cover on for forty-five minutes and serve hot. This should serve about three or four people.

MRS. C. E. MEREDITH.

SPANISH HAMBURG.

Two pounds of hamburger, two green peppers, small onion, three cloves, one can tomatoes, salt, sugar, butter, pepper to taste. Cook meat in hot pan with butter and onion until brown. While this is cooking, mix tomatoes, salt, sugar, green peppers (cut up) and cloves in another pan and cook. Mix with meat and bake in casserole thirty minutes. Serve with boiled rice.

ALICE BAUMAN.

BAKED HAMBURG.

One pound round steak ground, one egg, one-half cup cracker crumbs or bread crumbs; one teaspoon salt, one-fourth teaspoon pepper, one-fourth teaspoon paprika, one-half cup water, chopped onions and peppers to taste. Put in casserole dish and make hole in middle. Fill this hole with cooked tomatoes or catsup, about three-fourths cup full. Bake in hot oven.

ELEANOR YOUNGS.

BEEF LOAF.

One cup cooked rice, one pound beef (ground), one-half cup bread crumbs, one-half cup of milk, one-half cup tomatoes. Salt well and bake in a loaf.

HELEN M. FEATHERLY.

MEAT LOAF.

Put one-half pound lean beef and one pound salt pork through meat grinder, add one large cup of canned tomatoes (chopped fine), one-half cup chopped onion, two green peppers (or one large red pepper), chopped also and seeds removed, one heaping cup grated bread crumbs, one well beaten egg. Add pepper if so desired, but usually the chopped ones are sufficient. This is very nice also made with one pound lean fresh pork instead of salt pork but in using the fresh pork add two teaspoons salt. Bake about an hour. Two teaspoons water or juice from the tomatoes poured over top keeps top from being crusty while baking.

MARION CLARK.

BOILED DINNER.

A boiled dinner consists of warm unpressed corned beef, served with cabbage, beets, turnips, carrots, and potatoes. After removing meat from water, skim off fat and cook vegetables (with the exception of beets, which require a long time for cooking), in this water. Carrots require a longer time for cooking than cabbage or turnips. Carrots and turnips, if small, may be cooked whole; if large, cut in pieces. Cabbage and beets are served in separate dishes; other vegetables on same dish with meat.

COMMITTEE.

DUMPLINGS.

Two cups flour, four teaspoons baking powder, one-half teaspoon salt, two teaspoons butter, three-fourths cup milk. Mix and sift dry ingredients. Work in butter with tips of fingers and add milk gradually, using a knife for mixing. Toss on a floured board, pat, and roll out to one-half inch in thickness. Shape with biscuit-cutter, first dipped in flour. Place closely together in a buttered steamer, put over a kettle of boiling water, cover closely, and steam twelve minutes.

A perforated tin pie-plate may be used in place of steamer. A little more milk may be used in the mixture, when it may be taken up by spoonfuls, dropped and cooked on top of stew. In this case some of the liquid must be removed, that dumplings may rest on meat and potato and not settle into liquid.

COMMITTEE.

A BAKED DINNER FOR TWO.

Three pounds rump beef, two Irish potatoes, two sweet potatoes, two good sized onions, two carrots, two turnips. Place all together in a roaster and bake in a slow oven two hours. Season when done.

NELLY CRAFTS KNIGHT.

LAMB STEW.

Cut lamb from neck or shoulder pieces. Brown in fat with chopped onion. Cover with boiling water; let cook. Add carrots, celery, diced, and parsley. Salt and pepper. Cook two hours or until tender. One-half hour before done add small potatoes. Serve hot on platter, garnish with parsley.

BETTY HANDLOSER.

BREADED MUTTON CHOPS.

Wipe and trim chops, sprinkle with salt and pepper, dip in crumbs, egg, and crumbs fry in deep fat from five to eight minutes, and drain. Serve with tomato sauce, or stack around a mound of mashed potatoes, fried potato balls, or green peas. Never fry but four at a time, and allow fat to reheat between fryings. After testing fat for temperature, put in chops and place kettle on back of range, that surface of chops may not be too brown while the inside is still underdone.

H. CRUM.

LAMB EN CASSEROLE.

Fry chops until brown and place in a casserole, add carrots previously creamed to which has been added gravy from chops made by pouring two tablespoons of water into pan in which chops were fried. Season well with salt.

COMMITTEE.

ROAST LEG OF LAMB.

Wash and skin well. Cover with flour and butter. Season with salt and pepper and roast slowly.

COMMITTEE.

MINT SAUCE.

One-fourth cup young leaves of mint chopped fine, one tablespoon powdered sugar, one-half cup vinegar. Cook slowly until syrup.

COMMITTEE.

ROAST VEAL.

Follow directions for Roast Lamb.

COMMITTEE.

VEAL CUTLETS.

Use slices of veal from leg cut one-half inch thick. Wipe, remove bone and skin, then cut in pieces for serving. Sprinkle with salt and pepper; dip in flour, egg and crumbs; fry slowly until well browned in salt pork fat or butter; then remove to stewpan and pour sauce over same and cook slowly forty minutes.

TOMATO SAUCE.

Brown three tablespoons butter, add three tablespoons flour and stir until well browned. Add gradually one and one-half cups stock made by boiling the trimmings from the veal in water, and one and one-half cups strained tomatoes. Season with salt, pepper, lemon juice and Worcestershire sauce.

FLORENCE R. JOHNSON.

VEAL LOAF.

Three pounds veal, one-half pound salt pork, chopped at meat market; three eggs, unbeaten; juice of one lemon, one cup tomato catsup, one-fourth crackers rolled fine, butter size of an egg, teaspoon mustard, one-half teaspoon salt. Mix well and bake three hours in moderate oven.

CLARA PALMER.

VEAL BIRDS.

Cut a slice of veal steak into pieces about four inches square. Make a dressing by breaking two slices of bread in small pieces. Add one small onion chopped fine, salt, pepper and sage to taste. Mix with one-third cup butter, melted. Place a spoonful of dressing in center of square of veal. Wrap veal around it and then wrap a slice of bacon around the veal and fasten with a toothpick, place in a roaster with a little water and bake slowly for about two hours, basting often. Add more water if necessary to keep from burning.

RUTH WALKER.

JELLIED VEAL.

Boil two veal shanks in hot salted water until the meat falls from the bones. Put the meat through a food chopper. Season to taste with salt, pepper and a pinch of cloves. In a granite bread pan that has been rinsed out with cold water, put alternately a slice of hard boiled egg, then a slice of pared lemon over the bottom and sides of pan. Mix a little of the stock in which the meat was cooked with the ground meat. Pack the meat firmly in the pan and pour over it the stock which has been boiled down to about a cupful. Set in a cold place over night.

VERA M. CUMMINGS.

VEAL LOAF.

Three pounds veal, chopped fine, two slices salt pork, three eggs, well beaten, three crackers, rolled, one tablespoon milk, salt and pepper to taste. Bake two hours in an earthen dish.

MARGUERITTE K. VAN DERVOORT.

VEAL LOAF.

Wipe three pounds lean veal, and remove skin and membrane. Force through meat chopper, then add one-half pound fat salt pork (also finely chopped), six common crackers (rolled), four tablespoons cream, two tablespoons lemon juice, one tablespoon salt, one-half tablespoon pepper, and a few drops onion juice. Pack in a small bread-pan, smooth evenly on top, brush with white of egg, and bake slowly three hours,

basting with one-fourth cup pork fat. Prick frequently while baking, that pork fat may be absorbed by meat. Cool, remove from pan, and cut in thin slices for serving.

H. CRUM.

VEAL BIRDS.

One and one-half pounds of veal, one-half teaspoon salt, one-eighth teaspoon pepper, one cup soft bread crumbs, three tablespoons melted butter, one tablespoon chopped parsley, one teaspoon onion juice. Cut the veal in individual pieces sprinkle with salt and pepper. Make a dressing of the bread crumbs, melted butter and seasonings. Place a spoonful of dressing in the center of each piece of veal, roll the edges together and skewer with a toothpick or tie in place with a string. Roll the birds in flour and brown in butter; add hot water to cover, cover the pan and cook in a hot oven for forty-five minutes, then remove the cover and bake thirty minutes.

GRACE TAFT SMITH (MRS. D. A).

ROAST PORK.

Rub well with pepper or sage, salt and flour and bake twenty minutes for each pound. Baste often and do not have oven too hot.

BAKED PORK CHOPS.

Select loin chop. Pound as much flour as possible into each chop, add salt. Fry brown and place in baking dish and cover with milk. Bake very slowly for several hours. Serve on large platter surrounded by creamed onions.

PORK CHOPS WITH DRESSING.

Cut bones from chops. Place in a baking dish, a layer of dressing, then a layer of chops.

Dressing—Three cups bread crumbs, sage, salt and pepper. Moisten bread with boiling water and add seasoning.

BAKED HAM—RAISIN SAUCE.

Choose ham about eight pounds. Cover with cold water, bring to boiling point, simmer gently about two hours. Remove the skin, dot with whole cloves, cover with brown sugar, bake slowly about an hour.

RAISIN SAUCE.

Simmer one-half box seedless raisins thirty minutes in a quart of water. Add one-half cup white sugar, one cup brown sugar, one tablespoon vinegar, cloves, and allspice to taste. Thicken with cornstarch. Just before serving add a glass of tart jelly and allow to melt.

MRS. C. P. BERGER.

(All tried and true.)

BAKED HAM, WESTPHALIAN.

Cover a two-inch slice of ham with cold water and let soak for one hour. Drain, stick with a few cloves, add a little water and roast in moderate oven. Fifteen minutes before taking out of oven sprinkle with brown sugar.

BETTY HANDLOSER.

HAM EN CASSEROLE.

Six medium sized potatoes, one slice of ham, center cut, at least one-half inch thick. Peel and slice potatoes, after which place one-half portion of potatoes in bottom of casserole, then put in slice of ham, and cover with remaining portion of potatoes; pour on cream sauce made with—one tablespoon butter, one heaping tablespoon flour, one pint of milk. Cover and bake in moderate oven for two hours.

MRS. R. J. ANDREWS.

JELLIED TONGUE.

Three or four pounds beef tongue, three pig hocks boiled together in salt water until tender. Skin the tongue and place in a round mold. Cut meat from hocks in small pieces, put in stock and pour over tongue. Chill.

MRS. S. A. FOY.

CHICKEN PIE.

Cut up a chicken to stew, cover with boiling water and cook very slowly till tender. At the end of the first half hour of cooking season with salt, pepper and a bay leaf. When tender take out the chicken and thicken the gravy with two tablespoons full of butter and two heaping tablespoons of flour blended together. If this does not make the gravy thick enough, repeat the process.

BISCUIT.

Two large cups flour, three teaspoons baking powder, one scant teaspoon salt, four heaping tablespoons full of lard or crisco. Mix together with the hands until smooth, then add enough sweet milk to make a soft dough. Arrange the chicken in a baking pan and pour over it the gravy, boiling hot. Cut the biscuit in suitable sizes for serving and place close together on top of the hot chicken and gravy. Bake about twenty minutes in a quick oven.

VERA M. CUMMINGS.

BAKED CHICKEN.

Cut up chicken. Dust each piece with flour and fry in butter or butter and lard until quite brown. Pour on enough boiling water to almost cover. Turn into bake dish. Place in hot oven and bake slowly. Make a bread dressing and bake on top of chicken for about one hour before ready to serve.

MARJORIE BOTSFORD.



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VEGETABLES

Vegetables include, commonly though not botanically speaking, all plants used for food except grains and fruits. With the exception of beans, peas, and lentils, which contain a large amount of proteid, are chiefly valuable for their potash salts, and should form a part of each day's dietary. Many contain much cellulose, which gives needed bulk to the food. The legumes, peas, beans, and lentils may be used in place of flesh food.

Young tender vegetables,—as lettuce, radishes, cucumbers, water-cress, and tomatoes,—eaten uncooked, served separately or combined, in salads, help to stimulate a flagging appetite, and when dressed with oil furnish considerable nutriment.

Beans, and peas when old, should be employed in making purees and soups; by so doing, the outer covering of cellulose, so irritating to the stomach, is removed.

CARE OF VEGETABLES.

Summer vegetables should be cooked as soon after gathering as possible; in case they must be kept, spread on bottom of cool, dry, well-ventilated cellar, or place in ice-box. Lettuce may be best kept by sprinkling with cold water and placing in a tin pail closely covered. Wilted vegetables may be freshened by allowing to stand in cold water. Vegetables which contain sugar lose some of their sweetness by standing; corn and peas are more quickly affected than others. Winter vegetables should be kept in a cold, dry place. Beets, carrots, turnips, potatoes, etc., should be put in barrels or piled in bins, to exclude as much air as possible. Squash should be spread, and needs careful watching; when dark spots appear, cook at once.

In using canned goods, empty contents from can as soon as opened, lest the acid therein act on the tin to produce poisonous compounds, and let stand one hour, that it may become reoxygenated. Beans, peas, asparagus, etc., should be emptied into a strainer, drained, and cold water poured over them and allowed to run through. In using dried vegetables,

soak in cold water several hours before cooking. A few years ago native vegetables were alone sold; but now our markets are largely supplied from the Southern States and California, thus allowing us fresh vegetables throughout the year.

COOKING OF VEGETABLES.

Vegetables should be washed in cold water, and cooked until soft in boiling salted water; if cooked in an uncovered vessel, their color is better kept. For peas and beans add salt to water last half hour of cooking. Time for cooking the same vegetables varies according to freshness and age, therefore time-tables for cooking serve only as guides.

STUFFED POTATOES.

Take large potatoes, bake until soft, cut a slice lengthwise off of each potato; scrape out the inside very carefully so as not to break the skin, and set aside the empty cases; mash the inside very smoothly, working into it while hot some butter and cream, about a teaspoon of each for every potato; season with salt and pepper, with a good pinch of cheese, grated, for each potato; work all very soft with cream and put into a sauce pan to heat, stirring hard to prevent burning; when scalding hot, stir in one well-beaten egg for six large potatoes; boil up once; fill the skins with the mixture and return them to the oven to brown.

MURYLE BAKER.

GLAZED SWEET POTATOES.

Wash and pare six medium sized potatoes. Cook in boiling salted water ten minutes. Drain, cut in halves, lengthwise and put into buttered baking dish. Make syrup by boiling one-half cup sugar and four tablespoons of water three minutes, then add one tablespoon butter. Brush potatoes with syrup. Bake ten to fifteen minutes, basting until tender.

RUTH COLDWELL.

SWEET POTATO EN CASSEROLE.

Peel and boil sweet potatoes, mash, adding butter, salt, pepper and a bit of milk if they are too dry. Fill your casserole to within about an inch of the top. Place a layer of marsh-

mallows on top, place in oven for a few minutes until marshmallows are browned. Serve en casserole.

MRS. C. A. STEARNS.

SWEET POTATOES A LA SOUTHERN.

Mash twelve boiled sweet potatoes and season with butter and salt. Add one cup raisins, seeded. Put in baking dish and cover with marshmallows. Brown in oven.

KATHERINE GLASGOW.

PITTSBURGH POTATOES.

Let one quart of cubed potatoes stand in cold water for one hour. Drain. Pour boiling water over, add minced onion, boil five minutes, add small can pimientos, minced. Boil five minutes, season with salt and pepper. Sauce—four tablespoons butter, two tablespoons flour, one pint milk, salt. Cook until thick. Add one-half pound grated cheese (not too mild). Pour over drained potatoes and bake twenty minutes in moderate oven.

MRS. WILLIAM H. FIERO.

HOLLANDAISE SAUCE.

One-half cup butter, yolks two eggs, one tablespoon lemon juice, one-fourth teaspoon salt, few grains cayenne, one-half cup boiling water. Divide cold butter in three pieces. Put one piece in sauce pan, over boiling water, with yolks of eggs and lemon juice, stir constantly until butter is melted; then add second piece and as it thickens third piece. Add water, cook, one minute and season with salt and cayenne. This is especially good on hot asparagus tips, only a very little is needed.

MRS. DONALD L. MITCHELL.

CARROTS AND PEAS, OR CARROTS AND CELERY.

Wash, scrape, and cut young carrots in small cubes or fancy shapes, cook until soft in boiling salted water or stock. Drain, add an equal quantity of cooked green peas, or cooked celery (boiled) and season with butter, salt, and pepper.

VINNIE McRAY.

STUFFED SWEET PEPPERS.

One pint of chopped meat made from cooked meat of chicken. Cut a lid from the top of the peppers after washing. Scoop the seeds and fill with chopped meat, sprinkle with bread crumbs and a small piece of butter. Place in a moderate oven and bake three-quarters of an hour. The lid is frequently replaced before being put in the oven. The pepper can also be stuffed by cutting the pepper in half and filling with chopped meat and sprinkling with bread crumbs and butter.

DOROTHY KIRTLAND.

STUFFED PEPPERS, NO. 1.

Six green peppers, one onion, finely chopped, two tablespoons butter, four tablespoons chopped mushrooms, one-third cup brown sauce, three tablespoons bread crumbs, salt and pepper, buttered bread crumbs, four tablespoons lean raw ham finely chopped. Cut a slice from stem end of each pepper, remove seeds, and parboil peppers, fifteen minutes. Cook onion in butter three minutes; add mushrooms and ham, and cook one minute, then add brown sauce and bread crumbs. Cool mixture, sprinkle peppers with salt, fill with cooked mixture, cover with buttered bread crumbs and bake ten minutes. Serve on toast with Brown Sauce.

STUFFED PEPPERS, NO. 2.

Prepare peppers as for Stuffed Peppers No. 1. Fill with equal parts of finely chopped cold cooked chicken or veal, and softened bread crumbs, seasoned with onion juice, salt and pepper.

HELEN MITCHELL.

LENDAS POTATOES AU GRATIN.

Cold boiled potatoes sliced rather thin, a quart of cream sauce, grated cheese, salt. Put in layers in baking dish, first potatoes then cream sauce, then grated cheese, ending with cheese. Be generous with the cheese, and use a little paprika or cayenne on cheese layers. Bake twenty minutes.

MURYLE BAKER.

BAKED CORN.

One can corn, one small green pepper, chopped fine, one-fourth pound cheese, one tablespoon cream, one-half teaspoon salt. Bake one-half hour in hot oven.

KATHERINE L. GLASGOW.

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SALADS

Salad making is really an art, but one that is not difficult to master provided the best materials are used, and a few general principles are followed unfailingly. The ingredients, including the salad green, must be crisp and well dried. All articles, such as meat, fish, vegetables, etc., must be cut in bits and not put through a food chopper. Care should be taken to have every ingredient very cold and to select the right dressing for each salad; or perhaps most important of all, a good oil must be used, for poor oil will spoil the best of salads.

There are three classes of salads:

Those which are substantial enough to serve either as a main dish at luncheon or supper or to supplement an otherwise scanty meal; dinner salads, which should always be made of vegetables and mixed with plain French dressing; and sweet salads, made of fruits, and mixed with a special dressing which can be used for luncheon or supper or for dessert with coffee crackers and cheese.

SALAD DRESSING.

One tablespoon butter (in boiler), one teaspoon mustard (rounding), two or three eggs, one-half cup milk, two tablespoons sugar, one teaspoon salt, one tablespoon flour, pepper or paprika, two-thirds cup vinegar. Mix dry stuff and vinegar. Beat eggs and milk. Add all together. Put in double boiler and cook until thick. Take off and beat well with egg beater to give gloss.

JANE JACKSON.

INEXPENSIVE SALAD DRESSING.

Two tablespoons flour, one egg, one teaspoon salt, one heaping teaspoon mustard, one tablespoon butter, one cup vinegar (three-fourths vinegar and one-fourth water, one tablespoon sugar. Dissolve mustard, sugar, salt in vinegar, add to the beaten egg and butter. Stir thoroughly, then add flour. Cook until thick, stirring constantly, if double boiler is not

used. When used, thin with cream or milk or whipped cream.

MURYLE BAKER.

BOILED SALAD DRESSING.

Mix in top of double boiler, one-half cup sugar, one heaping *tablespoon flour*, one teaspoon mustard, one teaspoon salt. Then add one-half cup cold water, and two eggs, beat and add another one-half cup of cold water and one-half cup vinegar. Boil until thick.

KATHERINE L. GLASGOW.

CREAM DRESSING.

One *tablespoon flour*, one-half teaspoon salt, one *tablespoon mustard*, one and one-half *tablespoons sugar*, two *tablespoons butter*, one egg or two yolks slightly beaten, three-fourths cup milk or cream, one-fourth cup vinegar. Mix dry ingredients in top of double boiler and add egg and butter. Then add milk and vinegar slowly, stirring constantly until it thickens enough to coat the spoon.

DOROTHY SCHMIDT.

BOILED SALAD DRESSING.

Two egg yolks, two *tablespoons flour*, one-half cup sugar, one heaping *teaspoon salt*, one level *teaspoon mustard*, one cup milk, one-half cup vinegar, butter size of walnut, cayenne pepper. Boil and add to above, and cook until creamy.

ANNEKE DE LAMATER.

SALAD DRESSING.

Three *tablespoons sugar*, three *tablespoons flour*, one *teaspoon mustard*, one *teaspoon salt*, one-fourth *teaspoon cayenne pepper*. Mix well. Add one egg (unbeaten), one-fourth cup vinegar—fill cup up with water and stir into dry ingredients until all lumps disappear. Boil, stirring constantly to prevent burning. When thick cool and place in mason jar in ice box. Use two *tablespoons* of above mixture mixed with whipped cream on top of salad.

CLARA PALMER.

SALAD DRESSING.

Four whole eggs, beat well. One-half cup sugar, one tablespoon of mustard, smooth with vinegar, one cup of vinegar, lump of butter size of an egg. Put together cold and cook over hot water, stirring constantly. Thin with cream.

MRS. CHRISTIE A. STEARNS.

SALAD DRESSING.

One-half cup sugar, one tablespoon mustard, two tablespoons flour, one-half tablespoon salt, one-third cup vinegar, two-thirds cup water. Boil until the mixture thickens and stir into a well beaten egg. This may be combined with sweet or sour cream.

MRS. RAYMOND A. McQUILLAN.

TWO EGG SALAD DRESSING.

One level tablespoon flour, one teaspoon mustard, pinch of salt, one-half cup sugar, two eggs beaten, one-half cup water, one-half cup vinegar. Mix well and boil until thick.

LILLIAN RALSTON.

SALAD DRESSING.

Three-fourths cup sugar, two tablespoons flour, one tablespoon salt, two teaspoons butter, two eggs, one cup vinegar, two and one-half cups water. Mix dry ingredients. Add butter and eggs; then vinegar and water. Cook in double boiler until it coats the spoon. Thin with fruit juices for fruit salad and with milk for a vegetable salad.

DOROTHY SPENCER.

FRENCH SALAD DRESSING.

Three tablespoons olive oil, one tablespoon of vinegar, lemon juice or half and half of vinegar and catsup, one-half teaspoon of salt. Shake in about one-half teaspoon of paprika. Shake well until mixed. Enough for four persons. The lemon juice is best on head lettuce, pineapple and bananas. The vinegar and catsup is used on lettuce, oranges and onions, sliced thin.

MRS. C. A. STEARNS.

MAYONNAISE DRESSING.

Yolks of two eggs, one teaspoon mustard, one teaspoon sugar, one teaspoon salt, one-eighth teaspoon paprika, two tablespoons lemon juice, two tablespoons vinegar. Put into a mixing bowl, pour onto this one cup olive oil, and do not stir. Have ready sauce made of two tablespoons butter, one-third cup of flour, one cup water. Cook ten minutes in a double boiler. Turn hot sauce into bowl containing other ingredients and beat all together briskly with an egg beater.

MRS. R. J. ANDREWS.

CREAM DRESSING (OIL).

Yolks of two eggs, one teaspoon of mustard, one teaspoon of salt, one teaspoon of sugar, three tablespoons of vinegar, three tablespoons of lemon juice. Mix all together except vinegar and lemon juice. Put in one tablespoon of vinegar, and add the rest after oil is beaten in. When you have mixed the above, drop in gradually one and one-half cups of "Mazola Oil," a little at a time. Start it with egg beater. But it will get stiff, then use fork. Last the lemon and vinegar.

ELIZABETH BELLAMY.

BOILED OIL MAYONNAISE.

Yolks of four eggs or two whole eggs, one-half cup vinegar, one-half cup water, three tablespoons sugar, one tablespoon dry mustard, one-eighth teaspoon red pepper, one tablespoon flour, one teaspoon salt, one tablespoon butter. Mix the dry ingredients, then add the butter, vinegar and water; boil over hot water until thick, then pour gradually to the beaten yolks. Beat in as much olive oil with Dover beater, as it will hold, from one-half to one cup. Will not separate and will keep for quite a while.

BETTY HANDLOSER.

ROQUEFORT DRESSING.

Four tablespoons olive oil, one tablespoon sharp vinegar, one teaspoon salt, one-half teaspoon paprika, three drops onion juice, three tablespoons Roquefort cheese. Mash cheese. Beat all together until thick. Pour over lettuce hearts, cut in half.

MRS. CORWIN S. CLARKE.

THOUSAND ISLAND DRESSING.

Four tablespoons mayonnaise, four tablespoons Indian relish or chili sauce, six tablespoons whipped cream, two tablespoons cut beets, chopped very fine (green pepper also good), one teaspoon powdered sugar, one hardboiled egg, cut very fine, one teaspoon vinegar. Serves six.

FLORENCE R. JOHNSON.

FRUIT SALAD DRESSING.

Two eggs beaten very light, five tablespoons of cream, one tablespoon of vinegar. Cook above in double boiler. Remove from fire and add: One teaspoon of salt, one teaspoon of butter, two teaspoons of confectioner's sugar, one-quarter teaspoon of mustard. When ready to serve, add one cup of whipped cream.

ALICE BAUMAN.

CUCUMBER SALAD.

Two large onions, eight large cucumbers, two cups vinegar, two cups sugar, one-half teaspoon tumeric, one tablespoon Cole mustard, two tablespoons flour, one tablespoon celery seed. Slice cucumbers and onions, salt good and let stand two hours. Drain, add to vinegar, sugar, etc. Heat through good and put in cans.

E. BEACH.

CARROT SALAD.

Grate carrots, salt and let stand about one hour where it is cold. Add one-half as much celery cut fine and chopped nuts. Moisten with mayonnaise.

MRS. WELLINGTON TAYLOR.

SHRIMP SALAD.

One can dry shrimp, two large tomatoes, one large cucumber, one sweet green pepper, shredded lettuce, three bunches celery. Mix with thin dressing.

AILEEN SMITH.

SHRIMP SALAD.

One can of shrimp, one chopped apple, and a little chopped green sweet pepper. Mix this together with salad dressing and serve on head lettuce leaf.

SALAD DRESSING.

To three well beaten eggs add one cup of sugar, and one cup of vinegar, a pinch of dry mustard, salt, pepper, and a teaspoonful of cornstarch. Cook until thick in a double boiler. Thin before using with milk or cream.

DOROTHY KIRTLAND.

CHICKEN SALAD.

Cut cold boiled fowl into one-half inch dice, add an equal quantity of the tender blades of celery cut in one-half inch pieces. Add one cup of hickory nut meats broken in pieces in the proportion of two cups of the first two ingredients. Chop the chicken, having removed the skin, very fine, add to the above. Mix thoroughly and serve with mayonnaise or boiled dressing, and garnish with hard boiled eggs or curly celery.

RUTH JACKA.

PERFECTION SALAD.

Two teaspoons gelatin (Knox), one-fourth cup cold water, two cups boiling water, one-half teaspoon salt, three slices pimiento, one-half cup sugar, one-half cup vinegar (not too strong), two cups chopped celery, one cup shredded cabbage. Dissolve the gelatin in the cold water, then add the boiling water, allowing this mixture to partly cool, or starts to thicken, then add the sugar, salt, pimiento, and vinegar, and chopped celery and shredded cabbage. Allow this mixture to thicken, can be put in individual moulds or put in a dish and sliced and then placed on bed of shredded lettuce; serve with dressing. (Can be made the day before desired, as it will keep well.)

MARGUERITE HOWLAND.

CABBAGE SALAD.

One small head of cabbage chopped fine, one small can grated pineapple, one small bottle maraschino cherries, one box marshmallows cut fine. Mix with whipped cream to which a small amount of salad dressing has been added.

ALICE McQUILLAN.

COLD SLAW.

Take a solid young white cabbage and shred fine. Make the following dressing. Heat one-fourth pint vinegar and put into it one tablespoon each of sugar, butter, one saltspoon celery salt, one of pepper, and one of salt. Take from the fire and stir in one cupful of scalded milk, to which have been added two well beaten eggs. Mix in with the shredded cabbage in a salad bowl. Set on ice, and serve very cold.

DOROTHY KIRTLAND.

FRUIT SALAD.

One pound malaga grapes, one can sliced pineapple, one box marshmallows, one-fourth pound pecan meats.

Dressing:—Four egg yolks, one-fourth teaspoon mustard, one-fourth teaspoon salt, juice of one lemon, one-fourth cup cream. Cook all until thick. When cool add one-half pint whipped cream and add to fruit cut in cubes. Mix two hours before serving.

MRS. JOHN D. WILLIAMS.

GRAPE FRUIT SALAD.

Dissolve one package of lemon jello in one pint of boiling water and pour into mould. Divide a grape fruit into sections, removing seeds and thin skin but keeping the sections whole as much as possible. When the jello commences to jell, add grape fruit and allow to harden. Arrange head lettuce on plate, dip mould into boiling water quickly and turn out on lettuce. Serve with mayonnaise.

RUTH WALKER.

FRUIT SALAD.

One can sliced pineapple, one-half pound malaga grapes, two bananas, one-half pound marshmallows. Remove seeds from grapes, cut pineapple in pieces and slice bananas. Cut marshmallows in quarters and add to fruit. Whip one cup of cream and mix with one-half cup cooked salad dressing. Mix with fruit and serve on head lettuce. This should not be mixed until ready to use.

RUTH WALKER.

PINEAPPLE SALAD.

One large can sliced pineapple, one-fourth pound cheese, grated, two ounces nutmeats, chopped fine, one small bottle cherries. Drain off the juice and place slices of pineapple on individual plates upon which lettuce leaves have been laid, then add one teaspoon of mayonnaise dressing, then sprinkle with grated cheese, and add another teaspoon of mayonnaise, then the nutmeats, topped with a cherry.

HAZEL S. NEESLEY.

FRUIT SALAD.

Three oranges, three bananas, three apples, one lemon, two eggs, one small can pineapple, one-half cup sugar, one-half cup walnuts, one-fourth cup butter, one-half pint cream, pinch salt, pinch mustard. Beat whites and yolks separately, very stiff. Add lemon juice to the egg yolks, then salt, mustard, and butter, and lastly, white of eggs. Put in double boiler, cook until it thickens. When cool, add cream, which should have been previously whipped. Dice the fruit, add chopped nuts, and sugar, then mix the whole with dressing.

DOROTHY M. TOBIN.

APPLE AND CELERY SALAD.

One and one-half cups of tender blades of celery cut in one-third inch pieces, one-half cup greening apples pared and cut in one-third inch dice, one cup of fresh hickory nut meats broken in halves. Serve with French or Mayonnaise dressing in the tender cup-shaped leaves of head lettuce. Do not allow the apples to stand long before using as they will discolor.

WALDORF SALAD.

Peel and dice four mild apples, a small head of celery, two oranges, one-half pound of walnut meats, a little pineapple. Mix with equal parts of Mayonnaise dressing and whipped cream.

RUTH JACKA.

PEAR SALAD.

Wipe, pare, and cut pears in halves removing the seeds. Arrange on lettuce leaf, pour on salad dressing, mayonnaise preferred, sprinkle on sifted Philadelphia Cream Cheese and blanched almonds, and a dash of paprika.

VINNIE McRAY.

MARSHMALLOW SALAD.

One-half pound marshmallows, one cup canned pineapple, one-fourth cup boiled oil mayonnaise, one-half cup whipped cream, one-fourth cup shelled pecans, lettuce. Cut the marshmallows in quarters and mix them with the pineapple and let stand several hours. Just before serving, add the nuts. Serve on lettuce leaf and cover with mayonnaise to which the whipped cream has been added.

BETTY HANDLOSER.

FRUIT SALAD.

One pound marshmallows, chopped fine; one pound white grapes or oranges, cut small; sugar over these; one pound English walnuts, broken; one can pineapple, cut small; one pint canned pears.

DRESSING FOR FRUIT SALAD.

One egg, one-fourth pound ground mustard; pinch salt; beat together pinch salt, add juice of two lemons and three-fourths cup pineapple juice. When cold add one pint of whipped cream and beat again; just before serving mix with fruit.

MARION CLARKE.

CHEESE AND NUT SALAD.

One cup cheese, one tablespoon melted butter, one-half cup sweet cream, one-third cup chopped nuts, one-third cup chopped pimentos, one-third cup chopped olives.

Mash cheese and moisten with cream and melted butter, season with salt and cayenne pepper, add chopped nuts, pimentos and olives. Press into mould and let stand two hours. Cut in slices and serve on lettuce with dressing.

MARGUERITE HOWLAND.

DRESSING.

One-half teaspoon salt, one teaspoon mustard, one pinch cayenne, two tablespoons flour, two tablespoons sugar, two egg yolks or one egg, two tablespoons melted butter, three-fourths cup milk, one-fourth cup vinegar. Melt butter in saucepan, add flour and cook till frothy, add vinegar and cook until mixture thickens. Mix other dry ingredients and sift into vinegar sauce. Cook eggs together in double boiler, when thickened remove from double boiler, combining mustard with vinegar sauce slowly, beating till smooth.

FROZEN CHEESE AND TOMATO SALAD.

One pound cream cheese, one cup tomato puree, one chopped pimento, mayonnaise, one cup cream, one tablespoon sugar, lettuce leaves.

Method:

Combine the cream cheese and the cream, blend and beat up together. Add the chopped pimento and sugar to the tomato puree. Turn the mixture into the freezer and freeze but not too hard; then stir in the tomato puree just stirring it enough to streak the cheese red. Place in a brick mold and pack in salt and ice. Slice down and serve on lettuce with mayonnaise or French dressing.

BARBARA WHITCHER.

FROZEN SALAD.

One cup boiled dressing one-half pint cream whipped, add two cakes of Philadelphia Cream Cheese and beat with Dover egg beater. One-half teaspoon paprika and one-half teaspoon salt. Add one cup of pineapple and white cherries cut fine or any other fruit desired. Pack in salt and ice and let stand two hours. Serve on head lettuce with mayonnaise.

KATHERINE GLASGOW.

CHEESE BALLS.

Whip white of one egg very stiff, add a pinch each of salt, red pepper and dry mustard; add sufficient grated cheese to make into little balls. Fry a golden brown, in hot deep lard, and serve at once with salad.

MURYLE BAKER.

LUNCHEON DISHES

Luncheon and supper are simpler meals than dinner. The usual types of food served are meat or meat-substitute dishes, salads, vegetables, bread in some form and perhaps a simple dessert or cake. "Quick breads" are often used for luncheon or supper.

Luncheon or supper is a meal for which it is convenient to use "left over" in various ways. Bits of meat may be combined with other foods to make attractive dishes. Small portions of vegetables may be made into salads or soups or combined with meat. Sometimes a salad is made of left-over fruit and used at the end of the meal in place of dessert.



VEAL WITH RICE.

One large slice veal steak cut in pieces about three inches square, salt and dredge liberally on both sides with paprika. Brown in liberal quantity of butter. Add one pint sour cream and simmer as slowly as possible for at least an hour. Serve with border of boiled rice (one cup).

M. C DOWLING.

MACARONI AND DRIED BEEF.

Two cups cooked macaroni, one-half pound dried beef, two cups medium white sauce. Alternate layers of macaroni and finely cut dried beef in a buttered baking dish, cover each layer with white sauce and buttered crumbs. Bake in oven until brown on top.

WHITE SAUCE FOR MACARONI AND DRIED BEEF.

Two tablespoons butter, one and one-half tablespoons flour, one cup milk, one-fourth teaspoon salt, few grains of pepper. Soften fat, stir in flour gradually, season, add milk and cook until mixture is done.

HAZEL DRAPER ALDRICH.

SPAGHETTI ROYAL.

One-half box spaghetti, one tablespoon bacon fat or three or four slices cold bacon, or four slices raw bacon, one small onion, one pint tomatoes, seasoning. Put the spaghetti to boil with salted water. Parboil five minutes, drain and put on fresh water. Melt bacon fat, cut bacon into tiny pieces, add to fat, the onion sliced very fine. Let cook until onion is tender, then add tomatoes. Cook a few minutes then add spaghetti and mix well. A little grated cheese is an improvement.

HELEN McRAY.

SPAGHETTI WITH MEAT.

One-half box of spaghetti, one-half can of pimentos, one-half can (one pint) tomatoes, one-half pound round steak; three slices of bacon; one-half large Spanish onion. Put steak, bacon, onion, tomatoes, and pimentos through the grinder. Cook steak in water (just simmer). Pour boiling salted water over spaghetti and cook slowly until tender. Mix thoroughly, add black pepper and one teaspoon salt. Bake for one hour in moderate oven. Cheese may be added if desired.

MRS. DE LAND CRARY

MACARONI.

One-half package macaroni, one-half pound cheese, one small can Campbell's tomato soup, one onion. Cook macaroni until tender; then sprinkle grated cheese through it. Cut the onion into small pieces and put in soup. Cook until the onion is tender, then pour over the macaroni. A sweet green pepper added to the soup improves it.

MRS. H. J. HILLS.

CHEESE FONDA.

Melt two tablespoons butter and whisk it into a pint of boiled milk, dissolve two tablespoons of flour in half cup of cold milk and add it to the boiling milk and let cool. Beat yolks of four eggs with salt and pepper to season and one-fourth pound of grated cheese. Whip whites of eggs and add to mixture. Pour all into a deep dish, allowing four inches for rising, and bake in moderate oven for about one hour. This serves six.

ETHEL HOOD.

CHEESE OMELET.

Beat two eggs thoroughly. Allow a pinch of salt, the same of pepper, half a teaspoon of finely chopped parsley, and a teaspoon of grated cheese. Mix completely. Put a piece of butter the size of an egg into the frying pan. When it is hot, *pour in the mixture*, and stir it with a wooden spoon until it begins to set. Discontinue stirring, but shake the pan for a minute or so, when cooked fold the omelet in two. When it is lightly browned, turn it on a hot dish. It must not be overdone. The inside ought to be quite juicy. If it is preferred, the cheese may be finely grated and strewn over the omelet after it is cooked, instead of mixed with it before. Time to fry, ten minutes.

DOROTHY KIRTLAND.

CREAMED CHEESE.

Melt one-half pound of cheese which has been cut into small pieces. Stir constantly and add three well beaten eggs. Season with salt and pepper and serve immediately on butter and toast.

MRS. RAYMOND McQUILLAN.

CHEESE AND TOMATOES

One pint tomatoes, soda, seasoning—cook. Add one-half cup grated cheese, one-half cup cream, butter, paprika, thickening. Serve on toast.

MRS. HARGREAVES.

CHEESE SOUFFLE.

Two level teaspoons butter, two level teaspoons flour, one-half cup milk, one-half teaspoon salt, three eggs, one cup grated cheese. Melt butter, add dry ingredients, mix well, add milk slowly. Cook till slightly thickens; add cheese, allow to barely melt. Remove from fire and add beaten yolks. Let cool, add beaten whites. Bake in buttered pudding dish in pan of boiling water twenty-five or thirty minutes (moderate oven).

MRS. C. P. BERGER.

BAKED CHEESE.

Two cups bread, enough milk to soak well, one or two eggs, one cup cheese grated or cut fine, one-half teaspoon salt, one teaspoon mustard, pepper. Beat eggs, bread and milk. Add rest. Put butter on top and bake twenty minutes. Serve at once.

MRS. HARGREAVES.

SPANISH OMELET.

Five tomatoes, one onion, two peppers, salt, pepper and parsley. Mix five cut-up tomatoes with two chopped peppers, from which the seeds have been removed; and one chopped onion. Season with salt, pepper and chopped parsley. Cook to a paste, then fold into a plain, puffy omelet and serve at once.

LUCILLE HOUSE.

OMELET, PLAIN.

Five eggs beaten well, a little salt, one cup of sweet milk and about three tablespoons of flour; pour in a greased frying pan and scramble all up like scrambled eggs. This is served for breakfast.

LUCILLE HOUSE.

EGG TIMBALES.

Six eggs, one and one-half cups of milk, one teaspoon salt, dash of pepper. Beat yolks of eggs, seasoning and milk together for five minutes. Beat the whites and add to first mixture. Butter custard cups and pour the mixture into them and stand in a dripping pan with water in it to bake. Use a moderate oven and bake till centers are firm. Fry slices of bacon and make a milk gravy with the bacon fat. Turn the timbales out on a hot platter, pour the gravy around them and garnish with the bacon. Cooked macaroni or spaghetti may be put into the mixture before baking, in which case a tomato sauce is good.

BARBARA BENHAM.

CORN FRITTERS.

One can corn, or six raw ears of corn, two eggs, one-half teaspoon salt, three tablespoons milk, two tablespoons flour. Grate the corn off the cobs, or strain the canned corn. To the pulp add the yolks beaten, the rest of the ingredients and the beaten whites last. Drop by teaspoonfuls in deep, hot fat and fry until nicely brown on a hot greased griddle or frying pan. Serve with hot syrup.

BETTY HANDLOSER.

SHRIMP WIGGLE.

One tablespoon butter, two tablespoons flour, two cups milk, one can shrimp, one can peas, salt, paprika, one egg. Make a white sauce of butter, flour and milk and add peas with salt and paprika, then shrimps. Let boil one minute, then add well beaten egg. This may be omitted but "Wiggle" is better with it.

HELEN McRAY.

CREAMED LOBSTER, SHRIMP OR CRAB ON TOAST.

One can fish, one tablespoon butter, one tablespoon flour, eight slices of toast, two cups milk, paprika. Melt butter in sauce pan. Add flour and when it bubbles add milk and cook slowly, stirring often. When thick add lobster or other fish, minced somewhat, and serve on toast. Garnish with paprika, endive.

NELLY CRAFTS KNIGHT.

WELSH RAREBIT.

Two cups milk, one-half pound cheese, one teaspoon salt, one-half teaspoon mustard, one level tablespoon flour, one tablespoon butter, two eggs, dash of cayenne. Grind cheese through grinder; scald with milk. Mix cheese, salt, mustard, eggs, pepper and flour together. Heat these ingredients thru, then add slowly the scalded milk. Put the butter in last. Be sure to have the first ingredients smooth before adding milk. This does not get "Stringy" if made as directed.

ANNEKE DE LAMATER.

TOMATO RAREBIT.

One can tomato soup, equal amount of hot water; one-half pound cheese, one egg. Heat soup and water to boiling point. Add finely cut cheese and egg well beaten. Mix well together and serve on slices of toast.

MARJORIE BOTSFORD.

WELSH RAREBIT.

One tablespoon butter, one-half pound grated cheese, one-half cup milk, one-half teaspoon salt, one-half teaspoon mustard, one egg, speck cayenne. Beat egg, add dry seasoning and mix well. Put butter in double boiler or chafing dish, when melted add the cheese and stir constantly. When melted and smooth add the egg mixture, stir constantly and cook until the latter thickens. Serve on toast or crackers.

PHYLLIS EMERSON.

CREAMED BEEF ON TOAST.

Twelve slices bread, toasted, one-fourth pound chipped beef, two cups milk, one tablespoon butter, one tablespoon flour, one-half cup grated cheese. Melt butter in sauce pan, add flour and when it bubbles add milk and cook slowly, stirring often. When thickened, add beef and just before serving add the cheese. Place a slice of toast on each plate and pour over the beef. Sprinkle over all a little paprika.

NELLY CRAFTS KNIGHT.

CREAMED SWEETBREAD.

Parboil a sweetbread, and cut in one-half inch cubes, or separate in small pieces. Reheat in one cup of white sauce. Creamed sweetbread may be served on toast, or used as filling for patty cases or Swedish timbales.

HELEN MITCHELL.

SWEETBREAD CUTLETS WITH ASPARAGUS TIPS.

Parboil a sweetbread, split, and cut in pieces shaped like a small cutlet, or cut in circular pieces. Sprinkle with salt and pepper, dip in crumbs, egg, and crumbs, and saute in butter. Arrange in a circle around creamed asparagus tips.

H. CRUM.

SPANISH RICE.

Three-fourths cup rice cooked in four cups boiling water. Season with salt, add two cups cooked tomatoes, two small green peppers, two small onions, chopped fine. Bake one-half hour. Butter to season.

AILEEN SMITH.

HEAVENLY HASH.

One-half pound marshmallows, one quart canned pineapple, one-fourth pound unts, three teaspoons sugar, one teaspoon vanilla, one pint cream. Cut marshmallows and pineapple in cubes, mix and put in sherbet glasses; cover with ground nuts, then whipped cream and top with a marashino cherry.

NELLY CRAFTS KNIGHT.

PORK AND POTATOES.

Dice raw potatoes. Put in casserole, seasoning each layer with salt, pepper, butter and flour. Cover with well-seasoned pork chops and add milk to half of height of dish. Cover and bake in moderate oven about an hour, uncovering at last to brown. Young chicken may be used instead of chops.

M. C. DOWLING.

HAM EN CASSEROLE.

Slice four large potatoes and four onions in thin slices and place in alternating layers in a casserole. Place a slice of ham on top and cover with milk. Bake for two hours slowly, turning the ham occasionally.

RUTH WALKER.

CHICKEN CROQUETTES.

One and three-fourths cups chopped cold cooked chicken, one-half teaspoon salt, one-fourth teaspoon celery salt, few grains cayenne, one teaspoon lemon juice, few drops onion juice, one teaspoon finely chopped parsley, one cup thick white sauce. Mix ingredients in order given. Cool, shape, crumb, and fry same as other croquettes. Croquette mixture should always be soft as can be conveniently handled, when croquettes will be soft and creamy inside.

DOROTHY FORD JOHNSON (MRS. H. D.)

COTTAGE PIE.

Cover bottom of a small greased baking-dish with hot mashed potato, add a thick layer of roast beef, chopped or cut in small pieces (seasoned with salt, pepper, and a few drops onion juice) and moistened with some of the gravy; cover with a thin layer of mashed potato, and bake in a hot oven long enough to heat through.

SWEDISH CABBAGE.

Equal parts of sausage and cooked rice. Place spoonful of mixture on tender cabbage leaves. Pin together and place in casserole. Sprinkle with flour. Add bits of butter, a little salt and pepper. Pour hot milk over all and bake slowly.

MARJORIE BOTSFORD.

LEMON TOAST.

Beat two egg yolks well, add one-third cup of sweet milk. Take a day old loaf of baker's bread, cut into thin slices, dip slices in milk, lay into a spider, with butter to fry to a brown. Put one-half cup of sugar, juice of one lemon and one cup of boiling water into a saucepan. Beat the whites of eggs to a stiff froth and add to lemon sauce. Place slices of fried bread on deep platter, cover with sauce. Serve while hot.

MRS. CHRISTIE A. STEARNS.

RED DEVIL.

One can Campbell's tomato soup, when this boils add gradually one-half pound snappy cheese, grated. When this bubbles add one egg well beaten. Red pepper or paprika to taste. Serve on toast or crackers. Serves four persons.

BLANCHE HIRSHMAN.

BAKED BEANS.

Wash beans thoroughly, soak over night and cook in water they are soaked in. Add one onion cut fine, one small tablespoon of mustard, and salt to taste. If you have chili sauce use one cup, if not, two tomatoes and three tablespoons vinegar. Bake until brown on top.

MRS. WELLINGTON TAYLOR.

BAKED BEANS.

Soak two pounds of navy beans over night. In the morning, put on to boil with one pound of salt pork. Cook until tender. Pour beans into baking dish with enough liquid to cover well. Add one level teaspoon of dry mustard, one small onion chopped, three tablespoons of granulated sugar, salt to taste and one-half cup of vinegar. Place salt pork on top. Bake until all moisture is absorbed; from two to three hours.

DOROTHY SPENCER.

BAKED BEANS.

One quart beans, three-fourths pound lean fresh side pork. Put beans on to cook in enough cold water to cover. When they boil, add one teaspoon soda and cook five minutes. Drain. Add boiling water to cover, cook five minutes. Drain. Put beans in dish you are to bake them in. Add boiling water to cover, two large tablespoons brown sugar, two large tablespoons molasses, one large onion cut in pieces. Add pork cut in small cubes. Salt to taste. Cook in moderate oven, keeping well covered with hot water until last hour, when they need not be disturbed. Should cook at least six hours in oven.

MRS. WILBUR TIMBERLAKE.

CHOP SUEY.

One pound round steak, one-half pound pork, six tablespoons Showyou sauce, salt, celery, onions, one tablespoon brown sugar, pepper. Cut the meat in small pieces and cook, until tender. Cook celery and onions separately. Combining when meat is nearly cooked. Then add the sugar and Showyou sauce, and season to taste.

MARGUERITE HOWLAND.

CHOP SUEY.

One quart tomatoes, one-half package spaghetti, two large onions, one pound of hamburger steak, six slices of bacon, little red pepper, salt to taste. Cook tomatoes, onion, spaghetti separately. Dice bacon and strain off grease. Cook hamburger in butter, then mix all ingredients together. Season to taste.

BERNICE TAYLOR.

MOCK CHOP SUEY.

One pound round steak, ground, one cup celery, cut fine, one good sized onion, one pint tomatoes, one box spaghetti or macaroni, salt and pepper. Boil spaghetti. Fry a little onion sliced and meat in butter. Add celery. Mix all ingredients. Bake one hour or longer.

MRS. HARGREAVES.

CHOP SUEY.

One pound hamburger steak, two onions. Fry together until cooked through. One cup boiled rice, one quart tomatoes, butter. Cover with bread crumbs and bake one hour. Ready to serve.

E. VANDERCOOK.

CHOP SUEY.

Put one-half cup butter in kettle. Add two and one-half pounds of veal, two and one-half pounds of pork diced. Cook twenty minutes. Add quart onions chopped. Add cup water (cook 15 minutes.) Add six bunches celery chopped and one cup water (cook fifteen minutes). Add four green peppers chopped; add one cup water (cook fifteen minutes). Add two cans mushrooms and juice (cook fifteen minutes). Add three-fourths cup Chinese sauce; thicken with four tablespoons flour. Serve with cooked rice. Will serve 16 people.

PHYLLIS EMERSON.

CHILI CON CARNE.

Clean, singe, and cut in pieces for serving, two young chickens. Season with salt and pepper, and saute in butter. Remove seeds and veins from eight red peppers, cover with boiling water, and cook until soft; mash, and rub through a sieve. Add one teaspoon salt, one onion, finely chopped, two cloves of garlic finely chopped, the chicken, and boiling water to cover. Cook until chicken is tender. Remove to serving dish, and thicken sauce with three tablespoons each of butter and flour cooked together; there should be one and one-half cups sauce. Canned pimentoes may be used in place of red peppers.

H. CRUM.

CHILI CON CARNE.

One quart canned tomatoes, one can red kidney beans, four large onions, one pound ground beef steak. Slice onions and fry in butter. Also cook steak in butter until cooked through well. Place tomatoes and kidney beans in kettle and bring to the boiling point, thicken with one tablespoon of flour and water mixed together. Then mix all ingredients together and season with salt, red pepper, and a generous quantity of butter.

LEAH VISCHER.

TOMATO SAUCE.

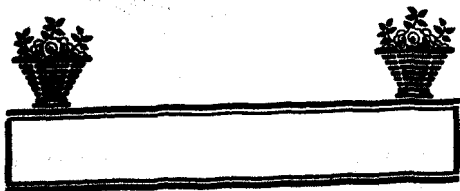
Place in saucepan one quart tomatoes, slice of onion, celery, three cloves, one-half bay leaf, add a little water and cook twenty minutes. Remove from fire and strain through sieve. Place in saucepan one tablespoon butter and two tablespoons flour. Blend well, then add the tomato stock and let come to a boil. Add salt to taste.

FLORENCE PITTELCO.

CREAM SAUCE.

One tablespoon melted butter, two tablespoons flour, one cup milk, one-half teaspoon salt, pepper. Garnish with peas or sliced stuffed olives if desired.

LILLIAN TOMPKINS.



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PASTRY

MATERIALS FOR MAKING PASTRY.

(1). Pastry flour, containing less gluten and more starch than bread flour, should be used, as it makes more tender pastry than can be secured with bread flour.

(2). Fat, either lard (or substitutes) butter or beef dripping, or a combination. Lard makes a white and more flaky crust than other fats, but butter and beef dripping are considered more digestible than lard in pastry combinations.

(3). Salt is used to flavor, and although a small quantity is used, pastry lacking it tastes very flat.

(4). Baking powder is sometimes used to make pastry lighter, especially for berry pies.

(5). Water for pastry should always be very cold.

LINING A PLATE.

Roll pastry to one-eighth inch in thickness, keeping it as nearly round as possible and roll until it is one or two inches larger than the plate. Be careful not to stretch pastry lining.



PIE CRUST.

(Never Fail).

Two cups sifted flour, one teaspoon baking powder, one teaspoon salt, seven tablespoons lard, one-fourth cup water. Sift flour and baking powder in bowl, add salt, chop in lard with knife, add water gradually. This makes three crusts.

HAZEL DRAPER ALDRICH.

BUTTERSCOTCH PIE.

One-half recipe for flaky pastry. Three tablespoons cornstarch, one-fourth teaspoon salt; one-half cup cold milk, one cup milk, scalded, two tablespoons butter, one cup brown sugar, two egg yolks.

MERINGUE.

Two egg whites, one-fourth cup granulated sugar.

Bake the pastry rolled as for pie crust on outside of an inverted pie pan. Prick the pastry all over and set the pie on a tin sheet to keep the edge from contact with the oven. When baked set inside a clean pie plate, turn in the cooked filling, cover with meringue and let bake about ten minutes. To make the filling, cook the cornstarch and salt mixed with the cold milk in the hot milk fifteen minutes; add the butter and sugar stirred and cooked over the fire until the sugar is dissolved and bubbly; add the yolks. For the meringue beat the whites, very light, and gradually beat in the sugar.

DOROTHY FORD JOHNSON (Mrs. H. D.)

BUTTER SCOTCH PIE.

One and one-half cup brown sugar two eggs, two tablespoons flour, one cup cold water, two tablespoons butter, one teaspoon vanilla. Mix sugar and flour together, add water gradually and stir over fire until thick. Add the egg yolks and butter and vanilla. Fill baked crust and cover over with meringue.

FRUIT PIE FILLING.

One and one-half cups cranberries, one-half cup raisins, (chopped), one-half cup water, one cup sugar, one tablespoon flour. Mix and bake with two crusts.

BLANCHE HIRSHMAN.

FILLING FOR BUTTER SCOTCH PIE.

One cup brown sugar, one tablespoon butter (browned), four tablespoons milk. Boil together four minutes, then add one cup milk, two egg yolks, one tablespoon flour. Boil all together until it thickens, pour into shell, which has been baked, and cover with beaten egg whites to which four tablespoons pulverized sugar has been added. Brown in moderate oven.

EDITH L. BOUCHER.

LEMON PIE.

Juice and rind of one lemon, one cup of sugar, two eggs, butter size of walnut, one cup boiling water, to which add one tablespoon of corn-starch.

FROSTING.

White of two eggs, two tablespoons of sugar.

JOSEPHINE MILLER.

PUMPKIN PIE.

One cup pumpkin, two eggs, two-thirds cup sugar, one-half teaspoons ginger, one teaspoon cinnamon, one teaspoon salt, one tablespoon flour, two and one-half cups milk. Bake with one crust.

BLANCHE HIRSHMAN.

BLACKBERRY PIE.

Line a pie tin with pastry as for custard pie. Fill it with blackberries and pour over them one cup sugar and one cup sweet cream. Put strips across the top and bake.

MRS. ROBERT CRARY.

CURRANT PIE.

One cup currants (mashed), one cup sugar, two tablespoons flour, two tablespoons water, two yolks eggs. Mix and pour into one crust and bake slowly until thick, then beat two whites, add a little sugar and spread on top and set in oven until brown.

BLANCHE HIRSHMAN.

SOUR CREAM PIE (Delicious).

One cup sour cream, one-half cup raisins, one-half teaspoon cinnamon, one cup sugar, one teaspoon cloves, one egg (two or three). Mix all together and bake with two crusts.

BLANCHE HIRSHMAN.

RAISIN LEMON PIE.

One cup raisins (chopped fine), one cup sugar, one cup cold water, one tablespoon flour, two tablespoons butter. Juice and grated rind of one lemon. Stir together and bake with two crusts.

ESTHER RICE.

LEMON RAISIN PIE.

One cup raisins, juice and grated rind of one lemon, one cup of cold water, one tablespoon flour, one cup sugar, two tablespoons butter. Cook all together until it thickens. Bake with two crusts.

RUTH COLDWELL.

CREAM PUFFS.

One-half cup shortening, one cup boiling water, three eggs, one cup flour, one-eighth teaspoon salt, two teaspoons baking powder. Heat water and shortening until it boils. Add dry ingredients (except baking powder) sifted together. Remove from fire and cool. Mix in unbeaten eggs, add baking powder. Mix well. Drop by spoonfuls one and one-half inch apart on greased tin. Bake twenty-five minutes in hot oven. With knife cut into to admit filling of whipped cream.

MRS. DONALD MITCHELL.

CREAM PUFFS.

Let one cup milk and one-half cup of butter come to a boil. Slowly stir into this one cup sifted flour mixed with one teaspoon of baking powder. Add three well beaten eggs and drop on buttered tins. Bake about thirty minutes in a moderate oven. When cool cut off tops and fill with whipped cream, cornstarch filling, or the following:—

Cream, one cup milk, one-half cup sugar, three tablespoons flour, or one of cornstarch, flavor with vanilla.

DOROTHY KIRTLAND.

CREAM PUFFS.

One-half cup of butter melted in one cup of hot water; put in a small tin pan on the stove to boil; while boiling stir in one cup of flour, take off and let cool; when cold stir in three eggs, separately and beat. Drop on buttered tins, and bake in a hot oven twenty to thirty minutes. When cold fill with sweetened whipped cream or the following filling:—

One cup of milk, one egg, one-half cup sugar; thicken with corn starch, and flavor with vanilla.

PHYLLIS HAEHNLE.

BANANA PIE.

Two sliced bananas, one cup of milk, yolks of two eggs, one-half cup sugar, two tablespoons flour. Boil the custard and when cool pour into the baked shell on the sliced bananas and whip the whites of two eggs and put on top. Set in the oven until brown.

VIVIAN WOLFINGER RAYMER.

LEMON PIE.

One lemon, grate half of the rind, squeeze out juice. One cup sugar, two tablespoons cornstarch, yolks of two eggs; one cup boiling water. Cook in double boiler until thick, then add pinch of salt.

BARBARA E. WHITCHER.

LEMON PIE FILLING.

Two cups milk, five yolks of eggs, (whites for frosting), two cups sugar, two tablespoons flour, two lemons (rinds grated, and all the juice). Grate rinds of two lemons, then add flour, juice of lemons, and sugar. Then eggs, milk.

HILDEGARDE RAMBERG.

LEMON PIE.

One cup sugar, one and one-half cups boiling water, one large or two small lemons, three tablespoons flour, two eggs, one tablespoon butter, salt. Mix dry ingredients, add yolks of eggs, then pour over boiling water. Add grated rind of lemon, and juice, and butter. Cook until thick, stirring constantly. When cool add filling to cooked pie crust, making meringue of whites of eggs.

MARGARET HOUSTON.

BUTTER SCOTCH PIE.

Two cups brown sugar, two tablespoons butter, two cups milk, three eggs, two tablespoons flour, one tablespoon vanilla, one tablespoon powdered sugar. Cream, butter and sugar, add milk in which flour has been dissolved. Set on fire in double boiler. Let come to a boil, when smooth add the beaten egg yolks, when thick take from fire and add vanilla. Put in pie crust that has been previously baked. Serve with whipped cream.

LILLIAN RALSTON.

PEACH CREAM PIE.

Into a baked under crust put a cream filling made as follows:—Seven-eighths cup sugar, one-third cup flour, one-eighth teaspoon salt, two eggs, two cups scalded milk, one teaspoon vanilla, or one-half teaspoon lemon extract. Mix dry ingredients, add eggs, slightly beaten, and pour on gradually scalded milk. Cook fifteen minutes in double boiler, stirring constantly until thick, afterwards occasionally. Cool and add flavoring. Fill the crust with peaches, fresh or canned, and cover with a layer of whipped cream. Loganberries or other fruits may be used.

E. MARGARET SAGENDORPH.

BROWNIES.

One-fourth cup butter, one cup brown sugar, one egg, three squares of chocolate, one-half to threefourths cup flour, one cup nut meats, one-fourth teaspoon salt. Put all ingredients in bowl and beat until well mixed. Spread evenly in buttered baking pan. Bake slow for thirty minutes and cut in squares.

PHYLLIS EMERSON.



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PUDDINGS

APPLE DUMPLINGS.

Two cups flour, two teaspoons baking powder, one tablespoon butter, three-fourths cup milk, salt. Roll out and spread with sliced apples. Sprinkle with sugar. Roll up and cut in slices. Put in baking pan and pour over sauce, bake one hour.

SAUCE.

One cup hot water, one cup sugar, one tablespoon flour. Cook, add a piece of butter and either lemon juice or vinegar.

GEORGINA B. MAERKER.

RICE AND APPLE PUDDING.

Cook two tablespoons of rice in boiling water until done. Dice two large cooking apples. Thin rice with milk. Put alternate layers of apples, rice and sugar in a baking dish. Sprinkle with cinnamon and dot with butter. This will serve three people.

ALICE HAWES LOCKWOOD.

FRUIT ROLL.

For Apple.—Make a thin syrup of brown sugar (cup or more) and water. Then roll out a short biscuit dough one-fourth inch thick. Spread with thinly sliced apples. Sprinkle with cinnamon. Roll up like a jelly roll and slice. Place slices open side up in syrup. Add pieces of butter to each slice and bake about thirty-five minutes. Enough for six people.

MRS. HARGREAVES.

BROWN BETTY.

Four large apples, sliced very thin, one cup bread crumbs, one cup sugar, one cup water, one-fourth teaspoon cloves, one-fourth teaspoon cinnamon, one cup nut meats, (chopped), one-fourth cup butter. Mix all the above ingredients together and put in buttered casserole. Bake in hot oven until well browned. Serve with hard sauce.

ELEANOR YOUNGS.

BROWN BETTIES.

Two cups brown sugar, one-half cup milk, one cup chopped pecans. Boil sugar and milk together for five minutes, stirring constantly. Add the nuts and beat until it grains, pour on oiled paper and cut in squares.

THELMA BRADLEY.

PLUM PUDDING.

(Makes Three Puddings).

Two cups bread crumbs, two cups suet, two cups raisins, one cup candied peel, one cup almond meats, two cups currants, one cup flour, one cup sugar, four eggs, spices to taste, steam four hours.

SAUCE.

Two egg yolks, one cup powdered sugar, one tablespoon soft butter, one-half pint whipped cream, one tablespoon brandy. Cream, butter, sugar, eggs and add to whipped cream.

GEORGINA B. MAERKER.

PLAIN PLUM PUDDING.

One pint stale bread crumbs, one cup stoned raisins, one cup wash currants, one teaspoon cinnamon, one-half cup molasses, one-half pound citron or candied fruit, one cup flour, lemon, juice and rind, one cup brown sugar, one-half teaspoon nutmeg (grated), three eggs, one-half pound suet, one-half teaspoon baking soda. Mix all dry ingredients. Beat eggs, add molasses, dissolve soda in tablespoon hot water and add to molasses and eggs. Then mix into dry ingredients and pack in greased mould. Boil four hours. (Baking powder tins make good molds). This fills four one-pound cans).

RUTH ROSSITER.

DATE PUDDING.

One package dates, one cup nut meats, three crackers, one egg, one-half cup sugar, one-half teaspoon of baking powder. Wash and cut the dates, roll the crackers, mix ingredients together and bake in slow oven for half an hour.

BERNICE TAYLOR.

DATE PUDDING (BAKED).

One cup dates, one cup nut meats (chopped), two tablespoons flour, one teaspoon baking powder, four eggs, beaten separately, one cup sugar. Bake in shallow pan and serve broken in pieces, with whipped cream flavored with sherry.

SAUCE FOR PUDDING.

One and one-half cups sugar, one yolk of egg, one piece of butter (size of egg), one tablespoon cream. Add beaten white and flavor with brandy.

BLANCHE HIRSHMAN.

DATE AND NUT PUDDING.

Two cups light brown sugar, three cups water, two heaping tablespoons cornstarch, one pound dates, one-fourth pound walnut meats. Boil sugar and water five minutes. Add cornstarch moistened with cold water. Cook until clear. Cool, then stir in chopped dates and nuts. Serve cold with whipped cream. This recipe will serve ten.

MRS. ARTHUR J. ADAMS.

DATE PUDDING.

Two eggs, three tablespoons water, one cup powdered sugar, two teaspoons vanilla, one teaspoon baking powder, one cup English walnuts, one cup dates. Beat the eggs, add water, sugar and flour and baking powder sifted together. Add vanilla and nuts. Cut up dates and spread in shallow greased tin. Bake twenty minutes. Serve with whipped cream.

LENORA BRADLEY.

DATE PUDDING.

One egg, one cup sugar, one-third cup melted butter, one cup milk, one cup dates (cut in small pieces), one-half cup walnuts (broken), one large tablespoon flour, one teaspoon baking powder, vanilla, little salt. Bake slowly one hour. Melt butter, add sugar, beaten egg, milk, dates and nuts; baking powder, flour and salt, vanilla. Serve with vanilla sauce or whipped cream.

MRS. H. J. PIERCE.

DATE PUDDING (STEAMED).

One cup suet (chopped fine), one cup dates (chopped fine), one cup sugar, one cup sour milk; one cup flour, one-half teaspoon soda, one teaspoon baking powder. Mix well and steam one, two or three hours.

BLANCHE HIRSHMAN.

DATE PUDDING.

One egg, one cup sugar, butter size of an egg, one cup of milk, one tablespoon of flour, one teaspoon of baking powder, salt, vanilla, one cup of dates, one cup of walnut meats. Bake slowly until dark brown about forty-five minutes in slow oven. Melt butter, add sugar, beaten eggs, dates, walnut meats, flour, baking powder, salt, vanilla and milk. Will serve eight large helpings. Serve with whipped cream.

PRISCILLA SNOW.

DATE PUDDING.

Two eggs (well beaten), one cup of sugar; one-half cup of milk; one box of dates; one cup of walnut meats (black preferred), two large tablespoons flour, one teaspoon baking powder. Mix together and add to the eggs and milk. Bake in a slow oven thirty or forty minutes. Serve with whipped cream, sweetened with a little sugar and flavored with vanilla. (Will serve eight people).

MYRTLE J. CUMMINGS.

PINEAPPLE SPONGE.

One can grated pineapple, one cup granulated sugar. Cook down until thick. One-half box Plymouth Rock gelatine soaked in one cup cold water. Stir this in pineapple and cool until it begins to thicken. Then stir into it one pint whipped cream. Pour into mold and let stand until solid. Serve with whipped cream.

FLORENCE PITTELCO.

PINEAPPLE SPONGE.

One-half cup grated pineapple, cooked down thick with two-thirds cup sugar; one-fourth box gelatine soaked in a little water, one-half cup boiling water stirred into the gelatine, then stir in cooked pineapple. Let mixture cool and beat into

it one-half pint whipped cream. Pour into mold and cool. This will serve six people.

ELEANOR YOUNGS.

PINEAPPLE SPONGE.

One pint grated pineapple, strain off juice; one-half box Knox gelatine, one pint whipped cream, one-half cup sugar. Put gelatine in juice and put on fire to dissolve, then stir in sugar and pineapple. Take off and let cool, then stir into whipped cream, flavor with vanilla, then turn it into a dish that has been rinsed in cold water and set away to harden in a cool place.

ISABELLE FOGG.

PINEAPPLE WHIP.

One-half pound marshmallows, one pint of grated pineapple, one pint cream (whipped). Cut the marshmallows in quarters and soak in the grated pineapple for five hours. When ready to serve, add the cream whipped and serve very cold.

MRS. H. B. GILLETTE.

PINEAPPLE WHIP.

Take large can of sliced pineapple, drain, dice, add one-half pound of marshmallows cut in quarters. Let stand about one hour. Then add one pint of cream whipped stiff and one-fourth pound of chopped nut meats. Let stand at least two hours before using.

MRS. WILLIAM H. FIERO.

LEMON WHIP.

One-half box Knox gelatine, one cup cold water, poured on gelatine. Let stand until dissolved; two cups sugar; one pint boiling water. Juice of two lemons strained through a cheese cloth. When cool add whites of three eggs, then beat all thoroughly. Pour into moulds to cool. Serve with cream.

JOSEPHINE MILLER.

PRUNE WHIP.

Stew one pound of prunes and pick fine, stir well with chopped nuts, then add the whites of four eggs, well beaten, one and one-fourth cup of granulated sugar. Bake in slow oven and serve with whipped cream.

EILEEN S. RUDESILL.

MARSHMALLOW CREAM WHIP.

Whip half a pint of coffee cream until stiff as possible. Soak one tablespoon full of plain gelatine in two or three tablespoons of cold milk for a few minutes, dissolve in half a cup of boiling milk, add one teaspoon full of vanilla, three tablespoons of powdered sugar and fold in whipped cream and half a pound of finely cut marshmallows and half a cup of cut nut meats, put into sherbert glasses immediately and let cool about half an hour before serving. Six to eight people.

MRS. C. E. MEREDITH.

SUET PUDDING.

One-half cup chopped suet, one-half cup sweet milk, one-half cup molasses, one cup flour, one teaspoon baking powder, one cup raisins. Steam for one hour. The sauce is made from six tablespoons sugar, three tablespoons butter, three eggs. Yolks and whites beaten separately, add whites last. Flavor with wine. (I guess vanilla will have to do now).

BERNICE TAYLOR.

FINE SUET PUDDING.

One cup suet, chopped fine, one cup molasses, one cup milk, one cup raisins, a little chopped citron and orange peel, four cups flour with three teaspoons baking powder, one teaspoon cinnamon, one-half teaspoon each of salt, cloves and nutmeg. Steam three hours.

Sauce.

One cup water, one cup sugar, one tablespoon each of butter, flour and vinegar. Pour water (boiling) on other ingredients.

LILLIAN TOMPKINS.

SUET PUDDING.

One egg, one cup suet (ground fine), one-half cup molasses, two-thirds cup sugar, one cup raisins, one cup currants, one cup sour milk, one teaspoon soda, three cups flour. Add cinnamon if wanted. Steam two hours. Serve with lemon sauce.

ESTHER RICE.

SUET PUDDING.

One-half cup molasses, one teaspoon soda dissolved in one cup luke-warm water, one egg, well beaten, two tablespoons melted butter, one and three-fourth cups flour, one teaspoon cinnamon, one-fourth teaspoon cloves, one cup raisins, nutmeg. Salt. Steam for one and one-half hours.

CREAM SAUCE FOR SUET PUDDING.

One cup sugar, one-half cup butter, one egg, beaten, one-half pint cream, one-half teaspoon vanilla. Cream the butter, add sugar, gradually, egg, vanilla, and cream which has been beaten until stiff.

HELEN KELLY STONE.

MOCK SUET PUDDING.

One cup molasses, one egg (well beaten), two-thirds cup of boiling water, one-half cup flour, one teaspoon soda, one teaspoon ginger. Steam one and one-half hours.

DONNA ALLES.

CARAMEL PUDDING.

One-third cup butter, one cup brown sugar, one-half cup boiling water, one pint of sweet milk, two-thirds cup flour, one egg. Brown butter and sugar together, then add other ingredients. Cook until thick mold and serve with whipped cream.

RUTH COLDWELL.

CARAMEL PUDDING.

Two cups brown sugar, one-half cup butter, cook together until brown. One-half cup boiling water, one-half cup cornstarch dissolved in one-half cup boiling water, one cup milk. When sugar has browned add water then milk and cornstarch.

Stir until it thickens, then pour in individual molds or teacups and set aside to cool. This may be served plain or with maple syrup.

MRS. DONALD MITCHELL.

CARAMEL CUSTARD.

Brown a heaping tablespoon granulated sugar; add a pint of boiling milk and let it stand until the sugar dissolves. Beat two eggs with one-quarter cup sugar and one teaspoon cornstarch; add to the milk with a half teaspoon vanilla, and pour into greased custard cups. Bake these in a pan of hot water in a moderate oven until firm. Serves six people.

KATHLEEN L. BAILEY.

CARAMEL TAPIOCA.

One cup of tapioca, four and one-half cups of cold water. Let stand over night. In morning add three cups of brown sugar. Dissolve on the fire, then bake in oven until clear. When cold add juice of one lemon, one teaspoon of vanilla. Serve with whipped cream.

IRENE BARRY.

CHOCOLATE PUDDING.

Two cups milk, one tablespoon cornstarch, one-half cup of sugar, one egg, one and one-half ounce chocolate, one-fourth cup sugar. Salt. Put milk, sugar, one-fourth cup, and chocolate in double boiler. When melted, add cornstarch mixed with a little cold milk. Let cook about ten minutes. Beat egg until light, add sugar and add to chocolate. Cook about five minutes. Remove from stove and put in individual dishes. Serve cold. This will serve between three and four portions.

JANE JACKSON.

CHOCOLATE PUDDING.

One quart of milk. Let come to boil in double boiler. One cup sugar (white), two squares Baker's chocolate, two heaping tablespoons cornstarch (wet with cold milk or water). Add to quart of milk. Cook until thick. Add one teaspoon vanilla when cold.

AMELIA SCHWEMLE.

STEAMED CHOCOLATE PUDDING.

One and one-half squares bitter chocolate (melted), one cup sugar, one cup milk, two cups flour with two teaspoons cream of tartar and one teaspoon soda sifted with it, two beaten eggs, two teaspoons butter, one-half teaspoon salt, one-half teaspoon vanilla. Mix and pour into a well buttered mold and steam two hours. Serve with whipped cream.

MADELEINE GALE FOY.

CHOCOLATE PUDDING AND CHOCOLATE PIE.

One cup milk, one cup water, one square chocolate, one cup sugar, three tablespoons flour, two eggs, salt, vanilla. Put the milk and water on to boil. When boiling drop in chocolate and cook until chocolate is melted. Stir the sugar, flour, salt together, then add eggs. Pour slowly into milk mixture and cook about five minutes, or until thick enough, then add vanilla.

MARGARET R. HOUSTON.

GOLDEN BALL PUDDING.

Three-fourths cup apricot jam, two eggs, one-half cup almonds, two tablespoons butter, one-half cup bread-crumbs. Put blanched almonds through food chopper, add butter and cream together. Add jam, bread-crumbs and beaten eggs. Fill small molds three-fourths full. Bake twenty-five minutes in moderate oven. Serve while warm with sweetened whipped cream. Recipe makes twelve molds.

MISS KATHRYN MURRAY.

CORN MEAL PUDDING.

One-half cup corn meal, two and one-half cups boiling water, one quart milk, one-fourth teaspoon cinnamon, one-half teaspoon salt, two eggs, two cups brown sugar, one cup raisins. Pour boiling water over cornmeal, scald milk, add cornmeal mixture and steam one hour with raisins. Beat eggs, add sugar, cinnamon, salt, and put all together and bake very slow for two hours. Add one tablespoon of butter and one or two glasses of water while baking.

MARGUERETTE K. VANDEVOORT.

ENGLISH CARROT PUDDING.

One cup sugar, one cup currants, one cup raisins, one cup suet, one cup lemon peel, one cup grated carrot, one cup grated raw potato, one and one-half cups flour, one teaspoon soda. Combine the above and steam for four hours. An excellent fruit pudding which will keep indefinitely. Similar to an English plum pudding. (*An inexpensive pudding.*)

ANNEKE DE LAMETER.

SNOW PUDDING.

Mix two rounding tablespoons of corn starch with a little water to make a thin paste. Pour on this one cup of boiling water. Cook until clear. Add one-half cup of sugar, juice of one lemon. Have whites of two eggs beaten very stiff and add the above mixture. Mix until smooth. Mould.

CUSTARD FOR PUDDING.

Yolks of two eggs, one-half cup sugar, one and one-half cups of milk. Mix well and boil till thick.

ALICE C. BAUMAN.

GRAHAM PUDDING.

One-half cup molasses, one cup milk, one-fourth cup suet or small piece of butter, one and one-half cups graham flour, one-half teaspoon soda, spice to taste, one cup raisins. Bake thirty to forty-five minutes slowly.

SAUCE.

Three-fourths cup of water, one-half cup of sugar, small piece of butter, one tablespoon flour, one tablespoon molasses, one tablespoon vinegar, nutmeg. Boil until creamy, stirring all the time so it will not lump.

PRISCILLA SNOW.

RICE PUDDING.

One quart milk, one cup sugar (white), two tablespoons rice, small piece of butter, one-fourth teaspoon nutmeg. Bake slowly for two hours in a moderate oven. Stir occasionally. Add raisins before taking out of oven—about one cup raisins. When cold add one teaspoon vanilla.

AMELIA SCHWEMLE.

RICE PUDDING.

Four cups sweet milk, four tablespoons uncooked rice, four tablespoons sugar, pinch of salt. Stir and sprinkle cinnamon over top. Bake in a slow oven for two or three hours.

HELEN M. FEATHERLY.

TAPIOCA PUDDING.

One cup pearl tapioca (soak in quart of water over night), drain in the morning and add three cups brown sugar, juice of one lemon, and bake slowly from one hour to one and one-half hours. when cool whip in a half pint of whipped cream.

PHYLLIS EMERSON.

TAPIOCA CARAMEL.

One cup tapioca, one quart water, three cups dark brown sugar, one lemon, two teaspoons vanilla, salt. Soak tapioca over night in water. In the morning beat thoroughly in it the sugar. Put over slow fire until melted and mix well. Cool. Add juice and grated rind of lemon and vanilla. To be eaten cold with whipped cream.

MARGARET R. HOUSTON.

ICE BOX PUDDING.

Take nine (9) lady finger cookies and quarter, then line sherbert glasses with same, or if large dish is desired, line the bottom and side of dish. Then take one-half of a 10-cent size of Baker's German Sweet Chocolate, two tablespoons powdered sugar, two tablespoons water, four eggs. Cook the chocolate, sugar and water in double boiler until well mixed and smooth. Beat yolks of four eggs slightly and pour into chocolate mixture when cool. Fold in the stiffly beaten whites. Put the chocolate mixture over the lady fingers and then set in ice box to mold. Serve with unsweetened whipped cream. This will serve six.

HAZEL A. LOVELAND.

"CARROT PUDDING."

One cup grated carrots, one cup grated potatoes, one cup grated suet, one and one-half cups flour, one cup currants, one cup raisins, one-half cup sugar, one-half teaspoon soda. Steam three or four hours, and serve with "Brown Sugar Sauce."

ELIZABETH BELLAMY.

TAYLOR-DUFF PUDDING.

Two tablespoons sugar, two tablespoons melted butter, beaten well. One egg, one-half cup molasses, one teaspoon soda. (Dissolve in a little hot water and add to molasses). One-half cup flour, add last one-half cup boiling water and steam one-half hour.

Sauce.

One cup 4X sugar, two egg yolks, mix well. One-half pint of whipped cream and vanilla to flavor.

BLANCHE HIRSHMAN.

CHERRY PUDDING.

Pour juice off one quart of cherries and thicken with one tablespoon flour, add two cups of sugar to cherries and cook three minutes after they come to a boil. For the pudding, one cup sugar, one cup milk, one egg, butter size of an egg, salt, two heaping teaspoons baking powder, and two cups of flour. Bake slowly. When done split open and put cherry mixture between and on top. Serve with whipped cream.

AILEEN FENNELL.

ANGEL CHARLOTTE RUSSE.

One tablespoon Knox gelatine in one-fourth cup cold water. Let stand ten minutes. Then add one-fourth cup boiling water and one cup sugar. When cool and thickening beat it into one pint of cream already whipped. Add one dozen macaroons pulverized, and chopped almonds, ten cents candied cherries, cut up; five cents marshmallows, cut up; vanilla. Serve with whipped cream.

MRS. CORWIN S. CLARKE.

CHARLOTTE RUSSE.

One-fourth box gelatine or one tablespoon granulated gelatine, one-fourth cup cold water, one-third cup scalded cream, one-third cup powdered sugar, whip from three and one-half cups thin cream, one and one-half teaspoons vanilla, six lady fingers. Soak gelatine in cold water, dissolve in scalded cream, strain into a bowl, and add sugar and vanilla. Set bowl in pan of ice water and stir constantly until it begins to thicken, then fold in whip from cream, adding one-third at a time. Should gelatine mixture become too thick, melt over hot water, and again cool before adding whip. Trim ends and sides of lady fingers, place around inside of a mould, crust side out, one-half inch apart. Turn in mixture, and chill. Serve garnished with cubes of wine jelly. Charlotte Russe is sometimes made in individual moulds; these are often garnished on top with some mixture forced through a pastry bag and tube. Individual moulds are frequently lined with thin slices of sponge cake cut to fit moulds.

HELEN MITCHELL.

CHOCOLATE SOUFFLE.

Two tablespoons butter, two tablespoons flour, three-fourths cup milk, one and one-half squares chocolate, one-third cup sugar, two tablespoons hot water, three eggs, one-half teaspoon vanilla. Melt butter, add flour, mixing well; add milk slowly, cook to boiling point. Add sugar, water and melted chocolate which have been mixed together. When thoroughly mixed, add beaten yolks of eggs. Cool and add vanilla. Fold in beaten whites of eggs and bake in moderate oven thirty minutes. Serve hot with hard sauce made by creaming one cup pulverized sugar and one-third cup butter, flavored to taste with vanilla and lemon extracts.

MRS. M. C. DOWLING.

LEMON SOUFFLE.

One cup sugar, one tablespoon butter, two tablespoons flour, two eggs, juice and rind of one lemon, one cup milk. Method:—Cream, butter and sugar; add flour and the lemon, then beaten yolks of the eggs and the milk. Last add the

whites of the eggs beaten very stiff. Bake in an earthen dish in a pan of hot water. Measures are level.

BARBARA WHITCHER.

COFFEE SOUFFLE.

One and one-half cups coffee infusion, one-half cup milk, two-thirds cup sugar, one-fourth teaspoon salt, three eggs, one-half teaspoon vanilla, one tablespoon granulated gelatine. Mix coffee infusion, milk, one-half of the sugar and gelatine, and heat in double boiler. Add remaining sugar, salt and yolks of eggs, slightly beaten; cook until mixture thickens, remove from fire, add whites of eggs beaten until stiff and vanilla. Mould, chill and serve with cream.

ANNIE L. GOULD.

CUP CUSTARD.

Four eggs, one quart of milk, sugar to taste, nutmeg, and vanilla. Scald milk, pour over the beaten eggs, add sugar, nutmeg and vanilla. Set in a pan of cold water and bake in a slow oven. Test by putting a silver knife into the custard, and if it comes out clean the custard is done.

PRISCILLA SNOW.

BURNT WALNUT BISQUE.

Two cups scalded milk, yolks three eggs, one cup sugar, two-thirds cup chopped walnut meats, one cup heavy cream, three-fourths tablespoon vanilla. Few grains salt. Make custard of milk, eggs, one-third of the sugar, and salt. Caramelize remaining sugar, add nut meats, and turn into a slightly buttered pan. Cool, pound, and pass through a puree strainer. Add to custard, cool, then add one cup heavy, beaten cream, and vanilla. Freeze and mould.

HELEN MITCHELL.

PEACH COBLER.

One cup sugar, one cup water, two cups flour, one teaspoon (heaping) baking powder, lar d size of egg. Let sugar come to boiling point. Pare and pit peaches. Fill cavity with butter. Roll out paste in shapes large enough to cover peaches, pinch edges together. Bake in syrup in deep pan.

DONNA F. SAMPLE.

HARD SAUCE.

Into one cup of fairly hard butter, cream enough 4X sugar to form a fondant paste. Add a drop of vanilla flavoring.

ELEANOR BARKWORTH YOUNGS.

LEMON SAUCE.

One cup sugar, one-half cup butter, one lemon, juice and grated rind, one egg, three tablespoons of boiling water. Beat all together and cook in double boiler till thick. This is a delicious sauce and very nice for a cottage pudding.

BARBARA BENHAM.



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CAKES

The mixing and baking of cake requires more care and judgment than any other branch of cookery, notwithstanding it seems that one most frequently attempted by the inexperienced.

Two kinds of cake mixtures are:

1. Without butter. Example—Sponge Cakes.
2. With butter. Examples:—Cup and Pound Cakes.

Best tub butter, fine granulated sugar, fresh eggs, and pastry flour are essentials for good cake. Coarse granulated sugar, bought by so many if used in cake making gives a coarse texture and hard crust. Pastry flour contains more starch and less gluten than bread flour, therefore makes a lighter, more tender cake. If bread flour must be used, allow two tablespoons less for each cup than recipe calls for.

CHOCOLATE FILLING.

Two squares Baker's chocolate, one cup water, three-fourths cup sugar, When it boils add seven level teaspoons cornstarch, two and one-half tablespoons of water. Boil till it thickens then add one teaspoon butter, enough for two layers.

BLANCHE HIRSHMAN.

NEW BOILED FROSTING.

Three-fourths cup sugar, white of one egg (unbeaten) three tablespoons water. Mix well and cook in double boiler, beating constantly with Dover egg beater for seven minutes. Add flavoring.

RUTH B. HOWLETT.

CARAMEL NUT FROSTING.

Delicious.

One and one-half cups brown sugar, one cup heavy sour cream, two-thirds cup nut meats. Stir all together and cook until it threads. Add nut meats when cold.

HAZEL DRAPER ALDRICH.

BOILED ICING.

Put two cups of sugar (granulated) in a pan and cover with water. Boil until long hair hangs from spoon. Beat the whites of two eggs stiff and pour first mixture slowly into them, stirring constantly. Then beat with Dover egg beater as long as possible, finishing with spoon. Add one teaspoon vanilla and spread on cake.

CLARA PALMER.

BROWN SUGAR FROSTING.

One cup brown sugar, two tablespoons boiling water, white of one egg. Boil sugar and water together two and one-half minutes after it begins to bubble vigorously. Beat white of egg stiff. Pour syrup over white and beat until ready to spread. (If egg is beaten with spatula in place of beater, there will be more bulk).

RUTH ROSSITER.

BROWN SUGAR FROSTING.

One cup brown sugar, one-half cup sour cream. Butter size of a walnut. Stir all together, cook slowly until it rolls into a soft ball in cold water. Beat until thick, then spread on cake.

MURYLE BAKER.

UNCOOKED CHOCOLATE FROSTING.

One cup powdered sugar, two tablespoons boiling water, one-half tablespoon butter, one square chocolate, melted. Vanilla, and a little salt.

MARGARET HOUSTON.

CHOCOLATE FROSTING.

Put two squares of Baker's Chocolate and two tablespoons of butter in a bowl and set in boiling water to melt. When thoroughly melted add four tablespoons of boiling water. Gradually add XXXX sugar, beating constantly until very smooth and of the proper consistency to spread on cake. Add vanilla and salt.

RUTH WALKER.

UNCOOKED CHOCOLATE FROSTING.

Two cups confectioner's sugar, one fourth cup butter, eight teaspoons cocoa, four tablespoons boiling water or enough to make it creamy when well beaten and mixed.

LILLIAN TOMPKINS.

PLAIN FROSTINGS.

One egg white, one cup powdered sugar, one tablespoon lemon juice. Put unbeaten white in bowl, add sugar slowly, beating well with spoon. When all has been added stir in lemon juice. For chocolate frosting omit lemon and add one-half ounce of melted chocolate and one-half teaspoon vanilla, or one tablespoon boiling water may be added to sugar and lemon last. If too thick add more water, if too thin, more sugar. Orange juice and grated rind or thick cream may be used instead of water. Or substitute a yolk of egg for the white and use sherry wine or orange juice. These mixtures should be soft enough to spread.

BOILED FROSTING.

Whites of two eggs (beaten stiff), one cup granulated sugar, four tablespoons water. Cook water and sugar until it makes a good thread, add slowly to stiffly beaten whites. Beat until thick and add flavoring. If too thick add a few drops of boiling water. If too thin, set bowl over boiling water and beat until mixture thickens.

MARGUERITE PROBERT.

LEMON CHEESE FOR CAKE.

Yokes of three eggs, beaten light, one cup of granulated sugar, two grated apples. Juice and grated rind of one lemon. Set in bowl of boiling water and cook until thick. Let cool and spread between cakes. This is enough for one layer.

CATHERINE ANDERSON.

FIG FILLING FOR CAKE.

Chop one pound of figs fine, add one cup of boiling water and one cup of sugar. Cook to a jelly.

JENNIE GRAVER DAVEY.

CHOCOLATE FILLING (FROSTING).

One cup sugar, one egg, butter size of a walnut, one square of shaved chocolate, three tablespoons cream or milk. Stir all together, cook slowly until it begins to get thick. Take off and beat hard. Add one teaspoon of vanilla before beating.

MURYLE BAKER.

APPLE SAUCE CAKE.

Two-thirds cup butter, one cup sugar, one cup apple sauce, two eggs, two cups flour, one teaspoon soda, one teaspoon nutmeg, one teaspoon cinnamon, one teaspoon cloves, one-half cup seeded raisins. Cream shortening and sugar, add apple sauce. Mix and sift dry ingredients and add to first mixture, mix well. Add raisins which have been sprinkled with flour. Bake in moderate oven thirty to fifty minutes.

MISS RENA O'BRIEN.

APPLE SAUCE CAKE.

Two cups flour, one and one-half cups sour apple sauce, one cup brown sugar, one-half cup raisins (chopped), one-half cup butter or lard, if lard is used, put in a pinch of salt, two teaspoons soda, level full, one teaspoon cinnamon, one teaspoon cloves. Bake in moderate oven.

HELEN M. FEATHERLY.

DUTCH APPLE CAKE.

Two cups flour, one-half teaspoon salt, four teaspoons baking powder, one-fourth cup butter, one egg, one cup milk, two sour apples, two tablespoons sugar, one-fourth teaspoons cinnamon. Mix flour, salt and baking powder. Rub in the butter; add milk and beaten egg. Spread mixture one-half inch thick on a shallow pan. Pare and cut apples in sections lengthwise. Lay in rows on dough with sharp edge pressed lightly in the dough. Sprinkle top with sugar and cinnamon. Bake in hot oven twenty to thirty minutes. Serve hot with lemon sauce.

JOSEPHINE MILLER.

APPLE PASTRY CAKE.

Three apples, one-half cup seeded raisins, one-half cup nut meats, three-fourths cup granulated sugar, one teaspoon cinnamon, two teaspoons butter, one cup milk, one egg. Line a deep pie plate with pastry, then mix raisins, nuts, sugar and cinnamon and sprinkle them over the crust. On top of this arrange apples sliced thin. Pour over them the mixture of egg and milk. Sprinkle all with two tablespoons of sugar and cinnamon and dot with butter. Bake in a moderate oven about forty-five minutes.

EMMA C. CHANDLER.

APPLE SAUCE CAKE.

One and one-half cups of sweetened apple sauce, two teaspoons of soda dissolved in a little hot water—stir into sauce. One cup of sugar, one-half cup of lard or butter, one teaspoon of cinnamon, one-half teaspoon of cloves, one-half teaspoon of allspice, one-half teaspoon of nutmeg, one cup of chopped raisins, two cups of flour (before being sifted), one teaspoon of baking powder. Bake in a slow oven.

IRENE BARRY.

APPLE SAUCE CAKE.

One and one-half cups apple sauce, one cup sugar, two teaspoons soda, one-half cup raisins, one-half cup butter, two cups flour, one teaspoon cinnamon, one teaspoon cloves, one teaspoon salt.

EVA SANFORD.

CHOCOLATE CAKE.

Two squares of chocolate, one tablespoon shortening, cook until melted, one egg, one cup sugar, granulated, one cup sweet milk, two cups flour, one teaspoon soda, one-fourth teaspoon baking powder, one teaspoon vinegar, one teaspoon vanilla. Mix and bake in a square pan, in slow oven.

CREAM FROSTING FOR CHOCOLATE CAKE.

To a scant cup of sugar add two tablespoons of Dutch cocoa, mix thoroughly then add a cup of heavy cream and one-half teaspoon vanilla. Stir until well blanched, cover and let stand for one hour or longer. When ready beat with a Dover beater until firm. Then frost cake.

MRS. DEWEY BANT.

CHOCOLATE CAKE.

One cup sugar, one-fourth cup shortening, one egg, one teaspoon soda dissolved in one-fourth cup of sour milk. Sift together one heaping cup flour, one rounding teaspoon baking powder and salt. Mix. Add one-half cup of boiling water into which has been stirred three tablespoons of cocoa. Bake in layers or loaf tin.

ALICE HAWES LOCKWOOD.

CHOCOLATE CAKE.

One cup granulated sugar, one tablespoon butter, one cup sour milk, one teaspoon soda, one teaspoon baking powder, four teaspoons cocoa, one and one-half cups flour, one teaspoon vanilla. Sift cocoa, baking powder and flour together.

HILDEGARDE RAMBERG.

CHOCOLATE CAKE.

One cup brown sugar, one-half cup shortening, one cup sour milk, mix. Two cups sifted flour, one-half cup cocoa, two teaspoons soda, mix. Put these mixture together and bake in two layers.

ICING.

One cup sugar (4X), one tablespoon cocoa, one tablespoon cream, butter. Mix well.

MRS. LOUIS MILLER.

CHOCOLATE CAKE WITHOUT EGGS.

Two cups brown sugar, one-half cup cocoa, one cup sour milk, two cups flour, four teaspoons melted butter, one teaspoon soda dissolved in one-half cup of hot water. Mix in order named and bake in greased tin in moderate oven. Use icing given for Mock Angel Food Cake.

ELEANOR BARKWORTH YOUNGS.

BITTER-SWEET CHOCOLATE CAKE.

One cup sugar, one-half cup butter, two-thirds cup milk, two cups flour, two teaspoons baking powder, whites of three eggs, one teaspoon vanilla. Cream butter and sugar. Mix and sift flour and baking powder. Add alternately with milk. Add vanilla. Fold in stiffly beaten whites. Bake in two lay-

ers in quick oven about fifteen minutes.

ICING.

One-half cake Baker's chocolate, one-fourth cup milk, two teaspoons cornstarch, one cup sugar, yolks of three eggs, one level teaspoon butter, vanilla. Melt chocolate in double boiler. Beat yolks well and mix with sugar. Add cornstarch dissolved in milk and turn onto melted chocolate. Add butter. Stir until thick and glossy in double boiler. Add vanilla. Spread before cool.

LAURA ANDREWS.

CHOCOLATE LAYER CAKE.

One-half cup butter, two cups brown sugar, one-half cup sour milk, two eggs, two cups flour, one teaspoon soda, one small teaspoon baking powder, one teaspoon vanilla, one-fourth cake chocolate dissolved in one-half cup of hot water. Cream, sugar and butter; add sifted flour and baking powder alternately with the milk; add soda dissolved in hot water, then the melted chocolate and vanilla. Bake in three layers.

FILLING.

One fourth cake chocolate, one cup boiling water, one cup white sugar, one tablespoon butter. Boil all together and add one heaping tablespoon of cornstarch dissolved in one-fourth cup cold water, one teaspoon vanilla. Take from stove and add one-half pound chopped English walnuts. Spread layers, using the following icing for top: One cup white sugar, one-fourth cup cold water. Beat the white of one egg until stiff, and when sugar and water have boiled so as to form string from spoon, pour over egg and stir constantly until thick enough to spread. Add one-half teaspoon vanilla.

RUTH ROSSITER.

ORANGE CAKE.

One cup sugar, three tablespoons butter, one heaping teaspoon baking powder, one orange, two cups flour, two eggs. (two yolks and one white). Cream butter and sugar. Add yolks, grate some of the orange skin and use the juice put in a cup and fill with water. Add this alternately with flour and baking powder, sifted together. Add beaten white of egg. This makes a medium sized loaf or small layer cake. Bake in

hot oven about thirty minutes. Turn down oven when the cake is put in. Use the other white for frosting.

JANE JACKSON.

ORANGE CAKE.

Yolks of three eggs beaten thoroughly, whites of two eggs beaten thoroughly. One cup sugar sifted, one cup flour (cake flour), sifted, one-third cup orange juice strained, one teaspoon baking powder. Add sugar to beaten yolks and stir until creamy. Alternate orange juice and flour (which has been sifted with baking powder) six times. Beat thoroughly, fold in stiffly beaten whites. Bake in two layers thirty minutes in a slow oven. Boiled icing preferred.

MRS. C. P. BERGER.

ORANGE CAKE.

One-half cup butter, one and one-half cups sugar, three eggs, beaten separately, three-fourths cup of milk, two teaspoons of baking powder, two and one-half cups flour. Cream butter and sugar. Add yolks of eggs, then milk. Mix in beaten whites. Add sifted flour and baking powder. Bake in three layers.

ORANGE CAKE FILLING.

Three-fourths cups of sugar, two tablespoons of flour, (level), one-half teaspoon of salt, one egg, juice of one orange, one cup hot water. Mix sugar, flour and salt. Add egg and orange juice, then hot water. Cook until it thickens. Cool and spread between layers.

ORANGE FROSTING.

In a large bowl mix the juice of half an orange with an egg yolk and a teaspoon of lemon extract. Mix with pulverized sugar until the right consistency to spread. Spread on top and sides of cake. Decorate with walnut meats.

DOROTHY SPENCER.

SPONGE CAKE.

Four eggs (beaten separately), one tablespoon vinegar (in beaten yolks), one cup sugar, one cup flour, one teaspoon baking powder, one teaspoon vanilla. Add beaten whites last.

BLANCHE HIRSHMAN.

CREAM SPONGE CAKE.

Yolks of four eggs, one cup sugar, three tablespoons cold water, one and one-half tablespoons cornstarch, one scant cup flour, one and one-half teaspoons baking powder, one teaspoon lemon extract, one-half teaspoon salt, whites of four eggs. Beat yolks until thick, add sugar gradually and beat two minutes. Then add water. Mix and sift corn starch, flour, baking powder, salt and add to first mixture. Fold in beaten whites of eggs and flavoring. Bake about twenty minutes in a moderate oven.

MRS. H. B. GILLETTE.

SPONGE CAKE.

Three eggs, beaten stiff, one cup sugar, salt, flavoring, one cup flour, one-half cup boiling water, two teaspoons baking powder, one-half teaspoon vinegar. This is good served warm with either hot chocolate sauce or whipped cream.

M. K. VAN DEVOORT.

SPONGE CAKE.

Yolks of four eggs beaten until thick and lemon colored with three tablespoons of cold water. Beat in gradually one cup sugar, beat two minutes, put one and one-half tablespoons corn starch in a cup. Fill up with flour, pinch of salt and one and one-fourth teaspoons baking powder. Add to other mixture. Add beaten whites last, add one teaspoon lemon extract. Bake thirty minutes in slow oven.

FLORENCE PITTELCO.

SOUR CREAM CAKE.

One cup white sugar, one-fourth teaspoon salt, two eggs, one cup sour cream, one teaspoon soda, one teaspoon baking powder, two cups sifted flour, one teaspoon vanilla. Mix sugar and salt. Add soda to sour cream and then add to sugar. Use one egg and yolks of other and add to other mixture. Sift flour. Add baking powder to the cake and add flavoring. Bake in a moderate oven.

AMELIA SCHWEMLE.

SOUR CREAM CAKE.

Break two eggs into a cup, then fill cup with thick sour cream. One cup sugar, one and one-half cups flour, one-half teaspoon soda, one-half teaspoon baking powder, two teaspoons of cocoa, one teaspoon cinnamon, salt and vanilla. Bake in square tins.

RUTH B. HOWLETT.

SOUR CREAM CAKE.

One cup sugar, one tablespoon butter, three-fourths cup sour cream, one and one-half cups flour, one teaspoon soda in hot water, one-half teaspoon cream of tartar, two eggs, beaten. Lemon extract. Cream butter and sugar. Add eggs, well beaten. Sift cream of tartar with flour and add alternatively with sour cream. Add soda in hot water, lemon extract, beat well, and bake in loaf tin in moderate oven forty minutes.

VIRGINIA ANDREWS.

CREAM LOAF CAKE.

One-half cup shortening, one cup sugar, one-half cup rich milk or thin cream, two eggs, one-half cup cornstarch, one cup flour, three teaspoons baking powder, one teaspoon lemon extract. Cream shortening. Add sugar and well beaten yolks of eggs. Add milk, little at a time; sift flour, cornstarch and baking powder together and mix in with first ingredients. Fold in beaten whites of eggs. Bake in greased loaf pan in moderate oven from thirty-five to forty-five minutes to cover with cooked frosting or the following icing.

ICING.

One egg white (unbeaten), three tablespoons cold water, seven-eighths cup granulated sugar. Place all in top of double boiler over boiling water and beat with Dover egg beater for seven minutes. Spread on top and sides of cake.

MRS. DONALD MITCHELL.

ANGEL FOOD CAKE.

One cup flour, one cup sugar, three tablespoons baking powder. Sift three times. Add one cup hot milk, whites of three eggs beaten well and fold in. Flavor. Bake about one hour or forty-five minutes in moderate oven.

ESTHER RICE.

MOCK ANGEL FOOD CAKE.

Sift together four times, one cup sugar, one cup flour, three teaspoons baking powder, pinch of salt. Add to this one cup milk which has been heated to boiling point and stir until smooth, then add the whites of two eggs beaten dry, and flavoring. Do not grease or flour tin and bake forty minutes in a moderate oven.

ICING.

One cup sugar, one-fourth cup water. Cook until it hairs and pours very slowly, a drop or so at a time, into a beaten white of one egg, stirring constantly. Add flavoring when slightly cooled.

ELEANOR BARKWORTH YOUNGS.

GOLD CAKE.

One-third cup butter, three-fourths cup sugar, four yolks of eggs (beat well), one-third cup milk, one and one-half cups flour, one and one-half level teaspoons baking powder, one teaspoon vanilla or orange extract, pinch of salt. Mix ingredients in order named, sifting the baking powder and flour together and bake in moderate oven. This makes a loaf cake and may be iced if preferred.

MISS RENA O'BRIEN.

SUNSHINE CAKE.

Six eggs, one and one-half cups granulated sugar, one and one-half cups flour, sifted, one teaspoon cream tartar, one teaspoon vanilla, six tablespoons hot water, pinch of salt. Sift flour five times, sugar three times. Beat whites of eggs. When they begin to froth add cream of tartar and one-half sugar and beat stiff. Beat yolks with salt thoroughly and other half of sugar. Beat until dissolved. Add to this six tablespoons hot water. Mix well and add yolks to beaten whites. Add vanilla and fold in flour. Bake in slow oven for one hour.

MRS. LOUIS MILLER.

SUNSHINE CAKE.

Six egg yolks, six egg whites, one cup sugar, three-fourths cup flour, one-half teaspoon cream of tartar. Beat egg yolks

with beater until creamy, add sugar and beat with spoon, add flour, cream tartar sifted. Fold in beaten whites, add vanilla. Bake in an ungreased tin 30 minutes.

RUTH BEALS SCHENK.

PUFF CAKE.

One and one-half cups sugar, sifted twice, one and one-half cups flour sifted six times, six eggs, three tablespoons cold water added to beaten yolks, one-half teaspoon cream tartar added to beaten whites. Vanilla if desired. Beat yolks, add water, then sugar, then whites. Beat all together. Fold in flour. Bake in large square pan forty minutes in a slow oven. This makes a very large cake.

MRS. C. P. BERGER.

PLAIN CAKE (Cup Cakes or Loaf).

One-fourth cup butter, one cup white sugar, one cup milk, two teaspoons baking powder, two cups flour, one egg, one teaspoon flavoring.

ALICE McQUILLAN.

LIGHTNING CAKE.

Into sifter put one and one-half cups sifted flour, two teaspoons baking powder, one cup sugar, salt. In a cup melt one-third cup butter, add two eggs, then fill cup with lukewarm water. Stir this into dry mixture, and bake in shallow pan, layer tins or patty pans.

RUTH B. HOWLETT.

BRIDE'S LOAF.

Cream one-half cup of butter; add one cup of sugar and cream again; add one and three-fourths cups of flour, one teaspoon baking powder, one-half teaspoon almond extract, three-fourths pound chipped citron, whites of five eggs, stiffly beaten; fold in last thing. Bake in a moderate oven. Boiled frosting for icing.

MURYLE BAKER.

BAKER'S POUND CAKE.

Two cups of sugar, one small cup of butter, beat to a cream, three eggs, well beaten, one cup of milk, three cups of flour, two teaspoons of baking powder, flavor to taste, mix all together quickly, and bake immediately.

MRS. PHIL LATHROP.

DATE AND NUT CAKE.

One cup brown sugar, one cup shortening (half butter), one-half cup sweet milk (one teaspoon soda in it), two eggs, one and three-fourths cup flour, one teaspoon baking powder, salt, one cup nuts, one pound dates (stoned), vanilla. Bake slowly forty minutes.

M. FOY.

PRUNE CAKE.

One tablespoon butter, one cup sugar, three-fourths cup sour milk, two eggs, save white of one egg for frosting, one and one-fourth cups flour, one teaspoon soda, one teaspoon baking powder, one-half teaspoon each cinnamon and ginger, one cup prunes, cut fine and a little juice.

FROSTING.

Beat white of egg and add XXXX sugar and prune juice.

MRS. LOUIS MILLER.

ENGLISH FIG CAKE.

Six figs, one cup raisins, one cup hot water, one teaspoon soda, pour on raisins, two eggs, one cup sugar, one-half cup butter, two cups flour, one teaspoon baking powder. Bake in three layers.

ETHEL JORIS.

WAR CAKE.

One cup sugar, one cup raisins, one-third cup shortening, one cup water, one teaspoon cinnamon, one-fourth teaspoon cloves, one-fourth teaspoon nutmeg, one-fourth teaspoon salt. Cook together until scalding and then cool. Sift together one teaspoon baking powder, one teaspoon soda, and two cups of flour, and add to cooked mixture. Place in moderate oven in a loaf tin.

JENNIE GRAVER DAVEY.

LAZY DAISY CAKE.

One cup white sugar, one and one-half cup flour, two teaspoons baking powder. Sift together three times. Into a cup drop whites of two eggs, fill cup to one-half with soft butter, fill cup up with milk. Beat together well. Bake slowly for thirty minutes. (Small cake).

PHYLLIS EMERSON.

ROLL JELLY CAKE.

One-half cup sugar, two eggs, beat eggs, add little salt. Add: One and one-half cups sifted flour, one-half teaspoon baking powder. Flavor with lemon. While warm spread on jelly and roll into a cloth.

AILEEN SMITH.

DELICATE CAKE.

Always Good.

One cup sugar, one-half -cup butter, creamed, three fourths cup milk, two cups flour, two teaspoons baking powder, vanilla, whites of four eggs, folded in at last. The cake will be finer grained if milk and flour are added alternately, and is good as either loaf or layer cake. This recipe makes good cup cakes and instead of four egg whites, two entire eggs may be used, the beaten yolks being added before the milk.

M. C. DOWLING.

STRAWBERRY SHORT CAKE.

One cup sugar, one-half cup butter, two eggs, two teaspoons baking powder, two cups flour, enough milk to make soft batter. Spread crushed strawberries between the layers and on top, and serve with whipped cream. Any other suitable crushed fruit may be used.

HILDA S. PICKETT.

BURNT SUGAR CAKE.

Put one-half cup sugar in pie dish and burn. Add three tablespoons hot water and set aside. One egg, one cup sugar, one cup cold water, two tablespoons shortening, two cups flour, two teaspoons baking powder. Add two tablespoons of burnt sugar to cake. Also use for icing.

MRS. LOUIS MILLER.

EGGLESS BIRTHDAY CAKE.

Two cups buttermilk, two cups sugar (brown preferred), two cups chopped raisins, one cup chopped nut meats, one generous half cup of crisco, four cups flour, two teaspoons of soda, put into the buttermilk, one teaspoon each of salt and cinnamon, one-half teaspoon each of cloves and nutmeg. Bake slowly. White frosting.

MRS. BASTIAN SMITS

TWO-MINUTE CAKE.

One cup flour, one cup sugar, one heaping teaspoon baking powder. Sift together three times. Break two eggs into one-third cup melted butter and fill with sweet milk. Add this to dry ingredients and beat two minutes. Flavor. Bake in a moderate oven. Makes two layers and is excellent with whipped cream filling.

JENNIE GRAVER DAVEY.

ONE EGG CAKE.

One cup sugar, one-half cup shortening, one egg, creamed together. One cup milk, two cups flour, two heaping teaspoons baking powder. Salt and vanilla. Makes two layers or loaf. Sour milk may be used with pinch of soda in it.

BLANCHE HIRSHMAN.

WHITE CAKE.

One and one-half cups sugar, one-half cup butter (scant), one cup sweet milk, two cups flour, two teaspoons baking powder, beaten whites of two eggs folded in lightly, lemon and vanilla flavoring, loaf or layer. Use white cooked icing, made of beaten egg whites and sugar syrup.

E. MARIE PICKETT.

LAYER CAKE.

One cup sugar, one heaping tablespoon of cold butter, creamed with sugar, two eggs, well beaten, with butter and sugar, two-thirds cup sweet milk, two heaping teaspoons of baking powder, sifted dry with flour, one and one-half cups of flour, one teaspoon lemon extract. Bake in layers (makes three).

HAZEL DRAPER ALDRICH.

NEVER-FAIL CAKE.

One cup granulated sugar, butter size of a walnut, one cup water, pinch of salt, one and one-half cups flour, two teaspoons baking powder, one teaspoon flavoring. Mix all together and bake in a moderate oven.

AMELIA SCHWEMLE.

WHITE CAKE (ALWAYS GOOD).

Whites of two eggs, one-half cup lard or crisco, one and one-half cups flour, two teaspoons baking powder, one cup of sugar, one-fourth teaspoon salt, one teaspoon vanilla or other flavoring. Break white into measuring cup, add lard and fill cup to overflowing with sweet milk. Sift dry ingredients together two or three times and add. Bake in two layers.

ANNEKE DE LAMETER.

GRAHAM TORTE.

One-half cup butter, one cup sugar, twenty-three graham crackers, rolled fine, two teaspoons baking powder, one cup nuts, chopped fine, one scant cup milk, three eggs, beaten separately.

KATHERINE L. GLASGOW.

GRAHAM CRACKER CAKE.

One cup sugar, one-half cup butter, three eggs, two cups graham cracker crumbs, three-fourths cup milk, one and one-half teaspoons baking powder in cracker crumbs, one teaspoon vanilla. Cream, butter and sugar, add egg yolks beaten, cracker crumbs and milk alternately then white of eggs beaten and vanilla. Bake about thirty-five or forty minutes in hot oven.

LILLIAN RALSTON.

DEVILS FOOD CAKE.

Two cups granulated sugar, one cup butter (or half butter and half lard), two eggs, one-half cup Baker's chocolate dissolved in one-half cup boiling water, one teaspoon soda dissolved in one cup sour milk, three cups flour, sifted three times, one teaspoon vanilla. Pinch of salt. This will make a three-layer cake. Put together with any white icing.

URSULA WELCH.

DEVILS FOOD CAKE.

One cup brown sugar, one cup sweet milk, one-half cake chocolate or three tablespoons of cocoa, boil and let cool, then add to the following mixture: One cup brown sugar, one-half cup butter, one-half teaspoon of soda dissolved in one-half cup of milk, two well beaten eggs, two level cups flour and one teaspoon of vanilla. Bake in a slow oven.

ALICE McQUILLAN.

DEVILS FOOD.

One cup granulated sugar, one-half cup butter, one-half cup grated chocolate, dissolved in three tablespoons of hot water, two-thirds cup sweet milk, two egg yolks, two level cups flour, two teaspoons baking powder, one-fourth teaspoon soda. Cream sugar with butter and add egg yolks and melted chocolate, then milk. Sift flour and baking powder together and stir in. Beat the egg whites stiff and add last with one teaspoon of vanilla. Bake in layer, about three, and put it together with boiled icing.

DOROTHY SCHMIDT.

DEVIL'S FOOD CAKE.

One cup sugar, one-half cup sweet milk, three-fourths cup grated chocolate or cocoa, one teaspoon vanilla. Cook this to a custard and let cool. Mix one cup sugar, one-half cup butter, one cup milk, two eggs, two and one-half scant cups flour, one teaspoon soda. Beat in the custard and bake slowly.

FLORENCE R. JOHNSON.

DEVIL'S FOOD CAKE.

Two cups brown sugar, one-half cup butter, one-half cup sour milk, two eggs, well beaten, two scant cups sifted flour, one level teaspoon soda, three teaspoons cocoa mixed with one-half cup boiling water, two teaspoons vanilla. Cream, butter and sugar, add milk (to which soda has been added), the cocoa which has been dissolved in boiling water, the flour and lastly the beaten egg whites. Bake in two layers.

ANNEKE DE LAMETER.

DEVIL'S CAKE.

One-half cup of butter, two cups brown sugar, two eggs, one teaspoon soda, one-half cup of sour milk, two teaspoons cocoa, two cups flour, two tablespoons vanilla. Cream together the butter and sugar. Add the eggs, well beaten, and the sour milk. Dissolve the cocoa in one-half cup boiling water. Add soda and beat all well. Beat in flour and add vanilla. Bake in a moderate oven. White frosting.

ESTELLE M. CUMMINGS.

DEVIL'S FOOD CAKE.

One-half cake grated chocolate, three-fourths cup sweet milk, three-fourths cup sugar, yolk of one egg. Boil together until thick and cool before putting in cake.

Cake Part.

One cup sugar, one-half cup butter, one-half cup sweet milk, three eggs, two cups flour, one teaspoon soda. Mix flour and soda together. Add chocolate part and bake in loaf or in layers.

CHOCOLATE BUTTER FROSTING.

One-half cup butter, two cups powdered sugar, three squares melted chocolate. Cream butter and sugar and melted chocolate.

MRS. J. F. MUNNELL.

FUDGE CAKE.

One cup brown sugar, one-half cup melted butter, two well beaten eggs, one-half cup flour, six level tablespoons cocoa, one teaspoon baking powder, two ounces walnut meats. After taking from oven dust with confectioner's sugar.

MARJORIE BOTSFORD.

FUDGE CAKE.

One-half cup butter, one cup brown sugar, two eggs, one cup flour, two squares chocolate, three-fourths cup walnut meats, pinch of salt, vanilla. Cream butter, add sugar, and eggs beaten together. Sift the flour twice and add to mixture. Then add the melted chocolate, walnuts, salt and vanilla. Bake in a very hot oven fifteen minutes.

MARGARET R. HOUSTON.

CARAMEL CAKE.

One and one-half cups sugar, one-half cup butter, two eggs, two and one-half cups flour, one cup water, two teaspoons baking powder, vanilla, five teaspoons caramel. To make caramel: One-half cup white sugar, brown in spider until it smokes; add one-fourth cup boiling water, cook until like cream. Use five teaspoons for cake, remainder for icing.

MARGUERITE K. VAN DEVOORT.

MAHOGANY CAKE.

One large spoon butterine, two squares of chocolate, melted together, one cup sugar, one cup flour, one heaping teaspoon baking powder, salt. Sift together. Break one egg into cup, fill cup with milk, stir, then add melted chocolate and vanilla. Bake in a very slow oven.

FROSTING.

Two squares chocolate, two large spoons butter melted together, two cups confectioner's sugar, three tablespoons coffee, add vanilla. Put on cake when cool.

JANET WOOD.

FRUIT CAKE WITHOUT EGGS.

Four cups flour, two cups brown sugar, two-thirds cups butter, two cups sour milk, two teaspoons soda, one cup raisins, one cup currants, one cup of nut meats, one cup citron and orange, one teaspoon salt, one teaspoon cinnamon, one teaspoon cloves, one teaspoon allspice and two tablespoons molasses. Stir sugar, sour milk and molasses together. Dissolve soda in teaspoon water, adding soda, melted butter, spices and salt. Stir in sifted flour. Chop raisins, citron, orange and nut meats, and add to batter. This will make two loaf cakes. Bake thirty-five minutes slowly.

RUTH E. SMALL.

FRUIT CUP CAKE.

One cup raisins, one cup water, one-half cup shortening, one teaspoon salt. Put in a sauce pan and cook for fifteen minutes. Cool off to a luke warm degree. Add: Two cups of flour, one teaspoon soda, one teaspoon cinnamon, one teaspoon cloves or mixed spices. And last stir in a cup of walnut

meats, put in gem tins, bake in moderate oven.

MRS. DEWEY BANT.

BOILED FRUIT CAKE.

One cup sugar, one cup raisins, one-half cup lard or butter, one cup hot water, one teaspoon of cinnamon, one-fourth teaspoon cloves. Set on stove and boil three or four minutes, cool five minutes then add one teaspoon soda and one and three-fourths cup flour.

HAZEL DRAPER ALDRICH.

SPICE CAKE.

Three cups light brown sugar, one cup butter, six whole eggs, one cup sour milk, two teaspoons soda, one teaspoon cloves, two teaspoons of cinnamon, one teaspoon of nutmeg, five cups of flour, one pound raisins, one pound currants. This makes two loaves. Bake one hour in moderate oven.

MURYLE BAKER.

SPICE CAKE.

Three-fourths cup of butter, two cups of sugar, one cup of water, four eggs, three and one-fourth cups of flour, five teaspoons of baking powder, one and one-half teaspoons of cinnamon, one-half teaspoon of cloves, one and one-half squares of bitter chocolate, one teaspoon of vanilla. Save out two egg whites for the frosting. Method: Cream butter, add sugar and beat until very creamy. Add beaten yolks. Mix dry things add alternately with the water. Add stiffly beaten whites. Put in prepared tins and bake in a moderate oven. Will make three large layers.

MRS. CHRISTIE A. STEARNS.

SPICE CAKE.

One and one-half cup granulated sugar or brown sugar, one and one-half cup sour milk, one teaspoon soda in milk, one-half cup lard or butter and lard, three cups flour, one teaspoon nutmeg, one teaspoon cinnamon. Raisins and nuts to suit taste. Mix all together and beat until stiff.

AMELIA SCHWEMLE.

MOLASSES CAKE.

One cup molasses, one-half cup brown sugar, one-half cup shortening (lard or butter), one teaspoon salt, one-half teaspoon cinnamon, one-half teaspoon cloves, one-half teaspoon nutmeg, two and one-half cups unsifted flour. Mix above well, add large teaspoon soda in one cup of boiling water, add slowly to above. Add yolk of egg. Beat all together. Bake in moderately hot oven forty-five minutes in loaf.

PHYLLIS EMERSON.

MOLASSES CAKE.

One-half cup white sugar, two eggs, one-fourth cup butter, one-half cup sour milk, one and one-half cups flour, one level teaspoon soda, one teaspoon vanilla. Last of all add one-half cup molasses with soda stirred in it. Bake in a moderate oven.

IRENE MILLS.

MOLASSES CAKE.

Three-fourths cup white sugar, or one cup brown, one-half cup molasses, one-half cup shortening (scant), one-half cup sour milk, one teaspoon soda in milk, two eggs, one teaspoon ginger, one teaspoon cinnamon, two cups flour, one teaspoon baking powder. Bake in a moderate oven.

AMELIA SCHWEMLE.



SPECIAL RECIPES

COOKIES and DOUGHNUTS

ROCKS.

One and one-half cups brown sugar, one scant cup butter, one cup walnuts (chopped), or hickory nuts, three eggs, one teaspoon cinnamon, one-half teaspoon salt, one cup raisins (seeded and chopped), three and one-fourth cups flour, one teaspoon soda, dissolved in one and one-half tablespoons hot water. Cream the butter, add the sugar gradually, then the eggs, well beaten. Reserve part of the flour and mix with the fruit and nuts. Add the rest of the ingredients and lastly floured fruit. Drop from teaspoon on buttered tins, one inch apart, bake in moderate oven.

BETTY HANDLOSER.

ROCKS' COOKIES.

One-half cup sugar, one cup butter, one cup walnut meats, (broken), one cup raisins, (chopped), two eggs, one teaspoon cinnamon, one teaspoon soda in one-half cup hot water, one-half teaspoon salt, three cups flour. Mix sugar, butter, and eggs together. Dissolve soda in one-half cup hot water. Add this to mixture, then add walnut meats, raisins, flour, and cinnamon. Drop from teaspoon into greased baking pan. Bake in moderate oven. This recipe will make four dozen cookies.

MRS. L. W. HANHAM.

ROCKS.

Three eggs, one and one-half cups brown sugar, one-half cup butter, one teaspoon cinnamon, one teaspoon soda, one and three-fourths cups flour, one pound nuts, one pound raisins. Cream, sugar and butter. Add *whipped* eggs, flavoring and cinnamon. Add flour, then the soda dissolved in hot water. Add nuts and raisins. Drop into buttered pan. Use a slow, then moderate oven.

MRS. ARTHUR J. ADAMS.

BROWNIES.

One-half cup sugar, one-half cup butter, three-fourths cup flour, two eggs, two squares chocolate, one-half cup chopped nuts. Bake in square cake tins and while hot cut in wafers.

PAULINE SWIFT.

SURPRISE COOKIES.

One cup sugar, one-half cup butter and crisco, two eggs, one-half cup milk, two teaspoons baking powder, one teaspoon soda, pinch of salt, one teaspoon vanilla, three and one-half cups flour. Cream sugar and butter and crisco. Add eggs, then milk in which soda has been dissolved. Add salt, baking powder and flour sifted together, then vanilla. Roll real thin, then cut. Put cookie on tin, placing a teaspoon of filling in center. Place another cookie on top. Press edges together, then bake.

Filling.

One-half cup raisins, one-half cup chopped dates, one-half cup of water, one-half cup sugar, one tablespoon flour mixed with sugar. Cook all together until thickened.

DOROTHY SPENCER.

CHRISTMAS COOKIES.

Two pounds brown sugar, two pounds lard, two quarts molasses, two eggs, one quart of sour cream. Chop fine—one-fourth pound each of lemon and orange peel, one-half pound citron, two pounds raisins, six cups nutmeats, good pinch of salt, one tablespoon cinnamon, one teaspoon cloves, two teaspoons nutmeg. Stir in flour until stiff. Leave out of doors over night. In morning roll out and cut in squares with sharp knife, bake in moderate oven. Frost and put almond in center of each cookie. Half of recipe will make about one hundred and fifty cookies.

RUTH ROSSITER.

OATMEAL COOKIES.

Melt three-fourths cup of butter and work into it one cup of sugar. Add two eggs beaten light, four tablespoons of milk, one level teaspoon of baking powder, a pinch of salt, two

cups of flour, two cups of oatmeal and one cup of raisins dredged with flour. Drop by spoonfuls on buttered pans and bake.

JOSEPHINE MILLER.

OATMEAL COOKIES.

One cup brown sugar, one cup butter, one cup flour, three cups oatmeal, one-half cup hot water, one-third teaspoon soda.

IRENE CLARKE.

JIM JAMS.

Four cups oatmeal, two cups flour, one cup sugar, three-fourths cup shortening, three-fourths cup hot water, one teaspoon salt, one teaspoon soda. Mix flour, sugar, shortening, oatmeal, rub together, add soda and hot water. Bake like cookies. While still hot put two cookies together with table-spoon thick strawberry jam.

MRS. C. P. BERGER.

FRUIT FILLED COOKIES.

One cup sugar, one-half cup shortening (part lard or Crisco and butter), one egg, one-half cup sour milk, two and one-half cups flour, one teaspoon soda, (sift together), one teaspoon vanilla, pinch of salt. Mix all ingredients together, then roll very thin. Cut cookies with small sized cookie cutter and place in baking pan. Put one teaspoon of the following filling on each cookie and place another cookie on top. Press edges together so that filling will not ooze out. Bake in moderate oven.

Filling:—One cup chopped raisins, figs or dates, one cup sugar, one-half cup water, one teaspoon flour. Cook until it thickens.

MISS RENA O'BRIEN.

FRUIT COOKIES.

One and one-half cups sugar, one cup butter, three eggs, one teaspoon cinnamon, one-half teaspoon cloves and nutmeg. one teaspoon soda, dissolved in about two tablespoons of water, one heaping cup of raisins, chopped fine. Flour to mix. Beat the eggs well, then add the shortening, sugar, spices and

raisins. Add the soda and enough flour to roll thin. Bake light brown.

MARJORIE ANDERSON.

NUT COOKIES.

One cup brown sugar, two-thirds cup melted shortening, one egg, one cup sour milk, one level teaspoon soda, one teaspoon salt, one teaspoon vanilla, three cups flour, one-half cup chopped nut meats, one-half cup chopped raisins or currants. Drop from spoon on well greased tins.

NORA L. FRANK.

CORN FLAKE MACAROONS.

Whites of three eggs, one cup sugar, three cups corn flakes, one cup cocoanut, one teaspoon vanilla. Beat the whites until stiff. Add sugar, corn flakes, cocoanut and vanilla to them. Drop from a teaspoon three inches apart and bake in a quick oven. Makes about two dozen.

HELEN KELLY STONE.

COCOANUT MACAROONS.

Whites of three eggs, beaten stiff, one cup of sugar, pinch of salt. Mix in cocoanut to make real stiff. Drop on greased pans to bake. Moderate oven. Bake until brown.

IRENE BARRY.

GINGER DROP COOKIES.

One cup brown sugar, one cup lard, one cup molasses, three eggs, one tablespoon ginger, one tablespoon soda dissolved in one cup of boiling water, five cups of flour before sifted. Drop by tablespoons into dripping pan, three inches apart.

MRS. CHRISTIE A. STEARNS.

BOSTON COOKIES.

One and one-half cups sugar, one cup butter, two-thirds cup sweet milk, three eggs, one teaspoon soda, one teaspoon cloves, one teaspoon cinnamon, one cup chopped raisins, three cups flour. Drop in tablespoonsful in a dripping pan.

Frosting.—One and one-half cups sugar, two cakes chocolate, one-half cup milk.

JOSEPHINE MILLER.

GRAHAM DROP COOKIES.

One cup sugar, three tablespoons melted butter, salt, one cup sour milk, one teaspoon soda, one cup chopped raisins, (floured), one teaspoon cinnamon, one and one-half cups graham, one-half cup wheat flour, one-half teaspoon baking powder. Cream, sugar, salt and butter together. Add sour milk in which soda has been dissolved. Add flour in which baking powder and cinnamon has been sifted. Add raisins and drop with spoon on buttered tin.

JOSEPHINE MILLER.

HERMITS.

Two cups brown sugar, one cup lard, two eggs, one cup sour milk, one teaspoon soda, one cup chopped raisins, dates or nuts. Drop small spoonful on tin for cookies. This makes about three dozen.

MRS. HARRY REID.

HERMITS.

One and one-half cups brown sugar, shortening size of an egg, two eggs, one-half cup sour milk with one teaspoon soda in it, one teaspoon cinnamon, one teaspoon cloves, one-half teaspoon nutmeg, two big cups flour, two teaspoons baking powder, one cup fruit, one-fourth teaspoon salt. Stiff enough to drop.

AMELIA SCHWEMLE.

HERMITS.

Two-thirds cup butter, one and one-fourth cups sugar, two and one-half cups rolled oats, two and one-half cups of flour, three tablespoon sour milk, one teaspoon soda, pinch salt, one teaspoon cinnamon, one teaspoon allspice, one teaspoon cocoa, one cup raisins, two eggs.

BERNICE TAYLOR.

GINGER PUFFS.

One egg, one cup brown sugar, one cup melted lard, one cup molasses, one cup hot water, two teaspoons soda, one teaspoon ginger, one teaspoon cinnamon, one teaspoon salt. Flour to thicken. Drop two inches apart. Make about three dozen.

MARGARET KELLY.

SAND TARTS.

One and one-half cups brown sugar, four cups flour, two eggs, small cup butter, one-half teaspoon soda dissolved in three tablespoons boiling water. Roll very, very thin and cut with cutter. When baked brush with white of egg and sprinkle with cinnamon and sugar. These are delicious with tea.

A MEMBER.

GULL LAKE COOKIES.

Two cups brown sugar, one-half cup butter, two eggs, four cups flour, one teaspoon cream tartar, one teaspoon soda, one-half teaspoon salt, one teaspoon vanilla. Mix and mold into a stiff dough like bread. Pat into a round loaf and leave it over night, then slice off about one-eighth inch thick slices and bake in a medium hot oven. These cookies are delicious.

DOROTHY V. HANNETT.

ALMOND DROPS.

One egg, one cup sugar, one cup butter and lard mixed, two cups flour, one teaspoon baking powder, one-half cup chopped almonds, a little almond flavoring. Roll in little balls and put half an almond in each. Bake in moderate oven. Do not place too close together in pan.

GEORGINA B. MAERKER.

LEMON COOKIES.

Two cups white sugar, one cup shortening, three eggs, one teaspoon of soda dissolved in the juice of one lemon, two tablespoons cold water and grated rind of lemon, four cups of flour. Mix the night before and let stand in a cool place. Roll very thin. Makes six dozen small cookies.

ALICE HAWES LOCKWOOD.

CHOCOLATE COOKIES.

Three-fourths cup sugar, two squares chocolate, one egg, one teaspoon vanilla, two tablespoons milk, one teaspoon soda, flour to roll. Melt butter and chocolate together.

Filling.

One cup pulverized sugar, one tablespoon melted butter, one tablespoon marshmallow cream, little warm water if necessary to spread.

PAULINE SWIFT.

DROP CHOCOLATE COOKIES.

One cup sugar, one-half cup butter, two beaten eggs, two squares melted chocolate, one-half cup milk, one and one-half cups flour, one teaspoon baking powder, one and one-half cups walnut meats. Drop from teaspoon small amount as they spread. Makes about five dozen small ones.

MARGARET KELLY.

CHOCOLATE COOKIES.

One-half cup butter, one cup sugar, two small eggs, one-half cup milk, one cup nuts, one-half cup flour, mixed with one tablespoon cornstarch, two and one-half teaspoons baking powder, two ounces chocolate melted or three tablespoons cocoa, one-half teaspoon vanilla. Cream the butter, add sugar gradually, yolks of eggs well beaten and the whites of eggs beaten until stiff. Add milk, flour mixed and sifted with baking powder and beat thoroughly. Then add chocolate, vanilla and nuts, then beat again. Bake thirty-five minutes in a shallow cake pan.

GLADYS E. MARSHALL.

CHOCOLATE COOKIES.

Two cups light brown sugar and one cup melted butter beaten together, two eggs beaten, four squares bittersweet chocolate, melted, one cup sweet milk, one teaspoon soda, three cups flour, one pound dates, one cup chopped walnut meats, one teaspoon vanilla. Drop from spoon and bake in moderate oven.

HAZEL S. NEESLEY.

DROP SUGAR COOKIES.

Two-thirds cup lard, one cup sugar, two eggs, two large cups flour, one heaping teaspoon baking powder, four tablespoons sour milk, one level teaspoon soda, one teaspoon salt, one teaspoon nutmeg. Cream, sugar and lard, add milk and a little flour, then the well beaten eggs and remainder of flour. *Drop from spoon on tins sprinkled with flour.*

MRS. JOHN D. WILLIAMS.

MOTHER'S SUGAR COOKIES.

One cup sugar, one egg, one-half cup sweet milk, two-thirds cup shortening, either butter or lard, two teaspoons baking powder, sifted with flour, one-half teaspoon soda, dissolve in milk, one teaspoon lemon extract, *one-fourth* teaspoon salt, flour enough to roll out. Cream, sugar and lard, add egg then milk with soda dissolved, then baking powder sifted with flour, then flavoring and salt. Nut meats and raisins make these cookies delicious. This makes about three dozen.

HAZEL DRAPER ALDRICH.

SUGAR COOKIES.

Two cups white sugar, one cup shortening, two eggs, one-half cup sour milk, one-half teaspoon soda, one-half teaspoon nutmeg, pinch of salt, one teaspoon baking powder, flour to roll, sprinkle with sugar.

AMELIA SCHWEMLE.

MOLASSES COOKIE.

One cup sugar, one cup lard, one cup molasses, two eggs, well beaten, one tablespoon vinegar, nine tablespoons boiling water, two teaspoons soda in water, scant teaspoon ginger, two teaspoons cinnamon, pinch of salt, flour. Mix. Allow this to stand over night, then cut out and bake in a moderate oven.

LUCILLE HOUSE.

MOLASSES COOKIES.

Two eggs, one cup white sugar, one cup molasses (scant, thin and warm), one cup lard or butter, two-thirds cup of strong, cold coffee, one teaspoon of soda, dissolved, one teaspoon of ginger, cinnamon and vanilla, one-half teaspoon salt and flour enough to roll out cookies. Cream, sugar and lard together, stir in eggs, add molasses, then soda dissolved in cof-

fee, add ginger, cinnamon, vanilla and salt, then enough flour to roll out cookies. This makes four and one-half dozen.

HAZEL DRAPER ALDRICH.

DOUGHNUTS.

One cup sugar, two eggs, butter size of hickory nut, one cup mashed potato, one-half cup sweet milk, four teaspoons baking powder, one-fourth teaspoon grated nutmeg, one and one-half teaspoons salt, flour to roll. Put butter, sugar, salt, nutmeg and yolks of eggs unbeaten into a bowl, add hot mashed potato, then milk, a little flour, add beaten egg whites, more flour with the baking powder, then just enough flour to roll and cut out.

E. MARGARET SAGENDORPH.

FRIED CAKES.

Two cups of buttermilk, scant cup of sugar, three tablespoons of melted lard, one egg, beat in buttermilk, one teaspoon of baking powder and enough flour to roll them in.

GLADYS HERRINGTON LATHROP.

DOUGHNUTS.

One cup light brown sugar, one cup sour milk, two eggs, one level teaspoon soda, two tablespoons melted lard, a little salt and nutmeg. Make a dough as soft as can be handled. Roll and cut with a doughnut cutter.

JOSEPHINE MILLER.

MOTHER'S DOUGHNUTS.

One cup sugar, two eggs, two-thirds cup sweet milk, three heaping teaspoons baking powder sifted with flour, two dessert spoons of melted butter, pinch of salt, one-half teaspoon ground cinnamon, one-fourth teaspoon nutmeg, scant teaspoon vanilla. Fry in hot lard (about two pounds). Cream, sugar and butter, stir in eggs, add milk, salt, cinnamon, nutmeg and vanilla and baking powder sifted with enough flour to thicken.

HAZEL DRAPER ALDRICH.

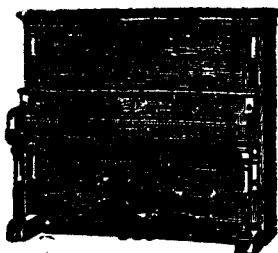
DOUGHNUTS.

One-half cup sugar, three tablespoons melted lard, one egg, one cup milk, two teaspoons baking powder (in flour), one-half teaspoon cinnamon, salt (pinch), flour enough to roll out.

BLANCHE HIRSHMAN.

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BREADS

EASY BREAD.

One pint milk or half milk and half water, two tablespoons shortening, two tablespoons sugar, one level tablespoon salt. Heat until lukewarm and break in one yeast cake. Add enough flour to make stiff batter. Let raise over night or until twice its size. Add enough flour (being careful not to get too stiff) to knead. Knead five minutes, mould into loaves, put into pans, let raise until twice its size and bake in moderate oven 40 minutes. This bread can be beaten with spoon into as stiff batter as possible, instead of being kneaded. This recipe makes two small loaves.

M. C. DOWLING.

PARKER HOUSE ROLLS.

Two cups scalded milk, three tablespoons butter, two tablespoons sugar, two teaspoons salt, one yeast cake dissolved in one-fourth cup lukewarm water. Flour. Add butter, sugar, and salt to milk; when lukewarm, add dissolved yeast cake and three cups of flour. Beat thoroughly, cover, and let rise until light; cut down, and add enough flour to knead (it will take about two and one-half cups). Let rise again, toss on slightly floured board, knead, pat, and roll out to one-third inch thickness. Shape with biscuit cutter, first dipped in flour. Dip the handle of a case knife in flour, and with it make a crease through the middle of each piece; brush over one-half of each piece with melted butter, fold, and press edges together. Place in greased pan, one inch apart, cover, let rise, and bake in hot oven twelve to fifteen minutes. As rolls rise they will part slightly, and if hastened in rising are apt to lose their shape.

VINNIE McRAY.

SWEDISH TEA RING.

First prepare Denver biscuit dough. One quart scalded milk or water, one cup mashed potatoes, one cup sugar, one cup lard, one cake compressed yeast, one-half cup warm water, two teaspoons baking powder, one teaspoon salt, one tea-

spoon soda.

1. Mix scalded milk, fat, sugar, salt, potatoes, and cool until luke warm. 2. Mix yeast with the warm water. 3. Combine the two mixtures. 4. Mix soda and baking powder with a cup of flour and add flour enough to make a batter. Let rise until the whole mass is full of bubbles. After about an hour mix with enough flour to be able to take it out on the bread board, knead with fore part of wrist, mix well. To keep, place in refrigerator and grease the top to prevent crusting. This will keep for weeks. 5. Take about one-fourth of dough above prepared. Shape in a long roll. Put on an unfloured board and roll, using a rolling pin, roll as thinly as possible. The mixture will adhere to the board but it may be lifted with a knife. Spread with melted butter, sprinkle with sugar and chopped almonds or cinnamon. Roll like a finger roll, cutting a piece from each end, join ends to form a ring. Place on a buttered sheet and cut with scissors and shape. Let rise, brush over with yolk of one egg, slightly beaten with a tablespoon of cold water. Sprinkle with cinnamon or chopped nuts. Bake in a moderate oven.

GLADYS E. MARSHALL.

BAKING POWDER BISCUITS.

Two cups bread flour, five level teaspoons baking powder, two tablespoons butter, one cup milk, one-half teaspoon salt. Mix dry ingredients and sift twice. Work in butter with tips of fingers; add gradually the liquid, mixing with a knife to a soft dough. It is impossible to determine the exact amount of liquid owing to differences in flour. Pat on a floured board to one-half inch in thickness. Shape with a biscuit cutter. Put in buttered pan and bake in hot oven 12 to 15 minutes. This will make six to eight biscuits.

HELEN CRUM.

BAKING POWDER BISCUITS.

Three tablespoons shortening (butter and lard or butter alone), one-half teaspoon salt, two tablespoons baking powder, two cups flour, one cup milk or water.

MRS. RAYMOND McQUILLAN.

DROP BISCUITS.

Two cups sifted flour, two teaspoons baking powder, pinch of salt, one-half cup butter and lard mixed and milk enough to thicken for dropping. Drop on tin and bake in moderate oven till brown. This makes about one dozen.

ETHEL HOOD.

CINNAMON BISCUIT.

One cup flour, two teaspoons baking powder, one-half teaspoon salt, two tablespoons shortening. Add enough water or milk (about three-eighths cup) to make soft dough. Roll one-half inch thick, cut into small biscuits and spread tops with melted butter, sugar and cinnamon. Bake in pan containing melted butter about one-fourth inch thick. Bake carefully as they burn easily. These are to be eaten without butter. This recipe makes 12 small biscuits.

M. C. DOWLING.

EVER SURE BAKING POWDER BISCUIT.

One cup flour, two tablespoons shortening, two teaspoons baking powder, one-half teaspoon salt mixed. Add enough water or milk (about three-eighths cup) to make soft dough. Roll three-fourths inch thick and bake in moderate oven twenty minutes. This recipe, with the addition of one tablespoon shortening and one teaspoon sugar makes delicious biscuit for short-cake.

M. C. DOWLING.

DUMPLINGS.

Sift together two cups of flour, two teaspoons of baking powder, and one teaspoon of salt. Stir in enough milk or water, one cup, to make a stiff drop-batter. When the stew or broth is cooked, set it where it will boil. Drop in the dumpling mixture by teaspoons, cover closely, and boil the broth steadily without lifting the cover, for twelve minutes. Boiling the meat for a short time after it is tender will not harden it.

HELEN McRAY.

SPOON BREAD.

Two cups of milk, one cup of corn meal, two cups of boiling water, one teaspoon of salt, one teaspoon of sugar, one teaspoon of baking powder, two eggs, one tablespoon of melted butter. Pour boiling water over the meal, stirring constantly. Add the sugar, salt, milk, baking powder, and well beaten eggs. Add the butter last and bake until set like custard. Bake in a dish that can be set on the table and serve hot.

MARJORIE ANDERSON.

NUT BREAD.

Two cups of white flour, two cups of graham flour. After sifting add: Four teaspoons of baking powder, one teaspoon of salt, one cup of sugar, one cup of rolled nuts, one and one-half cups of sweet milk, one egg. Let this rise twenty minutes then bake three-quarters of an hour. If all white flour is preferred use two eggs.

MARJORIE ANDERSON.

NUT BREAD.

Four cups flour, one cup sugar, three teaspoons (scant) baking powder, one egg (not beaten) one and one-half cups milk. Add nuts and raisins or alternate. Raise twenty-five minutes.

MARION CLARK.

NUT BREAD.

Sift together three times, two cups flour, two heaping teaspoons baking powder, one teaspoon salt, one-fourth cup sugar. Add one egg and one cup milk and one cup chopped nut meats. This makes one large loaf of bread. Put in a greased tin and start in a cool oven, baking about forty-five minutes.

ELEANOR BARKWORTH YOUNGS.

NUT BREAD.

Two cups flour, one-fourth cup sugar, one cup sweet milk, one-half cup chopped nut meats, one egg, two teaspoons baking powder and a little salt. Stir all together, put in tin and let stand one-half hour, then bake in slow oven for one hour.

MRS. HARRY REID.

NUT BREAD.

Two eggs (beaten), one cup granulated sugar, two cups sweet milk, four cups flour, two teaspoons baking powder, one teaspoon salt, one cup nuts. Mix in order given. Pour in loaf pan and let raise twenty minutes. Bake in moderate oven.

MRS. DONALD MITCHELL.

NUT BREAD.

Four cups flour, four teaspoons baking powder, one-half cup sugar, one-half teaspoon salt. Mix together and add one cup milk (sweet), one cup nutmeats, two eggs. Let raise one-half hour and bake one hour.

FLORENCE R. JOHNSON.

NUT BREAD.

Four cups of flour or three cups entire wheat, one cup white, four large teaspoons baking powder, three large teaspoons sugar, one teaspoon salt, one cup walnut meats, (cut up), two eggs, (well beaten), two cups of milk. Sift and mix dry ingredients. Add walnut meats. Mix well beaten eggs and milk and add to above. Put in buttered bread tins and let rise twenty minutes. Bake in steady oven forty-five minutes.

VIRGINIA ANDREWS.

NUT BREAD.

Two cups graham flour, one cup white flour, one-half cup sugar, two cups sour milk, one teaspoon soda, one teaspoon baking powder, pinch salt. Chopped raisins and nut meats to fill a cup. Mix and sift dry ingredients. Add raisins and nut meats. Add soda to one cup sour milk. Then add second cup of milk. Bake in moderate oven about three-fourths hour.

MRS. WILLIAM H. FIERO.

NUT BREAD.

Two cups flour, two heaping teaspoons baking powder, one teaspoon salt, one-fourth cup sugar. Sift all together, dry. Then add one egg and one cup milk and one cup nut meats.

Put in cold oven and let come up. Bake slowly. This makes one loaf.

FLORENCE PITTELCO.

NUT BREAD.

One egg, one cup sugar, heaping teaspoon shortening. (mix). One teaspoon salt, one cup nut meats, (rolled), four cups flour, four teaspoons baking powder, one and one-half cups sweet milk, two pans. Let rise twenty minutes. Bake in moderate oven slowly.

MRS. HARGREAVES.

NUT BREAD.

One egg, one teaspoon salt, one-half cup sugar, one cup milk, one cup chopped nut-meats, two and one-half cups flour. Put in bread tin, let raise one-half hour. Bake in slow oven forty-five minutes.

MRS. DEWEY BANT.

BOSTON BROWN BREAD.

One cup of rye meal, one cup granulated corn meal, one cup graham flour, three-fourths tablespoons soda, one teaspoon salt, three-fourths cup of molasses, two cups sour milk, or one and three-fourths cups of sweet milk or water. Mix and sift dry ingredients, add molasses and milk, stir until well-mixed, turn into a well buttered mould, and steam three and one-half hours. The cover should be buttered before being placed on mould, and then tied down with string; otherwise the bread in rising might force off cover. Mould should never be filled more than two-thirds full. A melon-mould or one-pound baking powder boxes make the most attractive shaped loaves, but a five-pound lard pail answers the purpose. For steaming, place the mould on a trivet in kettle containing boiling water, allowing water to come halfway up around mould, cover closely, and steam, adding as needed, more boiling water.

VINNIE McRAY.

BROWN BREAD.

Two cups sour milk, two cups bran, two cups graham flour, one-half cup sugar, one teaspoon baking powder in flour, one teaspoon soda in milk, one egg, one teaspoon salt. Bake one hour.

KATHERINE L. GLASGOW.

BROWN BREAD.

Two tablespoons brown sugar, two tablespoons molasses, butter size of walnut, two scant cups graham flour, one-half cup white flour, one teaspoon soda in one cup sour milk, one teaspoon baking powder. Pinch of salt. Mix well and bake slowly forty-five minutes.

PHYLLIS EMERSON.

BROWN BREAD.

Two cups sour milk, three teaspoons salt, two teaspoons soda, one-half cup brown sugar, three cups graham flour. Combine the above in the order given and bake slowly in a moderate oven until a rich brown. Sufficient for one large loaf.

ANNEKE DE LAMETER.

BROWN BREAD.

One quart sour milk, one-half cup sugar, one-half cup molasses, one teaspoon salt, one package raisins, one cup white flour, one teaspoon lard, one teaspoon baking powder, two teaspoons soda (large). Graham flour to make stiff. Bake one hour in medium oven.

NELLIE CRAFTS KNIGHT.

BROWN BREAD.

Three cups graham flour, one-half cup dark molasses. Fill the cup with brown sugar; two cups sour milk; two teaspoons soda, one teaspoon baking powder, one-half cup raisins. Bake in one-pound baking powder cans. Use four cans. Bake one hour. Very good.

DOROTHY V. HANNETT.

BROWN BREAD.

One cup sugar, one tablespoon butter, one egg, two cups sour milk, one-half cup molasses, one teaspoon soda for each cup of sour milk, two cups white flour, two cups graham. Use

the white flour first, then add the graham until the batter is of the right consistency

E. BEACH.

BROWN BREAD.

Scant one-half cup sugar, scant one-half cup molasses, two cups sour milk, two level teaspoons soda, one teaspoon salt, three and one-half cups graham flour, one egg, one-half cup raisins. Bake as though a loaf cake. This makes two loaves.

HAZEL DRAPER ALDRICH.

OLD-FASHIONED GINGER BREAD.

One cup molasses, one-half cup butter or shortening, two and one-half cups sifted flour, one teaspoon each of cinnamon, cloves, allspice, one-half cup brown sugar, two teaspoons of soda in one cup of boiling water, two teaspoons of ginger, two eggs. Put molasses, sugar, butter and spices into the mixing bowl; put soda in cup and pour boiling water in; pour this over mixture in bowl and stir until thoroughly mixed. Add the flour and lastly the well beaten eggs. The secret of this gingerbread is not to use too much flour and if it is measured after sifting as directed the amount will be just right, the batter being the consistency of thick gravy.

BARBARA BENHAM.

GINGER BREAD.

One-half cup sugar (good measure), one-half cup lard and butter mixed, one teaspoon cinnamon, one teaspoon ginger, one-fourth teaspoon cloves and salt, two level teaspoons soda, one cup boiling water, two and one-half cups flour measured after sifting, two well beaten eggs. Mix all ingredients together and bake slowly. (This makes a very soft dough).

DOROTHY SCHMIDT.

SOUR MILK GINGER BREAD.

One cup molasses, one cup sour milk, two and one-third cups flour, one and three-fourths teaspoons soda, two teaspoons ginger, one-half teaspoon salt, one-fourth cup melted butter. Mix soda with sour milk and add molasses. Sift to-

gether remaining dry ingredients, combine mixtures, and beat vigorously. Pour into a buttered shallow pan and bake twenty-five minutes in a moderate oven.

MARGARET R. HOUSTON.

SOFT GINGER BREAD.

One-half cup sugar, one-half cup molasses, one-half cup shortening, three-fourths cup boiling water, two and three-fourths cup flour, one teaspoon soda, one teaspoon ginger, one teaspoon cinnamon, one-half teaspoon salt. Add the water last.

JOSEPHINE MILLER.

CREAM MUFFINS.

One-fourth cup butter, one-third cup sugar, one egg, one and one-half cups flour, two and one-half teaspoons baking powder. Milk or cream to soften. Cream, butter and sugar—add rest in order. Bake in muffin pans.

RUTH BEALS SCHENK.

MUFFINS.

To two eggs beaten well, add one cupful sweet milk, one tablespoon sugar, two cupfuls flour, and a pinch of salt. Melt one tablespoon of butter and mix in well. Bake in muffin ring. This will make just one dozen.

RUTH JACKA.

MUFFINS.

One egg, one tablespoon butter, two tablespoons sugar, two heaping teaspoons baking powder, two cupfuls flour, salt and milk or water enough for a stiff batter.

JENNIE GRAVER DAVEY.

ONE EGG MUFFINS.

Two cups flour, four teaspoons baking powder, one-half teaspoon salt, two teaspoons sugar, one cup milk, two tablespoons melted butter, one egg. Mix and sift dry ingredients three times. Add gradually milk, egg (well beaten) and melted butter. Bake in buttered gem tins.

AMELIA SCHWEMLE.

BLUEBERRY MUFFINS.

Mix in a mixing bowl :—One egg, one cup milk, one-half cup sugar, two tablespoons butter, one heaping teaspoon baking powder. Add enough flour to make a soft dough, about two and one-half cups. Add one cup berries, stir well. Pour into muffin tins and bake about one-half hour. This recipe makes about sixteen muffins.

MRS. WELLINGTON TAYLOR.

BRAN MUFFINS.

Three cups bran, one and one-half cups flour, one egg, one and one-half cups milk, one and one-half teaspoons soda, three-fourths cup molasses, one teaspoon salt, three tablespoons sugar. Makes about sixteen large muffins.

MRS. HARGREAVES.

DATE MUFFINS.

One-fourth cup sugar, one-third cup butter, one-fourth pound dates (cut up), one egg (beaten up), three-fourths cup milk, two cups flour, four teaspoons baking powder, one-half teaspoon salt. Melt butter and add sugar, then add dates cut up. Add milk to beaten egg. Sift flour, baking powder and salt together, then add milk and flour alternately to the other ingredients. Bake in hot oven 25 minutes. This is enough for twelve muffins.

M. L. SLACK.

DATE MUFFINS.

One-third cup butter, one-fourth cup sugar, one egg, two cups flour, one-half teaspoon salt, four teaspoons baking powder, three-fourths cup milk, one-half pound dates. Cream butter and sugar, and add the beaten egg. Sift flour, salt and baking powder and add to first mixture alternately with the milk. Then add dates stoned and cut in small pieces. Bake twenty minutes in hot oven.

MRS. CORWIN S. CLARKE.

MUFFINS.

Butter size of egg, two-thirds cup white granulated sugar, (cream these together), pinch salt, one teaspoon soda, one teaspoon baking powder, one cup of milk, two cups of unsifted

flour. Mix well and bake in hot oven fifteen minutes. Makes thirty muffins.

PHYLLIS EMERSON.

FLOUR MUFFINS.

One quart flour, two heaping teaspoons baking powder, one teaspoon salt, one tablespoon (scant) sugar, one tablespoon lard, one tablespoon butter, two eggs, one pint milk. Sift together flour, baking powder, salt and sugar. Rub in lard and butter. Beat egg and mix well into a stiff batter. Bake in a quick oven in gem tins.

JOSEPHINE MILLER.

MUFFINS.

One and one-half cups flour, three teaspoons baking powder, one and one-half cups milk, one-half cup sugar (scant), two tablespoons lard (melted), one-fourth teaspoon salt. Mix together then add one egg and beat well. Bake in a hot oven. Serve when hot and just out of the oven. This makes one dozen.

HAZEL A. LOVELAND.

GRAHAM BREAD.

One and one-half cups graham flour, one cup white flour, two tablespoons shortening, one and one-half cups sour milk, one-fourth cup sugar, one-half teaspoon salt, one teaspoon baking powder, one teaspoon soda.

MRS. HARGREAVES.

GRAHAM BREAD.

Two and one-half cups sour milk, two teaspoons soda, one cup white flour, three cups graham flour, one teaspoon salt, one-half cup sugar, fill to top with molasses. Have batter thin. Bake half an hour.

AILEEN FENNELL.

GRAHAM GEMS.

One and one-half pints Graham flour, one-half pint Indian corn meal, one teaspoon salt, two teaspoons baking powder, one and one-fourth pints milk. Sift together Graham flour, corn meal, salt, and powder. Add the milk, and mix into a

moderately stiff batter. Half fill cold gem pans, well greased. Bake in a solid hot oven ten to twelve minutes.

DOROTHY KIRTLAND.

PECAN GEMS.

Four eggs, two cups brown sugar, one and one-third cups flour, one cup pecan meats (ground fine), one-half teaspoon baking powder. Put a nut meat on each gem. Bake in tiny gem pans for about twenty minutes.

GRACE TAFT SMITH.

GRAHAM GEMS.

One pint butter milk, one teaspoon soda in milk, little salt, one egg, one-half cup sugar, one tablespoon lard. Thicken with Graham flour so it drops from the spoon. Bake in gem tins.

JOSEPHINE MILLER.

WAFFLES.

One and one-half cups flour, one-fourth teaspoon salt, two level teaspoons baking powder, yolks of two eggs, one and one-fourth cups rich milk, four tablespoons melted butter, whites of two eggs, beaten dry. Sift dry ingredients three times, beat yolks and butter and milk and stir into flour, etc. Add whites of eggs last. Bake in hot well greased waffle iron and serve hot with maple syrup.

JENNIE GRAVER DAVEY.

WAFFLES.

Two cups flour, two level teaspoons baking powder, two eggs, one and one-half cups sweet milk, two tablespoons melted butter, or substitute, one-half teaspoon salt. Sift flour, baking powder and salt together. Beat yolks of eggs, add to milk, stir into flour, beating thoroughly. Then add melted butter and lastly the stiffly beaten whites of eggs. Bake in hot well greased waffle irons. Serve with maple syrup or honey. Sour milk and a teaspoon of soda may be used instead of sweet milk and baking powder.

E. MARGARET SAGENDORPH

SHORTCAKE.

One quart flour, one teaspoon salt, two heaping teaspoons baking powder, two tablespoons butter, one pint milk. Sift the flour, salt, and powder together, rub in butter cold, add the milk and mix into a smooth dough, just enough to handle; divide in half, and roll out to the size of breakfast plates, lay on a greased baking tin and bake in hot oven twenty minutes. Separate the cakes without cutting, as cutting makes them heavy.

DOROTHY KIRTLAND.

JOHNNY CAKE.

One cup flour, one-half cup corn meal, one-fourth cup shortening, salt, three-fourths cup milk, one egg, two teaspoons baking powder.

BLANCHE HIRSHMAN.

SALLY LUNNS.

To one quart of sifted flour add a piece of butter the size of an egg, three tablespoons of sugar, two eggs, two teacups of milk, two teaspoons of cream of tartar, one of soda, a little salt. Stir the cream of tartar, salt and sugar in the flour, add the eggs without beating, the melted butter and one cup of milk and stir together. Dissolve the soda in the other cup of milk and stir together.

Bake in muffin pans, fifteen or twenty minutes.

EILEEN S. RUDESILL.

POP-OVERS.

One cup flour, one-half teaspoon salt, one cup milk, one well beaten egg. Mix until smooth and beat with egg beater five minutes. Pour into well greased gem tins and bake about twenty minutes. Should be brown and popped over the top.

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The store that stands for a square deal, because it sells trustworthy
merchandise at low prices.

SANDWICHES

EGG SANDWICHES

Three eggs, boiled hard, one large dry onion, salad dressing, salt and pepper. Put the whites of the eggs and onion through food chopper. Mash yolks and mix all with salt and pepper, salad dressing to taste. Spread on thin slices of white bread and butter. Makes twelve or fourteen sandwiches.

MARGUERITTE K. VAN DEVOORT.

MOCK CLUB SANDWICHES.

Spread each slice of bread with mayonnaise and on one, place a leaf of lettuce, on the other several slices of dried beef, then spread mayonnaise on each again and put on two thin slices of fresh tomato, put them together and cut with a very sharp knife and serve.

MRS. C. E. MEREDITH.

RUSSIAN SANDWICHES.

Spread saltine crackers or zepherettes with rich cream cheese, add chopped olives mixed with mayonnaise. Cover with one of the crackers and press together.

The cheese and olives are also delicious as a filling with slices of entire wheat or Boston brown bread.

DOROTHY KIRTLAND.

CHEESE SANDWICH.

Take cream cheese, cut up stuffed olives and salted pecan meats, with a green pepper, add mayonnaise dressing and serve on toasted bread as a sandwich, or wafers.

MUYRLE BAKER.

OLIVE SANDWICHES.

Stone two dozen large olives, cover with boiling water and scald five minutes; drain and dry with towel. Mince finely one teaspoon of cracker dust with one cup of Mayonnaise and mix.

RUTH JACKA.

RECIPE FOR SANDWICH FILLING.

One package nippy cheese, one-fourth pound pecan meats, one bottle pimento stuffed olives. Put ingredients through food mill and mix with salad dressing. This will make enough sandwiches to serve thirty-five people.

BLANCHE HARDY.

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Pickles, Preserves and Catsups

MUSTARD PICKLES.

One quart small cucumbers, one quart large cucumbers, sliced; one quart green tomatoes, cut in small pieces; one quart small pickling onions; one large cauliflower, broken in small sections; three green peppers, cut fine. Make brine of four quarts water and two cups salt. Pour over mixture and let stand twenty-four hours. Heat just enough to scald and drain. Mix one cup flour, six tablespoons vinegar, one cup sugar, three tablespoons mustard, two teaspoons tumeric, to make a smooth paste. Then add enough vinegar to make two quarts; mix until smooth and add vegetables; cook until well heated and until moderately thick and can. Makes about one gallon.

ANNEKE DE LAMETER.

CUCUMBER PICKLES.

Mix one cup of granulated sugar, one cup of salt and one cup of Coleman's mustard; to this add one gallon vinegar and cover as many cucumbers as desired. As soon as the vinegar has penetrated, the pickles are ready to be used.

EMMA C. CHANDLER.

OIL PICKLES.

One gallon jar sliced cucumbers, one-half pint olive oil; one ounce white mustard seed; one ounce black mustard seed, one ounce celery seed, two onions. Soak pickles in salt and water over night and cover with above mixtures after removing from water.

BLANCHE HIRSHMAN.

WHOLE PICKLES

One gallon vinegar, one cup sugar, one cup grain mustard, one cup salt—all cold. About one peck of small pickles or at least the rate of one tablespoon of ingredients to one quart of pickles. Pour hot water over pickles and let stand until cold. Then make enough liquid to cover.

MRS. DONALD MITCHELL.

SLICED PICKLES.

One small dish pan of sliced pickles, twelve onions, sliced thin, five green peppers, one tablespoon cinnamon, one tablespoon celery seed, one tablespoon mustard, one teaspoon tumeric, three cups brown sugar. Enough vinegar to cover. Let come to a boil only. Put alum on top of each can.

MRS. DONALD MITCHELL.

PIN-MONEY PICKLES.

Four pounds cucumbers about an inch in diameter sliced thin; put into brine strong to support an egg, let stand for eight days, wash and boil in alum water for one-half hour (alum size of egg in enough water to cover pickles). Drain and boil one-half hour in ginger tea (one tablespoon ginger in water to cover). Heat one quart vinegar (preferably white wine vinegar), one pint water, three pounds sugar, one tablespoon each of cinnamon, cloves, allspice and celery seed and boil pickles until tender and can. The pickles will be clearer if spices are put in bag and not directly into pan with other ingredients. This recipe makes seven pint cans.

VIRGINIA FIELD.

SLICED CUCUMBER PICKLES.

Twelve large cucumbers, sliced, six onions. Soak in salt water over night. In the morning add one quart vinegar, two and one-half cups white sugar, one teaspoon tumeric powder, one teaspoon mustard seed, one teaspoon ground white pepper, one teaspoon celery seed. Cook until cucumbers are clear.

HAZEL DRAPER ALDRICH.

LAST OF THE GARDEN.

Two quarts cucumbers, two quarts string beans, two quarts carrots, two quarts cauliflower, two quarts onions, two quarts green tomatoes. Put each in salt water over night. Two quarts of vinegar, five cents celery seed, five cents white mustard seeds, three pounds brown sugar, two mangoes, two quarts of corn.

CATHERINE ANDERSON.

MINCE MEAT.

Sixteen large apples, three pounds lean beef, one pound suet, two pounds currants, two pounds raisins, one pound citron, four pounds granulated sugar, three tablespoons cinnamon, one tablespoon cloves, two quarts boiled cider. Cook beef until tender and put through meat chopper. Pare and core the apples and put through chopper, also the suet and citron. Add sugar, spices and fruit and simmer until the apples are tender. Seal in glass jars. When ready to use for pie, moisten with a little boiled cider or fruit juice.

RUTH WALKER.

GREEN TOMATO MINCE MEAT.

One peck green tomatoes put through grinder, drain off juice and add as much water as juice drained off. Add 30 large sour apples, chopped fine, five pounds brown sugar two pounds chopped raisins, two tablespoons salt, two tablespoons nutmeg, two tablespoons allspice, two tablespoons cloves, two tablespoons cinnamon. Boil all of the above ingredients together until quite thick. Add one cup vinegar and cook until as thick as desired.

ELEANOR YOUNGS.

TOMATO MINCE MEAT.

Four pounds green tomatoes, chop fine and cook one hour, then add four pounds apples, chopped fine, four pounds light brown sugar, one pound raisins, one-half pound suet, chopped fine, two cups molasses, one and one-half cups vinegar, one and one-half tablespoons of cinnamon, one tablespoon of cloves, one tablespoon of salt, one teaspoon of nutmeg. Cook slowly for one hour. Will make six quarts.

MRS. CHRISTIE A. STEARNS.

TOMATO RELISH.

One peck unpealed ripe tomatoes, chopped fine and drained, two large onions chopped fine, three small red peppers, chopped fine, one cup grated horse radish, two-thirds cup white mustard peel, two-thirds cup sugar (granulated), one-half cup salt, one quart strong vinegar, two teaspoons of black

pepper. Mix ingredients and the relish is ready to serve. Do not cook.

LEURA V. SHEELER.

TOMATO RED SAUCE.

Thirty large tomatoes, eight large onions, three red peppers, five tablespoons salt, ten tablespoons brown sugar, two cups vinegar. Cut tomatoes and cook them and put them through a colander. Put onions and peppers through fine food chopper, then put all ingredients except vinegar in and cook until quite thick, stirring frequently. Put in vinegar and let come to boil, can and seal. Will make six pints.

BARBARA WHITCHER.

TOMATO CATSUP.

One bushel ripe tomatoes, one-half gallon vinegar, one cup salt, two teaspoons cloves, one teaspoon cinnamon, one teaspoon black pepper, one teaspoon red pepper, one teaspoon celery seed, three cups sugar (more if desired), five onions, ground fine. Cut tomatoes in pieces, without peeling. Cook and then run all through sieve. Add rest of ingredients and boil until it is of the desired thickness. Makes about twenty-one pints.

EDITH L. BOUCHER.

SPICED TOMATOES.

Three pounds of ripe fruit, pared and sliced, one pint of vinegar, one quart of sugar. Add spices to taste and boil to a jam. This is nice with cold meats.

DOROTHY KIRTLAND.

CHILI SAUCE.

Two dozen medium sized ripe tomatoes, four dozen medium sized onions three sweet peppers (with seeds removed), one teaspoon cloves, one cup sugar, three cups vinegar, two tablespoons salt, one tablespoon cinnamon, one-half tablespoon allspice. Put tomatoes, onions and peppers through food chopper. Then mix all ingredients together and boil two hours.

MRS. ROBERT CRARY.

CHILI SAUCE.

Twelve tomatoes, two peppers, two teaspoons salt, three good sized onions, two cups vinegar, three-fourths cup sugar. Cook until thick.

MRS. H. J. HILLS.

CHILI SAUCE.

Thirty-six tomatoes, five red peppers, five green peppers, five onions, two cups sugar, two tablespoons salt, one teaspoon cinnamon, one teaspoon allspice, four cups vinegar. Cook until thick.

BLANCHE HIRSHMAN.

CHILI SAUCE.

Eighteen ripe tomatoes, one large onion, three green peppers, one cup brown sugar, two and one-half cups vinegar, two two teaspoons salt, one teaspoon each of cinnamon, allspice, cloves and nutmeg. Scald and peel tomatoes. Chop onion fine; remove seeds from peppers and chop. Combine vegetables, add other ingredients and cook until mixture thickens. Seal in jars when cold. This recipe makes about three quarts.

ANNEKE DE LAMATER.

MUSTARD CHOW-CHOW.

One peck green tomatoes, two heads cabbage, two quarts onions, three green peppers. Cook together two pints vinegar and two pounds brown sugar. Mix with cold vinegar one ounce tumeric, one-half cup mustard and one tablespoon flour. Add to chopped vegetables which are already sprinkled with one-half cup of salt. Leave for a few hours and add to hot liquid. Cook one-half hour slowly. Seal in cans.

GEORGINA B. MAERKER.

PEPPER SAUCE.

Twelve red peppers (hot), twelve large green peppers, ten large onions. Chop fine, four tablespoons salt. Cover with boiling water, let stand fifteen minutes. Drain well, then add one quart vinegar. Two and one-half cups brown sugar, one and one-half ounce mustard seed, one-half ounce celery seed, two tablespoons cornstarch. Let cook until quite thick.

KATHERINE L. GLASGOW.

PEPPER HASH.

Twelve large green peppers, six large red peppers. Remove seeds and fiber, grind with medium sized grinder. Put to cook in cold water, let come to a boil and drain. Twelve large white onions, grind and cook until tender in their own juice. Mix with peppers, add two cups brown sugar, one pint vinegar, one tablespoon salt, and cook fifteen or twenty minutes.

LUERA V. SHEELER.

PEPPER RELISH.

Twelve red peppers, twelve green peppers, eight large onions, three cups of granulated sugar, three pints vinegar (cider), four teaspoons salt. Grind peppers and onions. Cover with boiling water and let stand fifteen minutes. Then drain. Heat salt, sugar and vinegar. Add peppers and onions and cook until tender. Can.

ESTELLE M. CUMMINGS.

RAW RELISH.

One peck tomatoes, four red peppers, six cups of ground onions, two cups of chopped celery, two pounds brown sugar, three-fourths cup of salt (scant), two ounces mustard seed, one ounce or tablespoon cinnamon, two quarts of vinegar, if vinegar is strong use one and one-half quarts. Chop everything fine and drain. Add vinegar last and put in cans.

IVA M. COBB.

ORANGE MARMALADE.

Slice oranges very thin. To each pound of fruit add three pints of water. Let stand twenty-four hours. Boil until chips are tender. Let this stand until next day. To each pound of fruit add one and one-half pounds of sugar and boil until it jellies and chips become transparent. One dozen oranges makes a large quantity. Add two or three lemons.

JOSEPHINE MILLER.

ORANGE MARMALADE.

One large orange, one grapefruit, one lemon. Wash, slice and cover fruit with two and one-half times amount of water

as fruit. Let stand over night. Second day, boil ten minutes. Third day, add equal amount of sugar as fruit and juice and boil until thick.

ALICE C. BAUMAN.

GRAPE JUICE.

Ten pounds of grapes, cover with cold water, let come to boil and boil one minute. Put in bag and let drain over night. In morning put in kettle and let heat. When about to boil add one cup sugar and let boil three minutes. Bottle and seal while hot.

MARGUERITTE K. VANDERVOORT.

RHUBARB AND APRICOT CONSERVE.

Soak two pounds dried apricots in two quarts of water over night and put through food chopper or cut in small pieces; one pound rhubarb. Bring all to boiling point and add five pounds of sugar and two ounces almond meats. This makes ten pints, about one-half of the recipe is sufficient for the average family.

ANNEKE DE LAMETER.

PEAR CONSERVE.

Hard pears peeled and put through meat grinder, eight pounds; preserved ginger, chopped fine, one-fourth pound; two lemons, one orange, also put through meat chopper, sugar, eight pounds. Combine all and cook about two hours or until clear and rich. Put up as ordinary jelly.

AILEEN C. FENNELL.

STRAWBERRY CONSERVE.

Two quarts of strawberries, one pineapple. Hull berries and shred pineapple. Measure fruit and use equal quantity of sugar. Boil until thick.

EVA SANFORD.

PIE PLANT CONSERVE.

Three pounds pie plant, three pounds sugar, one pound raisins, two oranges. Cut pie plant at night and sprinkle over it one pound sugar. Put raisins through coarse chopper and grate rind of orange and cut pulp up. Boil till pie plant is clear, then add other ingredients and other two pounds of sugar, and cook twenty-five minutes. Makes nine or ten glasses.

BLANCHE HIRSHMAN.

GINGER PEAR (PRESERVES).

Eight pounds of pears, eight pounds of sugar, four lemons, one-half pound candied ginger. Cook lemons whole then remove seeds and cut up fine. Add to pears and sugar. Boil one hour. Makes about three pints.

RUTH ROSSITER.

ELDERBERRY JELL.

Seven cups elderberry juice (cook berries in as little water as possible). Five and one-half cups grape juice, one-half cup vinegar, cup for cup of sugar. Cook together twenty minutes or more before adding sugar. Makes about fourteen glasses.

ALICE HAWES LOCKWOOD.

PINEAPPLE CONSERVE.

Two quarts strawberries, one quart pineapple. Grind pineapple and measure fruit and sugar cup for cup and cook until thick. Seal in jelly glasses.

GRAPE CONSERVE.

Two quarts of fruit juice, one pound of seedless raisins, three oranges. Grind oranges and raisins and add cup of sugar to each cup of mixture. Cook until it jellies.

VONNIE E. CHAPPLE.

QUINCE HONEY.

Three large or six small quinces, pared and grated. Three pounds granulated sugar, one quart boiling water. Let the sugar dissolve in water, then add the grated quince. Boil until clear or about three-fourths of an hour after coming to a boil.

VONNIE E. CHAPPLE.

Ice Cream and Ices

GENERAL RULES FOR MAKING ICE CREAM

The can, dasher, and cover should be scalded. Put can in pail and adjust the cover and crank. Pack with finely crushed ice and rock salt, but do not allow the mixture to come quite as high as the cover.

Carefully remove crank and cover, pour in the mixture to be frozen, adjust the apparatus again and pack with ice and salt which must come up higher on the outside than the cream is on the inside. Use three times as much ice as salt for freezing and four times as much for repacking. Coarse ice is better for repacking. When a granular result is desired in ice, turn the crank five minutes and wait five minutes and so on. In freezing cream turn slowly and steadily.

When mixture is frozen remove ice and salt from around top of the can. Wipe cover and top, uncover, remove dasher and scrape it. Scrape cream from sides of can and stir thoroughly. Cover and put cork in the hole and readjust top. Drain off the water which has collected in the pail (which should not be removed during freezing), repack freezer with salt and ice, cover with wet carpet, blanket or newspaper. Allow to stand several hours to blend flavors.

In preparing frozen fruit or ices, boil the water and sugar together five minutes to form a syrup, strain, add fruit or juice. In preparing ice cream with fruit, the crushed fruit and the sugar should be mixed and allowed to stand one hour.

For Ice Cream in General: Scald the cream and milk together, add sugar, and cool, add flavoring and fruit, etc., then freeze. For chocolate ice cream, melt the chocolate over hot water, add hot cream very slowly and stir into hot

milk and sugar. Cool and freeze. For caramel ice cream caramelize sugar, add boiling water slowly, mix with hot cream, milk and sugar. Freeze. For ice cream in general, if positive the milk and cream are fresh and will not curdle, it is not necessary to scald as it lengthens process.

MARGUERITE PROBERT.

ICE CREAMS

Ingredients	Vanilla	Choco.	Caramel	Coffee	Fruit	French	Frozen Pudding	Milk Sherbet
Thick Cream	2 c.	2 c.	2 c.	2 c.	2 c.	1 c.		
Milk	2 c.	2 c.	2 c.	2 c.	2 c.	3 c.	1 qt.	1 qt.
Sugar	¼ c.	1 c.	¾ c.	1 c.	2 c.	¾ c.	¾ c.	2 c.
Vanilla	1 tbl.					1 tbl.	1 tbl.	
Chocolate		2 oz.						
Sugar to								
Caramelize			¼ c.					
Water			¼ c.					
Coffee				one-third c. strong				
Fruit					3 cups crushed			
Eggs						2 eggs	4-6	
Nuts							½ cup	
Cherries							6	
Macaroons							6	
Lemon Juice								¾ c.

ICES

Ingredients	Lemon	Orange	Grape	Pine-apple	Cranberry	Prune	Ginger	Peach, etc.
Water	1 qt.	1 qt.	1 qt.	3 c.	1 qt.	1 pt.	1 qt.	3 c.
Sugar	2c.	2 c.	2 c.	2 c.	3 c.	1½ c.	1 c.	2 c.
Lemon Juice	¾ c.	¼ c.	¼ c.	¼ c.	2 tbl.	¼ c.	¼ c.	2-4 tbl. 3 c. crushed
Fruit								
Orange Juice		2 c.						
Orange rind		of 2						
Grape Juice			2 c.					
Cranberry pulp					2 c.			
Pineapple				3 c. grated				
Ginger							½ c. ginger ½ c. syrup	
Prune pulp						2 c.		
Prune juice						2 c.		

PINEAPPLE AND ALMOND ICE CREAM.

One quart cream, one quart milk, one and one-half cups sugar, one egg, one pint pineapple, drained and shredded, one cup almonds, blanched and run through medium grinder, one teaspoon vanilla. Mix ingredients in order given, add egg well beaten and pineapple. Do not add nuts till cream is partly frozen. Makes a gallon freezer full.

MARGUERITE PROBERT.

CARAMEL ICE CREAM.

One full pint of milk, one cup of granulated sugar, one-half cup flour, dissolved in some of the milk, two eggs. Cook twenty minutes. Melt one and one-half cup of granulated sugar and add. Strain and cool. Then add one quart of cream and freeze.

BERNICE TAYLOR.

LEMON ICE.

Juice of three large lemons, juice of one or two oranges. Add two cups of sugar and let stand till thoroughly chilled. Then one quart rich milk (very cold) and freeze. Serves twelve persons.

BLANCHE HIRSHMAN.

LEMON MILK SHERBET.

Three-fourths cup lemon juice, one orange juice. Dissolve two cups sugar in one quart of milk. Let stand. Mix thoroughly and freeze. Makes two quarts.

MRS. CORWIN S. CLARKE.

STRAWBERRY MOUSSE.

One quart thin cream, one box strawberries, one and one-fourth teaspoons granulated gelatine, two tablespoons cold water, three tablespoons hot water, one cup sugar. Wash and hull strawberries. Sprinkle with sugar and let stand one hour. Mash and rub through fine sieve. Add gelatine soaked in cold water and dissolved in hot water. Set in pan of ice water and stir until it begins to thicken. Then fold in whip from cream. Put in mold, cover, pack in salt and ice and let stand four hours.

RUTH COLDWELL.

APRICOT ICE.

To the juice from one quart can apricots add water to make four cups. Add one and one-half cups sugar and cook five minutes. Add the apricots chopped fine, juice of one lemon, and cool. When frozen to a mush add one-half pint cream whipped and continue freezing. Other fruits may be used instead of apricots.

FLORENCE R. JOHNSON.

FRUIT COCKTAIL.

Cut the tops from Gem melons, remove seeds, fill with cubes of peaches, pineapple, oranges, sour apple, pears, and cover with French dressing made with lemon juice, and add dash of nutmeg and teaspoon currants to each melon. Serve in crushed ice.

DOROTHY KIRTLAND.

GRAPE FRAPPE.

Four cups water, two cups sugar, one-fourth cup lemon juice, two cups grape juice, two-thirds cup orange juice. Make syrup by boiling water and sugar fifteen minutes, add fruit juice; cool and strain. Freeze, using equal parts ice and salt. This makes about two quarts.

MRS. DONALD L. MITCHELL.

WATERMELON COCKTAIL.

Two cups of diced watermelon, one cup of diced pineapple. Mix and chill for two hours before serving.

MARJORIE ANDERSON.



SPECIAL RECIPES

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CANDIES

CRACKER JACK.

One-third cup Caro syrup, one-fourth cup molasses, two-thirds cup brown sugar. Cook until it hairs from the spoon, take from fire, stir in pinch of soda and then pour on popcorn.

EVA SANFORD.

COLLEGE FUDGE.

Two cups of white granulated sugar, one cup of cream or milk, four tablespoons of cocoa, lump of butter, size of egg, three-fourths cup of chopped walnut meats, one-half cup of maraschino cherries. Stir sugar and cocoa together, then put in milk or cream, stirring this together well before cooking. Do not stir while cooking. Boil until it forms a soft ball in water. Remove from the stove, placing pan in a basin of cold water for about three minutes, stirring the while. This keeps it from sugaring. Then take the pan out of water, beating it until it is so thick that it cannot be stirred any longer, putting in the nuts and cherries before it becomes too thick. Stack up on an unbuttered plate.

MARIAN HAWLEY.

DIVINITY FUDGE.

Three cups sugar, one-half cup water, one-half cup corn syrup, one teaspoon vanilla, white one egg. Boil sugar, water and syrup until it forms a soft ball when tried in cold water. Beat white of egg until stiff and add slowly one-half the syrup, beating constantly. Cook the remainder until it forms a hard ball and add slowly to first mixture. Beat until stiff. Add vanilla and one-half cup walnuts. Turn into buttered pan and cut when cold.

RUTH COLDWELL.

FUDGE.

Two cups sugar, three tablespoons cocoa, one cup milk, one tablespoon butter. Melt sugar and cocoa and add milk. Cook until it will form soft ball in cold water. Let stand till cold then cream and cut in squares.

BLANCHE HIRSHMAN.

UNCOOKED FUDGE.

One pound 4X sugar, one egg, large lump of butter, two tablespoons of cream or evaporated milk, one-fourth pound Baker's chocolate, pinch of salt and vanilla to flavor. Mix the butter and sugar to form a cream, then add the milk and melted chocolate after other ingredients have been well beaten. Turn into buttered tins and cut into squares.

EMMA C. CHANDLER.

JANUARY THAW OR PENOCHEE.

Three cups light brown sugar, one cup milk, butter size of egg, one teaspoon vanilla, one pound English Walnut meats (chopped). Boil until it holds together in cold water. Add vanilla and walnut meats last and stir until creamy. Thorough stirring makes candy more creamy and finer grain.

JENNIE GRAVER DAVEY.

SEA FOAM.

Four cups granulated sugar, one-half cup cold water, one cup Karo corn syrup. Boil until hairs from spoon. Beat whites of three eggs stiff. Pour syrup in whites of eggs and beat fast. Add one cup nut meats. Drop by spoonful on buttered dish.

ESTHER RICE.

UNCOOKED CREAMED NUTS.

Mix one pound confectioner's sugar, white of one unbeaten egg, one teaspoon vanilla, and two teaspoons cold water to a stiff paste. Shape into little balls, press between halved walnuts or other nut meats. Stoned dates or large raisins may be filled with this cream, or it may be mixed with chopped nuts, shaped in bars and cut in squares.

HAZEL NEESLEY.

PLAIN FONDANT.

Two and one-half pounds sugar (five cups), one and one-half cups hot water, one-fourth teaspoon cream of tartar. Put ingredients in smooth granite stewpan. Stir, place on range, and heat gradually to boiling point. Boil without stirring, until when tried in cold water, a soft ball will form that will just keep its shape. Keep sugar washed from the sides of the kettle during the boiling. Pour slowly on a slightly oiled marble slab. (A large platter may be substituted). Let stand a few minutes to cool, but not long enough to become hard around the edge. Work with wooden spoon until white and creamy, then knead with the hands until smooth. Let stand twenty-four hours in bowl covered with oiled paper. The centers of bonbons are made of this fondant shaped in small balls.

HELEN CRUM.

PARISIAN SWEETS.

One pound figs, one pound dates, one pound English walnut meats, confectioners' sugar. Pick over and remove stems from figs and stones from dates. Mix fruit with walnut meats, and force through a meat chopper. Work using the hands on a board dredged with confectioners' sugar until well blended. Roll to one-fourth inch thickness, using confectioners' sugar for board and rolling pin. Shape with small cutter or cut in squares. Roll each piece in confectioners' sugar.

HELEN CRUM.



SPECIAL RECIPES

Invalid Cookery

Food for the sick is a matter of great importance, as in many cases a patient's recovery depends on the kind, the quality, and the quantity of food furnished during illness.

The appetite of those who are sick is poor, and generally speaking, a sick patient has no desire for food unless it is selected to his liking, cooked well, served attractively, and served in small quantities. So the skillful housekeeper must be able to know what kinds of food are good for invalids and she must know how to prepare and serve it in such a way that the invalid will want to eat it. The housekeeper should make a study of making the invalid tray appear dainty and attractive.

The dishes and tray linen should be the best in the house. A single flower will often make the tray attractive. If the contents of the tray can be sent into the sick room as a surprise, the appetite of the patient is often tempted when he would not feel like eating what he had been expecting to see. The tray should be removed from the room and from sight as soon as the patient has finished with it.

OAT MEAL GRUEL.

One-half cup coarse oat meal, three cups boiling water, one-half teaspoon salt, milk. Add oat meal, salt, boiling water and cook three hours in double boiler, pour through strainer, dilute with milk or cream, heat and serve.

WATER TOAST.

Have a shallow pan with one pint of boiling water and one-half teaspoon salt, dip each slice of dry bread quickly into water, spread with butter and serve very hot.

BEEF TEA.

Remove all fat from one pound round steak and cut beef in one-half inch squares. Put in glass fruit jar, pour one cup cold water over it and let soak one-half hour, put it in a kettle of cold water and heat gradually. Keep water below 170 de-

grees F. Strain, heat over hot water, add a little salt and serve. The liquor should be clear and red. Beware of letting it get brown in color and flakey.

ALBUMINIZED ICE.

White of one egg, one-half cup milk, few grains of salt. Stir egg using silver fork, add milk gradually while stirring. Strain and serve cold.

BROILED BEEF CAKES.

Chop round steak fine, season with salt and pepper, make into round flat cakes and broil over clear fire or heat frying pan hot and rub over with butter and fry two or three minutes. (Brown).

JELLY ORANGE BASKET.

Cut two pieces from an orange leaving what remains in shape of a basket with handles. Remove pulp, keep basket on ice, strain juice from pulp and follow recipe for orange jelly, turn into shallow dish, chill, cut in cubes and fill basket. Nuts and whipped cream may be added. Serve in a bed of crushed ice.

CORN STARCH PUDDING.

Four tablespoons corn starch, four tablespoons sugar, three tablespoons water, one pint milk, one saltspoon salt, one square chocolate. Heat milk in double boiler, mix sugar, corn-starch and salt with cold water, pour part of scalding milk over this mixture, then pour slowly back in double boiler stirring constantly, melt chocolate over hot water and add the mixture, cook thirty minutes, pour into moulds, let cool, serve with sweetened and flavored cream.

ABOVE RECIPES BY COMMITTEE.

Ideas for Entertaining

Undoubtedly the reason why more women do not entertain is because they do not realize that true hospitality lies in simplicity, as well as because they find "getting ready for company" a great task. The most perplexing problem is usually that which deals with the preparation of the meals or refreshments, as the case may be, what to have and how to serve it being an ever-present worry. However, if a few points are kept in mind, any small affair need not overtax.

Be yourself; do not attempt things too elaborate.

Have all housecleaning done the day before hand.

Make the refreshments simple and, if there is no maid in attendance, choose foods that can be prepared beforehand and that will not deteriorate on standing.

Do not have any last-minute cookery.

If there is no waitress, do not apologize for waiting on table yourself, but do it gracefully, serving as many things from the table as possible. A friend can assist you, or in case it is an affair with the children at the table, let the boys and girls acts as waiters.

The following menus are adapted for service with or without a maid, and all unusual recipes can be found in this book.

TWO MENUS FOR AFTERNOON TEAS

I.

Chicken Sandwiches

Tiny Cream Puffs

Ginger and Cream Cheese Sandwiches

Afternoon Tea

Salted Nuts

II.

Olive and Cream Cheese Sandwiches

Celery and Mayonnaise Sandwiches

Apricot Ice Cream

Marguerites

Afternoon Tea

Home Made Candies

TWO MENUS FOR LITTLE EVENING PARTIES.

I.

Pineapple Sherbet

Spice Cake With Marshmallow Whipped Cream

Hot Coffee

Salted Almonds

II.

Canned Peach and Nut Salad

Cream Cheese and Nut Sandwiches

Hot Coffee

Salted Nuts

Home Made Candies

MENU FOR CHRISTMAS DINNER.

Cocktail

Tomato Bouillon

Crackers

Celery

Olives

Roast Turkey or Goose, Gravy

Mashed Potatoes

Canned String Beans

Kernelled Corn

Vegetable Salad

Marshmallow Ice Cream and Little Fruit Cakes or

Steamed Pudding with Hard Sauce

Home Made Candies

Nuts

Coffee

Cheese Sticks

MENU FOR THANKSGIVING.

Soup

Crackers

Roast Chicken or Chicken Pie

Mashed Potatoes

Canned Spinach

Corn Pudding

Asparagus Vinigrette

Pumpkin Pie

Plain Ice Cream

Coffee

Cheese Sticks

Home Made Candies

Nuts

Although it is a comparatively easy matter to "get ready for company" when it is expected, an embarrassing situation often results when guests arrive for "pot luck," as there is often just enough for the family and, in spite of the fact that *it is charming and correct to invite friends to share the meal* just as it is, there are times when a few additions are really necessary.

The thinking housewife will be prepared for such contingencies by a well stocked emergency shelf. This need not necessarily be a shelf, but any place in the house where a few extra supplies can be kept that will be easily converted into attractive dishes. A list suitable for such general purposes includes a can of tomato soup, a bottle of Beef Extract, a bottle of clam bouillon, a can of asparagus, and one each kernelled corn, peas and spinach, as well as tuna fish, chicken and sardines; a bottle of salad dressing, some olive oil and nut meats which the housewife has prepared, some canned fruits, evaporated milk, a can of cream and chocolate, a jar of Marshmallow Creme and a bottle of olives.

With materials of this kind at hand, the simplest meal can be dressed up for the most fastidious guest.



CHINA and GIFT SHOPPE OF JACKSON.

Greetings to you, one and all
Into whose hands this book may fall!
T'will be a joy to every cook
To try the menus in this book.
Taste by appearance is enhancing;
And this is where we ask a chance
To show you China and Porcelain ware,
Dinner sets, Tea sets, patterns rare.
Glass of finest cut and hue
To please the eye and pocket two!
In Lustre ware, you'll find these three
China and Glass and Pottery.
Gifts suitable for all occasions
From home and many foreign nations!
To tell you all, would fill this book
So just come in and have a look!

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Table Setting

"A cover" marks the individual place and includes all the silver for one person. From twenty to twenty-five inches in length and fifteen or sixteen inches of depth are allowed for each "cover". Plates, silver and napkins are placed one inch from the edge of the table in the order of service, the silver for the first course being farthest away from plate. A service plate marks the center of each "cover" and is placed on the table at the beginning of a meal. Place the knives to the right of the service plate with sharp edge toward plate. Then place spoons beside it in order of service. The number of pieces depends upon the meal to be served. Place the forks to the left of the service plate lined up and the napkin to the left of the forks with the corners of the napkin toward the edge plate and the lower edge in a straight line with the row of silver and plate. The bread and butter plate is placed at the left at the top of fork. Put the butter spreaders on plates with handle convenient to right hand. The water tumbler place at the right side at end of knives, and the individual salts at top of plate.

SERVING.

There are three methods of serving meals:

1.—ENGLISH, used in ordinary family service. Foods are served at the table by the host and hostess and other members of the family. The served dishes may be passed by the household helper, or passed from one person to another at the table. The hostess usually serves the soup, salad and dessert; the host serves the meat and vegetables. This is the style of serving used in most American homes.

2.—RUSSIAN, used for very formal meals. Each plate served in the kitchen and placed in front of the guest by the household helpers; or the empty plates are placed before each guest and the serving dishes are passed to each person by the household helper. No serving dishes are placed on the table. This form of service is not practical for the ordinary family, because it requires more work than the English service.

3.—COMBINATION or COMPROMISE, used for informal meals. This is a combination of the two other styles. For example, the soup or salad is served in the kitchen, and the meat and vegetables are served at the table. Every hostess may follow her own ideas about serving, as far as details are concerned, but a few general rules should be followed.

RULES FOR SERVING.

1.—Serving—dishes from which the guest is to serve himself must be passed to the left of the guest.

2.—Plates that have been served in the kitchen are placed in front of the guest from the right side.

3.—Used plates are removed from the right side when it is possible to do it conveniently.

4.—When removing dishes between the courses, use the following order; remove the used dishes, then the dishes containing food, next the clean dishes and silver that will not be needed further, then crumbs from the cloth. A table never looks attractive when dirty dishes from one course remains during the next course, and even at the most informal meals it is better to remove dishes between courses.

5.—Never "stack" dishes at the table before removing from the table.

6.—Warm all dishes used for hot foods and chill all dishes used for cold foods.

7.—Fill tumblers three-fourths full just before guests arrive, keep glasses filled.

Place butter on butter plates just before guests are seated,

Use a round tray covered with doily for serving and removing dishes.

8.—Serve hostess first, then the honored guest who sits at the right of host, if a man, and at left if a woman. Pass things which admit of choice to the left of person seated. Hold dish low and near person. Place things which do not admit of choice at the right. Remove dishes from right unless it necessitates reaching in front of a person.

9.—Remove dishes containing food one at a time, first in each course and then the soiled plates and silver in turn.

10.—Remove everything pertaining to one course before serving the next.

Table of Measures

All measures are level; leveling done with back of a case knife. Standard tablespoon, teaspoon and half pint measuring cup are used. Flour, powdered sugar and soda should be sifted before measuring. To measure butter, lard, etc., pack cup or spoon and level with case knife. For a half spoonful divide through center lengthwise. For a quarter spoonful divide the half crosswise. For an eighth spoonful divide quarter diagonally.

TABLE OF MEASURE.

A speck	One-fourth saltspoon
Four saltspoons	One teaspoon
Three teaspoons	One tablespoon
Sixteen tablespoons	One cup
Two gills	One cup
One wine glass	One-half gill
Two tablespoons butter	One ounce
Two tablespoons granulated sugar.....	One ounce
Four cups sifted pastry flour.....	One pound
Three and one-fifth cups sifted flour.....	One pound
Three tablespoons sifted flour	One ounce
Two cups granulated sugar	One pound
Two cups butter	One pound
Two cups chopped meat, packed	One pound
Two cups rice	One pound
One cup corn meal	Six ounces
One cup stemmed raisins	Six ounces
One cup cleaned currants	Six ounces
One cup stale bread crumbs	Two ounces
Ten eggs, average size	One pound
One-half ounce bottle extract.....	Twelve teaspoons

TABLE OF PROPORTIONS.

- One quart of flour requires one and one-third cups butter, or butter and lard mixed, for pastry.
- One quart of flour requires four tablespoons of butter for biscuits.
- One quart of flour requires six tablespoons of butter for short-cake.
- One quart of flour requires one cup of butter for cup cakes.
- One quart of flour requires one level teaspoon of salt.

One quart of flour requires four teaspoons of baking powder.
 One quart of flour requires one pint of liquid for batters.
 One measure of liquid to three measures of flour for bread.
 One teaspoon of soda to one pint of sour milk.
 One teaspoon of soda to one cup of molasses.
 One teaspoon of salt to one pound of meat.

TIME FOR BAKING.

Loaf Bread	45 to 60 minutes
Rolls and Biscuits	10 to 20 minutes
Graham Gems	30 minutes
Gingerbread	20 to 30 minutes
Sponge Cake	45 to 60 minutes
Plain Cake	30 to 40 minutes
Fruit Cake	2 to 3 hours
Cookies	10 to 15 minutes
Bread Pudding	1 hour
Rice and Tapioca	1 hour
Indian Pudding	2 to 3 hours
Steamed Pudding	1 to 3 hours
Steamed Brown Bread	3 hours
Custards	15 to 20 minutes
Pies	30 to 40 minutes
Plum Pudding	2 to 3 hours

TIME FOR VEGETABLES.

Greens and Dandelions	1½ hours
Spinach	25 to 30 minutes
String Beans	1 to 2 hours
Green Peas	20 to 30 minutes
Beets	1 to 3 hours
Turnips	1 to 3 hours
Squash	1 hour
Potatoes, boiled	20 to 30 minutes
Potatoes, baked	1 hour
Corn	20 minutes
Carrots	¾ to 1 hour
Asparagus	15 to 25 minutes
Cabbage	1 to 3 hours

TIME FOR BROILING.

Steak, 1 inch thick	4 to 6 minutes
Steak, 1½ inch thick	8 to 15 minutes

Fish, small and thin	5 to 8 minutes
Fish, thick	15 to 25 minutes
Chickens	20 to 30 minutes

TIME FOR MEATS.

Beef, underdone, per pound.....	9 to 10 minutes
Beef, fillet of	20 to 40 minutes
Mutton, leg, per pound	10 to 12 minutes
Mutton, stuffed shoulder, per pound.....	18 minutes
Veal, loin of, plain, per pound.....	15 to 18 minutes
Veal, stuffed, per pound	20 minutes
Pork, spare rib, per pound	15 to 20 minutes
Pork, loin or shoulder, per pound	20 to 30 minutes
Liver, baked or braised	1 to 1½ hours
Corned Beef, per pound.....	25 to 30 minutes
Boiled (simmered) Beef, per pound.....	20 to 30 minutes
Ham, per pound, after water begins to boil....	15 to 20 minutes
Bacon, per pound	15 minutes
Chickens, baked, three to four pounds.....	1 to 2 hours
Turkey, ten pounds	3 hours
Goose, eight pounds	3 hours
Duck, tame	40 to 60 minutes
Duck, wild	30 to 40 minutes
Grouse, Pigeons, and other large birds.....	30 minutes
Small birds	10 to 15 minutes
Venison, per pound	15 minutes
Fish, long and thin, six to eight pounds.....	1 hour
Fish, thick, six to eight pounds.....	1½ to 2 hours
Fish, small	25 to 30 minutes

TO COOL THE OVEN.

Opening the oven door cools the oven too quickly. A better way is to put a dish of very cold water in the oven. This will lower the temperature gradually.

Miscellaneous

TO REMOVE OIL STAINS.

A good way to take out sewing machine oil spots is to dampen the spots with ammonia, then wash out with white soap, first with cold and then with warm water.

TO WASH HAIRBRUSHES.

Do you know that ammonia or borax with warm water is the best thing for washing hairbrushes? Put a teaspoon of either in a basin of hot water and dip brush up and down, rinsing it thoroughly.

SENSIBLE STRENGTH-SAVING.

It is not lazy to sit at your work but sensible saving of strength. Have a stool to sit on when ironing small things like handkerchiefs and towels. When washing dishes have beside you a small table on which to put the drained dishes. This saves many steps across the room and back.

TO SET COLORS.

Green, blue, lavender, analine red, purple and pink should be soaked in alum water, two ounces to a tub, black, gray, and dark blue, soak in strong salted water.

GARGLE.

Thirty drops tincture of iodine, thirty drops of carbolic acid, one pint of distilled water.

JOSEPHINE MCGEE.

BURNS.

Equal parts of linseed oil and lime water. Apply by wetting a piece of linen in the solution and wrap the burn.

JOSEPHINE MCGEE.

Place a fruit jar rubber under the pan or dish you wish to chill on ice. The ring prevents slipping.

TO MAKE CREAM WHIP.

When cream refuses to whip, add a few drops of lemon juice and you will be delighted with results.

TO REMOVE BLOOD STAINS.

When you prick your finger with your needle, touch the blood stain on the fabric with peroxide of hydrogen and it disappears.

DRESSING FOR LACE CURTAINS.

Instead of starch, use this stiffening for lace curtains and they will retain their new look much longer. In three quarts of boiling water, dissolve one-half pound gum arabic (the kind sold at thirty cents a pound). Strain through a cloth. The curtains should be washed and dried first and this amount will do four pairs.

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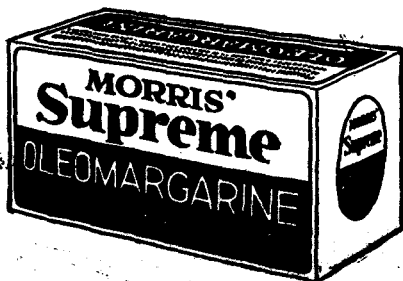
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Mix thoroughly with determination to have protection--

Add the knowledge that your money is more effective for yourself when working with and for others

Stir all the above into the proper RESERVOIR, which is the NATIONAL UNION BANK SAVINGS DEPARTMENT--

Bake in the sustained heat supplied by regular and frequent additions of the first ingredient--

And have a cake that grows if not cut. That may be cut, judiciously, and yet remain healthful and satisfactory until such time as your future needs absolutely requires its consumption.

This recipe always works. Ask for our "D. I. D." Bank (meaning dimes into dollars). Others like and use them.

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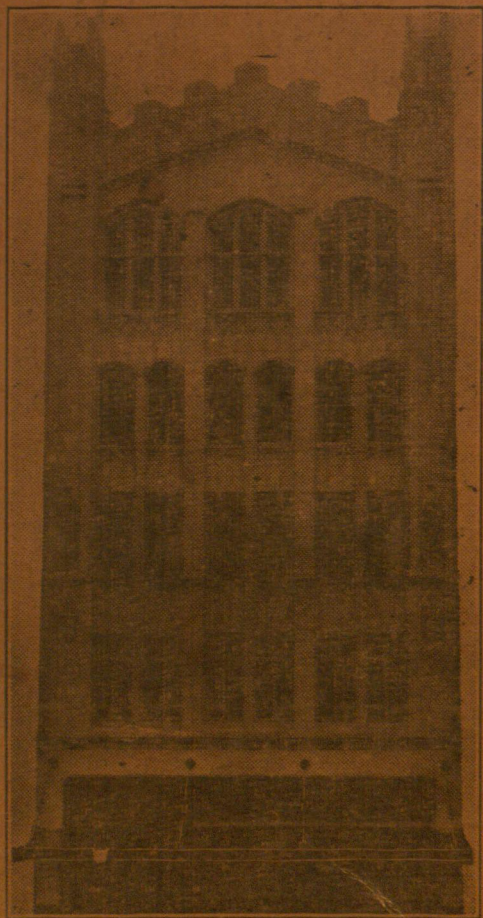
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