Book of Famous Recipes

CAMBPLLE'S

“The Rapid” Fireless Cooker

The William Campbell Co.
DETROIT, MICH.
IMPORTANT!

When breakfast foods or any other foods are being brought to the boiling point on the cook stove, do not clamp the aluminum lids of the vessel down tight; simply lay the lid on the vessel, turn off the gas or whatever fuel you use before clamping the lids down.

THIS IS IMPORTANT
Open it all up and see that everything is with it.

There should be the aluminum utensils and covers for each compartment; also the metal radiators which are crated on the bottom of the Cooker.

With the three compartment Cooker there should be one eight quart and two four quart aluminum utensils, two large and two small metal composition radiators. With the two compartment Cooker there should be one eight quart and one four quart utensil, two large and one small metal composition radiator, one small rack for each compartment which goes in the bottom of each compartment so the radiator will rest on this rack instead of resting on the bottom of the compartment. It is absolutely necessary to use these racks in the bottom so the radiators will not rest on the bottom of the Cooker. We have found that by leaving this air space beneath the radiator, it stops the heat from transmitting into the metal lining of the Cooker. There is also the rack for baking pies and cakes, four universal casters, the little chain and
staples that is to be fastened from the end of the Cooker to the end of the big cover so when the cover is open, this chain will hold it from falling back, and the hook for handling the hot radiators.

Also, the adjustable hook for holding the large radiator when you are cooking a small quantity. This is further explained in regard to roasting.

This is the full equipment that is supposed to be with your Cooker.
SPECIAL NOTICE

A Fireless Cooker must be given exactly as good care as any other kitchen article and it is absolutely necessary that the Cooker be wiped out perfectly dry every time you use it. We have found from experience that there is a small amount of steam or vapor that will arise from the Fireless Cooker when it is being used and this hot water in connection with the Composition Metal Radiators and the aluminum utensils will form or create an acid which will attack aluminum, so you must, on all occasions, keep the utensils and the metal radiators out of the Cooker when not in use or until it is thoroughly dry. It should be wiped out first with a damp cloth so as to absorb all the moisture and then it should be gone over thoroughly with a dry cloth so as to make absolutely sure that it is perfectly dry.

This is very essential, so do not fail to follow these instructions because if this acid is allowed to remain in the Cooker it will attack the aluminum.

We have found that a great many people when using a Fireless Cooker especially when roasting a roast of beef
that after or when they are ready to serve their dinner they will go to the Cooker, open it up, take the aluminum utensil containing their roast of beef or whatever it may be that they have been cooking, set it on the table, open it up, take out the roast of beef, take it to the dining room and immediately serve their dinner and then the Cooker will be left with a lot of moisture in the bottom part of it until the other kitchen utensils are being washed.

Now in using a Fireless Cooker you must not do this because this acid which will form from the hot water, metal radiators and the aluminum utensils will attack the lining of the Cooker and we will not be responsible for loss caused by this acid. The thing to do is as soon as you have taken out your aluminum utensil then immediately take out the metal radiator also the rack which is in the bottom and wipe every part of the Cooker with a damp cloth, then go over it carefully with a dry cloth and wipe it out absolutely and perfectly dry so as to remove all of this acid, and if you will do this your Fireless Cooker will last practically an indefinite length of time, but, if this acid is allowed to remain in the Cooker we will not be responsible for it.
INTRODUCTORY

Read all the directions in the front of this book carefully.

We have sold thousands of Fireless Cookers and they will do everything we claim for them. In starting to use a Fireless Cooker you must learn how to do it—all new things require a little patience and perseverance, and you may have to do a little experimenting to find out just how to work it. Read all of the directions in the front of this book and try and follow them, and if you do you will succeed, because there is nothing mysterious about it, and remember it only holds the heat which you put into it—and if you put in enough heat it will cook your food.

Now, with this direction or recipe book we will not attempt to give a recipe for all the different kinds of foods which may be cooked in it because it would take a book ten times the size of this one and it is more than likely you have good recipes for the articles of food which you like and we are only giving recipes for a few of the common articles of food. But the Fireless Cooker will cook any and all kinds of food and if you will prepare them
in the usual way and then follow the directions for operating the Fireless Cooker, you will get excellent results. Remember, it will cook anything in any way you may wish.

Fireless Cookers have been in use in one form or another for hundreds of years, and if you will use common sense and follow these simple directions you will get excellent results. In fact, the Fireless Cooker cannot fail in its work if these directions are followed—because all the cooker does is to retain the heat which you put into it.

Now, we supply heat radiators with our Fireless Cookers and you may use either method for cooking. The recipes as given are for both methods; the old method is to start the food cooking on the flame of a stove; the new method is to place the radiators on the flame of a stove and make them hot. You will get as good results with the old method as with the new method.

With the old method you must start everything cooking on the flame stove. In other words, place the food to be cooked in one of the aluminum utensils, have this utensil about three quarters full of water. Put on the cover and clamp it on except when cooking Breakfast Food. Then place the aluminum
utensil right on the flame of a flame stove and let it boil. As soon as it comes to the boiling point, look at the clock and see what time it is. Then let it boil hard for the length of time as given in the recipe and without opening the cover, place it in the Fireless Cooker and leave it alone for the time as given in the recipe.

Now, with the new process—using the heat radiators. Place one of the small heat radiators on the flame of a flame stove and make it sizzling hot. It is better to have it too hot than not hot enough, now place the food to be cooked into one of the aluminum utensils, cover it with water, place it on the flame stove and let it come to the boil. Then place one of the small racks in one of the end compartments and place the small radiator on this rack. Then place the aluminum utensil containing your food right on top of these heat radiators. Close it all up and leave it alone until you are ready to serve your meal.

Now, with the roasting, baking or frying process:

Place both large heat radiators on the flame of a flame stove and make them hot. It will take 20 minutes to make them hot enough for a five or six pound roast, but it is better to have them too hot than not hot enough. So make them
sizzling hot. We have found the best method for testing or telling when the radiators are hot enough, is to tear a piece of white paper about 2 inches long and about 1/2 inch wide and lay it right on top of your radiator while it is on the flame of your stove, if the paper will burn up at once they will be hot enough. It is better to have them too hot than not hot enough. Place the meat into the large aluminum utensil and place the rack in the bottom of the large compartment and place one of the hot radiators on this rack. Then attach the aluminum cover to the other hot radiator and place the cover on the utensil. If you are cooking a small roast it will be necessary to use the wire hook which works in connection with the lug on the bottom of the cover. Then place the aluminum utensil containing your meat in the compartment of the Cooker, put in the plunger, close it all up and leave it alone.
RACK FOR PIES AND CAKES.

The rack for pies and cakes is used in the large compartments. You place your pies or cakes in your ordinary pie or cake tins and then place the pies or cakes in the different compartments of the rack. Have your two large radiators hot. Place the small rack in the bottom of the large compartment and place one of the hot radiators on this rack. Place the rack containing your pies or cakes directly on top of this radiator. Place the other radiator directly on top of the rack.

In baking pies or cakes, you do not use the aluminum utensils.
This cut illustrates the way the Radiator is used when cooking a small roast tenderloin or anything small.

This illustrates the way when roasting two large chickens, 10 or 12 lb. roast beef or anything large.

This illustrates the way the radiator hangs in the aluminum utensil.
This illustrates the rack for baking pies and cakes so that you may bake three pies or three cakes at one time, or you may bake two pies or two cakes and a meat pie or a pan of baked beans or anything of that nature.

It is a good idea to use one of the small radiators in connection with this rack for baking pies and cakes especially if you are only baking two pies or two cakes and by having one of the small radiators hot and place on the
middle partition of this rack it is an insurance that the top of the bottom pie and the bottom of the top pie will be properly browned although it is not absolutely necessary to do this providing you have the large radiators which you will use at the top and bottom sufficiently hot and the nicest way to test these radiators to find out when they are hot enough is to take a little piece of paper and lay it on the radiators while they are yet on the fire and if it will burn this piece of paper and curl it up then they are plenty hot enough.

This illustration shows how the metal radiator is placed inside of the aluminum utensil when roasting and then the aluminum cover is placed right on top of this metal radiator and it is all closed up tightly, then it is ready to be placed in the Fireless Cooker.
This illustration shows how the radiators are handled and you will note that with this lady she is just ready to place a radiator in one of the end compartments. The aluminum utensil containing the food should be taken from the stove to the Fireless Cooker and placed on this radiator just as quickly as possible so that it will be just as hot as possible when it goes into the Cooker because as you know the Cooker only holds the heat that you put into it and of course the more heat you put into it the better everything will be.
NOTICE

All parts of the Cooker must be wiped dry when you are through using it. It should be wiped with a damp cloth first then with a dry cloth. This is necessary, so do not fail to follow this direction.

When using the heat radiators with the boiling process it is a good idea to combine the two methods, that is to let the food boil a short time on the flame stove. The food will cook much quicker.

When using the heat radiators there will be some steam escape out of the top but this will do no harm, because the heat radiator will make the water boil and the steam must escape.

Place a dish towel over the compartment that you are using, it will absorb the little bit of steam that may escape. And by doubling the dish towel several times, it will make it perfectly dry.

It is also a good plan to put four or five thicknesses of newspaper over the large compartment when roasting.

By rubbing a little butter or grease on the radiators and also on the racks, it will stop rust.
The illustration on the next page is a cross section view of the Fireless Cooker and shows just how everything is used. You will note that with the end compartments there is only one radiator and with the middle or large compartment there are two radiators, one radiator is used in the bottom part of the Cooker and the other radiator is placed inside of the aluminum utensil.

1. Heat air trap on small compartment.
2. Clamp on Aluminum pail.
4. Handle on plunger.
5. Handle on cover of aluminum pail.
6. Clamp on aluminum pail.
7. Heat air trap on small compartment.
8. Hot air trap on large compartment.
9. Clamp on aluminum pail.
10. Mineral wool in large plunger.
11. Metal composition radiator.
12. Handle on large plunger.
13. Cover handle of large aluminum pail.
15. Heat air trap.
17. Clamp on aluminum pail.
19. Handle on plunger.
20. Handle on aluminum cover.
21. Clamp on aluminum pail
23. Dead air space.
24. Easy running castor.
25. Aluminum pail.
27. Metal composition radiator.
28. Dead air space.
30. Dead air space.
31. Large aluminum utensil.
32. Large metal radiator.
33. Dead air space.
34. Dead air space.
35. Aluminum utensil.
37. Metal radiator.
38. Dead air space.
39. Easy running castors.
40. Racks.
41. Racks.
42. Racks.
Study this Cross-Section View of How the Rapid is Made.
Every Woman owes it to herself to prove what a Saving the Fireless Cooker will make her.

GENERAL ADVICE AND DIRECTIONS

You really don't have to be much of a cook to be successful with our Fireless Cooker, and please everyone it cooks for.

Just common sense and a few simple directions take you through.

The Fireless Cooker will roast, fry, boil, steam, bake or stew any kind of food, so you see it will cook anything in any way you may wish and the directions are so plain and simple that we trust no one will make a mistake.

A Fireless Cooker does not generate heat—the heat must be generated on a flame stove and any kind of a flame stove or fire will answer the purpose, wood, coal, gas, gasoline, coal oil, alcohol, electricity, or any other kind of fire. All the Fireless Cooker does is to retain this heat which has been first generated on a flame stove and then put into it.

But in fireless cooking, you must have the cooker which keeps your food at nearest the boiling, roasting, baking
or frying point for the time necessary as shown by the following recipes.

Each recipe here tells what to do—the proportions to use—like any good cook book would. Tells you how long to boil, roast, bake, etc., on your range or stove fire to heat the food thoroughly through in a few minutes so that it will stay at that heat or near it until done just right after being properly put into your Cooker. Each recipe tells the shortest average time the vegetables can be, or should be cooked in the cooker. It doesn’t injure vegetables or meats to be left in the cooker longer than the time given, if you find that more convenient any time.

In cooking all kinds of foods by the boiling process, it is far better to have the utensils nearly full of water, because a pail full of water has a great many more heat units to it than one only partly full. In other words, a large body of water will stay hot longer than a small body. So be sure, in cooking all kinds of vegetables, to fill the utensils at least three quarters full of water and do not clamp on the aluminum covers. When you place the food to be cooked on the flame stove then when you see the steam coming out, start to time it by the clock according to the directions given in the differ-
ent recipes, this will insure perfect results.

If beans, peas, oatmeal, etc., have less water than they absorb they cannot become properly cooked, no matter how many hours the process is continued.

The Fireless Cooker can not fail in its work if these simple directions are followed. In the first place all foods will cook with the boiling process at from 120 to 130 degrees. Now the boiling point is 212 degrees. There will be a loss of heat units of about 8 degrees in transferring the cooking vessel from the flame stove to the Fireless Cooker. This loss is caused in heating up the air in the compartment of the Fireless Cooker, but there will be over 200 degree of heat left to do the work.

Do not think that the Fireless Cooker will do the work claimed for it if you are careless about the way you handle it. You must follow the directions and you must learn to use the Fireless Cooker just the same as you would to use a gas range or any other new article. We have been asked to make a time table for different articles of food, but exact directions
cannot be given and you must use your own judgment. Young and tender vegetables require less time than old, tough vegetables and the same with meats.

You will find the Fireless Cooker a God-send in "doing up" fruit (preserving). For instance, in canning cherries, you will work all day taking out the pits and preparing them, then at night put them into the aluminum vessels, bring them to a boil, place them in the cooker, let them cook all night. In the morning when the kitchen is cool, take them out of the cooker and again bring them to a boil and place them in the fruit jars.

**General Directions.**

This general direction will cover nearly everything. However, we give a full and detailed direction and recipes for a great many different foods which can be cooked by Fireless Cooking.

**GENERAL DIRECTIONS FOR BOILING**

Prepare your food in the usual way, or according to any good cook book. Place it into one of the aluminum cooking utensils which comes with the cooker, and fill the utensil at least
three quarters full of water. Either hot or cold water) put on the aluminum cover and clamp it on. Except Breakfast Food. Now place the utensil on the flame stove and let it come to the boil, as soon as you see the steam coming out of the utensil, then start to time it by the clock according to the direction as given in the recipe book, by boiling it a few minutes longer than the recipe calls for, it will take a shorter time in the cooker for instance, in boiling potatoes the recipe says boil 8 minutes and leave in cooker 1½ hours. Now, if you boiled the potatoes 10 minutes they would be done in one hour and if the utensil is full of water they would be done in three-quarters of an hour.

Then, without removing the cover transfer it to the Fireless Cooker, and do not open it or give it any further attention until time to serve. The food will be cooked perfectly. It will be piping hot and all ready to serve.

In cooking very small quantities it will be necessary to use a small dish inside of one of the regular utensils. For instance, you are cooking a small quantity of rice. Place the rice in a small dish which will go inside one of the aluminum pails and then fill the aluminum pail full of water. Place
it on the flame stove and let it boil hard for a few minutes, then without removing the cover, place it in the Fireless Cooker. The water in the large utensil will hold the heat.

We include small heat radiators to use in the small or end compartments, as an auxiliary to the boiling process. By making these radiators hot and placing one in the bottom of the end compartment and placing the aluminum utensil containing your food to be cooked on it the heat will be much greater, so that it will not take as long to cook. This is a good way if you are in a hurry and you will not need to use so much water, and the food will not need to be boiled before placed in the Cooker.

However, you will soon be able to decide which method you prefer. Either way will do the business.

**General Direction for Roasting.**

Prepare your meats, fowls or pastry in the usual way. Place them in the large aluminum pail. Place the two heat radiators directly on the flame of a gas stove or on the coals of a coal fire. They will become sizzling hot in about 20 minutes. Then place the
small rack in the bottom of the large compartment and place one of the radiators on this rack. Then attach the aluminum cover to the other radiator and place it on the utensil and clamp it on. Now place the aluminum utensil on the radiator in the cooker and it will require no further attention of any kind. All foods will be browned to a turn.

It is a good idea in preparing both meat and fowl to rub salt into the meat thoroughly and it also improves both the meat and the fowl to melt about a tablespoonful of butter in the pail and then roll the meat around in this butter. It is not necessary to add any water to your roast as there will be sufficient juice come out of the meat to thoroughly baste it and as it is completely confined, there will be no evaporation take place. This juice will make delicious gravy.

Be particular to heat your radiators for twenty minutes each, by the clock, and have the gas turned up to a good flame, so as to insure the radiators being well heated. Use the hook for handling the radiators. It is not necessary to start the meat cooking in any way. This will brown fowls, meat, bread, biscuits, or anything that is ordinarily browned in the oven and it takes
the same length of time to cook as it would in the ordinary oven.

The best shaped roast to prepare is a rolled roast of from 4 to 10 lbs. If the roast is small, 15 minutes will make the radiators hot enough, if the roast is very large it may take 25 minutes but 20 minutes is the average time on a gas stove. It is better to have them too hot than not hot enough.

You can place two chickens in the large utensil by forcing the necks inward and the legs forward. And in roasting chickens in this way it is not necessary to tie the legs or wings.

After you have heated the radiators for 15 to 20 minutes and placed the roast in position in the roaster, your part is done. Do not open it or give it any further attention of any kind until time to serve.

Always dry out any moisture there may be in the compartment or cover of the cooker after using it. Wipe it out with a damp cloth and do not close it up until it has been dried out. If these directions are followed, it will always be sweet and clean, and will last for years.

Follow the directions carefully for the first few times, after that you will know how to work it from memory.
Seasoning is a matter in which each operator will have to be governed by individual tastes. Always place the cover on the utensil soon as you place it on the flame stove, especially in steaming anything and be sure and not remove the cover before placing in the Fireless.

In cooking anything which requires moulds, such as plum pudding, baking powder cans will be found very useful.

The Fireless Cooker is very useful in keeping ice cream. If you place your ice cream in the large utensil with cracked ice and salt around it, it will keep hard a great length of time.

It will be found very useful for keeping "baby's milk" warm during the night by placing the milk in a glass fruit jar and placing the fruit jar in one of the utensils filled with hot water, it will keep the milk warm all night.

Meats and vegetables may be left in the cooker for hours without the slightest injury. If for any reason the cooking utensil is opened so as to let the steam escape, it must be placed on the flame stove and again brought to the boiling point. All food must be at the boiling point when placed in the cooker.
Book of Famous Recipes proved and prepared for us by a Celebrated Culinary Expert.

Oatmeal or in fact all kinds of cereals should be cooked in the double boiler. The aluminum utensils of our cooker will make a double boiler. Place the 4-quart utensil inside of the 8-quart utensil and have enough water in the 8-quart utensil to come up nearly to the top of the 4-quart utensil. This will make a perfect double boiler.

**BREAKFAST FOODS.**

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<th>Mush</th>
<th>Oatmeal</th>
<th>Rice</th>
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Very few people know how to make this dish as it should be. The ingredients for a dish of mush are water, salt and meal. The water should be boiling hot at the commencement of the operation. The meal should be added slowly so as to prevent any lumps being formed, the cook stirring all the time that the meal is being put into the water, and should never be in such quantities as to bring the temperature down below boiling point. Herein lies the secret of making good mush or meal.

Mush or oatmeal should be thoroughly cooked through. It is known that oatmeal contains a great deal of nourishment, and when cooked in the Fireless Cooker is most delicious, because it comes out more in the form of a jelly that it does a cereal.

Now all cereals are cooked in about the same way, that is Oatmeal, Quaker Oats, H-O, or Rolled Oats, and perfect results will be obtained by following these directions explicitly.
OAT MEAL.

Put 4 cups of boiling water and 1/2 teaspoon of salt into a small dish that will go inside one of the regular vessels of the Fireless Cooker. Stir in gradually one large cup of oat meal and cook five or six minutes, continuing to stir it. Place this dish inside of one of the regular Fireless Cooker vessels. This vessel should be about one-third full of boiling water. Cover tightly and place on stove and boil hard for about three minutes, and without removing the cover place in Fireless Cooker and leave for five hours or more until ready to serve. In case it is not hot enough after being in the stove all night it may be replaced on the fire until the water in the outer vessel boils, then serve with cream and sugar.

RALSTON'S BREAKFAST FOOD.

6 cups water 1 cup of cereal
2 teaspoons salt
Cook same as oat meal.

PETTIJOHN'S BREAKFAST FOOD

1 cup cereal 11/2 teaspoons salt
3 cups water
Cook same as oat meal.

BOILED RICE.

1 cup rice 5 cups water
2 teaspoons salt
Cook same as oat meal.

BARLEY MUSH.

1 cup barley meal 2 teaspoons salt
5 cups water
Cook same as oat meal.
RICE AND FIGS OR DATES.

Cook rice as for Boiled Rice, adding just before placing into cooker a cup of figs or dates, washed, steamed and cut into small pieces.

CREAM CF WHEAT.

1 cup cereal 2 teaspoons salt
6 1/2 cups water.
Salt water and when it boils rapidly add the meal slowly, stirring constantly to prevent lumping. Boil slowly five minutes and place in cooker all night.

VITOS.

1 cup cereal 2 teaspoons salt
6 1/2 cups water.
Same as Cream of Wheat.

CRACKED WHEAT.

1 cup cracked wheat 1 teaspoon salt
5 cups water
Soak cracked wheat in cold water 2 or 3 hours. Then place on flame stove and bring to boiling point. Let it boil hard 10 or 15 minutes. Remove to Fireless Cooker for 6 to 8 hours or all night.

GRAHAM MUSH.

3 cups of water 1 teaspoon salt
1 cup graham flour
Stir graham flour with fork, slowly into boiling water. Stir all the time to avoid the flour lumping. Cook 5 minutes. Leave in Cooker 8 hours or all night.
POSTUM CEREAL.

Take a jar with tight jetting top, preferable a stone jar, or a quart sealer. Use 5 tea-spoons Postum cereal to each pint of water needed, place the Postum cereal in jar, fill it half full cold water, place this jar into one of the vessels of this Fireless Cooker having it filled about three-quarters full of boiling water. Place on the flame stove and let it boil hard a few minutes, and without removing the cover place in Fireless Cooker all night. In the morning add more water and serve.

SOUPS.

It is hard to understand why the American people have neglected this very important part of diet so long. Now it is an acknowledged fact that soups contain a very large amount of nourishment, and in nearly all parts of the world form the principle article of food.

The London Food Journal says: Physiologically, soup has great value to those who hurry to and from their meals, as it allows an interval of comparative rest to the fainting stomach before the more substantial beef and mutton is attacked, rest before solid food being as important as rest after it. Let a hungry and weary merchant rush in medias res—plunge boldly into roast beef, and what is the result? The defeat is often as precipitate as was the attack. When the body is weary the stomach must be identified with it, and cannot therefore stand the shock of some ill-masticated, half-pound weight of beef. But if a small plateful of light soup be gently insinuated into the system nourishment will soon be introduced, and strength will follow to receive more substantial material.
We suppose one reason why soups are not so universally used as they should be is the fact that up to the present there has not been a successful method of preparing them, but by use of the fireless cooker soups will attain the position to which they belong.

The whole story is meat and vegetables simmered slowly together, and it may be varied in many ways by using different vegetables. By using a variety of vegetables cut fine it makes vegetable soup. Roast an onion until it is thoroughly brown and boil in the broth and you have brown soup. In fact soup may be varied in many ways, sometimes by slicing hard boiled eggs into it, after dishing; again, small squares of bread, fried to a brown crisp and dropped into the soup when it is ready for the table, imparts a savory relish.

**SOUPS.**

All soup is made from the juice of meat, fowl, fish or vegetables, and the bones of meat or fowls contain a great deal of nourishment. The Fireless Cooker lessens the cost of this wholesome food to such an extent that it is within the reach of everyone for daily use.

**STOCK**

To prepare this cut into small pieces two pounds of meat from the shank, add to this three quarts of cold water, six cloves, six pepper corns, one bay leaf, one onion and a small piece of carrot. Boil this slowly for fifteen minutes, and then place in Fireless Cooker for eight hours. Strain and when cold remove fat. This stock may be used for making many different kinds of soup, and will keep for days.
SPLIT PEA SOUP.

1 cup split peas
1 quart water
1/2 slice onion
1/2 teaspoon celery

2 tablespoons salt
2 tablespoons flour
3 tablespoons butter
2 cups milk

Soak peas over night, drain and add one quart of cold water. Add salt, onion and celery salt. Boil for ten minutes and place in cooker 8 hours.

MUTTON BROTH.

The neck is best, and after washing well, cut it up and place in vessel with two quarts of water, bring this to the boil, and skim and boil for a quarter of an hour. Add one onion, celery, carrot, bay leaf, and pepper. Boil ten minutes and place in Fireless Cooker for five hours. Remove from stove, strain and add salt.

CHICKEN SOUP.

Break a chicken carcass in pieces, and place in vessel with gravy dressing or trimmings that may be left and add three pints of cold water and three tablespoons of rice, cover and bring to boil, boil twenty minutes and place in Fireless Cooker for five hours. Strain, add salt and pepper.

VEGETABLE SOUP.

Chop fine, one small onion, one-half carrot, piece of turnip, small head of celery. To this add a cup of strained tomatoes, add one quart of stock and a cup of water. Boil this five minutes and place in Fireless Cooker for two hours, then add salt and pepper.
CORN SOUP.

Empty one can of corn into vessel with one quart of milk. Boil five minutes and place in Fireless Cooker for two hours. Chop one small onion and cook in three tablespoons of hot butter, add two tablespoons of flour and cook until smooth, and then strain and add to soup also salt and pepper. Before serving add the yolks of two well beaten eggs.

MOCK TURTLE SOUP.

One calf's liver and heart, add one knuckle of veal, cover with water and bring to boil, skim and boil fifteen minutes, and then place in Fireless Cooker for five hours. Strain off, chop meat fine, add one chopped onion, salt, pepper and ground cloves to taste, thickening if necessary with a little browned flour, cooking a few minutes in liquor. Have yolks of four hard boiled eggs cut up for tureen, also slices of lemon.

CREAM CHICKEN SOUP.

To three pints of chicken stock add a tablespoon of chopped parsley and one cup of chopped mushrooms. Boil slowly for twenty minutes. Thicken with half a tablespoon of flour, add salt and pepper and a cup of cream before serving.

CHICKEN BROTH.

Cut up a chicken and cover with cold water and let boil twenty minutes and without lifting the cover place in Fireless Cooker and leave for six hours. When cold remove all fat and season with salt, pepper, and lemon juice if desired. This will jelly if placed in mould.
LENTIL SOUP.

1 cup lentils
1 carrot
1 stock celery
1 onion
4 cups stock
4 tablespoons flour
4 teaspoons butter
2 teaspoons salt.

Soak lentils in water several hours, then drain and cut onions, carrot, and celery fine. Add water and boil 10 minutes. Place in Cooker 7 hours. Remove from Cooker. Rub through sieve. Make paste of flour, add flour, stock and seasoning. Heat and serve. To cream Lentil Soup, add one quart of milk instead of stock.
MEATS.

In using the fireless cooker for preparing or cooking meats you will obtain a more palatable and better cooked piece of meat than by any other method known. A great deal of the meat that is cooked in the ordinary way is spoiled in the cooking, especially in boiled meats such as ham, tongue, chicken or anything that is cooked by boiling, steaming or stewing. For instance to take a shank that can be purchased at the butcher-shop at a very small expense, put it in the fireless cooker over night, next morning you will have the finest soup that can be produced, then by cutting the meat off from the bone, placing it in a mould, and pouring a small amount of the stock over the mould and letting it cool you will have pressed meat that cannot be equalled in any other way, and at a very small expense.

The Fireless Cooker method will make a great improvement in cooking of all kinds of meats. All meats should be put into boiling water. It keeps the meat juicy. Cold water will draw out the juices, boiling water will keep it in.

ROAST BEEF.

Always have the butcher roll the roast, and tie it with cord. It does not make any difference whether it is a rib roast or porterhouse. Always have it rolled. First place the two heat radiators on the fire, they may be heated on a gas, gasoline, coal oil, wood, coal or alcohol range. It will take about 20 minutes to make them hot enough for a 7 pound roast. Place your roast of beef in the large utensil, rub salt all over it and it will improve it to put in a spoon full of butter with it.
Then place the small rack in the bottom of the large compartment and place one of the radiators on this rack. Then attach the aluminum cover to the other radiator and place it on the utensil and clamp it on. Now place the aluminum utensil on the radiator in the cooker. Close up the Cooker and do not give it any further attention of any kind. It will take the same length of time to cook as it would in an ordinary old fashioned oven but you may leave it longer with no bad effect. Prepare your gravy in the usual way.

ROAST VEAL.

Get a roast off the leg, have the bone removed, and stuff with dressing of bread crumbs, salt, pepper, little melted butter and savory. Melt a little butter or suet in large kettle, sprinkle salt and pepper on roast and place in large kettle. Heat radiators 20 minutes. See page 7. A roast of 5 or 6 pounds requires to be cooked 2½ or 3 hours.

ROAST PORK.

Order a roast off the leg—5 or 6 pounds. Have butcher leave on rind and strip it. Sprinkle with salt and pepper and place in large kettle and roast from 3 to 3½ hours. Radiators heated 20 minutes. Delicious served with baked beans and apple sauce.

PORK TENDERLOIN.

Choose thick tenderloin, split them, but not quite through. Make dressing of fine bread crumbs, salt, pepper, savory and melted butter. Stuff tenderloin and bind together. Have tablespoon of melted butter in cooker kettle, add tenderloin and bake in roasting compartment 1½ to 2 hours.
FRESH PORK AND SAUER KRAUT.

Place 2 pounds of fresh pork cut in slices in small kettle. Add 1 quart sauer kraut and salted boiling water to fill pail. Boil 10 minutes. Place in cooker for 8 or 10 hours. When ready to serve reheat to boiling point, drain and place pork on platter with sauer kraut as garnish.

BEEF AU GRATIN.

Put in a baking dish a layer of bread crumbs, then some thin slices of fat salt pork, slices of cold cooked beef, onion, parsley and another layer of crumbs, until the dish is full; pour over all any left over gravy so as to moisten. Bake in the Fireless roaster for one hour.

ROAST LAMB.

Do it just the same as Roast Beef.

ROAST CHICKEN.

Do it just the same as Roast Beef. You can place two large chickens in the aluminum utensil by pressing the necks of the chickens inward and the legs forward.

Any and all kinds of food are roasted or baked in just the same way, so if you will follow these directions, you will get good results. No matter what it is you are cooking by the Roasting or Baking Process.

BOILED BEEF.

Place in Aluminum vessel, cover with boiling water, two lbs. of beef should be boiled 15 minutes, 3 lbs., 20 minutes. The meat must be heated all the way through, and the cooking process must be started all the way through.
before placing in the Fireless Cooker. It is better to leave it a little longer on the flame stove so as to insure it being perfectly cooked, or place one small radiator heated under the vessel if desired.

VEAL ROLLS.

Two pounds of veal steak cut thin off the ham, and cut in squares. Season these with salt and pepper and wrap around strips of salt pork, keeping in place with tooth picks, roll in flour and brown butter. Thicken butter left in pan with flour and add one pint of milk, bring this to a boil and pour over the rolls. Place in Fireless Cooker vessels, heat thoroughly twenty minutes, and place in Fireless Cooker for four hours. Mushrooms may be added to the gravy when ready to serve.

VEAL CURRY

Cut a pound of lean veal in small pieces and brown in hot butter. Cut a small onion fine and cook in a tablespoon of butter. Add to this one dessert spoon curry powder, half a teaspoon of salt and a dessert spoon of flour. Stir in gradually one cup of hot water. Add the meat to this sauce and boil fifteen minutes, then place in Fireless Cooker for five hours. Make border of boiled rice in serving dish and pour meat into center. Place one heated small radiator under cooking vessel if desired.

BROWN STEW OF BEEF.

Put one ounce of suet into a sauce pan. Cut two pounds of beef into pieces one inch square, dust them with flour, and stir until brown in hot suet add two tablespoons of flour mix and brown, add one pint of stock or
water, stir until boiling, add teaspoon of salt, half of pepper, or one slice of onion, a bay leaf and a spray of parsley. Turn while boiling into Fireless vessel and boil for thirty-five minutes. Remove to Fireless Cooker for five hours.

**CORNED BEEF.**

Place meat in vessel containing cold water, bring slowly to a boil and boil one-half hour, skim occasionally. Keep covered tightly and remove to Fireless Cooker for eight hours, allowing meat to cool in stock or reheat and serve hot.

**CORNED BEEF HASH.**

Corned beef cooked and cut in small pieces; to this add one-half the quantity of boiled potatoes cut small. Cream with milk, flour, butter and pepper.

**POT ROAST.**

Melt a small quantity of suet in an iron kettle. In this brown a four pound rump roast. Then place the meat in the Fireless Cooker vessel and cover with boiling water. Add a little salt and boil slowly for thirty-five minutes, then place in the Fireless Cooker for four hours. Add a cupful of the liquid to the melted fat and brown the meat in it for a few minutes. Thicken gravy with flour.

**STUFFED STEAK.**

Select a 2½ inch thick round steak. With a very sharp-pointed knife make a deep cut at one side, working the point of the knife back and forth until a good-sized pocket is formed. Fill this with seasoned oysters or bread stuffing made savory with herbs; then
lightly pin the edges together. Arrange on some thin slices of fat pork in a baking dish and cover with more slices. Pour around it a cupful each of good rich stock and strained tomatoes; cover closely and remove to Fireless roaster for 2 hours. Thicken gravy remaining in the pan.

**VEAL LOAF.**

Three pounds of lean veal, one-half of a pound of fat salt pork, one-quarter of a nutmeg grated, one small onion, butter the size of an egg, one-third of a saltspoon of cayenne, two teaspoonfuls of salt. Chop the meat and onion very fine, mix all together, melting the butter, and adding three well-beaten eggs and one-half of a cupful of milk. Form it into a small loaf, sprinkle with fine dry bread crumbs and bake 2 1/2 hours in the Fireless roaster. Serve hot or cold.

**BOILED HAM.**

Place ham in vessel and cover with cold water, boil thirty-five minutes and place in Fireless Cooker for six or eight hours or over night; let cool in liquor. After taking from the water remove the rind.

**CORNED TONGUE.**

Wash the tongue and place in cooker pail and nearly fill with cold water. Bring to a boil, and boil it for 20 or 30 minutes, depending upon the size of the tongue. Leave in the cooker over night. Plunge in cold water and remove the skin. The tongue may then be pressed into a small crock. Dissolve one teaspoon plain gelatine in a little of the liquid in which the tongue was boiled, pour this over tongue in crock, place weight on top; when cold, turn out and slice thin.
STUFFED HEART.
Wash heart, removing arteries and veins. Stuff with the regular chicken dressing. Dredge heart with salt, pepper and flour and brown in bacon fat. Place heart in small cooker pail, and cover with boiling water; boil 10 minutes. Then place small pail in large pail containing boiling water to nearly fill when small pail is in place. Place all in cooker over night. When ready to serve reheat small pail, and thicken gravy with flour.

SWEET BREADS.
Wash sweet breads and soak in slightly salted water for 1 hour. Plunge them in boiling salted water and boil 3 minutes. Place in cooker for 2 hours. Then plunge them in cold water; when chilled remove membrane. They may be rolled in crumbs and egg and fried or broken in small pieces to cream.

CREAMED SWEET BREADS.
Make a cream sauce. Half the quantity of sauce that you have sweet breads. Add sweet breads to sauce and let come to a boil, and serve at once, or place in the cooker to keep warm until they are needed.

BEEF LOAF.
1½ pounds of lean beef chopped, 2 eggs beaten, ½ cup rolled bread crumbs, salt and pepper to taste, ½ teaspoon scraped onion, ¼ cup milk, 1 tablespoon butter. Mix all together and turn into buttered baking dish. Heat radiators 18 minutes; place one in large kettle, add baking pan, then rack and other radiator, closing all with kettle cover. Place in roasting compartment for 1½ hours. This recipe may be doubled and the time of baking lengthened.
VEAL CROQUETTES.
Boil a pound of veal in enough water to cover for five minutes. Then place in Fireless Cooker for three hours. Chop fine and season with salt and pepper, moisten with cream dressing, roll in beaten egg and bread crumbs and fry in hot lard.

BOILED DINNER.
Take three or four pounds of corned beef, cover with cold water and let boil slowly for twenty minutes. Then skim and add a small cabbage, a few carrots, potatoes and turnips and boil for five minutes. Place in the Fireless Cooker for four hours. If you wish, place a small heated radiator under the vessel.

MOCK DUCK.
Get a round steak about half an inch thick. Make a dressing of bread crumbs melted in butter, salt and pepper and a little parsley or summer savory as desired. Spread over beef and roll, tying to keep in place. Put a little dripping in a frying pan and brown roll. Place roll in Fireless Cooker vessel, add flour and boiling water to fat left in pan and make a sauce and pour over this roll, and boil twenty minutes, place in Fireless stove for five or six hours.

STEWED BEEF.
Take round beef, cut in pieces and dredge with flour. Fry in the stew pan some beef dripping and sliced onion. Put in the meat and fry well, stirring constantly ten minutes. Remove to Fireless Cooker vessel, then add gradually enough water to cover the meat. Season with salt, pepper, a teaspoon each allspice, cloves and mace, a bay leaf and a sliced lemon. Boil twenty-five minutes, then place in Fireless Cooker for five hours. Have small radiator heated and place under vessel in cooker if desired.
VEGETABLES.

All vegetables are cooked in about the same way. The important point is to have the Aluminum Cooking utensil at least three quarters full of water. Always put cold water on vegetables. If desired, a heated radiator may be placed under the vessel in the cooker, but this is really not necessary.

POTATOES.

Pare and cut in half if large, salt in usual way, boil 5 minutes, place in Fireless Cooker 1 1/2 hours.

CARROTS.

Pare and slice. Add salt, boil 5 minutes, place in Fireless Cooker 2 hours.

BEETS.

Wash and scrub carefully. Boil 10 minutes, place in Fireless Cooker for 2 hours or longer if large. Season before serving.

STRING BEANS.

Break them into short pieces. Boil 10 minutes, place in Fireless Cooker 2 hours, remove, season with salt, pepper and butter.

FRESH LIMA BEANS.

Same as String Beans.

WAX BEANS.

Same as String Beans.
VEGETABLES.

Potatoes, carrots and onions may be cooked in the same kettle and served separately. Place potatoes in the bottom of the kettle with other vegetables on top; add salt. Cook in usual way by boiling 5 minutes, then removing to cooker for 2 hours. Before draining lift out carrots and onions into separate pans to be served with cream sauce or as desired. Drain potatoes and let dry over gas flame a second, when potatoes may be served at once or mashed.

BRUSSELS SPROUTS.

Wash sprouts, bring to boil in salted water, remove to cooker for 2 hours. Drain, add salt, pepper and butter to taste.

BAKED BEANS.

Soak beans in cold water for a few hours, drain, add plenty of fresh water and salt; boil 10 minutes and leave in Fireless Cooker over night. Drain off water and place in baking dish and add salt pork cut in small pieces, half a cup of water, and place in roaster for 2 hours. Heat radiators 20 minutes.

STUFFED PEPPERS.

To prepare red and green sweet peppers for stuffing, cut off the top and with a knife cut out and remove the veins and seeds. Like stuffed tomatoes, they may be filled with a variety of mixtures—chopped cold meats and seasoned bread crumbs, crumbs and onion juice, or other seasoning, or plain boiled rice; in any or all cases moisten liberally with melted butter. Stand close together in a dish, pour on a little stock or boiling water and bake in Fireless roaster ½ hour.
In case the eyes should be incautiously rubbed while handling peppers and much pain and smarting ensue, bathe freely with milk.

BAKED STUFFED ONIONS.

Select large onions as near of a size as possible; peel them, cover with boiling salted water and simmer for 10 minutes. Drain, scoop out the center of each onion and fill the cavity with cold minced meat of any kind highly seasoned and moisten with beaten egg and a very little melted butter. Place onions closely together in a baking pan, place small piece of butter on each and bake in Fireless roaster for 1 hour. Prepare separately one-half of a cupful of brown sauce and add scooped out onion centers chopped fine; season highly and pour around the onions before serving.

BAKED CORN.

Cut the grains from 1 dozen ears of corn, add 1 cup of boiling milk, $\frac{1}{2}$ cup butter, salt and pepper to taste. Put in buttered baking dish, dot with small pieces of butter and bake in the roaster for 1 hour. Heat radiators 20 minutes.

PARSNIP BALLS.

Pare and slice parsnips, place in cooker vessel with salted water and boil 10 minutes. Place in cooker for 2 hours. Drain and mash. Season with butter, pepper and salt, add a little fine bread crumbs and 1 well beaten egg; form in balls and fry.
ESCALLOPED POTATOES.

Butter a baking dish and pare potatoes and slice them; put in the dish a layer of potatoes; sprinkle with salt, pepper, butter and a little flour; then another layer of potatoes, etc., until the dish is nearly full. Add milk and cream to nearly fill the dish and place in roaster for 1½ hours. Heat radiator 20 minutes.

BAKED TOMATOES.

Take six large ripe tomatoes, skin and cut in slices. Spread in bottom of bake dish, season well, put a layer of coarse bread crumbs over tomatoes with plenty of butter; continue until dish is full, having bread crumbs on top. Place in roaster 1½ hours. Heat radiator 20 minutes.

BAKED CORN AND TOMATOES.

For a good lunch dish, fill a baking dish with alternate layers of canned corn, tomatoes and toasted or fried bread crumbs, adding plenty of salt and pepper, a suspicion of sugar and generous piece of butter. Have the top layer crumbs. Bake in the Fireless roaster for 1 hour.

STUFFED TOMATOES.

Select tomatoes of uniform size. Cut slice from the stem end of the tomatoes and remove the pulp. Chop fine a slice of onion and a piece of green or red pepper pod; cook these in melted butter until softened and yellowed. (One or two chopped mushrooms cooked with them will improve the dish.) Add half a cup each of chopped chicken and soft bread crumbs, mixed, with
two tablespoons of melted butter, and a tablespoon of chopped ham. Mix thoroughly and use to fill the tomatoes. Put piece of butter on each tomato when filled and bake in Fireless roaster for ½ hour.

**TOMATOES BAKED WITH GREEN CORN.**

Cut a slice from the top of the required number of tomatoes and scoop out the centers; cut off the tops of the kernels from ears of freshly gathered sweet corn, leaving the hulls on the ears. Sprinkle a little salt on the inside of the tomatoes; mix a little salt and paprika with the corn and use to fill the tomatoes; add a bit of butter to the corn. Set the pieces cut from the tomatoes in place and the tomatoes in a buttered baking dish. Bake in Fireless roaster for ½ hour.

**ONIONS.**

Prepare onions and boil for ten minutes. Remove to Fireless Cooker and leave two hours or more.

**CABBAGE.**

Shave a head of cabbage and place in salted water, boil for five minutes, remove to the Fireless Cooker for about two hours, drain and serve.

**SAUER KRAUT.**

Place a pound of sliced fresh pork in a vessel and add a quart of sauer kraut, cover with water and boil for ten minutes tightly covered. Put in the Fireless Cooker for 6 hours.
ASPARAGUS.

Wash asparagus, stand it up in Aluminum vessel with enough water so the tops are above the water, boil 5 minutes. Place in Fireless Cooker 1½ hours.

GREEN CORN.

Clean off husks and silk, cover with water, boil 5 minutes, place in Fireless Cooker one hour.

LENTILS.

Soak in cold water over night, pour off, add fresh water. Season with slice of onion, boil 10 minutes, place in Fireless Cooker 5 hours.
PUDDINGS.

PLAIN RICE.

A cup of rice, a quart of boiling water, salt to taste, boil five minutes. Place in the Fireless Cooker for three hours. When preparing small quantities place small vessel in large one containing boiling water.

RICE PUDDING.

Two cups of cold boiled rice, one cup of milk, one egg, butter the size of a small egg and salt to taste. Place in a small vessel with boiling water around it. Boil for five minutes, place in the Fireless Cooker for one hour. A few stoned raisins improves the above.

CREAMED RICE.

To 1 cup of rice add 4 cups of milk, bring to boil and remove to cooker; leave over night. In the morning add 2 large tablespoons sugar and 2 beaten eggs and bring to boiling point; add ¾ cup stoned raisins and leave in cooker 1 hour, when any desired extract may be added.

COTTAGE PUDDING.

1 cup milk, ½ cup sugar, 1 egg, 2 tablespoons melted butter, a teaspoon baking powder sifted with 1 pint flour. Put in buttered baking dish, remove to roaster and bake ¾ hour. Heat radiators 16 minutes. Serve with boiled sauce flavored in any preferred way.
APPLE TAPIOCA PUDDING.

Half a cup of Tapioca, two cups of boiling water. Boil five minutes, place in the Fireless Cooker for three hours. Pare and core some apples and place in a baking dish, fill the cores with sugar and pour Tapioca over them and bake in the oven until the apples are soft.

PLUM PUDDING, EXCELLENT.

One pound of stoned raisins and one pound of currants dredged with flour, one-half pound of beef suet chopped fine, one teaspoon of salt, four level cups of bread crumbs, one-eighth of a pound of citron peel sliced fine, nine eggs, half a pint of milk, one gill of wine or brandy, one heaping coffee cup of brown sugar, half a nutmeg grated, half a cup of syrup, essence of lemon to taste. Beat eggs to a stiff froth and add the last thing. Place the mixture in buttered tight fitting moulds. (Pound baking powder cans make good moulds for small family.) Place the moulds in a large vessel containing boiling water and boil one-half hour, remove to the Fireless Cooker for six hours. Sauce for pudding. One cup of brown sugar mixed with one tablespoon of flour, one-half cup of butter, grated rind of half a lemon and a pinch of spices.

CUP CUSTARD.

Warm three cups of milk and add half cup of brown sugar and a pinch of salt. Stir in three well beaten eggs. Pour into custard cups and grate nutmeg over each. Put cups in the Fireless vessel containing warm water, bring to a boil and boil gently for ten minutes, then place in the Fireless Cooker for three hours. Serve ice cold.
BROWN BETTY.

One-half a cup of melted butter, 1 pint of sifted bread crumbs, \( \frac{1}{2} \) teaspoonful of cinnamon, 1 quart of sliced apples, \( \frac{1}{2} \) cup of cold water, \( \frac{1}{2} \) cup of sugar. Stir the butter into the crumbs. Into a buttered baking dish put a layer of the buttered crumbs, then a layer of sliced apples, sprinkle with the cinnamon and sugar, and continue until the materials are used, having the last layer of crumbs; pour in the water before the last layer of crumbs. If the apples are juicy, use less water. Bake about an hour in Fireless roaster. Serve with cream.

FRUIT PUDDING.

One cup of suet chopped fine, two eggs well beaten, one cup of seeded raisins, one teaspoon of soda, one cup of currents, one teaspoon of salt, one cup of sour milk, two teaspoons of cinnamon, one-half cup of brown sugar, one nutmeg, one-fourth cup of molasses, add flour to make stiff as fruit cake. Pour into buttered cake dish and set on a plate turned upside down in large vessel with boiling water. Boil thirty minutes and remove to the Fireless Cooker for four hours.

FIG PUDDING NO. 1.

One cup of flour, two ounces of suet chopped fine, one-half teaspoon of salt, one cup of brown sugar, two teaspoons of baking powder, one cup of bread crumbs, two teaspoons of molasses, one cup of figs chopped fine, soak the bread crumbs in milk, spice to taste and mix to a stiff dough. Fill a buttered mould three-fourths full and place in a Fireless ves-
sel with boiling water around, boil thirty min-
tes and remove to the Fireless Cooker for five
hours. Dates may be used instead of figs.
Serve with wine sauce.

FIG PUDDING 1.O. II.

One-quarter pound figs chopped fine, ¼
cups bread crumbs, 1 cup brown sugar, ¼
pound beef suet chopped fine, 2 eggs, grated
rind and juice of 1 lemon, 1 dessertspoon
molasses, ½ grated nutmeg, 1 tablespoon
flour. Mix and put in buttered mould and
cover tightly, leaving room to rise. Place
mould standing in cooker vessel; three-quar-
ter fill with boiling water. Remove to cooker
for 3 hours. Serve with boiled sauce flav-
ored with lemon.

MACARONI PLAIN

Break in pieces and put in salted boiling
water. Boil for 5 minutes. Place in the
Fireless Cooker for 1 hour, make a cream
sauce and serve at once.

MACARONI AND CHEESE.

Prepare as for plain Macaroni. Make alter-
nate layers of macaroni and cream sauce and
grated cheese. Sprinkle bread crumbs on top
with pieces of butter. Bake half an hour.

MACARONI WITH TOMATOES.

Prepare plain macaroni. Put layer of to-
matoes in pudding dish, cover with macaroni,
season with salt, pepper and butter. Repeat
this until the dish is full. Sprinkle cracker
crumbs on the top with bits of butter. Bake
slowly for an hour in roaster. Heat radia-
tors 20 minutes.
MACARONI AND HAM.

One-third package of macaroni broken in inch pieces cooked in boiling salted water in cooker for 1 hour. Drain. Make white sauce with 1½ cups of milk, 2 tablespoons butter, 1 tablespoon flour, ¼ teaspoon salt, dash pepper and 1 small onion grated; to this add 1½ cups minced cooked ham. Pour cover top with buttered crumbs. Bake ¾ hour in Fireless roaster.

SPAGHETTI WITH HOT TOMATO SAUCE.

Break spaghetti and put in small cooking vessel with a dessertspoon of salt. Pour over it boiling water to nearly fill vessel. Bring to boil and place in cooker for 1 hour. Drain in colander.

Use canned tomatoes heated and strained. Take desired quantity of strained tomatoes; season with salt and plenty of pepper; add lump of butter, pour over spaghetti in baking dish. Sprinkle with bread or crackerumbs. Remove to Fireless Roaster for ½ hour
FISH AND OYSTERS.

SCALLOPED OYSTERS.

Strain juice from 1 quart oysters, butter bottom of baking dish, cover with crumbs, add half the oysters, also salt and pepper; repeat layers; pour over all the juice, about 1/2 cup. Put crumbs on top and small pieces of butter. Heat radiators 18 minutes and bake 3/4 hour.

ESCALLOPED SALMON.

Take one can salmon. Place in buttered baking dish one layer of salmon, then thin layer of fine bread crumbs, small pieces of butter and pepper. Alternate layers until dish is full, having crumbs on top. Place in roaster for 1 hour. Head radiators 18 minutes.

BOILED FISH.

A 3-pound fish should be put in a vessel containing 4 quarts of boiling water and 4 teaspoons salt. Boil 5 minutes. Leave in cooker for 1 hour. A larger fish requires more water. Roll the fish in cheesecloth and tie ends before placing in water.

TURBOT.

Take a whitefish; boil; take out the bones and sprinkle with salt and pepper. For the dressing heat 1 pint of milk, thicken with 2 tablespoons of flour stirred smooth in one cup of milk; add tablespoon butter; when cool add 2 beaten eggs. Put in baking dish a layer of fish, then a layer of sauce until full. Cover top with bread crumbs and place in roaster for 1 hour. Heat radiators 18 or 20 minutes, according to quantity. Any left over fish such as trout is excellent prepared in this way.
BAKED LOBSTER.
For the sauce mix well 1 tablespoon of butter with 2 even tablespoons of flour. Add to 1 cup of milk which has been brought to the boil. Add yolks of 3 hard boiled eggs, salt, and 1 teaspoon of curry powder and dash of red pepper. Place in buttered baking dish a layer of lobster and then one of sauce. Bake in roaster 45 minutes.

CODFISH BALLS.
Two cups of raw salt codfish cut fine, 1 quart potatoes cut small. Place in cooker vessel with plenty of water, bring to boil and place in cooker for 1½ hours. Drain and shake uncovered over the fire to dry. Mash thoroughly, add 2 beaten eggs, 1 tablespoon butter, ¼ teaspoon pepper. Mix well and make into balls for frying.

SALT CODFISH CREAMED.
Wash the fish and put in cooker vessel with plenty of cold water, bring to boil, put in cooker for 1½ hours. Drain, pick to pieces, and add to white sauce, which has already been prepared.

BEEF TEA.
Take one pound of lean round steak and cut in small pieces and place in fruit jar. Add to this one cup of cold water and let stand one-half hour; place this jar in Fireless vessel containing cold water and gradually heat to boiling point, then place in Fireless Cooker for six hours. To serve, heat over hot water, adding salt to taste.

COFFEE.
Take a jar with a tight fitting cover, preferably a stone jar, put in level teaspoon full of coffee for each cup, fill about half full with cold water, place this stone jar into one of
the vessels of the Fireless Cooker, have this vessel about three quarters full of boiling water, place over the flame stove and boil hard for a short time, then without removing the cover place in the fireless cooker, and leave all night, this will make a perfect infusion of coffee, and it can be thinned in the morning by adding hot cream or water to suit requirements.

BREAD

Use any good recipe for mixing your bread. You will find this a good reliable recipe:

Boil 4 potatoes in a quart of water. When thoroughly done mash up, add two tablespoons of salt and four teaspoons of sugar. Dissolve one yeast cake in luke warm water. Mix potato water and yeast together. Place this in small aluminum dish and leave over night in the Fireless Cooker, so as to keep it warm and free from drafts. In the morning take 3 sifters of flour and rub into it two tablespoons of lard, add the yeast, mix down stiff, adding enough flour to make it stiff, place this into large aluminum pail and place it into the Cooker to rise. The Cooker will keep it free from drafts. When light, cut into loaves, work down nice and smooth and put in the large aluminum vessel and have the radiators good and hot and use them just the same as when roasting beef. It will brown the crust nice and brown.

BUNS.

Do just the same as bread.

BISCUITS.

Do just the same as bread.
CAKE.
All kinds of cake. Cook it just the same as bread.

LOAF CAKE.
One cup sugar, 1/2 cup butter creamed, 3 eggs, 3/4 cup milk, 21/2 cups flour, 2 teaspoons baking powder, 1 cup raisins, 1/8 pound peel, cut fine, grated rind of 1 lemon. Bake 2 hours in roaster. Radiators heated 18 minutes.

OLD FASHIONED SPICE CAKE.
Cream well together 1/2 cupful of butter and 1/2 cupfuls of sugar. To 1 cupful of thick sour cream add 1/2 teaspoonful of soda dissolved in 1 teaspoonful of boiling water. To the creamed butter and sugar add 1 well beaten egg, and, when well mixed, the cream. Stir in 1 cupful of seeded raisins, 1/4 cupful of cornstarch, 2 cupfuls of flour, 1/4 teaspoonful of mace, 1 teaspoonful of cinnamon and 1/4 teaspoonful of cloves. Line a loaf pan with two thicknesses of paper, pour in the batter, dust with a little powdered sugar and bake from 1 hour to 1 1/4 hours, according to thickness, in Fireless roaster. Heat radiators 18 minutes.

WHITE NUT CAKE.
Beat half a cup of butter to a cream and gradually beat in 1 1/2 cups of sugar, sift together two or three times 2 cups of sifted flour and 2 level teaspoons of baking powder. Add the flour mixture to the butter and sugar alternately, with 3/4 cup of milk. Add 1 cup of chopped nut meats and the whites of 4 eggs beaten dry. Bake in Fireless roaster 1 1/2 hours.

ENGLISH PLUM CAKE.
One-half pound butter, 1/2 pound granulated sugar, 1/2 pound lemon peel, 3 cups
flour, 1 pound Sultana raisins, 4 ounces almonds, ½ cup brandy, 5 eggs, ½ teaspoon salt, 1 tablespoon allspice. Cream butter and sugar well together, add sifted flour and salt gradually. Add eggs one at a time, beating with your hand. Have peel and almonds chopped and add with Sultanas and spice. Mix all well and add brandy last of all. Line bottom of large kettle with buttered paper. Heat radiators 20 minutes and bake 3 hours.

**MINCE MEAT.**

Two pounds raw beef minced fine, 1 pound suet, 1 pound raisins, 1 pound currants, 1 dozen good sized winter apples chopped, 4 pounds brown sugar, 1½ cups good cider vinegar, 2 cups water or sweet pickle syrup, 1 nutmeg ground, 4 teaspoons cinnamon, 1 teaspoon cloves, ¼ pound lemon peel chopped. Mix together in large cooker kettle (except about half of sugar) and boil slowly, stirring constantly, for ½ hour; add rest of sugar, bring to boil and place in cooker for about 2½ hours. Pack in jars or crock.

**CELERY SAUCE.**

Thirty-five ripe tomatoes, 3 medium sized onions, 3 celery heads, 1 red pepper, all chopped fine, 1 tablespoon salt, 2½ cups granulated sugar, 5 cups cider vinegar. Boil ½ hour and remove to cooker for 3 hours. Reheat and put in jars.

**CHILI SAUCE.**

Half bushel tomatoes, 10 onions chopped fine, 2 medium sized red peppers chopped fine, 6 cups vinegar, 6 cups brown sugar, ½ tablespoons whole spice tied in muslin bag. Salt to suit taste. Boil hard on stove ½ hour. Remove to cooker for 3 hours, bring to boil and put in jars.
SAUCE HOLLANDAISE.

To make 1 pint of sauce use 1 tablespoon butter and 1 of flour. Mix in a saucepan on the fire until the butter melts. Put in gradually, 1/2 cup at a time, stirring smooth each time, 1 pint of water, hot or cold. Season with 1 saltspoon of salt, one-fourth as much pepper and a little nutmeg. Let the sauce boil a minute to take away the taste of the flour, then take it off the fire and add yolks of 2 eggs, stirring quickly, 1 tablespoon lemon juice, 2 of salad oil. Put this around, not over the fish. Garnish with parsley and slices of lemon. When this sauce is prepared remove to Fireless vessel to keep warm until needed.

MUSHROOM SAUCE.

Wash and pick 1 pint of fresh mushrooms (or one can of French mushrooms), put in a saucepan with a little salt, nutmeg (three grates), 1 blade of mace, 1 pint of very sweet cream, a lump of butter (size of pullet’s egg) rubbed in 1 tablespoon of flour; boil up, stir until cooked. Serve with chicken.

TOMATO SAUCE.

One quart of canned tomatoes, 2 tablespoonfuls of butter, 2 of flour, 6 cloves, a small slice of onion. Cook the tomatoes 10 minutes. Heat the butter in a small frying pan, add the flour, cloves and onion, stir over the fire until smooth and brown; then stir into the tomatoes, cook 5 minutes, season to taste with salt and pepper, rub through a strainer fine enough to keep back the seeds. This sauce is nice for meat or macaroni.
MINT SAUCE.

Of fresh garden mint take enough to make half a teacupful when chopped fine, 2 tablespoonfuls of sugar, \( \frac{1}{2} \) teacupful of cold vinegar; let them stand from 1 to 3 hours. When the lamb is ready to serve, add \( \frac{1}{2} \) teacupful of boiling water and let scald.

HORSERADISH SAUCE.

One teacupful of grated horseradish, 1 tablespoonful of ground mustard, 1 tablespoonful of sugar, 4 tablespoonfuls vinegar and 1 of olive oil, pepper and salt.

BOSTON BROWN BREAD.

One cup of graham flour, 1 cup of cornmeal, 1 cup of rye meal, 1 teaspoon of salt; add to this 2 level teaspoons of soda dissolved in 2 cups of sour milk; add \( \frac{3}{4} \) cup of molasses. Butter small pail thoroughly, put batter in and cover tight. Put smaller pail in large pail of water and boil 2 hours with one radiator. Take out pail, remove cover and place in roaster with both radiators for 20 minutes.