ATLAS FLOUR COOK BOOK

##### BY

Ellye Howell-Glover

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##### MILWAUKEE

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## Foreword

In giving the Atlas Flour Cook Book to the public, there has been in mind one thing, practicability. The endeavor has been to make it simple, clear and concise. The rules laid down are few and such as are necessary to smooth running of the average household machinery. The recipes themselves have been culled from the very best authorities of this and past generations, of not only our own, but foreign lands. To all who have contributed to the work, sincere thanks are given. It is hoped that within the covers of this book, the touch of novelty, the “something different” may be found.

The Atlas Flour Cook Book is one of the most complete and carefully compiled of any ever published. It contains 488 pages and 1542 recipes, with table of contents. It also contains chapters on correct setting of the table, the proper serving of courses, tables of measures, menus for special occasions—like birthdays, weddings, etc.

The author of the Atlas Flour Cook Book has a nation-wide reputation. Each of the recipes has been tried out and has been found to be practical and economical. We will appreciate any suggestions or comments for correction or improvement that any of our friends may send to us that we can use in future editions; and will gladly and promptly express our appreciation in response to such letters.

The Atlas Flour Cook Book sells for $2.00, but can be secured by sending direct to the millers, Atlas Flour Mills. Milwaukee, Wisconsin, ten of the coupons contained in the 24½ lb. bags (⅛ bbl.) or 49 lb. bags (¼ bbl.) of Atlas Fancy Flour. These coupons are put into these bags as a further inducement to the consumer to use “Atlas Fancy Flour” continuously, and as a compliment to the constant users of “Atlas Fancy Flour” from the manufacturer.

Atlas Flour Mills,

Milwaukee, Wisconsin.

This Guarantee Appears On Every Bag Of

ATLAS FANCY FLOUR

“We believe Atlas Fancy Flour to be the most perfect flour milled. So confident are we of its excellence that we sell it under Our Quality Guarantee. If this sack of *Atlas Fancy Flour* does not give *perfect results–make better bread* than ordinary flour and *prove itself* entirely *satisfactory*, we authorize the dealer to *refund without argument* the *full purchase price*, if the unused portion is returned to him.

Atlas Flour Mills,

Milwaukee.

—

READ THIS, YOU WILL FIND IT

INTERESTING

Atlas Fancy Flour is produced in one of the most modern flour milling plants now in existence in the United States. The most improved and advanced methods are used in its manufacture. *It is milled entirely from washed wheat*. Every kernel of the wheat used in its manufacture is thoroughly washed in the purest artesian spring water, so as to absolutely remove every possible impurity from the wheat before it is ground. Throughout the milling plant, the flour is sifted by machines which are *clothed with silk bolting cloth*, especially made for this purpose, and imported from Switzerland. Throughout the milling plant there is a *suction of air* applied to all the machinery so that from the time that the wheat enters the milling plant until the finished product is packed into bags, every precaution is taken for the sanitary handling of the product, and *scientifically eliminating every particle of impurity*.

While “Atlas Fancy Flour” frequently will cost more than ordinary flour, it is worth so much more to the consumer! For the following reasons:

I.—It is so much more pure and refined.

II.—On account of its containing so much larger percentage of gluten, which is the health and strength giving quality of flour, it will produce so much better a quality of bread; but what is just as important, so much more quantity of bread with the same given quantity of flour.

III.—Bread and cake made from “Atlas Fancy Flour" have that rich all-wheat flavor which can be found only in a superior article like “Atlas Fancy Flour."

IV.—Bread made from “Atlas Fancy Flour" will have that creamy-white, appetizing color, with that beautiful velvet-like texture, which is so inviting to the palate.

V.—“Atlas Fancy Flour" will make bread that is not alone appetizing, but is easily digestible, having been safe-guarded by having all impurities thoroughly and completely removed.

VI.—It is most economical, to use “Atlas Fancy Flour" because on account of its dryness so\* much more water can be used in the baking, which results in a larger amount of bread or cake.

VII.—“Atlas Fancy Flour" is an all-around flour, which can be used equally as well for bread, cake, and other pastry; and consequently the housewife can use it for all purposes under all circumstances.

VIII.—“Atlas Fancy Flour" is sold under an absolute guarantee of quality, without any conditions attached to it, so that the dealer that sells the same is authorized to refund without argument, the full purchase price, if the unused portion is returned to him, if “Atlas Fancy Flour" does not give perfect results and make better bread than ordinary flour, as well as prove itself entirely satisfactory in every respect and particular to the consumer.

Atlas Flour Mills, Milwaukee.

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# I.—SETTING THE TABLE

No attempt will be made to go into elaborate details in these suggestions; the one end and aim is simplicity coupled with correct service, which is easy to attain and a mighty adjunct towards making the routine of three meals a day run smoothly.

## The Breakfast Table

A dish or basket of fruit with a few flowers should be in the centre of the table; a finger-bowl on a doily-covered plate at each place. At the right of the plate, a knife, and the needed spoons, also a fruit knife, if it is necessary, and a glass of water. A butter-spreader and egg-spoon may be across the top of the plate. At the left are a fork and folded napkin and bread and butter plate with a pat of butter. At the head of the table this service is supplemented by the coffee cups, sugar bowl and cream pitcher, and the tile on which the coffee pot rests. The foot of the table, usually occupied by the head of the house, has the requisite number of spoons, knife, fork, or whatever is needed for serving the menu.

Breakfast in most families is a very informal meal, fruit is passed, then the cereal is served in a bowl or saucer put on a plate which replaces the one containing the fruit. The cream and sugar are passed on a tray. During the eating of the cereal, the maid brings in the coffee and the main breakfast, the hot plates are in front of the host, who fills each one, and it is placed from the right directly in front of the person for whom it is intended. The coffee is placed also at the right close to the edge of the table. Hot toast, muffins, or rolls are placed on a doily-covered plate and passed at intervals. If hot cakes or waffles are to follow the plates are changed, replaced by hot ones, and an extra knife and fork are put on when setting the table.

A bare table with centre-piece, plate and tumbler-doilies is permissible for breakfast. Often at country homes, the breakfast table is laid on a covered porch, and on these occasions the small English breakfast table with drop leaves is very convenient.

## The Luncheon Table

The setting of the luncheon table is much like that described for breakfast, only the finger-bowls come with the dessert unless a fruit course is served. Spoons and forks are at the left, knives at the right, in the order in which they are to be used, beginning at the outside; the dessert spoons or forks need not be put on if the supply should be short, for it is perfectly proper to bring them on at the time they are needed. At the upper left-hand corner put the bread and butter plate with the spreader; at the right, place the tumbler and wine glasses, if wine is to be served, and an individual dish for salted almonds is allowable.

The napkin may be laid at the left or upon the service plate, according to what the first course is to be. Salt-shakers are placed for each two persons midway between the two covers.

Handsome luncheon linen may be used which consists of doilies and centre-piece to match, and candles and shades are permissible. Generally they should correspond in color with the flowers used in the centre of the table.

## The Dinner Table

For formal dinners every detail must be considered with care. The table is covered first with a “silence” cloth, which permits the fine table cloth to lie smooth without a wrinkle. It must hang over the sides at least a quarter of a yard.. The covers or places for each guest should be at least twenty inches apart to avoid unpleasant crowding. The handsomest plates a housewife owns should be put at the covers; these constitute the service plates and are on the table from the first; they remain until the fish or first hot course after the soup is served. It is an unwritten law of these latter days that a guest should always be confronted with a plate until the dessert; but this depends largely upon the ability of the maid and the resources at command and is not absolutely necessary at informal home dinners. The service plate goes on exactly in the middle of the alotted space about one inch from the edge of the table. Remember that the knives must always have the sharp edge turned in, and with the forks are placed in the order in which they are to be used, beginning at the extreme right. At the right of the knives, the soup spoon comes with the bowl turned up, then the oyster fork and the fork for *canapés*. At the left are all the forks with tines turned up, the last fork to be used closest to the plate. No bread and butter plates or butter chips are used at formal dinners. The napkin goes at the left, goblet and wine glasses at the right of the cover.

If dinner cards are used, and they are often a great convenience, they are placed upon the napkin. A card bearing the monogram of the initials of the hostess is always in good form as well as a plain small card with the name written on it. Menu cards are not used at private affairs unless some special occasion or some entertaining or amusing feature is to be illustrated in that way. Floral arrangements are very simple and avoid all suggestion of elaborate detail. The hostess usually arranges them herself.

The lighting of the dining-room is a most important factor. The most artistic illumination is from candles or lamps placed not higher than the head, or from a low-hung centre light well shaded. Rose pink is a most satisfactory color-scheme in either sunlight or candle light. Red is effective for certain occasions and is a good winter color, suggestive of warmth and hospitality. In summer, the hostess may always be certain that green combined with white will surely please.

There are two equally proper ways of serving a formal dinner party; it all depends upon which is the most convenient. With plenty of help the entire dinner may be served from the butler’s pantry, each course arranged upon the individual plate.

The maid or butler takes the plate upon a folded napkin, not a tray, puts it in front of the guest from the right side upon the service plate until after the soup course, which is removed with the service plate, and the next plate put on close to the edge of the table. Then the dishes that are to be served are passed upon the folded napkin at the left of each guest, being held low, so that the person may use his right hand easily.

Guests are served in rotation, beginning alternately at the right and left of the hostess, going in the opposite direction for each successive course.

## Second Way of Serving

The other way is to have the first course on the table when dinner is announced, the heavy course arranged on a platter, cut in small pieces with the necessary serving spoon or fork; this is passed to the left. Each course is removed after every one has finished, one plate at a time. It is bad form to pile up plates to remove them.

If wine is served it should be renewed with each course. Finger-bowls are brought in with dessert; black coffee and cordials follow. It is becoming quite the custom to serve the latter in the drawing-room to the ladies while the men remain for fifteen or twenty minutes to smoke over their coffee and liqueurs.

## Informal Dinner

The family dinner with one or two guests differs from the formal affair, for if the hostess pleases she may serve the soup from a tureen herself. Fish may be served by the host and the meat or fowl may be served by him also. All vegetables and side dishes are passed to the left of each guest, as required. The hostess or the host may make the salad, the hostess serves the dessert and pours the coffee. The bon-bons and relishes may be placed on the table.

## Serving at a Formal Luncheon

This is much the same as for a dinner, only the coffee and cordials are served at the table, which may be bare or with a handsome cloth. The soup is served in two-handled cups, wine is seldom offered, but if it is served, it should be sauterne. When luncheon is announced the hostess simply asks the guests to follow her into the dining-room.

The informal home luncheon is an every-day affair at which. the hostess pours the tea; there are no roasts or heavy courses; in fact, just dishes arranged from the dinner of the night before are usually served, with something sweet for the last dish.

## Notes on Serving

Canapés, raw oysters or clams, cocktails or chilled fruits are usually placed upon the service plates before the guests enter the dining-room, but it is equally proper to place them after the company is seated. Small sandwiches or crackers are served with raw oysters or clams, also slender stalks of celery and radishes. Bread sticks or dinner biscuit accompany soups, also salted wafers.

With the fish course, cucumbers, cress, radishes, cooked potatoes in small balls with melted butter may be served. Salted nuts and olives may be passed also.

It is much the best form to have all vegetables dry enough to serve on the plate; for this reason peas and string beans are best served with just a little melted butter, without the time-honored cream sauce.

Sherbet, which is frequently called sorbet, is a frozen ice or punch served as a course in the middle of a luncheon or dinner. It is supposed to be stimulating and prepares for the part of the meal which is to follow. It is served just before the game or salad in a small glass resting on a plate covered with a doily. Only a heaping tablespoonful is served.

A vegetable salad should be served with game; a meat salad should not be served at a dinner, and is only permissible at a luncheon when there is little or no meat served before. Serve after-dinner coffee after the dessert plates have been removed; fill the cups only three-quarters full. Sugar and cream may be passed, but as black coffee is supposed to aid the digestion very few diners use them.

Bon-bons should be passed just before the guests leave the table.

## Late Suppers

Sunday night suppers and after-the-theatre spreads are most popular forms of entertainment, being purely social and giving opportunity to extend sincere and cordial hospitality to one’s most congenial friends.

These little suppers with the guests seated about the board are truly enjoyable. A good menu is one that consists of a hot bouillon, dainty sandwiches, salad, a hot or cold *entrée*, coffee with cream, or hot chocolate, and there may be a sweet to top off with.

Sometimes the chafing-dish is used. All the viands may be on the table and serving table, for at these affairs no maid is necessary, unless it happens that there is some special guest, when form and service may seem to be a requisite. Guests are supposed to help themselves and assist the hostess. The “little supper” furnishes an occasion for the hostess to become famous.

The following dishes will be found helpful in arranging a menu: oyster cocktails, any sea-food creations, cold meats, salads of all kinds, tarts, custards, frozen desserts, small cakes, accessories of olives, nuts, cheese, celery and bon-bons.

## Five o’clock Teas

The five o’clock tea may be formal or informal with several intimate friends, or the “four hundred.” For the cozy affair, the tea is brewed and served in the drawing-room, on the porch, anywhere but in the dining-room, and only the simplest things are passed, such as plain bread and butter sandwiches, small cakes, cookies, and fancy sandwiches, with hot tea, chocolate, or coffee for cold days, and iced tea, coffee, or chocolate, or a fruit punch for hot weather. No elaborate service is required; the hostess makes the tea and pours it and the guests help one another.

For a large tea, the refreshments are served in the dining room, the table arranged with flowers and lights. Usually special friends are asked to “pour” at either end of the table, one for coffee, one for chocolate, serving half an hour at a time.

There may be a *frappé* served in the hall. Servants pass the trays and other refreshments, which should be several varieties of tiny sandwiches, a salad (at the discretion of the hostess), olives, salted nuts, and a frozen sweet, like ice-cream, sherbet, an ice, or a *mousse*. The servants necessary are one at the door, two in the kitchen, two in the dining-room, a maid for each dressing-room, and a carriage man.

String music is an adjunct and plenty of flowers artistically disposed throughout the rooms, which are usually darkened and artificially lighted.

## Buffet Luncheons

At these functions, from twenty-five to one hundred and fifty guests may be entertained; two o’clock is the hour and there are three ways of serving the company. The guests may fill the dining-room and be served *á la réception* or chairs to seat all at once may be placed in the various rooms, with a small table in each room, where a young woman or a young matron pours the coffee or chocolate for those to be served. If the guests are not many, they may be seated, four to six, at small tables.

The menu usually consists of a bouillon or clear soup, fish, croquettes or patties, salad, sandwiches or hot buttered rolls or biscuit, a frozen sweet, and small cakes. A more elaborate menu consists of *canapés*, soup, fish, croquettes or patties, peas or asparagus, salads, a frozen sherbet, and beverages.

## Receptions

Receptions are a favorite way of paying one’s social debts in a wholesale manner. It is quite customary for two or three friends who are indebted to about the same people to entertain together in this manner. The hours are from three to five or four to six, the house is darkened and lighted artificially, and decorated with palms and cut flowers. String music is an addition.

The refreshments are served from the dining-room table, which is arranged with flowers, candles, extra plates, napkins, bon-bons, salted nuts, and olives. Sandwiches, coffee, and chocolate are served with a frozen sweet. *Frappé* is served, generally in the hall.

# II.—CANAPES, COCKTAILS, AND FRUITS

The recipes in this chapter are to be served as a first course at luncheons or dinners. They are supposed to whet the appetite for the dishes that follow. In Europe one always finds them. At very formal affairs, they are placed on the service plates after the guests are seated, but usually they are at each place when the meal is announced. Be careful that they are made of things that do not appear again in the other courses. *Canapés* precede oysters and at informal affairs they may take their place before the soup. Tiny sandwiches of white or brown bread may be served with raw oysters and clams; also small celery stalks, radishes, olives, and watercress.

At stag affairs, *canapés* are sometimes served in the drawing-room or library, just before dinner is announced. They are accompanied by wine or whiskey cocktails, or whatever the host may wish to serve.

### The Making of Canapés

Use for the foundation bread that is two days old. It may be toasted or fried crouton fashion, though the nicest possible way is to butter it lightly, then set it in a hot oven to brown delicately. Cut the bread oblong, diamond-shaped, in rounds, or with a cutter that has a fluted edge. While the toast is quite hot, spread with the prepared mixture and serve on a small plate with sprigs of watercress or points of lemon as a garnish. Still another way is to cut the bread into delicate fingers, pile it log-cabin fashion, and garnish the centre with a stuffed olive. For cheese *canapés*, sprinkle the toast thickly with the grated cheese well seasoned with salt and paprika. Set in a hot oven till the cheese melts and serve immediately. Canapés are usually spread with a flavored butter, made as follows: The butter is creamed as for cake, then into it is rubbed whatever flavor is desired. It can be prepared twentyfour hours before it is needed, beaten until perfectly smooth, then packed and left in a jar to blend. Cover it closely and set in a refrigerator to be used when required. Among the condiments which go to make savory butter are anchovies, either the paste or the canned fish, caviare, salmon, horseradish, watercress, or an intermingling of chopped olives and pickles.

*Canapés* should always be attractively garnished with parsley, watercress, gherkins cut into strips, a radish tulip, fancy olives, or hard-boiled egg.

### Anchovy Canapés

Cut white bread in oblong strips, toast and spread lightly with butter and mayonnaise dressing. Lay two or three strips of boneless anchovies across toast diagonally and fill in spaces with minced hard-boiled eggs and minced beets; first the white, then the beet, and lastly the yolk. A pretty and delicious appetizer.

### Egg Canapés

Mix two or three cooked yolks with two tablespoonfuls of butter, add four anchovies or the same amount of caviare or lobster, or even sardine paste, which comes in tiny cans and is convenient for the sandwich as well as the canapé. Soften this with lemon juice and spread on buttered toast, cover with whites of the eggs, minced fine, and put in the centre a tiny cucumber pickle curl. To make these cut a pickle in slices not quite through, leaving a strip, then put the ends together. It is a pretty garnish, if the gherkin is small enough.

### Ham Canapés

Mince and mash to a smooth paste half a pound of cold boiled ham, add two tablespoonfuls of currant jelly, one tablespoonful of soft butter, and half a teaspoon of curry powder, or half this amount of paprika if the latter be preferred. Spread this paste on round pieces of toast and garnish with chopped, cooked eggs, whites and yolks separate, minced pickles, green peppers, and olives.

### Oyster Canapés

Cut slices of brown bread in heart and diamond shape, remove the muscle from twelve large oysters and cut fine. Add a tablespoonful of chopped pickles, two tablespoonfuls of horseradish, and three tablespoonfuls of chopped celery. Mix with a third of a cup of mayonnaise dressing, and two tablespoonfuls of Worcestershire sauce. Mix well, and spread over the buttered bread or toast. Cover with thin slices of pick led beets, cut in fancy shapes.

### Canapés Lorenzo

Chop crab meat fine, season with salt, cayenne, and a few drops of lemon juice, moisten with thick white sauce. Spread circles of toast, delicately browned, with this mixture. Sprinkle thickly with grated cheese, brown in the oven, and garnish with parsley.

### Sardine Canapés

For sardine *canapés*, toast lightly diamond-shaped slices of stale bread and spread with a sardine mixture made as follows: Skin and bone six fine sardines, put them in a bowl and rub to a paste with a silver spoon. Add two tablespoonfuls of lemon juice, a few drops of Worcestershire sauce, a dash of paprika, two teaspoonfuls of chopped parsley, and four table spoonfuls of creamed butter. Garnish with a border of whites of hard-cooked eggs, finely chopped, and on top scatter shred ded olives

### Egg-rings Filled with Caviare

Spread small rounds of brown bread with mayonnaise; place a ring of hard-boiled egg over this and fill the ring with a thin layer of caviare, then the yolk of the egg pressed through a fine sieve; season with a sprinkle of salt and a few grains of paprika. Arrange on a small plate, surround by small cubes of cucumber dipped m rrench dressing.

### Lobster Canapés

A sightly and delicious *canapé* is one covered with a lobster mixture. Shape the bread with a fluted cutter and toast it. Chop one cupful of lobster meat, season with salt, paprika, and lemon juice. Then moisten with a thick white sauce. Spread this mixture, rounding it slightly like a me ringue on the bread, cover with creamed butter into which a small portion of white of egg has been worked, sprinkle with grated cheese, and brown delicately in the oven. The meat of crabs or shrimps may be used, if preferred, instead of lobster.

### “Dame Curtsey” Canapés

Cut white bread in rounds with cutter, toast and butter, lay on a slice of ripe tomato, spread it with some deviled ham, then grate cheese over all, and season with paprika. Put in oven until the cheese is melted, and serve hot.

### Caviare Canapés

Make toast rounds, spread with the following mixture; three tablespoonfuls of caviare paste, one teaspoonful of lemon juice, one-half teaspoonful of paprika, two tablespoonfuls of butter, one-half cupful of finely chopped watercress.

### Herring Canapés

Toast oblong pieces of crustless bread, spread them with butter mixed with a very little French or German mustard, cover them with finely minced sour pickle, and then dust with grated hard-cooked egg yolk and dispose upon each a boneless herring, the imported variety, which are not expensive, and flank each side of the herring with strips of cooked egg white cut from end to end of the egg.

### Chicago Canapés

Make round slices of toast, butter them and, while hot, lay on each a slice of tomato one-half an inch thick. But before putting the tomato on the toast, scoop out carefully all the soft part, leaving a cavity between each connecting section. Into this cavity put a mixture of caviare, cooked egg yolk, lemon juice, and cayenne. Chop the egg white very fine, pile it in a mound in centre of tomato, and in the centre of the mound put a tiny flower. If caviare is not convenient, ancho vy, chopped pickled cucumbers with beets and olives may be used, and a sprig of chervil or parsley may be used instead of the flower.

### Bonne Bouché

Make some pastry cases by covering tiny but deep patty pans with rich pastry, and then cut very narrow strips of the pastry to make a rim for the cup. Bake them and when cool they will slip from the pans. When ready to serve, fill them with *pâte de foie gras*, made quite soft with whipped cream and seasoned with salt and cayenne or paprika. On top of each one put a tiny mould of aspic jelly. These are also suitable to serve with the salad course. The aspic is made out of clear veal or beef stock, stiffened slightly with gelatine and seasoned with a few drops of sherry and tarragon vinegar, or use cider vinegar and a bit of onion juice if without tarragon vinegar.

### Frozen Chicken Glacé

Soak one-fourth box of gelatine in one cup of cold chicken liquor; when softened add three cups of hot chicken stock seasoned with herbs, salt, and vegetables; cool and add two cups of whipped cream; turn into a freezer and proceed as for ice-cream; then serve in bouillon cups with saltines.

### Clams

Clams on the half-shell and clam cocktails are prepared the same as oysters. Many people can eat clams who do not like oysters, so a hostess is very safe in serving them.

### Clam Cocktail

Wash the desired number of Little Neck clams in fresh cold water, scrubbing each with a small brush. Wipe them dry. Open, and cut the clams clear from their shells. Serve five or six in a cocktail glass or in tomato cups in the following sauce. Allow one tablespoon of lemon juice, a few grains of cayenne pepper or a drop or two of tabasco sauce to each person, with a teaspoon of tomato catsup. Omit the latter if clams are served in tomato cups and add a pinch of mustard to the lemon juice. Some people like a few chopped capers and a dash of onion juice added to this sauce. If tomatoes are used they should be uniform in size and firm. Peel and cut a slice from the stem end, carefully scoop out the inside, sprinkle with salt slightly, invert on a plate and chill them thoroughly. When ready to serve them, arrange each tomato in a double grapefruit glass, having both filled with finely cracked ice. Make a depression in inside glass of ice and nestle the tomato in this, dispose sprays of parsley about the tomato over the ice; the latter will prevent its wilting. Put the clams in the tomato cups and pour over the sauce. Garnish the top of each cocktail with pimolas. Serve with small cress sandwiches.

### Little Neck Clams

Allow six clams for each plate, have them opened and reserve the shells. When ready to serve fill soup plates with chopped ice; clean the shells and sink six halves in the ice. Place a clam in each shell, garnish with a quarter of a lemon and a sprig of parsley and serve with horseradish.

### Lobster Cocktail

One pint cold cooked lobster cut in cubes, one cupful strained tomato sauce, one tablespoonful tarragon vinegar, six drops onion juice, four drops tabasco sauce, two tablespoonfuls lemon juice, four tablespoonfuls olive oil, one saltspoonful salt, one-half saltspoonful white pepper, one tablespoonful finely minced heart celery.

### Lobster Cocktail Sauce

Mix the lemon juice, olive oil, salt, and pepper and pour the mixture over the prepared lobster. Allow it to stand on ice for two hours. Combine the tomato sauce, vinegar, onion juice, and tabasco sauce. When ready to serve, place one portion of lobster in each glass.

### Raw Oysters

Allow six oysters to each person. Buy in the shell, Blue Points are the best. Keep on ice, on the lower half shell; place on oyster plates with finely cracked ice. Put a half lemon cut in quarters in the centre of the plate. Salt, pepper, cayenne, horseradish, tabasco sauce are the condiments used.

### Oyster Cocktails

Two dozen small oysters, keep on ice. Place oysters in a small glass and add the following sauce just before serving.

1 tablespoonful of horseradish.

1 tablespoonful of vinegar.

2 tablespoonfuls of lemon juice.

1/3 (1/2)? teaspoonful of salt.

1/3 (1/2)? teaspoonful tabasco sauce.

1 tablespoonful Worcestershire sauce.

1 tablespoonful tomato catsup.

Allow about one tablespoonful to each glass. In case of emergency, cocktail sauces put up by a reliable maker may be used with satisfactory results.

### Grapefruit Cocktail

For six persons, mix eight tablespoonfuls of grapefruit juice with two of sugar syrup, add two tablespoonfuls of maraschino if liked. Add a few tiny pieces of the pulp and pour the whole into small glasses filled with cracked ice. This should be drunk from the glass and not eaten with the spoon.

### Banana and Lemon Cocktail

Select fine lemons of uniform size with smooth skins. Wash clean and dry on a cloth; then cut a rather thick slice the small end of each, and carefully scoop out the pulp, Putting the latter through a lemon-squeezer. Dice ripe bananas and add to them two-thirds their measurement in lemon Juice. Sweeten to taste and add ice-water to make of the proper consistency. Serve the mixture in the lemon cups on a bed of crushed ice. On the top of each cup, heap a tablespoonful of pistachio ice and put a maraschino cherry in the centre of it.

### Grapefruit Cup

Allow one grapefruit for each four or five to be served. Cut the fruit into halves, crosswise, then cut around the pulp in each section and take it out in neat pieces; cut the pieces into halves, reserve all the juice. Put a teaspoonful of red bar-le-duc currants into each glass, the grapefruit with juice above and sprinkle lightly with powdered sugar. At discretion take, for six glasses, a teaspoonful each, of kirsch and curacoa and divide among the glasses. Let stand in a cool place until ready to serve, then finish each glass with a generous tablespoonful of orange, grapefruit, lemon or pineapple sherbet.

### Fruit Fillip

Cut four large oranges in two and lift out carefully with an orange spoon the sections of fruit. Free the inside of each orange shell from skin and prepare the following fruit salad. The pulp of the oranges, kept as whole as possible, two bananas cut in fine dice, three tablespoonfuls brandied cherries cut in halves, half a cupful of Malaga grapes, halved and seeded, four tablespoonfuls of powdered sugar; over these pour two tablespoonfuls of sherry and one teaspoonful of rum. Allow this to stand on the ice half an hour, then fill each half of the orange with fillip. Serve on green leaves arranged on small plates.

## Serving Grapefruit

The bitterness of the grapefruit may be. entirely dis guised by cutting the fruit in two and pouring into each half one tablespoonful of good rum and one teaspoonful of sugar; one half a grapefruit is served to each person. In place of rum, if desired, Rhine wine, Madeira, or sherry may be used, and sugar added to suit the taste. Grapefruit served with strawberries at luncheon or dinner, before soup, makes an agreeable appetizer. The fruit should be cut in two, the pulp removed, and the juice pressed out; to each gill of juice, half a gill of Rhine wine, sherry, or Madeira should be added, and one tablespoonful sugar. Fill the grapefruit with strawberries and pour in it the juice and wine.

### Grapefruit Cup

Cut fine grapefruit exactly in halves, scooping out all the pulp, and with sharp scissors cutting the edges of the rinds into points or scallops. Sweeten the pulp, add shredded pine apple. Halve white grapes, and cut preserved ginger into thin slices, fill the rinds and dot maraschino cherries over the top. Pour a little grapefruit juice over all. Keep on ice till time to serve.

### Grapefruit Oriental

Take grapefruit, honey, claret, preserved ginger, allowing one-half a small grapefruit to each person. With a pair of sharp shears remove all the white membrane in the centre. Then remove the seeds and loosen each division of the fruit. When thus prepared pour over each half two tablespoonfuls of strained honey. Set on ice for three hours. When ready to serve fill the cavity in the centre with finely chopped ginger mixed with sherry.

### Fruit Cup with Fruit Garnish

Take one quart of unfermented grape juice or an equal amount of juice from canned berries or cherries. Add one pint of water in which has been dissolved one cupful of sugar, and pour over one cupful each of maraschino cherries, diced pineapple, and pulped and seeded grapes and three oranges peeled and thinly sliced; add a generous lump of ice and two quarts of charged water or strong lemonade; add more sugar if necessary and stand aside for at least half an hour before serving. Strain and serve with a topping of fruit sherbet and a garnish of fruit.

### Strawberries

Heap strawberries sprinkled with powdered sugar into crisp timbale shells or lay them with their hulls left on in a ring around a cone of powdered sugar, which can be moulded into shape in a sherry glass.

### Pineapple in Grapefruit Shells

Shred one pineapple very fine and mix it with the carpels of three grapefruit and with enough sugar syrup to suit the taste. It should not be very sweet, however. Scoop out the halves of the grapefruit, cut the edges in points, and fill with the fruit mixture. Decorate with stars of angelica, which is made soft enough to cut by soaking it in a lemon syrup. The grapefruit pulp should be left in as large pieces as possible, as it is easily cut with the teaspoon with which the mixture is eaten. If one desires, a green jelly may be used instead of the angelica. Green mint jelly may be cut with a potato ball cutter into tiny balls and placed on the fruit the last moment before serving. This should be eaten with a spoon.

### Orange Cups

Select large thick-skinned oranges. Take a slice from each end, then cut cleanly in two and lift out each section of fruit. Remove pith with a sharp curved knife. Keep fruit and cups in ice chest till needed. Drain the juice from the orange section; to it add a small quantity of soaked gelatine and sugar enough to sweeten it, then pour into a square tin, where the jelly will not be more than half an inch thick, and set on the ice to mould. When ready to serve, sprinkle the orange sections with powdered sugar, add the jelly cut into half-inch cubes, and with this fill each shell, heaping it high in the centre. You can serve any summer fruit in this style, making a jelly from the orange juice, as suggested, and adding to it, before you fill the shells, strawberries or red raspberries, sliced bananas or large cherries and a few orange sections. Sprinkle the fruit with powdered sugar, but handle carefully as the beauty of this dish, as well as its delicious flavor, depends on the fruit being kept perfectly whole with a transparent cube of jelly showing here and there.

### Fruit Cup

One cupful sliced apricots, one-half cupful chopped pine apple, one-half cupful maraschino cherries, one-half cupful white grapes, skinned and seeded, one cupful kumquats, sliced very thin, one cupful of sugar syrup, flavored with curacoa, and one pint of fruit ice or sherbet of any flavor desired, lemon is the best.

### Pineapple and Orange Iced

Pare half a ripe pineapple and cut into half-inch slices. Then remove the core and cut the slices into dice. Peel three oranges carefully, separate the sections, and remove every bit of membrane and the thin skin. Divide each section into two or three pieces. Mix the two fruits lightly together and place in a glass dish or salad bowl. Sprinkle with sugar and place on ice for two or three hours. Then cover with a layer of finely shaved ice, and garnish with pitted cherries. Serve before the ice has time to melt.

### Bananas en Surprise

Select perfect fruit, pale yellow without black spots and not too large. Prepare one for each guest. Cut the banana lengthwise, not separating the two pieces at the stem end, so that the top will lift like a lid. Remove the fruit and, with a potato scoop, make four perfectly round balls which will fill the banana skin again. Put these back in the skins and pour in as much lemon juice, sufficiently sweetened with sugar, as the skin will hold. Lay the lid back and place carefully on ice. When opened the banana looks like a mammoth yellow pea pod. Serve on lace doilies on a fancy plate, a banana being placed at each guest’s place before the company is seated. Eat with a spoon.

### Lemon Cups

Slice off the stem end of the lemon and utilize it for a lid. The easiest method for emptying the shell is to press out the juice on a cup-shaped lemon squeezer. With part of this juice make a plain lemon jelly. Do not sweeten it too liberally and tint it with leaf-green coloring. Cut into small cubes and mix with stoned cherries, raspberries, or pineapple. Sprinkle with powdered sugar. Fill the lemon cup, bore two holes in the lid, stick in a couple of soda water straws for a suggestion of a handle, and set on a small plate with a doily underneath.

### Orange Bouillon

Squeeze and strain sufficient orange juice to measure one quart. Put into a double boiler with one-half of a cupful of granulated sugar, cover and stir occasionally until the sugar is dissolved and the mixture scalded. Dissolve two tablespoonfuls of arrowroot with one-half of a cupful of cold water, add to the contents of the double boiler and stir constantly, until thickened and clear, then cover and cook for five minutes. Set away until chilled, then add two tablespoonfuls of curacoa cordial. Serve in glasses with cracked ice.

### Small Muskmelon Appetizers

Cut the shell into a basket, with part of the rind left as a handle Scoop out the pulp, breaking it as little as possible. Add to the meat from four small melons, four tablespoonfuls of sherry, two sliced bananas, one cupful of red raspberries, and a quarter of a cupful of powdered sugar. Heap this mixture in the melon basket and serve ice-cold.

### Watermelon, Chilled

From the very ripe centre of a very cold melon cut slices an inch thick. Cut in cubes or rounds, mix six teaspoons of powdered sugar and six teaspoonfuls of rum. Put fruit in glasses, pour rum over, and serve with a bit of shaved ice in each glass.

# III.—Soup and Soup Accessories

A good soup is not difficult to achieve, although the number of ingredients incorporated in some seems complex to the novice. At a formal dinner, a clear soup or a *consommé* is served unless the courses are rather light in character, when a *pureé* or thick cream soup is permissible. Soup plates are generally used with a dinner service, but the exact size and shape cannot be given as the styles in soup plates change. At luncheons bouillon cups are used.

At formal affairs the soup is served from the kitchen or a side table and is placed on the service plate before the guests come into the dining-room if it is not preceded by *canapés*, clams, or oysters. For the home dinner “*en famille*” or with a few guests, the hostess may serve the soup from a tureen; in either case only a ladleful is put in each plate.

Soups may be divided into the following classes: clear or *consommé*, a thin soup made from chicken, veal, or beef; cream soup, a slightly thickened liquid made from chicken or vegetables; *pureé*, a thick soup made from milk, water, and minced vegetables; bisque, a thick soup made from various stocks with milk, fish and shell fish, also vegetables; and chowder, thick soup with quite large pieces of meat, fish, shell-fish, and vegetables.

With but a small outlay the housekeeper may keep a supply of essentials on hand for soups, besides having in her emergency closet a few cans of reliable brands and a jar of standard beef extract. In winter, turnips, carrots, onions, and celery are all obtainable and the coarse outer stalks of celery not fit for the table are excellent for the soup pot. When celery is not in the market celery salt is a very good substitute. Then there are always the sweet herbs, thyme, savory, marjoram, bay leaves, and the spices, — cloves, whole peppers, and stick cinnamon.

Exact measurements of seasonings cannot be given as so much depends on one’s individual taste, so this must be left to the judgment and intelligence of the cook when proportions are not mentioned. As a rule salt is added until the soup tastes right, not salty; pepper to give it pungency and life, not until it burns and bites.

A noted Frenchman has said that soup bears the same relation to a dinner that a doorway bears to a house. It is safe to say that cooks of all nationalities have made soups one of their chief considerations and the recipes gathered here have been culled from the very best authorities.

A word to the young housekeeper as to the proper use of soups. A clear soup is the only thing appropriate for a formal dinner and it is always highly seasoned, which makes it stimulating. Serve only small portions. For formal luncheons, velvet cream soups are popular. *Consommé*, bouillon, and Julienne all are strong, clear soups that may be served in cups at dinners. If cups be lacking the *consommé* may have asparagus tips added, or cheese balls, and be served in plates.

### To Make Soup Stock

Cook a knuckle of veal and a beef bone in cold water with six potatoes cut in dice, three or four tiny onions, and four carrots. After skimming it let it simmer but not boil on the back of the stove for four or five hours. Let it stand in a cool place all night and skim off all fat.

Don’t throw away soup meat, if it remains in sightly pieces. The beef fibre is left, and not a little nutrition. It may be made into a very palatable stew with a cup of the stock, seasoning of Worcestershire sauce, cayenne pepper, and the addition of root vegetables or peas previously cooked in salted water. Soup meat makes good hash, savory scallops, and croquettes which are in no way to be despised; only remember, much depends on the seasoning and on the slightest reheating possible, as it has already been well cooked.

It is safe to say that much good soup material goes to waste daily in the average American household, simply because the modern general maid-of-all-work is not trained to saving for the soup-pot, which is always done in French families, whether of high or low degree.

Good stock may be made from all new materials but it does not compare with that made from left-overs such as scraps of meat, bits of vegetables, gravies, etc. Mutton fat is not usable and should not be saved. In cold weather soup stock will keep three or four days. For each pound of material new and old, add a quart of water (it wastes one-half in cooking). Let it stand an hour or two, then put over the fire and bring slowly to a boil and let it simmer all day. Add salt when about half done and any other seasoning desired. Dried herbs for seasonings may be bought by the package if one is a not fortunate enough to have grown and dried them. If it should be necessary to add more water it must be boiling, not warm, or even hot. Strain the stock and set in a cool place, for the more rapidly it cools the better flavored it will be. If the soup is poured in glass fruit jars, the fat which arises to the top will act as a preservative and may be removed when ready for use. Never serve a greasy soup, as it is the mark of a very poor soup-maker.

### To Clear Soup

Clearing soup only adds to the appearance and not to the quality and it is not necessary to go through the process for our daily dinner. It is a thing, though, that every cook must thoroughly understand, for *consommé* and bouillon should be “amber” hued when guests grace the festal board.

Measure the amount of stock to be cleared, then allow to each quart the half-beaten white and crushed shell of one egg; beat well, then just bring to a boil, stirring constantly. The very moment the boiling point is reached put the kettle where the contents will merely simmer for a half-hour, closely covered. Dip a napkin in hot water and strain the soup through, first wringing the napkin so the water is all out of it. The result should be all that is desired.

One quart of soup serves seven or eight persons.

A wooden spoon is best for stirring soup, and meat should he lean and fresh, put on in cold water. One quart of water to one pound of meat is the rule, but if very strong stock is desired use less water.

### The Making of Cream Soups

The vegetables are boiled, drained, and mashed through a colander or sieve and then returned to the water. Stock or milk is generally scalded with the seasonings. Thickening is made by cooking the butter and flour until it is smooth, then the hot milk or stock is added gradually; strain it and add the vegetables. If egg is used it is added when the soup is boiling, beating it slightly with a little hot cream. Highly seasoned white or chicken stock is best for a cream soup. Whipped cream is put on after the soup is in the plates, with garnishing sprinkled over the top. Arrow-root is often used for thickening, as it is delicate and makes a finer soup. Never boil soup after the egg has been put in; whip with an egg-beater and serve at once.

### How to Bind Soups

Cream soups and *purées*, if allowed to stand, separate unless bound together. To bind a soup, melt butter and when bubbling add an equal quantity of flour. When well mixed add to boiling soup and stir constantly.

### How to Make a Purée

Cook vegetables or meat in water or stock until very tender; the seasoning should be added the last hour. Remove the large pieces of meat and bones; then press through a colander and return to the water. All this may be done hours before the soup is needed. Remove the fat when cold, heat, and add sauce made of hot butter and flour well cooked; when all are mixed the garnishings may be added.

### To Make Bisques

Fish should be cooked in water or stock for half an hour. Oysters and clams are cooked in their liquor for three minutes and seasonings are according to taste. Cook the butter, add flour, stirring constantly until boiling hot milk or stock is added and thoroughly blended.

### How to Make Chowders and Heavy Soups

Sauté (that is, fry) meat or fish in bacon, pork, or butter (never lard); add water, stock, vegetables, and seasonings. As usual in all thick soups the butter and flour must be well cooked together, the stock or water thoroughly blended in. Heavy soups like these are served in special small soup or regular terrapin plates with a dessert spoon. Sometimes bowls are used.

### Claret Consommé

1 pint of clear beef stock.

1 stick of cinnamon.

1 pint claret.

1 pint hot water.

1 tablespoonful of sugar.

3 yolks of eggs beaten.

3 whites of eggs beaten.

Pour one cup of *consommé* over the yolks of eggs, cook until the spoon is coated, add the rest and fold in the whites of eggs after removing from the fire. This may be served ice-cold if the weather is very warm at cither a luncheon or dinner party.

### Consommé

2 pounds of lean round steak.

2 quarts of cold, strong, highly flavored stock.

Whites of two eggs and crushed shells.

Place the steak in a hot frying pan, cook quickly on both sides; when browned, chop fine or run through the chopper, then cover with the stock, add the half-beaten whites and crushed shells and clear, then strain. Re-heat and serve. This is a most excellent rule.

### Consommé with Eggs

Drop poached eggs into *consommé* just as you send it to the table.

### Consommé with Macaroni

Put small bits of carefully cooked macaroni into hot *consommé*.

### Consommé a la Royale

Beat the whites and yolks of two eggs until well mixed. Add four tablespoonfuls of *consommé*, two drops of onion juice, a palatable seasoning of salt and pepper. Put the mixture in a cup and stand it in hot water until the custard is set. Cut into blocks, and add to hot *consommé* at serving time.

### Consommé with Poached Egg Yolks

To each portion of *consommé* add one egg yolk poached in some of the *consommé*, Separate the white from the yolk and slip the latter into the hot broth heated in an omelet pan. Keep broth just below the boiling point. When the yolks are poached remove from broth with skimmer to each portion.

### Tomato Consommé

1 quart of meat stock.

½ can of tomatoes.

1 small onion.

4 whole cloves.

1 small apple.

1 tablespoonful butter.

1 level tablespoonful of flour.

1 bay leaf.

Salt and pepper.

1 cupful of whipped cream.

Place the stock in a saucepan with the tomatoes, bay leaf, apple, and onion. Stick the cloves in the onion and slice the apple. Cook for twenty-five minutes. Strain and add the salt, pepper, and the butter and flour creamed together. Return to the fire and cook slowly ten minutes. Strain into the cups and serve with whipped cream on top.

### Consommé for Eighteen Guests

2 pounds of beef off the round.

1 knuckle of veal.

5 quarts of cold water.

1 tablespoonful each of diced carrots, turnips, and onions.

1 tablespoonful salt.

1/2 teaspoonful of sweet marjoram.

1/2 teaspoonful thyme.

1 bay leaf.

1 sprig of parsley.

2 tablespoonfuls of sherry.

1 lump of loaf sugar.

Simmer the meats for four hours, add vegetables and cook one hour, strain, cool, and clear. When ready to serve add sherry and sugar. To thicken slightly, dissolve one tablespoonful of arrow-root with a little cold soup, add to the hot soup, and stir till boiling.

### Bouillon

4 pounds of chopped lean meat.

2 quarts of cold water.

1 wineglassful of Madeira.

Then slices of lemon for each cup.

Cover the meat with the cold water; let it stand two hours in a cool place. Cook until there is a little over one quart, clear, and strain. When heating to serve put in the wine, and the lemon slice is put in each cup the last thing.

### Iced Bouillon

Flavor beef bouillon with a small quantity of sherry or Madeira wine, chill, and serve cold.

### Clam or Oyster Bouillon

One pint of clams or oysters, chopped fine, add the liquor, one pint of water, one-half teaspoonful of celery salt, one blade of mace, sprinkle of cayenne, one-quarter teaspoonful of salt. Cook together; when boiling strain through cloth. Serve in cups, adding whipped cream to each cup.

### Chicken Bouillon

1 quart of chicken stock.

2 tablespoonfuls of sherry.

1/2 teaspoonful of beef extract.

Heat the clear chicken stock, add the seasoning, strain, and serve.

### Clear Barley Soup

Barley may be utilized in serving a clear soup. Wash the barley, two tablespoonfuls, put it down in boiling water to cover, allow to boil up and throw away the water. Cover again with boiling water and let simmer until the barley is tender, when it may be added to a quart of good beef stock, in which it will cook from fifteen to twenty minutes.

### Julienne Soup

Three carrots, three turnips, three onions, three leeks (if you have them), white part of a head of celery. Cut all in pieces about an inch long. Place in a stew pan with two tablespoonfuls of butter and a small pinch of sugar, stir over a slow fire until slightly browned. Cook in three quarts of clear stock until the vegetables are tender. Remove scum and fat, and a half-hour before the soup is done add two lumps of sugar, two pinches of salt, sprinkle of pepper, two cabbage leaves, twelve sprigs of parsley chopped fine and left in boiling water for one minute. Boil half an hour longer and serve with bread fried in dice shape. This soup should be a clear brown.

### English Beef Soup

Take two pounds and a half of lean beef, cut off and lay aside about one-quarter of a pound and pass the remainder through the meat chopper. Pour over it three pints of cold water, let stand for half an hour, then heat gradually and simmer for three hours, then strain. Boil separately until tender two tablespoonfuls of fine barley and one-half a cupful of diced carrot. Cut the reserved piece of meat into tiny pieces, peel and thinly slice one small onion and brown with the meat in a spoonful of dripping; add one scant cupful of finely cut celery and one cupful of boiling water, and simmer for an hour. Stir in two tablespoonfuls of flour smoothly mixed with cold water, add gradually the meat stock, and stir for a few moments. Bring to the boiling point, add the previously cooked carrot and barley, one-half of a teaspoonful of Worcestershire sauce, one tablespoonful of tomato catsup, and salt and pepper to taste, then simmer for ten minutes longer.

### Oyster Celery Bisque

Chop fine sufficient celery tops to make half a pint, put them in a saucepan with a pint of water and simmer slowly for fifteen minutes; drain, pressing perfectly dry. Put this in a double boiler; add a pint of milk, two level tablespoonfuls of butter rubbed with two of flour; stir until thick and smooth, and add twenty-five oysters that have been drained and washed. Cook until the edges curl, and serve at once.

### Bisque of Rice

Wash half a cupful of rice, throw it into a quart of boiling water and boil rapidly for ten minutes; drain. Put it in a double boiler with one quart of milk, half a cupful of finely chopped celery and a bay leaf; cover and cook slowly for thirty minutes. While this is cooking cut a good-sized onion into slices, put it with two tablespoonfuls of olive oil or butter in a shallow frying-pan; cook slowly until the onion is tender, but not brown; add this to the mixture in the farina-boiler; press the whole through a colander, return to the double boiler; add hastily a tablespoonful of butter; strain through a fine sieve, and serve.

### Cream of Spinach Soup

4 cups of white stock.

3 quarts of spinach.

3 cupfuls boiling water.

2 cupfuls of milk.

1 cupful butter.

1 cupful flour.

Salt, pepper.

½ cup cream, whipped.

Cook the spinach thirty minutes in boiling water; drain, chop, and rub through sieve. Add stock, heat to boiling point, bind, add milk, and season with salt and pepper. Pour into hot tureen over the whipped cream.

### Cream of Asparagus Soup

Cut one bunch of asparagus in small pieces, and simmer for three-quarters of an hour, remove the tips, press the remainder through a colander, saving the water in which it was boiled. Scald one quart of milk, add a tablespoonful of butter, thicken with two tablespoonfuls of flour, add the asparagus and water, and the tips, a little pepper and salt, and let come to a boil; serve at once.

### Cream of Nuts

Blanch and cook in salted water until tender one pint of English walnut meats. Press through a colander, add three pints of clear brown stock, a level teaspoonful of salt, a dust each of paprika, cloves, and nutmeg. Boil up thoroughly and serve with a spoonful of whipped cream to each portion.

### Cream of Celery

Boil twelve stalks of celery, cut in small pieces, in three pints of water for half an hour. Add half an onion and two blades of mace, and pass through a sieve. Mix one tablespoonful of flour and a heaping tablespoonful of butter; add to the soup, with a pint of milk; salt and pepper to taste. A cupful of cream added just before serving is an improvement.

### Celery Soup with Oysters

Chop one pint of celery tips and let them simmer in a pint of water for twenty minutes. Drain and press through a sieve. Put this in a double boiler with a pint of milk and two tablespoonfuls of butter rubbed with two of flour, stirring until smooth. Add two dozen small oysters and cook until their edges curl. Serve at once with crackers.

### Cream of Tomato Soup

Add to a pint of water ten medium-sized or one quart of canned tomatoes, a teaspoonful of sugar, three or four whole cloves, a slice of onion, and a little parsley, and boil fifteen or twenty minutes. Add a small teaspoonful of soda, and in a few minutes strain. Thicken one quart of milk with a large tablespoonful of cornstarch, stirring and boiling for ten minutes. Add to this a little salt, a sprinkling of cayenne pepper, a heaping tablespoonful of butter, and the mixture of tomatoes, allowing the whole to become thoroughly heated through, but not to boil.

### Cream of Spinach

Cut the leaves from two quarts of spinach, wash them thoroughly and throw them in a perfectly dry soup-kettle; stand the kettle over the fire and stir constantly for fifteen minutes until the spinach is wilted and cooked. Drain, saving the water. Chop the spinach very fine, then press it through a puree-sieve; add it to the water and a small onion grated; put this with a quart of milk in a double boiler. Rub a rounding tablespoonful of butter and two of flour together, add them to the milk, stir until smooth; add a level teaspoonful of salt, saltspoonful of pepper, and if you have it half a teaspoonful of beef extract that has been dissolved in a little of the soup. Strain at once into a tureen, and serve with croutons or breadsticks.

### Ohio Cream of Potato Soup

3 quarts of water.

6 large potatoes.

2 quarts of milk.

1 tablespoonful of butter.

Pepper and salt to taste.

Thicken with a little flour stirred in cold milk. Slice the potatoes very thin, cook in the water till tender, add the milk, butter, and seasoning. It should not be made very thick.

### Cream of Beet Soup

1 can of beets.

1 tablespoonful of butter.

2 tablespoonfuls of flour.

1 onion.

A few sprigs of parsley.

A small bit of red pepper.

1 quart milk.

Take liquor from the beets, add to the butter and flour that have been cooked together; add onion, parsley, and pepper. This may be simmered slowly on the back of the stove for half an hour, then add the milk and one large beet minced fine or cut in thin slices and then in diamonds. The flavor of this soup may be improved by adding to the beet liquor half a cupful of strong stock, but it is good without it, and when serving, a spoonful of whipped cream may be added to each plate or bowl.

### Cream of Asparagus Soup

Boil two bunches of asparagus until tender. Rub through a coarse sieve and season. Mix one teaspoonful of butter with one teaspoonful of flour and stir into one pint of hot milk. Add the asparagus and boil for ten minutes. The tips should be removed and cooked separately, then added to the soup just before serving. Put whipped cream on top of each plate. Serve very hot immediately after the cream is put on.

### Cream of Rice Soup

Melt three tablespoonfuls of butter in a saucepan; into it slice a small onion, a stalk of celery or a few dried celery leaves, and one-fourth a carrot; let cook slowly, stirring occasionally until softened somewhat, then cover and let steam while the rice is made ready. Put one-fourth a cupful of rice over the fire in a pint or more of cold water and stir until boiling rapidly, drain, rinse in cold water, and add to the vegetables; add also a cup of boiling water, cover, and let cook until the water is absorbed; add a pint of milk and let simmer until the vegetables are very tender. With a pestle press the rice and other vegetables through a sieve; add a teaspoonful or more of salt and a second pint of milk and let it become very hot without boiling; add half a cup of cream and serve with croutons made of stale bread.

### Vegetable Purée

When there is no meat stock at hand, try this: Take two ounces of suet, place in a saucepan, when hot add two tablespoonfuls of chopped carrots, a chopped turnip, half a pint of celery chopped in blocks, one good-sized onion, and a half a teaspoonful of red pepper. Stir over the fire until the vegetables are slightly browned, add a quarter of a cupful of rice and two quarts of cold water, bring slowly to boiling point and simmer gently for one hour. Press through a colander. Moisten three tablespoonfuls of cornstarch in half a pint of milk; add this to the mixture, bring to boiling point, add a teaspoonful of salt and a saltspoonful of pepper; take from the fire, stir in a level tablespoonful of butter, and serve with toast fingers.

### Green Pea Purée

This is easily prepared and delicious. Cook one quart of green peas (measure after shelling) with one sliced onion in one quart of white soup stock. In a half-hour remove from the fire and rub through a fine sieve. Cook five minutes more. Melt two tablespoonfuls of butter in a saucepan and stir in two tablespoonfuls of flour; mix well and add slowly one cupful of the soup. When it is a nice smooth mixture add to the soup and cook three minutes. Season and stir in two cupfuls of cream. Serve quickly.

### Black Bean Soup

1 pint black beans.

4 quarts cold water.

2 tablespoonfuls chopped onion.

4 teaspoonfuls salt.

½ teaspoonful pepper.

¼ teaspoonful mustard.

4 tablespoonfuls flour.

4 tablespoonfuls butter.

1 large lemon.

2 hard-cooked eggs.

Cayenne pepper to taste.

Beans must be soaked over night in two quirts of cold water. Drain and put to cook in two quarts of cold water. When they are tender, mash through a sieve into a bowl. Cook onion in one tablespoonful butter and add to the beans before straining. Make a white sauce with the butter, flour, mustard, and a pint of soup stock. Add to soup stock and cook a few minutes longer. Cut lemon in thin slices and place in soup tureen; also cut hard-cooked eggs in thin slices and put in tureen. Pour soup into tureen over these. Serve a slice of lemon and egg in each plate. This is a delicious soup, and is especially nourishing for children.

### Baked Bean Soup

Cook one and one-half cupfuls of baked beans in a little water till they make a soft mush. Rub through a colander and thin with milk. Season with salt to taste and small piece of butter or nut butter. Beans that have been slowly baked for a long time make a more delicious soup than if simply boiled.

### Vegetable Fea Soup

One quart of split peas cooked till thoroughly soft, with the addition of two or three medium-sized potatoes. A small onion cut in pieces may be added a little while before the mix ture is done. Strain through colander, add hot water to make it the consistency of thick cream, salt to taste, and add a little butter. Serve very hot with whipped cream.

### A Newport Recipe for Corn Soup

1 dozen cars of corn.

1 quart of cream.

Pepper and salt to taste.

Lump of butter size of a walnut.

Cut the grains of com through the middle with a knife and scrape from the cob. Boil the cars in just enough water to cover them, so that all the sweetness will be extracted. Strain this liquor, then take one quart and add the cream slowly, stirring gently. Put the corn in this and let it cook until ten der.

### Squash Purée

1 cupful of grated squash.

½ cupful of water.

2 large cupfuls of milk.

Butter the size of a walnut.

Salt and paprika to taste.

Pour the water on the squash; boil fifteen minutes. Add one cupful of milk, the butter, and seasoning. Boil five minutes more. Remove from the fire and add the other cup of milk. Just before sending to the table put a spoonful of whipped cream on the top of each plate.

### Turkey Soup

Break a turkey in pieces, removing all stuffing. Simmer in water two hours with a slice of onion and a piece of celery; remove from the fire and strain. Cook two tablespoonfuls of rice in boiling salted water for fifteen minutes, drain, and add to the soup. Cook for ten minutes, season, and serve.

### Puree of Potatoes

Boil and mash in two quarts of water four large potatoes, a small onion, two stalks of celery, and a sprig of parsley. When done pass through a sieve. Return to the fire, season with salt, pepper, and two generous tablespoonfuls of butter, rubbed into a dessertspoonful of flour. Boil up once and pour into a tureen over a cupful of whipped cream.

### Tomato Puree

One pint of canned tomatoes, one cupful of mashed pota toes, one cupful of chicken or veal stock; simmer for fifteen minutes, thickening with one tablespoonful of roux; season highly, strain through a vegetable sieve, and serve with small, hard crackers buttered and browned in the oven. A cupful of cold split peas or beans, instead of potatoes, may be used with equally good results.

### Corn Soup

One can corn, one pint water, one quart milk, one-fourth cup butter, one tablespoonful chopped onion, one-fourth cupful flour, two tablespoonfuls salt, one-fourth teaspoonful white pepper, yolks of two eggs. Cook the corn with the cold water twenty minutes; cook the onion in the melted butter until light brown, add flour, seasoning, and the milk gradually, then add the corn; strain and re-heat. Beat the yolks of the eggs, put them into the soup tureen, pour the soup slowly over them, mix well, and serve immediately. This is sufficient for twelve people.

### Delicious Lobster Soup

Put three quarts of veal broth into a kettle with bits of celery, carrots, onions (if liked), a bunch of sweet herbs, three anchovies, or one red herring. Cook gently for three hours, then strain and add the meat of three lobsters, thicken slightly and just let it simmer for ten minutes lest the color be spoiled. Turn into a covered tureen and add the juice of a lemon and a wineglass of any cordial or wine that is liked. This is a very old recipe handed down from a grandmother’s cook-book.

### Old-Fashioned Oyster Soup

This recipe was taken from an old book, which was com piled by a famous Virginia cook.

Pour one quart of boiling water into a porcelain-lined kettle, then one quart of milk. Stir in one teacupful of rolled cracker crumbs and a lump of butter size of an egg. When all comes to a boil put in one quart of best oysters. Let it just come to a boil once, season, and serve immediately.

### Oyster Stew

50 oysters.

2 tablespoonfuls of butter.

1 tablespoonful of flour.

½ pint of cream.

Seasoning of mace, cayenne and white pepper, nutmeg, salt. Put the butter and flour into a stewpan and mix thoroughly, but boil only one minute; then add the cream and seasoning; stir hard for five minutes, then put in the well drained oysters and let them cook until they begin to curl.

### Mushroom Soup

Peel half a pound of fresh mushrooms, reserving the lower part of the stems. Wash the mushrooms and chop with a silver knife; put them in a saucepan with one quart of good chicken stock, cover and simmer gently for thirty minutes. Add one teaspoonful of salt and simmer ten minutes more. Put two tablespoonfuls of butter in another saucepan; add three tablespoonfuls of flour, mix and cook a minute without browning; add half a pint of thick cream to the mushrooms, then add the whole to the butter and flour; stir until it comes to the boiling point; add a dash of pepper and serve in bouillon cups with slices of toasted white bread.

### Lentil and Tomato Soup

Cook together one cupful of lentils thoroughly sorted and washed, one cupful of stewed tomatoes, one cup of water, one tablespoonful of butter, and a stalk of celery’. When done add sufficient water to make the soup of proper consistency. Boil, removing celery. Season with salt to taste. Add one teaspoonful of browned flour, rubbed to a smooth paste with a little water. Boil and serve.

### Peanut Soup

Put a quart of milk in a double boiler; add half a pint of peanut butter, a small onion grated, half a cupful of finely chopped celery, and a dash of white pepper; cover and cook slowly for twenty minutes. Moisten a level tablespoonful of cornstarch in a little cold milk, add to the hot soup, stir until smooth and thick. Strain into a hot tureen, add a teaspoon fid of paprika, and serve.

### Potato Soup

Pare and cut into dice three potatoes, cover with water, add a piece of butter and a little onion (if liked), and boil until done. Then add a quart of sweet milk. While this heats make a dough by rubbing one tablespoonful of lard into a small cupful of flour with a half teaspoonful of baking powder in it; add milk to make a stiff dough, roll thin, cut into strips or small squares, drop in when milk comes to a boil, cover, and boil ten minutes, season with pepper, salt, and a little finely chopped parsley or thyme.

### Lentil Soup

This soup is very nutritious and is equal to meat in value and may be used for children when no meat is served at luncheon.

Wash the lentils, cover them with cold water, and soak over night; in the morning, drain. Add a quart of stock, a pint of water, a bay leaf, a sprig of thyme, a saltspoonful of pepper, a level teaspoonful of salt, and simmer for about two hours, until the lentils are tender. Press through a colander, then through a sieve, and return the puree to the kettle. Rub a tablespoonful of butter and one of flour together, add them to the soup, and stir until boiling. Add a small onion, grated, bring to boiling point, and turn at once into the soup tureen. Sprinkle over the soup a tablespoonful of chopped parsley, and serve with croutons.

### Lettuce and Celery Soup

This is a delicious combination. Use the white tops and coarse stalks of celery. Put one cupful of it, after it has been cut into tiny pieces, into a stewpan and add three cups of cold water; stew gently until celery is tender, adding enough water to have at least two cupfuls when done. Mash celery through a coarse sieve, and put this and the water in which it was cooked on the fire again and add two bunches of home grown lettuce, the cheap variety. This should be cut into shreds with scissors and then chopped rather fine. Add one minced onion and one tablespoonful of minced parsley and a blade of mace, simmer slowly twenty minutes, then add this to a cream sauce made of one tablespoonful of butter, two of flour, and one cup of milk. When ready to serve add one half cup of cream mixed with one well-beaten egg yolk. Do not strain.

### Reliable Tomato Soup

One pint of canned tomatoes (best brand) or four large fresh ones cut up fine. Add one quart of boiling water and let boil for twenty minutes. Put on one teaspoonful of soda when it will foam; add at once one pint of perfectly sweet milk, with salt, pepper, and a generous bit of butter. When it comes to a boil, eight small rolled crackers may be added. Serve immediately.

### Easy Vegetable Soup

2 teaspoonfuls extract of beef.

2 quarts water.

1/3 cupful carrots.

1 cupful potatoes.

1/3 onion, chopped fine.

½ cupful celery.

3 tablespoonfuls tomatoes.

½ tablespoonful parsley.

2 tablespoonfuls butter.

1/3 bay leaf.

1/3 cupful rice.

Salt and pepper.

All the vegetables are cut in small dice and cooked till tender. The beef extract is added half an hour before serving.

### East Indian Curry Soup

Put a rounding tablespoonful of butter in a saucepan; add a good-sized onion, sliced, and cook slowly, without browning the butter; add a large sour apple pared, cored, and sliced, a teaspoonful of thyme, a teaspoonful of curry-powder, a sprig of parsley, a level teaspoonful of salt, and a tablespoonful of lemon juice. Stir; add a quart of good chicken stock and two tablespoonfuls of rice. Cover and simmer gently for fifteen minutes, and then send to the table without straining.

### Vegetable Soup

One carrot, one turnip, and one onion, cut in thin short strips, six tomatoes, peeled and sliced, half a cupful of boiled rice. Put in the soup pot, with two quarts of cold water, any gravy from any meats of three or four days past, the bones left from yesterday's roast, and any scraps of meats, and let it boil down one quart. Boil the vegetables till tender in salted water; drain butter a little, and keep hot. Have the tomatoes stewed gently and seasoned. To the quart of soup stock add the vegetables, tomatoes, and rice; stew gently for ten minutes.

### Rabbit Soup

It is a proven fact that soup made from Belgian hare or rabbit has a greater amount of nourishment than a clear soup made from beef or mutton. It is some work to follow this recipe carefully, but it is worth while. Skin, clean, and singe a good-sized hare; cut off the hindlegs and shoulders, and divide the remaining part into three pieces. Put two tablespoonfuls of olive oil in a saucepan; add an onion, sliced. Cook slowly without browning. Cut the rabbit into pieces; roll each piece in flour, drop the pieces in the oil, shake until a golden brown, being careful not to brown the oil. Add a bay leaf, a saltspoonful of celery seed, and two quarts of boiling water; bring to boiling point and skim; cover and simmer gently for an hour and a half; add a level teaspoonful of salt and a saltspoonful of pepper. Take up the hare, remove the meat from the bones, cut it in blocks. Strain the soup, return it to the kettle; add the meat, a teaspoonful of kitchen bouquet and a teaspoonful of mushroom catsup. Put into a tureen two hard-boiled eggs, and half a lemon cut in thin slices; pour the soup over this, and serve at once with crescent-shaped croutons.

### Onion Soup with Cheese

6 pounds of beef from the shin.

3 quarts of cold water.

5 small onions.

2 ½ teaspoonfuls of beef extract.

Salt to taste.

Make gashes through the meat, add the water, cover, and heat slowly to the boiling point, simmer six hours.

Slice the onions and cook in enough butter to prevent burning until they are soft. Strain stock and to six cupfuls add the beef extract and salt to taste Cut bread in one-third inch slices and toast; there should be five slices. Place in tureen, sprinkle with Parmesan cheese, and pour over soup just before sending to the table.

### White Soup, or Potage Blanche

This is a concoction much used in France, during extreme hot weather, when heavier soups are not so tempting. Order from the butcher some veal bones and a pound of lean veal. Crack the bones and simmer together with the meat for four hours. Set aside the strained broth to cool, and skim away the fat which rises to the top. There should be about a quart of good stock. Re-heat the stock and flavor with a generous slice of onion and a stalk of celery cut in small bits. Cook for twenty minutes, then strain once more and add a cup of rich cream. Melt a tablespoonful of butter and cook in it a small tablespoonful of flour. Pour gradually upon this mixture a cup of the hot soup and strain the whole into the remainder of the soup. Have ready a cupful of small sprigs of cauliflower which have been boiled till tender in salted water. Drop these into the soup last of all, season with salt and pepper, and serve at once.

### Chocolate Soup

One-quarter pound chocolate, two and one-half quarts milk and water, sugar to taste, one egg yolk, a little vanilla or cinnamon. Cook the chocolate soft in a little water and add the rest; when boiling, put in the other ingredients, and cook the beaten white of an egg in spoonfuls on top. This is a nourishing soup for children.

### Alphabet Soup

1 quart of water.

½ tablespoonful of butter.

1 bay leaf.

½ teaspoonful of salt.

1 teaspoonful of chopped onion.

1 teaspoonful of flour.

1/3 teaspoonful of paprika.

2 tablespoonfuls of alphabets.

1 teaspoonful of beef extract.

Put beef extract in water, add onion and bay leaf. Cook ten minutes. Then add butter and flour mixed together, stirring constantly. Let boil, strain, and add alphabets. Cook twenty minutes. Season and serve. Children like this and like to study out the letters

### Cream of Cheese Soup

1 quart of milk.

1 blade of mace.

1 teaspoonful of minced onion.

1 tablespoonful of grated carrot.

¼ cupful of butter.

2 level tablespoonfuls of flour.

¾ cupful of grated cheese.

Salt and white pepper to season.

Yolks of two eggs.

Heat but do not boil the milk in a double boiler with the mace, onion, and carrot. Blend the butter and flour; to this add the hot milk, half a cupful at a time, stirring constantly and cooking between each addition. Strain back into the double boiler add grated cheese, and stir till melted. Season and pour over the beaten yolks of eggs. Cook a moment, remove from the bath and beat with an egg beater till covered with a fine froth. Serve at once in hot cups. This is enough for eight persons.

### Cream of Barley Soup

For a cream of barley soup, put a cupful of barley over the fire, with three pints of white stock, an onion, and some celery roots. When the barley is done from gentle boiling, strain it through a fine sieve, and add to it a pint of boiling milk or cream. If milk is used, two tablespoonfuls of butter may be added.

### Chestnut Soup

The following is a French recipe for chestnut soup. Make a puree of one quart of nuts after blanching them. Let this purée cook for an hour in one and one-half quarts of bouillon until somewhat reduced in quantity. Cut carrots and turnips in small dice, cook in salted water, and add to the soup just before serving, along with some small pieces of cooked asparagus tips. Serve with the white meat of chicken forced through a sieve. One-half cup of vegetables is sufficient.

### Okra Soup

5 quarts of water.

2 pounds of beef.

2 dozen okras.

1 dozen tomatoes.

1 teacup of rice.

Cut the okras in thin slices, boil till tender, pour off the water, and add the soup last. Boil four hours. Season with salt and pepper and a bit of cloves.

### Chicken Broth

Chickens when fresh are known by full, bright eyes, pliable feet, and soft, moist skin. Old fowls have long, thin necks and the flesh on the back has a purplish shade. The best fowls are plump, with skin nearly white and the grain of the flesh is fine. Always select the very best for soups and broths. One pound chicken cut into small pieces, one quart cold water, one tablespoonful rice soaked in warm water, four tablespoonfuls milk, salt, pepper, and a little chopped parsley. Boil the meat until very tender. Strain it out and to the broth add the soaked rice, simmer one-half hour, stirring frequently; five minutes before serving add the milk, salt, and pepper.

### Salmon Chowder

Cut one large potato and one-half onion into small pieces; boil in a cupful of water, adding red pepper, a few drops of Worcestershire sauce, even less of kitchen bouquet, and a quart of milk. Just before the milk boils, add one-half can of salmon^ two hard-cooked eggs chopped fine, and a few broken crackers.

### Corn Chowder

1 can com.

4 cups potatoes, cut in ½ -inch slices.

1 ½ -inch cube salt fat pork.

1 small sliced onion.

4 cups scalded milk.

8 common crackers.

3 tablespoonfuls butler.

Salt and pepper.

Cut pork in small pieces and fry out. Add onion and cook five minutes, stirring often to prevent burning. Strain tat into a stewpan. Parboil potatoes five minutes in enough boiling water to cover, drain and add potatoes to fat, then add two cups of boiling water. Cook till potatoes are soft, add com and milk, then heat to boiling point. Season with salt and pepper. Split crackers, butter, and soak in enough milk to moisten. Remove crackers, turn chowder into a tureen, and put crackers on top.

### Salmon Chowder with Bacon

Four potatoes cut into dice, three chopped onions, a half can of salmon, half can of com, three slices of bacon, lump of butter size of half an egg, one tablespoonful each of chopped parsley and Worcestershire sauce, four soda biscuits, salt and pepper. Cut the bacon into small pieces and fry in the bottom of the kettle. Place a layer of onions and one of potatoes, salt and pepper, parsley and then another layer of onions and potatoes until all are in the kettle. Cover with hot water and let cook for half an hour, taking care that it does not stick on the bottom. At the expiration of half an hour, add the salmon, com, sauce, butter, and soda biscuits broken into bits, and let simmer for another half-hour. It adds additional flavor if four slices of lemon, cut into halves, and two hard-cooked eggs, cut into slices, are put into the tureen before the chowder is poured into it. This is excellent for using left-over potatoes, com, and salmon.

### Custard Balls for Clear Soup

These balls should be light and delicate and are an addition to any clear soup. Use the yolks of two eggs and the white of one. Stir into the well-beaten yellow a wineglassful of strong beef tea or enough reliable beef extract to give a strong flavor. Season with white pepper and salt, lastly add the white of egg beaten stiff. If the soup is boiling when removed from the tire these custards should cook without returning to the fire. Drop from a teaspoon on top of the soup, cover for a moment; the result should be fluffy and delicious.

### Cheese Croutons

Cut thin slices from a loaf of stale bread. Cut oil the crusts and cut the bread into small rounds. Dip these in melted butter, then roll in grated cheese, and bake until yellow and crisp. Drop in the soup and serve immediately.

### Crouton Souffles

Boil together half a cup of water, a quarter of a cup of butter, a pinch of salt; add one cup of flour and manipulate briskly for three minutes. Remove from fire and, when slightly cool, beat in, one at a time, three eggs. When cold pat into a very thin sheet, keeping the paste heavily floured on both sides, and cut into quarter-inch squares. Shake in a sieve and drop into smoking fat to puff. Drain and roll in grated cheese.

### Croutons

Take a slice of stale bread, remove the crust, cut the bread into cubes about half an inch in size and fry briskly in a small quantity of butter (about enough to cover bottom of frying pan until the cubes turn a nice brown color. Take them out with a skimmer and throw them into the soup when serving.

### Noodles

One egg, one-half egg shell of water, pinch of salt. Mix in all the flour. You can then roll thin as a wafer and let stand one-half house. Then roll up like jelly roll cake and cut off from the end in thin strands. These may be cooked in water from boiling beef or chicken. Cook about ten minutes.

### Delicious Noodles

Break four eggs into one quart of flour, salt, mix well, divide into four equal parts, and roll thin, and then let dry for an hour. Then make into rolls, take knife and cut into thin strips, and shake them loose. Then they are ready to put in the chicken or eat broth and bring to a boil, ready to serve. Use no water or milk; just mix as above.

### Rice Balls

1 cupful of cold boiled rice.

1 egg slightly beaten.

1 tablespoonful flour.

½ teaspoonful salt.

Dash of cayenne.

Mix the rice and egg well with the other ingredients, form into balls, and drop into the hot soup.

### Crouton Sticks for Bouillon

Cut bread into one-fourth inch slices, remove crusts, spread slightly with butter on both sides, cut into strips one fourth inch wide, bake till light brown.

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# IV.—FISH AND SEA FOOD

A careful housekeeper should be an expert in selecting fish. A firm eye, and hard flesh indicate freshness. If frozen the fish must be thawed in cold water, not warm; frozen fish are generally doubtful and never to be compared to fresh ones.

The following table will guide a young cook as to the es method of cooking the various kinds of fish. Of course broiling is the best, and if the flesh is somewhat dry brush over with olive oil before putting under the flame or over the coals. A tablespoonful of oil is sufficient for a large fish.

Fish To Fry. Carp, fillets of bass, butterfish, bullheads, cod steak, ciscoes, fillet of flounder, eels, crabs, fillet of halibut, fillet of haddock, pickerel, perch, mackerel, live lobster, porgies, scallops, smelts, shad, roe of haddock, roe of shad.

Fish to Broil. Whitefish, sea trout, fresh water trout, bluefish, chicken halibut, bonito mackerel, eels (split large ones), Spanish mackerel, fresh mackerel, fresh salmon, weak fish, shad, lobster.

Fish to Bake. Small salmon, bass, bluefish, halibut, cod, haddock, whitefish, cusk, mackerel, lake trout, shad, large oysters, live lobster.

Fish to Boil. Salmon, sturgeon, red snapper, haddock, cod, halibut, swordfish.

Fish to Plank. Mackerel, herring, salmon, whitefish, it, bluefish black bass, butter fish, shad, pompano.

Fish for Chowder. Clams, haddock, halibut, and cels.

Fish to Stew. Oysters, clams, lobsters, scallops, shrimps.

### To Fry Fish

It will be found that olive oil or pork drippings are the best frying mediums. Use plenty of the oil or fat and fry in a frying basket or spider.

### To Boil Fish

Clean well, sprinkle thoroughly with salt, wrap in a piece of cheese cloth, and boil, preferably in a fish kettle. The water should be scalding when the fish goes in, then let it simmer gently until the fish flakes.

### To Broil Fish

Rub well with butter or olive oil, season with salt and pep per, place in a well-greased broiler with the flesh side down, and broil until brown. Then turn over and brown the skin side; slip on to a hot platter and garnish with parsley and lemon.

### To Plank Fish

All planked fish are cooked very much in the same manner. Shad should be carefully cleaned and split, and haddock should be skinned and boned, leaving the meat in two fillets. The planked whitefish of the Great Lakes, which is regarded as a rare dish, is prepared in the same manner as planked shad. Put the skin side down on an oak plank one inch thick and longer and wider than the fish. Sprinkle the whole with salt and pepper and brush with melted butter. Bake in a hot oven for twenty-five minutes; remove, spread with butter and garnish with lemon and parsley. Send the fish to the table on the plank. A gas range is well adapted to the cooking of planked fish, having the flame over the fish. For cooking planked haddock, *sauté* the two fillets separately, using a liberal amount of butter and cooking until well brown on one side. Place on the plank and sprinkle with salt and pepper. With mashed potato garnish the fish so as to outline its original shape, making the head, tail, and fins as conspicuous as possible. Bake until potatoes are well browned, when the fish will be found to be thoroughly cooked. Sprinkle with finely chopped parsley and finish garnishing with parsley and slices of lemon.

### To Bake Fish

Use a special dripping pan; in the bottom of the pan place three or four thin slices of salt pork or bacon, lay the fish on top with or without dressing; cut gashes across the fish an inch apart and put into these small strips of fat pork; dust with pepper, salt, and flour; on the fish lay thin slices of pork or bacon, or simply brush with olive oil, butter, or pork drippings; pour in a cupful of boiling water, cover closely, and bake in a hot oven basting frequently. Allow about fifteen minutes for each pound of the fish’s weight; when done lift carefully onto a hot platter, garnish with thin slices of lemon and parsley, and serve with Hollandaise or sauce tartare.

### Cream or White Sauce

One tablespoonful of butter, one tablespoonful of flour, one cupful hot milk or cream, one-third teaspoonful of salt. Melt the butter; when it bubbles put in the flour and rub till smooth; then put in the hot milk, a little at a time, and stir and cook without boiling till the sauce is perfectly smooth and free from lumps. For what is called thick white sauce use two tablespoonfuls of flour and two of butter and a cupful of milk. This sauce is used for all creamed fish and sea food.

### Creamed Fish

Two cupfuls of cold fish, one cupful cream sauce, salt and pepper. Pick up any cold fish left from dinner, taking out all the bones and skin, and mix with the hot white sauce; stir till smooth. You can serve as it is, or in a deep dish with crumbs, or in little dishes, with or without crumbs.

### Scalloped Oysters

One pint oysters, twelve large crackers or one cup bread crumbs, one-half cupful milk, oyster juice (strained), butter, salt, pepper. Butter a deep baking dish. Roll the rackers, or make the bread crumbs of even size. Put a layer into the dish and then a layer of oysters drained from the juice and washed, and shake a little salt and pepper over, and put on a few bits of butter. Then more crumbs, oysters, and seasoning till the dish is full, with the last layer of crumbs. Mix the milk and strained oyster juice and slowly pour this over. Put bits of butter on last and bake in a hot oven till it is brown; about half an hour. You can put these oysters into small dishes just as you did the creamed oysters, or into large scallop shells, and bake them ten or fifteen minutes. In serving put a spray of parsley into each or lay one on the plate by each little dish.

### Oysters in Rice Cups

Into two cupfuls of half-boiled rice stir three tablespoonfuls of melted butter. Wet in cold water small moulds or after dinner coffee cups, spread the sides and bottoms with the rice, and set away to cool. Next prepare the oysters. Cook together for five minutes two tablespoonfuls of butter, one tablespoonful of chopped onion, and the same amount of chopped green pepper. Add half a cupful of strained oyster juice, a teaspoonful of lemon juice, a teaspoonful of tomato catsup, a teaspoonful of prepared mustard, a dusting of cayenne pepper, and a pint of chopped oysters. Simmer for five minutes. Now unmould the rice and brush inside and out with melted butter. Place on a baking sheet and run into a hot oven until a golden brown. Fill with the oyster mixture and serve.

### Creamed Oysters with Chicken

Take three tablespoonfuls of flour and two of butter, put in baker, set on stove, and stir until butter and flour are thoroughly cooked; add one and one-half cupfuls of sweet milk. Stir slowly until it thickens. Have one cupful cold boiled chicken cut in dice, one and one-half cupfuls oysters, washed and drained, one cupful celery cut into quarter-inch pieces; add celery to the sauce and let cook slowly for fifteen minutes, then add chicken and oysters; cover with one cupful cracker crumbs mixed with two tablespoonfuls of melted butter; put into oven and bake until brown. Garnish with sliced stuffed olives. Season with salt and pepper to taste.

### Oyster Shortcake

Make a rich but light baking powder biscuit dough, and bake in layer cake tins, split and lightly butter each as it comes from the oven. Scald the strained liquor from a quart of oysters. Rub two tablespoonfuls of butter smooth with two tablespoonfuls of flour and stir into one and one-half cupfuls of scalded milk. Cook and stir until it thickens; add a tablespoonful of butter to the oyster juice (heat it); season to taste with salt and white or cayenne pepper. Add oysters and heat until the edges ruffle. Then lay the oysters on the layers of shortcake, add the liquor to the sauce, and when blended spread over the oysters; then add another layer of cake, then oysters, and pour sauce over the whole; sprinkle with a little minced parsley and serve very hot.

### Fried Oysters

Beat the yolks of four eggs with three tablespoonfuls of sweet milk, and season with a teaspoonful of salt, and a very small pinch of cayenne pepper. Beat this thoroughly, dry the oysters and dip into it, then dip into fine cracker dust, shake off the loose cracker dust, dip again into the egg mixture and again into the cracker dust. When this is done the oysters are ready to fry in enough hot lard to cover them. They should be placed on a hot plate as soon as they are fried and be served at once.

### Filling for Oyster Patties

Take two ounces of butter, one-half pint sweet cream, pepper, salt, three tablespoonfuls of flour, and three dozen Count oysters. Melt the butter, stir in the flour and, having boiled the cream, stir it in. Scald the oysters in their own broth until cooked just through, strain off the broth, add the cream sauce, and the mixture is ready for the patty crusts.

### Oyster Rolls

Take small rolls, scoop out and fill with creamed oysters, heat very hot and serve.

### Scalloped Oysters

Two dozen oysters, one ounce of butter, two tablespoonfuls of milk, pepper, salt, and bread crumbs. Scald the oysters m their own liquor; take them out and bread them. Melt the butter in a stewpan, stir in the flour, the milk, the strained liquor from the oysters, pepper, salt; let it boil up, stir in the oysters, heat gradually, but do not boil. Butter some shells, lay in the oysters and as much of the liquid as they will hold; cover with bread crumbs, with pieces of butter on the top of each, and brown them in the oven or before the fire.

Lobsters, shrimps, or any other fish can be done in the same way. Half a pint of white stock must be used instead of the oyster liquor. This serves four people.

### Creamed Oysters

One pint oysters, one large cupful cream sauce. Make a cupful of cream sauce and keep it hot. Drain off the oyster liquor and wash each one. Then put them on the fire in the juice and let them just simmer till they grow plump and the edges curl; then drain them and drop them into the sauce, with a little more salt and a very little pepper. Serve on squares of buttered toast, or put them into a large dish with bread crumbs over the top and bits of butter, and brown in the oven.

### Browned Oysters

Boil one pint of oyster liquor until reduced to one-half the quantity, add a half-pint of white wine, and boil twenty minutes. Mix well one-half pint bechamel with the beaten yolks of two eggs. Stir into the oysters and wine liquor. Butter little china shells, sprinkle lightly with toasted bread crumbs, fill with raw oysters and the sauce; cover the top with bread crumbs and brown in a quick oven. Serve hot.

### Oyster Roll

Pick and drain fifty medium-sized oysters. Turn them into a saucepan with a tablespoonful of butter, a little salt and cayenne, with a dash of paprika, a small blade of mace, and a few drops of lemon juice. Cover closely and shake over the fire until the oysters are plump and the edges begin to curl. Drain and set aside. Measure the liquor in which they were heated and add enough rich milk to make one and a fourth cupfuls of liquid. Mix together one tablespoonful each of butter and flour, stir over the fire until well mixed and frothy. Add the liquid and stir until thickened. Season to taste and let simmer five minutes. Add the oysters and a teaspoonful of finely chopped parsley. Set over hot water three or five minutes. Have ready ten or twelve small French rolls, which have been prepared by cutting off the tops, scraping out the centre, brushing inside and out with melted butter, and placing in a hot oven until crisp; then fill with the prepared oyster mixture, cover with the tops which were cut off, and serve at once.

### Panned Oysters

Heat and butter some patty pans. Cut slices of bread round to fit them and toast brown. Put a piece in each pan. Wet well with the heated oyster liquor, and put in enough oysters to fill each pan comfortably. Add pepper and salt and a little piece of butter, and bake (covered) for ten minutes. Serve in the cooking dishes. The easiest way to manage is to put the little pans into one large one and then cover them all at once with another. A teaspoonful of tomato catsup can be added to each little pan to make a change.

### Oyster Potato Balls

Grate six cold boiled potatoes, add one teaspoonful of salt, one-quarter teaspoonful of pepper, two tablespoonfuls of melted butter, two beaten egg yolks, and one tablespoonful of minced parsley. Mix well together, take a tablespoonful of the mixture, flatten it slightly, lay on two or three oysters, cover with another tablespoonful, pinch the edges together, place on a buttered baking sheet and cook in a quick oven.

### Oysters Manhattan Style

Take from three to six oysters for each person to be served. Have them freshly opened and on the deep part of the shell. For two dozen oysters cream one-half cupful butter. Work into this a half-teaspoonful each of salt and paprika and one tablespoonful finely chopped parsley. Divide this mixture among the oyster shells, putting a bit on each oyster. Then cover each oyster completely with a thin wafer of bacon freed from rind. Set shells in baking tin in a hot oven and cook till bacon crisps. Serve with lemon quarters and buttered brown bread strips.

### Hot Oysters on the Half Shell

Drain and wash twenty-five oysters, throw them into hot water and stir until the edges curl. Drain and save the liquor. Now chop the oysters and drain again, adding this to the previous liquor. Rub together one tablespoonful of butter and two tablespoonfuls of flour and add the oyster liquor and a cup of cold milk. Stir over the fire until they reach the boiling point, then add one-half teaspoonful of salt, a dash of pepper, a dash of paprika, and the yolks of two hard-boiled eggs, chopped fine. Cook a minute longer, add the oysters, and stand aside to cool. When cold fill the mixture into the oyster shells. Whip an egg thoroughly, add a tablespoonful of warm water, and beat again. Baste the shell with the whipped egg and dust thickly with bread crumbs, covering the edges well, so that the oyster mixture will not ooze out. Place in a frying basket and plunge into very hot fat.

### Oysters en Masquerade

Two dozen large oysters, one pint cold cooked chicken, one egg, three tablespoonfuls cream, water cress, one-fourth cupful white sauce, one teaspoonful onion juice, crumbs, fat, broiled bacon. Run the chicken through the food chopper and grind very fine. Then add to this the egg, cream, white sauce, and onion juice. Wash the oysters and drain dry on a piece of folded cheese cloth. Now take each oyster and cover with the prepared chicken, shaping so as to present a tempting appearance. Flour lightly. Dip in beaten egg, roll in crumbs, and fry in deep fat. Drain on brown paper. Serve garnished with the bacon, slices of lemon, toast points, and water cress.

### Oysters and Corn in Ramakins

Chop canned corn very fine; to a pint add one-half teaspoonful of salt, a saltspoonful of pepper, and one-half cupful of thin cream; put a layer of this in each ramakin; add a layer of small oysters, pour over them a little melted butter, add another layer of corn, cover with buttered crumbs, and bake in a brisk oven for fifteen minutes. This is most delectable and never fails to please.

### Cod Creams

Pound one-half pound of cod to a fine consistency with an ounce and a half of bread crumbs; mix with a beaten egg and a half a gill of stiff white sauce. Add a dash of pepper and a heaping saltspoonful of salt and rub through a sieve. Butter small moulds and fill three-fourths full of the mixture. Steam twenty minutes. They may be served with or without a white sauce.

### Scrambled Codfish with Eggs

Pick into tiny bits enough codfish to make one cup. Soak till freshened slightly, drain, cover with boiling water, and drain again. Stir, and heat in three tablespoonfuls butter. Add a dash of paprika and five eggs, beaten and diluted with one-half cup cream or rich milk. Cook over hot water till creamy. Serve on toast.

### Codfish Chops

To two parts of shredded cooked codfish add one part of hot seasoned mashed potatoes; season with a few shakes of pepper and bind together with beaten egg. When cool pack into chop moulds or shape with the hands to simulate chops. Stick a piece of macaroni in the small end of each for the chop bone; dip in beaten egg, dredge with bread crumbs, and fry a golden brown in deep fat.

### Fried Salt Codfish

Cut the fish in squares and soak in cold water overnight; dry on a cloth and dip each square in beaten egg, to which has been added one tablespoonful of cream; roll the fish in flour and fry a golden brown in hot fat.

### Escalloped Codfish

Into a well-buttered baking pan place layers of flaked and freshened fish and boiled rice or macaroni; season each layer with salt, pepper, and plenty of butter; pour over enough milk to cover, then add a sprinkling of bread crumbs with several bits of butter on the top. Bake slowly until nicely browned.

### Codfish au Gratia

Break into flakes two pounds of salt codfish and soak one hour, changing water once. Make a white sauce with two level tablespoonfuls of butter, two level tablespoonfuls of flour, one and one-half cups of milk with salt and pepper to season.

[Remainder of recipe missing with page 70]

[Pages 70 and 71 missing]

### [Unknown recipe beginning page 71]

[…]tablespoonfuls of melted butter. Bake until tender; keep hot on a platter while thickening the gravy left in the pan with browned flour and butter. Season the sauce with a teaspoonful each of lemon and onion juice and a little celery salt. Strain and send to the table in a gravy boat.

### Halibut Steaks

Purchase two slices of halibut of uniform size. Wipe them over with a piece of cheese cloth wrung from cold water. Butter a baking pan of about the same size as the fish and lay one slice in, spread on some stuffing, lay on the other slice and dot the top over with bits of butter. Dust with salt and pepper and then with flour. Bake in a moderate oven until the fish is cooked through and the top is browned delicately. Place on a warm platter, and garnish with parsley and lemon points. For the stuffing add a tablespoonful of onion juice to one cup of bread crumbs. Use less if the strong flavor is not liked, but do not substitute minced onion. Add two tablespoonfuls of melted butter, a few grains of cayenne, a saltspoon of white pepper, and half a level teaspoonful of salt. If liked a grating of nutmeg can be added.

### Broiled Salt Salmon

Soak in cold water twenty-four hours, changing often. When wanted, wipe dry and broil quickly. Season to taste and cover with butter.

### Salmon Pie

Butter a deep dish, flake the fish, place a layer in the bottom, then a layer of cold boiled potatoes sliced thin, season with a sprinkle of salt, pepper, parsley, and onion. Continue in this way till materials required are used; add last, bits of butter and half a cup of cream. Bake ten minutes.

### Creamed Salmon with Poached Eggs

Stamp out four rounds of bread an inch thick; remove the centres, leaving a case with a narrow rim. Brush over the outside of the cases with melted butter and brown them in the oven. Fill with canned salmon, flaked and heated in a cupful of cream sauce. Dispose a poached egg above the salmon. Serve garnished with parsley and slices of lemon.

### Salmon Cutlets

To one can of salmon add one tablespoonful of lemon juice, a little salt, and one cup of thick white sauce. Pick salmon over to remove bones, skin, and oil. Mix all together and shape like cutlets. Beat two eggs roll cutlets in them, then in fine cracker or bread crumbs, and fry in deep fat until brown. Stick a small piece of macaroni in small end of cutlet when done, garnish with parsley, and serve hot.

### St. Croix Salmon

Take the contents of a tin of salmon; spread it on a dish look carefully for stray bones that may have been left in. Drain off any liquid there may be, and divide it if it is not already in small pieces. Put two tablespoonfuls of butter in a hot frying pan; when it is melted add the fish; sprinkle with pepper and salt. It may be allowed to brown, or merely heated through. Turn it out on a hot dish, garnish with parsley or water cress, and serve.

### Fried Scallops

Over one quart of scallops pour the juice of one lemon and one tablespoonful of oil. Sprinkle with teaspoonful salt, one-half teaspoonful pepper, and one-half teaspoonful finely chopped parsley; cover, and let stand thirty minutes. Mix three tablespoonfuls chopped cooked ham, four tablespoonfuls soft bread crumbs, and two tablespoonfuls grated Parmesan cheese. Drain scallops, dip in egg, roll in bread mixture, and fry in hot fat; then drain. Arrange on a hot serving dish, sprinkle with salt, and garnish with parsley.

### Scallops and Eggs

Simmer a pint of scallops in sufficient salted water to cover them, for ten minutes. Pour off this liquid and cover with cold water. Now pour off the cold water and cut the scallops in halves or quarters. Put two tablespoonfuls of butter in the frying pan, drop in the scallops, and allow them to brown slightly. Break the eggs in a bowl, season with salt and pepper, and pour this into the pan over the scallops. Stir until the eggs are cooked. Have ready pieces of toast cut in triangles, arrange them on a hot platter, and pour over them the eggs and scallops, sprinkling over the top with finely chopped parsley.

### Creamed Shrimps

To two tablespoonfuls of butter and two of flour, cooked together until they bubble, add a cup of milk or cream, a half teaspoonful of salt, a half-teaspoonful of lemon juice (do not put this in until the cream sauce is thick or it may cause the milk to curdle), a dash of paprika, and a half-pound of shelled shrimps. After these have cooked about five minutes add a cup of stewed tomatoes. Serve hot on toast and garnish with stuffed olives.

### Shrimps and Crabs for Ramakins

To a pound of shelled shrimps add the meat of one shredded crab. Brown a sliced onion in a kettle, and to this add a large cup of beef bouillon or any good stock. Then put in shrimps, the crab, and a chopped green pepper. Add a tumbler of sherry, most of which the shrimps will absorb, and cook for twenty minutes under cover, being careful that the sherry does not burn. Grease the ramakins, cover with bread crumbs and a lump of butter, and bake until brown.

### Fried Clams

Take large clams and dry them in a napkin, season with salt and pepper, dip in cracker crumbs, then in beaten eggs and again in cracker crumbs, and fry in hot lard or butter.

### Clam Fritters

Twelve clams minced fine, one pint of milk, three eggs. Add the liquor from the clams to the milk and flour enough to make a batter that will drop well from a spoon. Then add the chopped clams and two ounces of melted butter. One tablespoonful of this mixture will make a fritter. They should be fried quickly in plenty of hot lard, and served at once.

### Deviled Clams

Wash twenty-four round clams and put over the fire until the shells open; remove and chop fine. Fry two chopped onions in two tablespoonfuls of smoking lard, add three fresh tomatoes or a cup of the canned fruit, one tablespoonful of vinegar, pepper, and mace to season, and two beaten eggs. Fill large oiled shells, cover with buttered bread or cracker crumbs, and bake for ten minutes.

### Fried Soft-Shelled Crabs

Dress the desired number of soft-shelled crabs. Dry them, then dip them in milk, and dredge them with flour. Fry them a golden brown in deep hot fat. Drain and serve on a folded napkin. Garnish with slices of lemon sprinkled with finely chopped parsley.

### Crabs with Cheese

Add to a rich cream sauce one can of crab meat, put it in a buttered baking dish with one layer of cheese, bread crumbs in the middle and another layer of cheese on top. Dot the top with bits of butter and brown in the oven.

### Crabs with Mushrooms

Make a rich cream sauce, add one can of crab meat and one can of mushrooms cut in tiny slivers; season with mushroom catsup and serve in ramakins. The fresh crab flake and fresh mushrooms make this a royal *entrée* for luncheon or for a chafing dish supper.

### Crab Meat Scalloped

One pint crab meat, one pint white sauce, one cupful crumbs, one-fourth cupful melted butter, one-half of a lemon, salt and pepper to taste, yolks of two hard-boiled eggs. Heat the sauce in a double boiler and add the crab meat and one teaspoonful of lemon juice. Cook five minutes, then add one-fourth cupful of sherry. Cook one minute, then add the egg yolks reduced to a powder, and remove from the fire. Fill scallop shells with the mixture, cover with crumbs, dot with butter, and brown lightly in the oven. Garnish with parsley and serve.

### Deviled Crab or Lobster

When the crabs are boiled take out the meat and cut it into dice. Clean the shells thoroughly. With six ounces of crab meat, mix two ounces of bread crumbs, two hard-boiled eggs, chopped, the juice of half a lemon, cayenne pepper, and salt. Mix all with cream and place in the shells, smooth the tops, sprinkle with bread crumbs, and brown in a quick oven. In using lobsters a little nutmeg should be added to the seasoning.

### Fried Lobster

After having taken it out of the shell, rub it dry with a towel. Cut in suitable pieces, dip in beaten egg, then in cracker crumbs, and fry until well done. Serve with tomato sauce.

### Lobster Cutlets

Mince very fine the meat of two lobsters, seaon with salt and pepper, melt two tablespoonfuls of butter in a saucepan, mix with it one tablespoonful of flour, add lobster, and a little finely chopped parsley, add a little stock or water, and let it come to a boil. Remove from the fire and stir in the beaten yolks of two eggs. Spread this mixture in a shallow pan and when cold cut into cutlet shapes, dip carefully in beaten egg, then in cracker crumbs, and fry a nice brown in hot lard.

### Cream Lobster in Halibut Border

Chop one and one-half pounds of boiled halibut fine; then press through a sieve, when it should weigh one pound. Add one teaspoonful of salt, a little each of red pepper and nutmeg, and gradually the whites of two eggs and one pint of cream, whipped. Press into a border mould and set on ice for two hours. Cut the meat of a two-pound lobster into bits. Add half a teaspoonful of butter, one even teaspoonful of salt, and one cupful of cream, and cook for five minutes. Mix the yolks of three eggs with one-third cupful of cream, remove pan to the side of the fire, and add gradually. Mix well and serve in the border garnished with the coral and parsley.

### Finnan Haddie

Soak a finnan haddie in milk one hour; then cook until tender, and separate into flakes. Cut a two-inch cube of fat salt pork in tiny dice, and try out. To two tablespoonfuls of the fat add two tablespoonfuls flour and stir until well blended, then pour on gradually, while stirring constantly, one cup rich milk. Bring to the boiling point, and add one and one half cupfuls finnan haddie, separated into flakes, the pork scraps, and one and one-half cupfuls small potato cubes, which have been cooked until soft. Season with salt and pepper and serve very hot.

### Broiled Finnan Haddie

Soak the finnan haddie in milk an hour before broiling. Spread with melted butter, garnish with lemon, and serve very hot.

### Fish Turbot

Steam one large whitefish until tender, remove the bones, season. Heat one quart of milk, thicken with one cup of flour, when cool add two eggs and one-quarter of a pound of butter. Put a layer of flaked fish, then a layer of crumbs and sauce. This is delicious in ramakins or all put into a baking dish.

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# V.—Meats, Birds, and Poultry

Meats to be roasted or boiled should be given the greatest amount of heat at first, so that all juices may be retained. Fresh meats should be placed in boiling water, except when making soups, when cold water should be used.

A tablespoonful of vinegar will help to make tough meats or old fowls tender.

Salt meats must be well washed and put on in cold water. It requires four hours to boil a large ham, and two hours for a small one, but in either case the end bone should be loose when the ham is done.

All meats should be gently simmered to be tender. All cutlets should be dipped in cracker crumbs and fried in butter.

### Serving Meats

Meats and poultry are served by the head of the household on ordinary occasions, but for company dinners it often saves time to have them served from the butler’s pantry. The slices are neatly carved and passed on a very hot, large-sized dinner plate or small platter. One or two vegetables, one being potatoes, accompany the meat course. These are passed from the left side. Vegetables should be served on the dinner plate and not in small dishes.

### Garnishing

There is nothing which so quickly indicates the cook as the manner in which she serves her dish. The prime motive in garnishing a dish is probably to make it look more attractive, but there may be other reasons for adding special garnishes. Some things may be used to add to the food value as well as the looks, or to make a limited portion of a certain thing serve more people.

Dishes which are to be served hot cannot be garnished as can cold ones, but the arrangement of the articles themselves on the hot dish adds or takes away from their appetizing appearance. Chops should be placed overlapping each other in rows or in a circle; roasts or joints should be served on a sufficiently large platter so as not to look over grown.

Hashes properly browned and shaped when turned from the pan, need only a garnish of parsley or eggs or peppers for their serving.

Sauces should be garnished. When the sauce is served on or about the article, it should not have the appearance of being a sea of sauce. Only a little should be used and more passed if necessary.

Many vegetables are used as garnishes; mashed or browned potatoes, green peas or beans, with or without sauce, may be served in the centre of a circle of chops. Spinach, beans, peas, potatoes, carrots, and tomatoes may all be used as purees.

A *macedoine*, or mixture of vegetables, may be used in a crown roast, and croquettes of meat or vegetables are favorite garnishes. A rice border is also a good garnish. Lemon, parsley, celery, fried oysters, chestnuts, sausage, sliced tongue, mushrooms, peas, forcemeat balls, water cress, hard-boiled eggs, olives, peppers, beets, and carrots are all used in garnishing.

### Dumplings for Meat

For two, cupfuls of flour use two teaspoonfuls of baking powder, salt and about a tablespoonful of shortening; then mix with milk (or half milk and half water), to a dough still enough for biscuits. Have a kettle of boiling water and a steamer that fits it; grease the bottom of the steamer and pop the dough by spoonfuls on it, allowing space to swell; cover tightly and steam twenty-five minutes. Then drop them into the stew or gravy. They will always be light and delicious.

### How to Make Sausage

Three pounds of lean young pork, freed from gristle and finely minced. Spread on a moulding board. Sprinkle over it one tablespoonful of pulverized sage, one-half tablespoonful of salt, and half a teaspoonful of pepper. Throw over it two pounds of beef suet chopped very fine and mix all well together. Pack closely in a crock and keep in a cool place. Dip out the amount required for breakfast, shape it into little flat cakes, and place it on a baking plate in the oven.

### Fried Sausage

Get the best article of genuine pork sausage seasoned with Plenty of sage, black and red pepper, and salt. Mould into balls the size of an ordinary biscuit, flatten, and fry in a hot frying-pan. Let them brown on both sides and serve with their own gravy in a covered dish. These are excellent with buckwheat cakes on a cold morning.

### Sausage Loaf

Boil a three-pound veal shank and chop meat fine, add one pound ground sausage, three cupfuls bread crumbs one teaspoonful salt and pepper, three well-beaten eggs and dash of sage. Mix well, form into loaf, and bake a rich brown.

### Sausage with Banana

Select sound, ripe bananas and nice pork sausages in the link. Cut the links apart, place them in a saucepan with hot water enough to barely cover them, prick them with a fork to keep the skins from bursting, boil for twenty minutes, or until the water has boiled away, then cover and brown. Take care to prevent scorching. Have a hot platter ready and place them on it. Empty the fat which remains into a frying pan, heat again, and place in it the bananas, peeled, sliced in half, and dredged with flour, and fry to a golden brown. Serve hot on the same platter with the sausage.

### Old-fashioned Scrapple

A quarter’s worth of good steak, five cents’ worth of fresh pork, put them through the meat chopper, and put on in sufficient water to boil until done and have water left just sufficient to take up corn meal to the consistency of mush. Stir very rapidly while slowly pouring in meal. Salt to taste and mould in a long, narrow, square-cornered pan. When quite cold and solid, slice in thin slices, dip in meal and fry in boiling lard. It makes a fine fish course, as few can tell it from fish.

### Broiled Steak

Trim off most of the fat from the steak and rub the wires of the broiler with it, and heat it over the coals. Then put in the meat and turn over and over as it cooks, and be careful not to let it take fire. When brown, put it on a hot platter, dust over with salt and a very little pepper, and dot it with tiny lumps of butter.

### Baked Beef Tenderloin with Oysters

If it is a large one split it nearly open. Take a quart of oysters, or less, out of their liquor, roll in bread crumbs and lay in the tenderloin; fold together and tie with a cord. Lay in dripping-pan and bake one hour.

### Leg of Lamb

Allow eighteen minutes to the pound, with frequent bastings, for a hind-quarter of lamb. Boiled turnips, scooped out and cavities filled with buttered peas, make a fine accompaniment. Potato croquettes can also be served with the meat. The end bone of the lamb will make a belter appearance if concealed with a paper frill or bunch of parsley. A leg of mutton can be used in place of the lamb by boiling it until almost tender, then baking it in the oven until it is crisp and tender. The boiling will remove all strong mutton flavor from the meat.

### Mutton Pillau

4 pounds of shoulder of mutton.

½ pint of rice.

1 quart of boiling water.

½ pint of strained tomato.

3 teaspoonfuls of salt.

½ teaspoonful of pepper.

½ tablespoonful of grated onion.

Cut the meat into small pieces, and put it in a large stewpan. Season with it the onion and half the salt and pepper. Wash the rice in three waters, rubbing it well between the hands, and sprinkle it over the meat. Mix the remainder of the salt and pepper with this liquid, and pour over the rice and meat. Cover the stewpan, and place on a part of the stove where the contents will heat quickly to the boiling point; then set back for three hours where they will hardly bubble at the side. At the end of that time, sprinkle in the strained tomato, and cook for half an hour longer. Turn out on a warm dish, and serve with a dish of stewed tomatoes. Beef, pork, veal, or poultry may be substituted for the mutton in this dish. If made with veal or poultry, lay in the bottom of the pan two ounces of salt pork, cut in thin slices.

### Meat and Rice Balls

Put three-fourths pound each, pork steak and round steak, through a grinder, salt and pepper to taste. Add one raw egg and one-half cupful rice that has been soaked over night in water enough to cover it. If water is not all absorbed set on back of stove until absorbed. Make into small round balls. Put can of tomatoes in large kettle, season with salt and pepper. Cut two green peppers in half, remove seeds, and rinse in cold water, add to tomatoes, and put in meat balls. Boil slowly three-fourths of an hour. Last quarter of an hour add large tablespoonful of butter. Do not thicken gravy. Cayenne pepper or chili sauce may be used when peppers cannot be obtained. Delicious when served with corn nuts made by the rule that follows.

### Corn Nuts

To one quart of white corn meal add two tablespoonfuls of baking powder and a teaspoonful of salt and sift well. Add milk to form a stiff dough that can be shaped into little cakes, drop into smoking fat, and cook until delicately browned.

### Salmi of Lamb or Mutton

Cut cold roast lamb or mutton in thin, uniform slices. Melt two tablespoonfuls butter in a saucepan, add one tablespoonful finely chopped onion; cook five minutes. Add lamb or mutton and cover with one and one-half cupfuls brown mushroom sauce. Cover and simmer slowly until meat is tender. Just before serving add one tablespoonful of Worcestershire sauce. Arrange slices of meat, overlapping one another, on a hot serving platter. Pour oversauce, garnish with sippits of bread and sprays of parsley.

### Stuffed Mutton

This is delicious for dinner or, when cold, for luncheon. Purchase a four-pound loin of mutton and have the bone removed which can afterward supply the foundation for a rice soup. Make stuffing with a teacupful of crumbled stale bread, crust being cut away, a heaping tablespoonful of minced bacon, two teaspoonfuls each of chopped parsley and onion, one-third teaspoonful of paprika. Beat a raw egg and stir into the stuffing, then moisten with melted butler and a little hot milk. Fill cavity left by removal of bone with the stuffing, then rub the loin with flour and salt, dash with pepper, put in baking pan with teacupful of boiling water, and roast, with frequent basting, about two hours. It should not be rare. Serve on hot platter, making a gravy by thickening the pan liquid with a little flour. Serve gravy in separate boat.

### Lamb in Tomato Sauce

The remains of cold lamb or mutton are cut in neat slices and arranged on a flat dish. Boil one pint of canned tomatoes or a pint of sliced fresh tomatoes for twenty minutes. Rub the tomatoes through a strainer. Season with pepper and salt; add a small teaspoonful of sugar and a tiny pinch of baking soda to correct the acidity of the tomatoes. Cook one tablespoonful of butter and two heaping tablespoonfuls of flour together as in making cream sauce; add the strained tomatoes, and when it thickens set it aside to cool. Place a tablespoonful of the cold sauce on each slice of meat, and garnish the dish with sprigs of parsley. If desired the cold meat can be warmed in the tomato sauce and served hot.

### Fillet of Beef

Take five pounds of beef tenderloin, larded, spread with one tablespoonful of butter, dust with salt, pepper, and flour. In the pan lay three slices of salt pork, and one tablespoonful each of onion, carrot, turnip, celery, parsley, one bay leaf, two cloves, one teaspoonful of salt, one-half cup of water or white wine. A covered roaster is the best to use. Sear quickly, then cover and cook half an hour, basting frequently. Fifteen minutes before serving, if liked, three bananas may be sliced in long strips and put on the fillet, one slice for each person to be served. Pour a can of mushrooms into gravy and serve over each slice of meat.

### Spiced Roast Beef

Take a roast from the round some three inches thick, and with a sharp knife make an incision, like a “sign of addition,” clear through the meat. Into this hole insert a slice of breakfast bacon. Several such incisions may be made, then rub well with salt ami pepper and sprinkle with flour. Put the roast into the pan and pour over it a dressing made of half a cupful of vinegar into which has been stirred a tablespoouful of sugar, one-fourth teaspoonful of mustard, and a few whole grains of allspice. Add a little water for basting. This is good served hot, but it is most delicious when cold.

### Southern Steak

Take a flank steak about one inch thick, place in a baking pan containing about a teaspoonful of lard. Chop fine two green peppers, medium sized, or one small red pepper, and one large onion. Stir into this one cup of tomatoes. Mix well and spread on steak. Salt well and bake slowly for one hour.

### Creamed Hamburg Steak

One pound Hamburg, one-quarter loaf stale bread (take bread, soak in water, then squeeze out), one onion cut small, one egg, salt and pepper to taste; mix well together and form into balls size of a golf ball, using a little Cour. Take some drippings and brown flour in it, add enough boiling water to make thin gravy; drop balls into this and cook twenty minutes on slow fire. When ready to serve beat an egg well and gradually pour the gravy and balls into beaten egg.

### Steamed Beefsteak

Cut pieces of round steak in a convenient size for serving. Dip them in egg, roll in cracker crumbs, and brown quickly in butter in a very hot frying pan. Place the meat in a deep dish or basin; make a brown gravy of butter, flour and water, with salt to season, and pour it over the meat. Then steam three hours or longer, if there is time. The meat will be tender and delicious.

### Sirloin Steak

Remove flank and fat from a sirloin steak cut about one inch and a quarter thick. Baste with butter and sprinkle with grated bread crumbs mixed with fine chopped parsley and olives. Flatten with a broad-bladed knife wet in cold water and broil over a fire that is not too hot, about twelve minutes. Remove to a hot dish, sprinkle with salt, spread with three tablespoonfuls of creamed butter mixed with a teaspoonful of lemon juice, a teaspoonful of parsley, and a tablespoonful of fresh horseradish.

### California Steak

Heat two tablespoonfuls of olive oil in a skillet, pound and flour steak exactly as if using lard or butter, and fry in the hot oil, turning frequently to prevent a crust forming. When the steak is removed, add a little butter to the contents of the skillet, and make gravy as usual.

### Hamburg Steak, German Style

Grind round beefsteak in food chopper, and add salt, pepper, onion, and one egg to suit taste. Have ready a bread stuffing, made as you would for poultry. Grease gem pans, add a layer of Hamburg, next a layer of bread stuffing, and lastly Hamburg. When done, turn out on bread and butter plates and garnish with parsley. They retain their shape, and are good served at afternoon luncheons.

### Creamed Beef

Take one-fourth pound of dried beef, pull into small pieces, and fry slightly in a heaping tablespoonful of butter. Add a tablespoonful of flour, and when brown pour into it a half-pint cream or rich milk and cook until thick and creamy. Serve on toast. This makes an excellent luncheon dish.

### Baked Corned-Beef Hash

A cupful and a half of cooked corned-beef chopped fine, two tablespoonfuls of minced parsley, three cupfuls of chipped, cold, boiled potatoes; blend with a pint of seasoned cream gravy. Turn into a buttered baking dish and cook twenty minutes. Spread crumbs over the top with lumps of butter.

### Cold Dutch Roll

Take two pounds of rump steak and two pounds of veal cutlet, and finely mince together. Add one-half a pound of bread crumbs with a seasoning of parsley, sage, pepper, and salt. Three eggs, with a dash of mustard, are put into the basin, and the whole is then formed into a roll. Dried bread crumbs are thickly sprinkkd over it, two sheets of buttered paper placed round it, and is baked for about two hours. When cold cut into thin slices with a sharp knife.

### Mexican Hash

Chop or grind meat left from a roast. To each pint of meat add one-half can of com, three-fourths cup of bread crumbs, and enough of the left-over brown gravy to make quite moist. Season highly with paprika. Bake in a buttered dish twenty minutes. Excellent served with baked potatoes.

### Roast Beef with Creole Sauce

Cut cold roast beef in thin, uniform slices. Re-heat in tomato sauce, to which add one tablespoonful Worcestershire sauce and one green pepper previously parboiled and cut in thin narrow strips. Season sauce highly with celery salt and tabasco sauce. Arrange neatly on hot platter and serve with baked potatoes on the half shell.

### Beef Stew with Dumplings

5 pounds beef from lower part of round or chuck.

4 cups potatoes cut in quarter-inch slices.

i cup each turnips and carrots cut in half-inch tubes.

i medium size onion, sliced.

i cup flour.

Salt and pepper.

Wipe meat with a piece of cheesecloth wrung from cold water. Remove from bone and cut in two-inch cubes, sprinkle with pepper and salt, dredge with flour. Cut some of the fat in small pieces, try it out in an iron frying pan. Remove scraps and add meat. Stir constantly until the surface of each cube is quickly and richly browned. Put meat in kettle, rinse pan with boiling water that none of the richness may be lost. z\dd to meat remaining fat and bone, the latter broken in pieces. Just cover with boiling water and let boil five minutes; skim, then let simmer until meat is tender (about three hours). Add carrot, turnip, and onion, with salt and pepper, the last hour of cooking.^ Parboil the potatoes five minutes, drain, and add to stew fifteen minutes before removing from fire. Remove the fat and bones, skim again if necessary. Thicken with flour diluted with cold water to the consistency to pour. Mix the dough for the dumplings and drop them from the tip of a tablespoon in balls the size of a large egg. Cover closely and let steam fifteen minutes. Be sure the cover of the kettle fits closely and do not raise it until dumplings have cooked the full time. Turn stew into deep hot platter, surround with dumplings, and sprinkle all with finely chopped parsley or chives.

### Dumplings

2 cups flour.

4 teaspoonfuls baking powder.

| teaspoonful salt.

| tablespoonful butter.

j cup milk.

Mix and sift dry\* ingredients, rub in butter with tips of fingers, add milk gradually, cutting it in with a knife. Mix well and drop from tip of tablespoon closely together on top of stew. Cover closely and steam fifteen minutes.

### Spanish Hash

Two cupfuls of cold boiled rice, one cupful tomato stock two cupfuls chopped meat, slice of onion if desired. Mix rice and tomato juice, fill baking dish with layers of meat and rice, cover with crumbs, and bake one-half hour.

### Mock Duck

Take a nice round steak and spread thickly with dressing of bread crumbs, chopped onions, pepper and salt to taste, and dot with small pieces of butter all over the top; roll like jelly roll and tie. Put in a pan and fill about half full of hot water, cut up in the water one onion, fine, bake in hot oven, covered, one hour.

### Beef and Potato Cake

i cupful cold corned beef.

2 cupfuls mashed potatoes.

i egg.

| tablespoonful finely chopped parsley.

Seasoning.

Chop meat in a chopping bowl and mix thoroughly with mashed potato, highly seasoned. Add egg slightly beaten, parsley, and pepper if necessary. Roll into balls and pat into a cake. Dredge each cake with flour, dip in egg and crumbs, and fry in deep fat. Serve with young beets dressed with butter sauce.

### Frizzled Dried Beef

Take half a pound of dried beef, shaved very thin. Chop it fine and pull out the strings. Put a large tablespoonful of butter in the frying pan and when it bubbles put in the meat. Stir till it begins to get brown and then sprinkle in one tablespoonful of flour and stir again, and then put in one cup of hot milk. Shake in a little pepper, but no salt. As soon as it boils up once it is done; put it in a hot, covered dish. Two eggs may be scrambled in the milk, and a couple of minced green sweet peppers added if that flavor is liked.

### Beef Cutlets

After grinding the meat season highly with salt and pepper, moisten with cream sufficiently to mould into cutlets. Broil cutlets over a bed of glowing coals as you would the steak, and serve with brown mushroom sauce.

### Beef Breakfast Dish

cold an oni‘on in bits of bacon; add one pound of cud of 7Pped beefJ stir with a fork; add seasoning and one

vXp Jornat°es; cover tightly and keep hot for ten minutes;

on toast.

### French Pot Roast

into a Ia^,ece of c°arse, rather lean beef weighing five pounds

Cook t£°\ln which >’ou have fricd a poUnd of sIiced fat Pork-

turn n J beef fa5t f°r five minutes, enough to sear one side;

cover > •S€ar the other for the sarne kngth of time\* Then

carrnf Wlth choPP«d onion, sliced turnips, shredded cabbage,

TM \* cut into dice, and a cupful of canned tomatoes. Cover

two li Wlth hot water, fit on a tight lid, and cook slowly for

with nJrS’ \*Urn‘ng the meat once. Take up the meat, season

WlrmPCI2cr> salt, and butter and set it in the oven to keep

them - UP the vegetables with a skimmer, separate

Platt q ^possible and arrange each by itself on a heated

with over water whiIe tIie Srav7 is thickened

htr. UP oncc> Pour over the meat» whl’ch Should

414 rn the middle of a platter with the vegetables about it.

### Pot Roast with Prunes

A PLAix pot roast takes on an altogether new and delightful flavor if half a pound of well-washed prunes are added. Remove the prunes and pickle them and you have one of the best of relishes.

### Chicago Pot Roast

About six or seven pounds of beef from the shoulder and a large piece of suet. Cut suet in small pieces and put in pot. Perl and slice three onions in with suet, then add salt, pepper, and a half-teaspoonful of ground allspice. When suet is rendered dip all out with a skimmer and set aside. Sprinkle meat with salt, put in hot suet, and brown on all sides. Meat can be cut in pieces if too large to fit in pot. Then put all in pot with onions on top and cover with water. Cook three hours, then remove meat and cover it, add more water to pot, stir in flour and water, and the gravy will be beautifully brown and highly seasoned.

### Hot Beef Loaf with Rice

Put through the meat chopper a pound of beef from the round of a shoulder, bit of suet as large as an egg, and an onion larger than an egg, Mix all with one-half teaspoonful of sage, a saltspoonful of thyme, make into one flat cake, chop a slice of bacon, and press the pieces into the cake of meat. Cover all with flour, salt and pepper to taste. Wash carefully a cup of rice, and throw it into a quart of furiously boiling water. When tender put it where the steam will evaporate, leaving it dry. Cook the meat in plenty of drippings in a hot pan with a cover; make a gravy; pile the rice in a platter with the meat in the centre; garnish with sprigs of parsley; pour the gravy over the rice and serve hot.

### Hot Beef Loaf

Two pounds of beef chopped fine, two eggs, three pounded butter crackers, butter the size of an egg, one scant tablespoonful of salt, one-half teaspoonful of pepper, one teaspoonful of sage, the juice of one lemon, a few drops of onion juice. Mould into a loaf and bake three-quarters of an hour in a very hot oven, basting occasionally with butter and hot water. Serve at once.

### Delicious Beef Loaf

Two pounds of round steak, one pound of fresh pork, three green peppers, one-quarter of a nutmeg, one egg, three biscuits rolled fine, one large cup of stewed tomatoes. Season all well with salt and pepper. Tut meat and pepjH’rs through chopper, then add seasoning and tomatoes. Have cracker crumbs on moulding board, forming the above into a loaf thereon. Put loaf into spacious, well buttered pan and hake three-quarters of an hour. Baste frequently with butter.

### Beefsteak Pie

Cut left over cold broiled steak in one-inch pieces. Cover with stock made from beef extract, using one-half teaspoonful of the latter to each cup of boiling water. Add one small union, sliced and cook slowly until beef is tender. Remove onion and make a sauce of the strained liquid, season with salt and pepper. Add one tablespoonful of W orcestershire sauce.

Add two cups potatoes cut in half-inch cubes, previously parboiled five minutes in boiling salted water. Turn this mixture into a deep earthen pudding dish and cover with a delicate biscuit dough, or force highly seasoned mashed potatoes through a Pastry bag’and star tube, covering the entire top of pie; brush lightly with beaten egg. If covered with biscuit dough, bake twenty minutes in hot oven. If covered with potato, bake Until heated through and potato is delicately brown.

### Collops in Batter

Cut rare roast beef or cold veal into pieces about one inch thick, two inches wide, and three inches long. Tut a tablespoonful of beef drippings or butter in a frying-pan; shred an onion and brown one tablespoonful in the hot fat. If there is gravy left from a previous meal, add half a pint to the onion in the pan. Should more be at hand pour in half a pint of hot water, thicken it with one teaspoonful of flour rubbed smooth with cold water. Season with pepper and salt. When it boils place the meat in a baking-dish, pour the gravy over it, and cover it with the batter. To make this, mix one cup of flour with two-thirds of a cup of milk; stir in one egg, beaten light, a pinch of salt, half a teaspoonful of soda and one of cream of tartar, or two teaspoonfuls of baking powder. Bake twenty minutes, or until the batter is light and delicately browned. This is an excellent way to use the Sunday roast on Monday night.

### Crown Roast of Lamb

Have the butcher cut nine ribs from each of two sides of lamb, selecting ribs from each side. Cut the ribs apart at the backbone, but do not separate the chops. Trim the ribs as for French chops. Place the roast in a braising-pan and cook in a very hot oven for twenty minutes. Then add one cupful of boiling water and salt to taste. Reduce the heat and cook for forty minutes longer. Baste frequently. When done remove from the pan to a hot platter. Fill the centre with green peas and diced carrots.

### Lamb Chops with Cucumbers

Dust the chops with salt and pepper, roll in egg, then in fine bread crumbs and fry in deep fat for five minutes. Put them on a hot platter and surround with slices of cucumber which have been dredged in well seasoned flour and also fried in the deep fat. The slices should be cut lengthwise, one-half an inch thick, and they should be soaked in ice water for twenty minutes before drying and cooking. A horseradish sauce adds to this dish. The horseradish should be soaked in vinegar and about two tablespoonfuls added to one and one-half cupfuls of drawn butter sauce If possible cut the horseradish root in sliver-like strips which will curl if cut fine enough and garnish the chops with them. This makes a very pretty company luncheon dish.

### Lamb Cutlets

The cutlets may be made from the fore-quarter of lamb, which is always four or five cents chcajxr than the other part. Brush each cutlet over with beaten egg, roll in bread crumbs, and fry in hot fat. Serve with mint sauce.

### Broiled Lamb Chops in Potato Mound

Mash hot boiled potato and season with butter, salt and a little hot milk or cream. Shape into a mound and place to the centre of a hot chop plate. Surround it with the broiled chops, having each chop stand on the broad end, and the bone Pressed into the potato, the small end reaching just to the top of the mound. Garnish with parsley. A broad silver pie knife will be found convenient to use in sen mg.

### Delicious Lamb Chops

Rvb chop thoroughly with a preparation of lemon juice and butter in the proportion of one teaspoonful of butter to two of lemon juice. Broil them.

### Lamb Chops au Julienne

Trim the chops well, having them “Frenched,” which means that the bone is left bare to be “frilled.” Dust the chops on each side — they should be about an inch thick — "ith salt and pepper, roll them in egg and then in crumbs, and fry in deep fat five minutes. Cool the fat after the chops are in, that they may cook thoroughly and yet not be too brown. Prepare a brown sauce made with highly seasoned stock, add to one cup of this sauce one-half cup of tomato liquor or juice from a can of tomatoes, all of the spring vegetables in small Quantities—green peas, string beans, and carrots—all shredded exceedingly tine.

### Lamb Chops, Green Peas, and Potato Curls

With a potato “chipper” slice potatoes lengthwise and let the slices lie in ice water for an hour. Cook a quart of young green peas ami a lettuce heart in rapidly boiling, slightly salted water. Delicately broil little lamb chops, “Frenched.” Dry the potato slices in a napkin and drop them in smoking hot hud and cook until well crisped and curled. (It will take^only a minute or two.) Drain the peas, remove the lettuce heart and toss them with two tablespoonfuls of butter and a dusting of white pepper. Arrange the potatoes in the centre of a chop platter, place the chops around them, and make a border of the peas. Cover the ends of the chops with frillcttcs.

### Baked Ham

Have either a whole or a half ham, and put it in water for eight or ten hours to-draw the salt, then make a stiff dough of flour and water, put in around the ham on the under side and front, leaving the rind uncovered. Then take a cloth and sew the ham up in it quite tight. Bake in a moderate oven about thirty minutes to the pound.

### Browned Ham

Take slice of raw ham. place in rather shallow pan. Cover with hot water and allow to simmer in the oven for forty minutes. Now take out of water and brown on both sides in frying-pan before serving. This dish will be found more delicious than fried ham and as tender as boiled ham.

### Creamed Boiled Ham

The next time you have a boiled ham try cutting some of it in thin, small bits and creaming like dried beef. This is a dish our English cousins are fond of and witk baked potatoes makes an excellent luncheon.

### Ham with Eggs

This is suitable for luncheon or supper. Mince fine one cup of boiled or broiled ham, also chop rather fine four hardcooked eggs. Line a buttered baking-dish with soft bread crumbs, put in a layer of ham, then a layer of eggs. Sprinkle over the eggs finely minced green or sweet red pcp|>cr and over the ham finely minced chives or parsley. Rrjx'at and cover the top layer, which should be eggs, with soft bread crumbs and bits of butter, pour into a dish three-quarters of a cup of cream sauce, and bake in a hot oven until quite brown on top.

### Ham with Biscuits

Fry the required quantity of nice smoked ham; put on platter surrounded by hot baking powder biscuit, split; pour wiPkU1 of milk into hot drippings lc{t in skillet, thicken slight! let 1 °ne ^P0TMTM Hour, add salt and pepper to tast come to a boil, and pour over biscuit and ham. e’

### Ham Cutlets

. One pound boiled ham, one large onion, one large potato, ^ded, one sweet green pepper, two well-beaten eggs, salt and’ b^Pper to taste. Mince all together fine, then add eggs. x'Iould with hands to form small hams. Insert small piece unc°oked macaroni in small end to form ham bone, flour well ai?d K°lden brown. Serve with cream sauce, sprinkled minced parsley.

### Broiled Bacon

Slice the bacon very, very thin and cut off the rind. Put the slices close together in a wire broiler and lay this over a shallow pan in a very hot oven for about three minutes. If it is brown on top then you can turn the broiler over, but if p°t, wait a moment longer. When both sides are toasted lay it on a hot platter and put sprigs of parsley around. Cooked •n this way, young children and invalids may eat bacon with perfect safety.

### Veal Terrapin

Cut cold veal in dice; to one pint add six eggs boiled for fifteen minutes and cut fine. Sprinkle with pepper and salt. Add a tablespoonful of minced lemon peel, or a little grated nutmeg, or a small half-teaspoonful of sweet marjoram or summer savory, according to the flavor desired. Allow one cupful of cream or cream sauce to each pint of meat; let it come to the boil; heat all together and serve hot. To make cream sauce put one tablespoonful of butter into a graniteware saucepan; when melted add two tablespoonfuls of flour and let it cook, stirring to prevent browning. When perfectly smooth pour in slowly one pint of milk. Let it boil for two minutes.

### Veal Cutlets

Wipe off the meat with a clean wet cloth and then with one that is dry. Dust it over with salt, pepper, and flour. Put a tablespoonful of nice drippings in a hot frying-pan and let it heat till it smokes a little. Lay in the meat and cook till brown, turning it over twice as it cooks. Look inside and see if it is brown, for cutlet must not be eaten red or pink inside. Put in a hot oven and cover it while the gravy is made by putting one tablespoonful of flour into the hot fat in the pan, stirring it till it is brown. Then put in a cupful of boiling water, half a teaspoonful of salt, and a little pepper. Put this through a wire sieve, pressing it with a spoon, and turn it over the meat. Put parsley around the cutlet and send hot to the table.

### Veal Patties

One pound raw veal steak, chopped fine, one cupful fine cracker crumbs, one beaten egg, and salt and pepper to taste. Mix well till it becomes moist, then pat into balls and fry slowly in butter. These are delicious and taste much like frogs’ legs.

### Potted Veal

Three and one-half pounds of raw kg of veal chopped, one heaping tablespoonful of salt, one-half tablespoonful vf pepper, eight tablespoonfuls of pounded butter cracker crumbs, three tablespoonfuls of cream, butter the size of an egg, two eggs, one-half nutmeg, grated. Mould into a loaf, and place in a baking-pan with a little water. Sprinkle over it bits of butter and cracker crumbs. Bake from two hours to two and a half; serve hot or cold.

### Escalloped Veal

Four pounds of veal, one can of mushrooms, five tablespoonfuls of butter, four tablespoonfuls of flour. Save the jelly in which the veal is cooked and add to this enough milk or cream to make a quart. Mix the butter, Hour, and milk together and put on the stove with the jelly from the veal and cook until thick. Salt and pepper to taste. Then mix this with the veal and mushrooms which have previously been chopped in the food chopper. Put bread crumbs over the top and then bake in a slow oven for three-quarters of an hour.

### Veal with Rice

Put twenty cents’ worth of veal to stew with onions and a few leaves of celery, pepper, and salt. In separate pan put rice with ccld water and four or five pieces of celery, and as water boils down add the gravy of stew until rice is done. Sene separately with tomatoes and mashed potatoes.

### Veal Loaf

Three pounds fresh veal chopped fine, one and one-half pounds fresh pork chopped fine, one onion chopped fine, six eggs, six cups cracker crumbs, one and one-half cups cream or milk, dash of pepper, three teaspoonfuls salt; mix all together and bake in bread pans, and put a slice of bacon on each loaf.

### Savory Veal

Take two pounds of veal cut into small pieces, and fry lightly in bacon fat, in which a slice of onion, two of carrot, and one tablespoonful of parsley have been cooked and skimmed out. Put the veal in a small porcelain kettle, pour one cup of boiling water into the frying-pan and strain into the kettle. Cook well, remove the veal, and brown one tablespoonful of butter, two of flour, and add one teaspoonful of curry. Surround the meat with this gravy, which must boil five minutes. Garnish with a border of rice and pimentoes. A beef stew may lx\* cooked in the same way. The method is the same, but a different gravy is used; boiled or mashed potatoes may take the place of the rice. The gravy should be made as follows: To the browned flour and butter add one-half teaspoonful of salt, one teaspoonful of Worcestershire sauce, one-half teaspoonful of onion juice, and a dash each of nutmeg and cayenne.

### Kidney Stew

Cut three kidneys lengthwise, each into three pieces. Wash and dry well. Heat three tablespoonfuls of butter in a saucepan, or chafing-dish blazer, put in the kidneys with seasonings, also one teaspoonful of minced onion, if liked, and add a cupful of brown meat gravy or soup stock. Simmer for ten minutes. Add juice of one lemon with a pinch of the grated peel. Put the kidneys on toasted bread, pour over the gravy, and serve.

### Fried Brains

Soak one calf’s brains in cold water. Scald for one second. Dip in egg and cracker crumbs, and fry in hot butter. Garnish with parsley. Brains may be scrambled with eggs, and are very nice for breakfast.

### Veal Cutlets with Vermicelli

Remove all fat from the cutlets and rub each with salt and pepper, then dip into melted butter and then into mixed bread crumbs and grated cheese. Let them stand half an hour, then dip into beaten egg, and again into crumbs, and fry a nice brown color. Meanwhile boil vermicelli tender in salted water, drain it, and mix with tomato sauce. Arrange the chops around a mound of the vermicelli and serve hot.

### Veal Oysters

Cut veal from the tenderloin or leg into pieces the size of an oyster. Season with salt, pepper, and mace; dip in egg and cracker crumbs and fry. Eat with tomato sauce.

### Roast Spareribs of Pork

Select a piece from young pork. Dredge with salt, pepper, and flour and set in a very moderate oven. Cook twenty minutes for each pound, basting every fifteen minutes with the drippings from the pan. To be wholesome [Kirk must be very thoroughly cooked. Serve with apple sauce.

### Fillet of Pork

Take pork tenderloin, split lengthwise on the side, place two cut parts together, filling with bread stuffing; bind with coarse thread to keep together; place in baking-pan on bed of vegetables and spices, including one-half carrot, one-half onion, allspice, and cloves; cover the meat with fat pork or bacon, place in hot oven top rail for ten minutes; return to lower oven, cook three-quarters of an hour, or until done, baste frequently with a little butter and water, garnish with stewed apples and cress.

### German Spareribs

Tftree pounds of spare ribs, one pound of bread crumbs, one quart of apples. Put in roasting-pan a layer of ribs, sprinkled with salt and pepper, next a layer of sliced apples, then a layer of bread crumbs, repeat it, but let the top layer l>c ribs. Bake in a moderate oven two hours. Serve baked potatoes with it.

### Pork with Sage and Onions

Select a nice young loin of pork with tenderloin. Chop onions fine. Season with salt, pepper, sage, and sprinkle with flour. Cut tenderloin away from loin and stuff hollow with this dressing. Roast brown. Serve with apple sauce and pared sweet and white potatoes roasted in pan with meat. Make a thick brown gravy.

### Pork Apple Sauce

For apple sauce to serve with pork, add to two cupfuls of the sauce one tablespoonful of freshly grated horseradish which has lx\*en soaked in mild vinegar and squeezed dry. This is a German method.

### Pork with Oysters

Select a thick tenderloin. Slit down the length of centre, being careful not to cut too deep. This will, by tying corners, make a sort of boat. Fill with oysters. Season with butter, salt, and pepper. Place in hot oven and baste occasionally with same dressing. One-half hour or longer will be required to cook it. The oysters are put in for the last fifteen minutes.

### Stuffed Tenderloin

Procure a pork loin roast. Do not remove the tenderloin, but slit it and stuff with dry dressing made of stale crumbs highly seasoned with salt, pepper, and sage. Roast in usual manner and serve with potatoes roasted in pan with same meat, brown gravy, and apple sauce.

### Boiled Pork Chops

After rinsing in cold water six pork chops, pour over them enough boiling water to cover them. When they have boiled about twenty minutes add one bay leaf — four whole allspice, three peppercorns, and one small onion whole. Add the salt in about an hour. Let boil for two or three hours, or till the meat comes loose from the bone when pricked with a fork. Add a little boih’ng water when necessary. About fifteen minutes before removing from the fire, add a half-cup grated bread crumbs, preferably rye bread. Put chops on platter and pour gravy over whole. Serve.

### Creamed Chops

Take one pound of pork chops, pound thin, season with salt and pepper, roll in flour, two well beaten eggs and cracker crumbs; fry in butter and lard golden brown. When done remove from pan and stir one tablespoonful of flour in drippings, add one cupful of sweet milk and the juice of one lemon; season and boil about three minutes; pour over chops and serve in five minutes. Exceedingly good.

### Baked Liver

Buy calf’s liver in a whole piece. Wash and place in a baking pan. Make four slits across the top with a sharp knife, and place a piece of fat bacon in each. Sprinkle well with fine cracker crumbs. Salt and pepper and add a little water. Bake for two hours, basting often, and add more water as it boils away.

### Stuffed Calf’s Liver

Slit the calf's liver, but not entirely through. Make a stuffing of bread crumbs, seasoned with onion, butter, pepper, and salt; fill the pieces of liver with it, tie and put in a dripping-pan with a little water. Bake about two hours. Baste often.

### Liver Dumplings

One pound of beef liver, two good sized onions, pepper and salt to taste. Chop the liver and onions fine, then add two eggs and flour enough to make a stiff dough. Have ready two quarts of boiling water, to which one tablespoonful of salt has been added. Drop in the dough about the size of a walnut. Let boil about ten minutes. Then pour the dumplings into a colander and drain well. Brown one-half cup of butter in frying-pan and pour over the dumplings. These are delicious.

### Mock Pate da Foie Gras

This is an imported delicacy too expensive for the average housekeeper. This recipe is simple and the result hard to detect as an imitation. Boil one calf’s liver; when cold, put through the finest knife of the meat chopper; add two cupfuls of melted butter, the juice of one onion, one-half pound of mushrooms stewed until tender, paprika, and celery salt to taste. Mix well, putting in some cut up truffles. Place in a buttered mould and serve cold.

### Hash with Tomatoes

Two cupfuls of tomatoes, two cupfuls of cooked dice meat, one and one-half cupfuls of stale bread crumbs, two tablespoonfuls of butter, one teaspoonful of onion juice, three saltspoonfuls of salt and one-eighth saltspoonful of pepper. Melt butter and pour over bread crumbs; add salt and pepper, then mix in tomatoes, meat, and onion juice, seasoning to taste. Put some crumbs in a baking-dish, then the meat mixture, with the rest of the crumbs on top; bake in a moderate oven until brown.

### Stuffed Heart

Wash the heart and cut out the middle strings. Stuff with a rich bread crumb dressing till the cavity is filled, put in the oven and bake two hours, basting frequently. Make a brown gravy from the juice in the pan. Garnish with parsley. Cheap, tender, and appetizing.

### Broiled Tripe

When buying tripe for broiling, select pieces as thick as possible and preferably of the honeycomb variety. Brush on both sides with melted butter and broil quickly over a hot fire. Add more butter when on the hot platter. Tripe is very easily digested, excellent for in vilids who cannot eat heavy meats.

### Tripe and Onion Curry

Thinly slice one large Spanish or three mild white onions, and cut into dice one pound of boiled honeycomb trq>c. In a frying-pan melt two tablespoonfuls of butter, lay in the onions, and cook slowly until golden brown. Sprinkle over one scant teaspoonful of curry powder and one tablespoonful of flour, stir until absorbed, then add gradually one cupful of water or white stock. When smooth and thick add salt and pepper to taste, and the prepared tripe, and simmer gently for five minutes.

### Sweetbread and Mushroom Patties

One cupful cooked sweetbreads cut in cubes, one cupful sliced mushrooms, three tablespoonfuls butter, two tablespoonfuls flour, one-half cupful cream, one-half cupful of chicken stock, two egg yolks, one teaspoonful salt, one-half teaspoonful pepper, two tablespoonfuls orange juice and patty cases. Cream the butter, flour, salt, and pepper together. Add the egg yolks. Place the cream and stock in a boiler and bring to the boiling point. Pour this liquid over the other ingredients and combine them thoroughly. Return to the boiler and cook at a low temperature until done. Fill patty shells and serve very hot.

### Sweetbreads

Select what are called “heart” sweetbreads. They must be perfectly fresh. Put at once in cold water for at least ten minutes, then cook for twenty minutes in boiling ted water, in which there is a tablespoonful of lemon juice. When tender, plunge at once into cold water. This process is always gone through no matter how the sweetbreads are to be ultimately prepared.

### Baked Sweetbreads

Lard each one with four very thin strips of salt pork — about the size of an ordinary parlor-match — spread them with butter, dredge with salt, pepper, and flour, and bake twenty minutes in a quick oven. Serve with green peas well drained, seasoned with salt, pepper, and butter, and heap in the centre of the dish. Lay the sweetbreads around them, and, if you like, pour a cream sauce around the edge of the dish. One pint of cream sauce is enough for eight sweetbreads.

### Creamed Sweetbreads

This is an attractive way to serve sweetbreads without the pastry shells generally used. Get as many paper cases from the confectioner as you have guests to serve; cut the sweetbreads, after the preparation, into very small pieces, season with salt and pepper and moisten well with cream sauce. Fill the cases, cover with bread crumbs, set on a plate, and brown in a quick oven; serve at once.

### Broiled Sweetbreads

Sweetbreads may be broiled by splitting them after they are boiled, seasoning with salt and pepper, rubbing thickly with butter, sprinkling with flour, and broiling over a quick fire, turning constantly. They should be cooked about ten minutes, then served with cream sauce. Or put one small tablespoonful of butter and the same quantity of flour into a frying-pan, and when hot put in the sweetbreads, which have been split and cut into four pieces; tarn them constantly until they are brown and well done, which will be in about eight minutes.

### Sweetbread Cutlets

Cut fine one-half pound of cooked sweetbreads, and four ounces of mushrooms. Melt one tablespoonful of butter, add one heaping teaspoonful of flour; stir and cook two minutes. Add half-pint of milk, one gill of mushroom liquor, half a bay leaf, six peppercorns, a sprig of parsley, half a teaspoonful of salt, and a quarter of a tcasj>oonful of jx-pper. Stir and cook five minutes; then remove the bay leaf, pcpjxrrs. and parsley. Mix the yolks of two eggs with half a gill of whipped cream, add to the sauce, stir and cook a few minutes; then add one ounce of butter, the sweetbreads and mushrooms. Stir until it boils; then spread the mixture on a dish. When cold, dip into beaten egg and bread crumbs, form into cutlets, and fry to a golden brown in deep fat.

### Stuffing for Fowls

Take equal parts of dry bread, corn bread, one hard boiled egg, raw oysters, and mix well in a frying pan with butter, salt, and pepper, adding any desired herb. Stuff the fowl several hours before serving. Sausage and cooked (boiled) chestnuts may be added to the plain crumb dressing.

### To Carve a Fowl

Fowls must be held firmly in position with the carving fork, breast up, and the wings and legs should be removed first, separating at upper joint with a sharp knife. Next cut the breast or white meat into thin slices serving one piece with each wing. Divide the legs at the joint before serving — the second or upper joint, is a choice portion, and the drumstick is not to be despised, though a slice of the breast should always be served with each helping.

### New Way to Stuff a Fowl

When roasting a turkey, duck, or chicken, instead of sewing it up after stuffing, run some toothpicks across the opening and lace up with string like a shoe. When the fowl is done just pull the toothpicks out and the string will fall off.

### To Remove the Tendons of a Fowl

When dressing a turkey before removing the feet break the bone about an inch below the joint and place the feet in a clamp or some place to hold them solid and take hold of the upper part of the leg and pull, and all the tendons will come out with the feet, leaving the leg as tender and nice to eat as the second joint.

### Excellent Poultry Dressing

Chop fine the heart and liver of the fowl, a little parsley and small sized onion, six medium sized cold boiled potatoes, half |x)uml of pork sausage, half-loaf of stale bread crumbs (dam|M\*n the crust), half-teaspoonful of nutmeg, salt and pcp|>cr to taste. Chop all together, then mix well with four lightly beaten eggs. This is sufficient for one large chicken. Double amount for turkey.

### Spiced Stuffing for Fowl

To one quart of grated bread crumbs add two cups of finely chopped celery, and a good half-cup of melted butter; season with salt and pepper to taste. Have the fowl well washed and drained before dressing, and sprinkle the inside of the fowl with ginger, which removes all odors and leaves a nice flavor to the meat.

### Roast Turkey

An eight or nine pound turkey is a good size for a family of six. This should be roasted for two hours, basting every fifteen minutes and dredging with flour mixed with a little salt and pepper every other basting. In stuffing poultry be careful not to fill the crop or body too full or the stuffing will be soggy.

To make bread stuffing use one quart of stale bread crumbs moistened in cold water and then squeezed dry. Add salt, pepper, a little finely chopped parsley, poultry seasoning, one-half cupful of melted butter, and two eggs, stirred in, but not beaten. A little chopped onion is liked by most people, but the taste should not be too strong.

To make sausage stuffing soak four ounces of stale bread crumbs in water and press out all the water. Add four ounces of fine sausage meat, one tablespoonful of finely chopped onion and one of parsley, one teaspoonful of salt, dash of pepper, two well beaten eggs, and a dash of nutmeg. Another way of preparing this recipe is to chop the turkey liver with one small onion and brown in a little butter. Mix them with one pound of sausage meat and two cups of bread crumbs.

To make chestnut stuffing use one-half pound of lean veal, one-half cupful of melted butter, one cupful of bread crumbs. Blend, and if not moist enough add a little broth. Add four dozen chestnuts blanched and boiled, one teaspoonful of salt, and a little pepper. Small potato cakes can surround the turkey on the platter, sprinkled over with parsley.

### Roast Goose

The humble goose is becoming quite popular in this country, as it long has been in Germany, for holiday dinners. To prepare a goose for the oven, singe, and remove all pin feathers. Before drawing the bird give it a thorough scrubbing with a brush in a warm, white soap solution. This is necessary, for it cleans off all dirt that becomes mixed with the oily secretions, and opens and cleanses the pores that the oil may be more readily extracted. Draw and remove everything that can be taken out. Then rinse thoroughly and wipe inside and out with a clean crash towel; sprinkle the side lightly with salt, pepper, and powdered sage. (The latter may be omitted.)

Stuff with the following mixture:

4 cupfuls hot mashed potatoes.

2 J tablespoonfuls finely chopped onions or chives,

i cupful English walnut meats chopped moderately.

| teaspoonful paprika.

I J tc.vspoonfuls salt.

| cupful cream.

a tablespoonfuls butter.

Yolks oi four eggs.

t teaspoonful sweet herbs, if the flavor is desired.

Mix the ingredients in the order given and fill the body of the goose.

### Trussing the Goose

The goose is trussed the same as a turkey except the legs. They are too short to cross and tie, so they must be brought together with strings as close as possible and tied to the tail piece.

### A Good Stuffing for Roast Goose

For the stuffing, put in the oven to bake three fair sized potatoes. When they are nearly done, mince one medium sized onion in the chopping bowl, add two quarts of fine bread crumbs, season with salt, pepper, and summer savory, and mix. Then add two tablespoonfuls of butter. Open the potatoes and with a fork scrape the inside directly over the butter, which melts it. With the fork gently break up any lumps and mix the potato thoroughly with the rest of the contents of the bowl. The stuffing should not be packed in, but given a little room to swell. It is fine and light when cooked.

### How to Roast a Goose

Place on a rack in a dripping pan, sprinkle with salt, cover the breast with thin slices of fatsalt pork, and place in the oven. Cook three-quarters of an hour, basting often with the fat in pan. Then remove pan from oven and drain off all the fat. Remove the slices of pork and sprinkle again with salt and dredge with flour and return to oven. When the flour is delicately browned add one cup of boiling water and baste often. Add more water when necessary. Sprinkle lightly with salt and again dredge with flour. Cook until tender, from one and a half to three hours according to the size of the bird. Garnish the serving platter with sliced lemons, alternating with tufts of watercress or curly parsley. Serve with the goose a well-sweetened apple sauce.

### Apple Sauce with Goose

Two cupfuls of white stock, a bay leaf, a level spoonful of salt, and a pinch of white pcpjKT, added for seasoning. Let simmer twenty minutes and then strain. I’arc and core as many tart apples as arc desired, place them in a granite pan, and pour stock over them, then cover and simmer until the apples are tender; remove them from the stock and set aside to cool. Blanch two cupfuls of chestnuts, crop fine and add to the stock, with five teaspoonfuls of current jelly and a trifle of paprika. Set the apples in a pan and pour over them the prepared stock. Bake in the oven twenty minutes.

### German Stuffing for Goose

A cup of softened bread crumbs, two sour apples, chopped fine, a handful of stoned raisins, one mealy potato, riccd, a generous lump of butter, and salt to taste; mix well. The American palate usually prefers a cup of chopped boiled onions in place of the sweet raisin flavor in the dressing.

### Baked Chicken

Joint two young chickens. Place in bake pan and season with salt, pepper, and about a tablespoonful of butter; sprinkle plentifully with flour; cover with hot water, or one-half water and one-half milk, and bake three-quarters of an hour in a hot oven. When done you will find a nice rich gravy over the chicken. With this, baked potatoes, baked squash, and baked apple may be served.

### Maryland Chicken

Clean a chicken, and cut in pieces for serving; season with salt and pepper, dip in beaten egg diluted with two tablespoonfuls water, and roll in bread crumbs. Place in a buttered pan and bake one hour in a hot oven, basting with one-third cup melted butter in one cup water. Serve with one pint white sauce, to which has been added one-fourth teaspoonful celery salt.

### Panned Chicken

Clean and joint two small fryers.” Put two tablespoonfuls each of butter and lard in a baking-pan and melt. Roll the chicken in flour that has been well seasoned with salt and pepper and lay in the pan, making only one layer. Place the pan in the oven and when the chicken is brown on one side turn it over. When done remove to a platter, garnish with parsley, and serve with gravy made in the pan.

### Deviled Chicken

Some cold chicken, one egg, one-half teaspoonful of mustard, one-half teaspoonful of curry powder, one-half teaspoonful of salt, two tablespoonfuls of bread crumbs, two tablespoonfuls of butter, some wartercress or parsley. Beat up the egg, add the mustard, salt, and curry powder, divide the chicken into small joints, and brush over each piece with the egg mixture, cover with bread crumbs, place in a baking-pan with the butter, and bake about fifteen minutes. Serve in a ring, garnished with watercress or parsley.

### Chicken and Rice

Take a chicken weighing about three pounds, put in a white enameled iron kettle, let it brown a little first with a teaspoonful of butter, salt and pepper; when browned add water enough to cover, put in a small bunch of parsley; when chicken is nearly tender, add one cup of rice and boil together until rice is soft, then serve.

### Chicken Souffld

Make white sauce of two cupfuls milk, one tablespoonful each of butter and flour, one teaspoonful salt, and saltspoonful pepper. Add one-half cupful of stale bread crumbs and cook two minutes. Add two cupfuls chicken, chopped fine, the yolks of three eggs, well beaten, one tablespoonful chopped parsley, and whites of three eggs beaten stiff. Bake in buttered pudding-dish thirty-five minutes. Serve with mushroom sauce.

To make mushroom sauce use two tablespounfuls butter, add two of flour, and pour on one and one-half cupfuls chicken stock, to which has been added five peppercorns, one-half blade mace, one slice each onion and carrot, a sprig of parsley, and a bit of bay leaf. Simmer thirty minutes. Add three- fourths cup of milk, strain, add one-half can sliced mushrooms, salt and pepper to taste. Cook three minutes.

### Chicken Pudding

Cut a young chicken into small portions. Stew in salt water until tender. Sift two cups of flour with two teaspoonfuls of baking powder and a pinch of salt. Add one and one-half cupfuls of milk, two tablespoonfuls of butter melted, and two eggs beaten until light. Butter a baking-dish well. Put a layer of the chicken in the bottom and pour over this one cup of the batter. Add chicken and batter until the dish is full. Dust each layer with pepper and salt and use one-half cup of melted butter, pouring some over each layer of chicken. Bake in the oven and serve with gravy.

### Escalloped Chicken

Boil a large chicken until tender, season well. Remove all skin and gristle, and cut the meat fine. Butter a pudding-dish, put a layer of cracker crumbs in the bottom, add bits of butter, and moisten with milk. On this put a layer of chicken, with bits of butter and chopped oysters, then another layer of crackers, and so on till the dish is full. Cover the top with cracker crumbs, and bake thirty minutes in a hot oven.

### Chicken Livers en Brochette

Take a dozen and a half chicken livers, wash well, and be careful to cut away the gall without breaking it. Dry well and cut each liver in two, seasoning with salt and pepper. Put in a pan and fry with two tablespoonfuls of butter over a hot fire for five minutes; add a wineglassful of Madeira or sherry wine and two tablespoonfuls of water. Cook again for two or three minutes and add a tablespoonful of butter, and the juice of one-half a large Ismon. Let it remain on stove just long enough to melt the butter and serve with diamond-shaped croutons.

### Giblets with Rice

Take six chicken giblets and put them in a saucepan with one teaspoonful of butter and one-half sliced onion; let them brown and add a quart of soup stock and one small turnip sliced; one tablespoonful of rice and one carrot chopped fine, salt and pepjx'r to suit the taste. Boil one-half hour and serve, j

### Chicken Cutlets ’

Have nice pieces of boiled chicken, roll in beaten egg and then in cracker crumbs, and fry a delicate brown. Served with green peas or asparagus tips they arc delicious for a luncheon.

### Pressed Chicken

Boil a fowl in as little water as possible till the bones slip out and the gristly portions are soft. Remove the skin and pick the meat apart and mix the dark and white meats. Remove the fat and season the liqour highly with salt and pepper; also with celery salt and lemon juice if you like. Boil down liquor to one cup and mix with the meat. Butter a mould and decorate bottom and sides with sliced hard-boiled eggs; also thin slices of tongue or ham cut into round and fancy shapes. Pack meat and set away to cool. Turn out and garnish with lettuce or parsley.

### Chicken Pie

A delicious chicken pie can be made by cooking the chicken until tender and let stand in the broth over night, or for a few hours; then remove all the bones. For the crust take two cups of flour, two teaspoonfuls of baking powder, one teaspoonful of salt, two teaspoonfuls of lard rublxtd into flour; mix all together with one cupful of sweet milk and one egg beaten light. Take three teaspoonfuls of butter, three of flour, mixed smooth, add five cups of the chicken broth, one cup of milk, and a little pepper; put on the stove and cook a few minutes. Have baking-pan ready and put the boneless chicken into pan mixed with layers of the crust cut into small strips, pour the mixture of broth over all and roll the crust to cover the top of the pan; bake until crust is brown.

### Chicken Fillets with Celery Boulettes

Take white meat and boned second joints only. Make into fillets and spread with softened butter generously seasoned with salt and paprika. Put in a smooth baking-pan, cover with buttered paper, and bake fifteen minutes, then remove paper and brown delicately. Pour them on a hot platter. Into the pan put some flour, and the chicken liquor in which one tablespoonful each of minced onion, celery, parsley, and a bay leaf have been cooked. Add one cupful of cream, pour around the fillets and serve.

### How to Roast Duck

Ducks should not be washed, but wiped thoroughly inside and out with a clean cloth. Rub inside and out with a bit of onion; salt and pepper. Rub the breast with olive oil In the bottom of the dripping-pan, put slices of bacon, chopped carrot, two bay leaves, and bits of celery. Bake half an hour. Stuff the same as chicken.

### Wild Wood Duck

Allow one duck for each guest and an extra one or two for good measure. Remove the heads, feet, and feathers, singe and wash well in hot soda water, and with a sharp knife split each bird down the back and remove the intestines, reserving the livers. Rinse thoroughly and wipe dry. Place the birds in a large braising-pan, breast side up. Sprinkle with salt, pepper, and flour, and put a slice of bacon on each bird. Place in a hot oven and brown. Then add two cupfuls of boiling water and one tablespoonful sour wine. Cover closely and return to the oven. Cook until tender. Parboil the livers and mince tine. Melt one-half a glassful of currant jelly and to it add one-half a teaspoonful salt, pinch paprika, one-half teaspoonful mustard, four drops tabasco sauce, one tablespoonful lemon juice, the minced livers, and one cupful drippings from the ducks. Boil up once and serve hot with the clucks.

### Roast Duck

A five-pound tame duck is a good size. Prepare, put in a baking-dish with halt a cup of water, dust with salt, pepper, paprika, and two tablespoonfuls of butter or thin slices of bacon. It should be brown and tender in an hour. Serve with fried hominy. The duck should be stuffed like chicken with plenty of onion seasoning.

### Fried Hominy

To two pints of cold boiled hominy, add three eggs well beaten, with two tablespoonfuls of cream, salt and pepper to taste. Mix well and form into round, flat cakes. Flavor lightly and fry a golden brown in bacon fat. Garnish the platter on which the hominy is served with the fried bacon and rings of fried apples, powdered with cinnamon and brown sugar. Serve hot with the duck or fowl.

### Broiled Quail on Toast

Select fat large quail; singe and wipe them well. Split them down the back and bend the legs forward. Rub them with melted butter, salt, and pepper. Pin a small thin slice of bacon on each breast with toothpicks and let broil five minutes on each side, then remove the bacon and on the breast side broil two minutes longer. Have slices of toast hot and sprinkle over them chopped parsley. Sene with a quail on each piece of toast and a quarter of a lemon.

### Roast Partridge or Quail

Clean and open the bird, lay in strong salt water three or four hours; if not then ready to use put away on ice. Make a dressing of bread crumbs, butter, salt and pepper, and to each bird allow four or five oysters in the stuffing. Replace in a pan and put over them some butter, pepper, and enough water to make a gravy; sift a little flour over all. Lay a small piece of pork on each breast, baste frequently, and bake forty-five minutes in a good oven. Serve with currant jelly.

### Broiled Birds with Bacon Rolls

Clean the birds and cut them down the back; carefully wipe inside and out with a damp cloth and set aside in a cool place. Brush over the wires of a double broiler with bacon fat, set the birds in place, and broil ten or fifteen minutes over coals that are not too bright. Broil at first with the inside of the birds toward the fire, and far enough away to avoid burning. Set on rounds of toast, spread with a little butter, season with salt and pepper. Garnish each bird with a slice of fried bacon. Roll the slices and fasten with wooden toothpicks, then cook in the fat just long enough to become crisp, and lightly colored. Remove the toothpicks before serving.

### Broiled Squab

Split the squab through the back lengthwise, split the breast bone. Brush all over with melted butter or wrap in thin slice bacon, sprinkle with salt and pepper, place them in a hot oven fifteen minutes; if not richly browned, finish under gas flame or over glowing coals. Serve on heart-shaped pieces of toast, dipped quickly into dripping pan; garnish with sprigs of parsley and a crescent-shape rice croquette.

### Small Birds en Brochette

Any small bird that is good to eat, even the little English sparrow, is nice, prepared in this way. After cleaning the birds, split them open in the back, and, using a stout twine and coarse needle, string them together, putting a slice of breakfast bacon between the birds. About two dozen birds make enough for an ordinary-sized family After stringing these, reserving the giblets for gravy, tie the ends of the string together firmly, making a compact little roast of them. Season with salt ami pepper, rub well with flour, and then put into the oven to roast until the flesh is tender This requires about an hour. When ready to serve just cut the string, and spread upon the platter, garnished with parsley. It is a pretty and 3, delicious dish.

# VI.—CROQUETTES

Croquettes are shaped the best when the mixture is very cold, and should be handled as gently as possible so that they may be creamy inside.

For seasoning chicken and sweetbread croquettes, use celery salt, a dash of cayenne, lemon, and onion juice, a grating of nutmeg, and finely chopped parsley. One-third of a cup of mushrooms may be added.

The dipping and crumbing of croquettes must be carefully done. Add one tablespoonful of water to one beaten egg, dip in croquettes, then into finely rolled bread crumbs. To be sure of having the croquettes well covered, they may be rolled and dipped twice. Let them stand at least two hours before frying. Have the lard very hot and only fry a few at a time.

### Apple Croquettes

Put a pint of quartered tart apples in a saucepan, with one tablespoonful of butter, very little water. When tender press through a sieve and return to the fire, add a little sugar, one tablespoonful of cornstarch, and pinch of salt, mixed with cold water. Stir into apples, cook fifteen minutes. Turn onto a greased plate when cold, and just before serving, form into tiny croquettes, roll in bread crumbs, then in slightly beaten egg, then in crumbs and fry a golden brown in smoking hot lard. Drain on brown paper. Serve with pork or goose.

### Baked Croquettes

Many kinds of croquettes can be baked. This does away with the odor from the boiling fat. Mashed potatoes, rite, and macaroni need only a little beaten egg and the projx-r seasonings. The same is true of meat or fish with rice or crumbs. The material ready, shape the croquettes as you please, roll each twice in egg and in buttered crumbs. Lay on the bottom of a buttered pan al>out an inch apart, and bake in a hot oven not more than ten minutes.

### Beef Cecils with Horseradish Sauce

Chop or grind fine, meat remaining from a roast of beef and serve next day as “beef Cecils” with horseradish sauce. To one cupful of chopped meat add yolk of one egg, two tablespoonfuls of bread crumbs, one tablespoonful of melted butter, salt, pepper, and onion juice to taste. Shape as croquettes and roll in flour, egg, and bread crumbs and fry in deep fat. Horseradish sauce: Melt one tablespoonful of butter; add rounding tablespoonful of flour, one and one-quarter cups of meat gravy, one-quarter cup of grated horseradish; boil five minutes, stirring all the time, and season to taste with salt and pepper.

### Rice Croquettes

Boil rice in tomato soup, and when cold add salt, paprika, one tablespoonful of melted butter, one teaspoonful of onion juice, two well beaten eggs, one tablespoonful of minced parsley, two tablespoonfuls of grated cheese. Mix well, make into croquettes, and let them stand two hours before frying.

### Rice and Cheese Croquettes

Melt one tablespoonful of butter; in it cook one tablespoonful of Hour, less than one-fourth a teaspoonful of salt, and a few grains of paprika; add one-fourth cup of milk and stir until boiling; add one cup of cold boiled rice and four tablespoonfuls of grated cheese. Mix together with a silver fork. When cold, shape into six cylinder shapes of same size. Brat one egg; add a tablespoonful of water and beat again; brush over the shapes with the egg, roll in sifted bread crumbs, and fry in deep fat.

### Rice and Mushroom Croquettes

One-half cupful of rice, one-quarter pound of dried mushrooms, one slice of onion, slice of carrot, sprig of parsley, one tablespoonful of butter, salt, dash of cayenne, sprinkle of nutmeg, yolks of two eggs. Boil the mushrooms till tender, strain off the liquor, and boil the rice in it. Chop the mushrooms very fine. Mix all and when cool form into croquettes and fry in hot lard.

### Lobster Croquettes

Meat of one lobster, bread crumbs, pepper and salt, powdered mace, two tablespoonfuls melted butter, two beaten eggs, pulverized cracker. Chop the meat of a boiled lobster fine, add pepper and salt and powdered mace. Mix with this one-fourth as much fine bread crumbs as you have meat, and the melted butter, and form into pointed balls. Roll these in the beaten egg, then in the pulverized cracker, and fry in butter. Serve dry and hot and garnished with parsley.

### Croquettes of Fish

Separate any kind of cooked fish from the bones, mince fine, season with pepper and salt to taste, then beat one egg with a teaspoonful of flour and a little milk, mix this with the fish, and make into balls. Brush the outside with egg and dredge with flour, and fry in hot lard.

### Sausage Croquettes

One cupful of sausage meat, one cupful of hot riced potatoes, two hard-boiled eggs, finely chopped, one-half tablespoonful of finely chopped parsley, salt and pepper to taste. Moisten with thick white sauce, mould into cork-shaped croquettes, roll in crumbs, egg and again in crumbs, and fry in deep hot fat.

### Sweet Potato Croquettes

#### No. 1

To two cupfuls of hot riced sweet potatoes add three tablespoonfuls of butter, one-half teaspoonful of salt, few grains of pepper, and one beaten egg. Shape, roll in flour, egg, and crumbs, and fry in deep fat and drain. If the potatoes are very dry it will be necessary to add a small amount of milk to moisten.

### Sweet Potato Croquettes

#### No. 2

Cook in salted boiling water (one teaspoonful of salt to each quart) ten sweet potatoes, and when cool enough rub off the skin and pass through a sieve. Add a tablespoonful of butter, the yolks of two eggs, a saltspoonful of black pepper, two saltspoonfuls of cinnamon, two tablespoonfuls of brown sugar and one of cracker dust. Mould into small pear-shaped croquettes and fry a dark brown in deep fat; drain, put a clove at one end and a sprig of parsley at the other. These are especially suited to roast goose or roast pork.

### Shad Roe Croquettes

Make a sauce with a cupful of thin cream, thickened with one tablespoonful of flour and two tablespoonfuls of butter. Simmer the roes from two fish for fifteen minutes, remove the skin and mash carefully, so the eggs may not break. Take the sauce from the fire, beat in the yolks of two eggs, salt, cayenne, and a little lemon juice, and put back until it thickens; then add the roe and stir well; set away to become perfectly cold; then mould into croquettes and dip each into fine crumbs, egg, and crumbs again, and fry in deep fat. Sauce tartare may be passed with these, or they may be served alone, or cucumbers with French dressing may accompany them.

### Salmon Croquettes with Peas

Flake two cupfuls of cold boiled or canned salmon with a silver fork. Season with a little salt, mustard, and cayenne. Mix with it one cupful of thick cream sauce, made by blending together one tablespoonful of butter with two tablespoonfuls of flour, and adding gradually one cupful of hot rich milk or thin cream. Cook this in a double boiler or saucepan until smooth and thick, seasoning the sauce with salt, pepper, and celery salt. Spread the salmon mixture on a buttered platter to cool. Heat one cupful of canned peas with three tablespoonfuls of butter, one teaspoonful of sugar, two teaspoonfuls of flour, and three tablespoonfuls of thin cream. When the salmon is cold, shape a portion into a flat round cake, put a spoonful of creamed peas in the centre, cover with the salmon, make into a ball, dip in crumbs, beaten egg, and crumbs again, and fry to a golden brown in hot fat. Garnish with parsley.

### Oyster Croquettes

Fifty oysters, yolks of four eggs, two tablespoonfuls of butter, two tablespoonfuls of parsley, one-half pint of milk, one-half pint of oyster liquor, four tablespoonfuls of flour, salt and cayenne to taste. Strain the liquor, drain and wash and put the oysters in a saucepan with some of the liquor, and boil hard for five minutes. Remove from fire, and chop very fine. Put milk and liquor in saucepan, rub flour and butter together, and stir in the milk. When smooth, add oysters. When thick, add the yolks of the eggs. Cook one minute. Take from the fire, add parsley, salt, and pepper, and when cold set upon ice to stiffen. Do this several hours before you wish to cook them. Form into croquettes with floured hands, roll in the yolk of an egg, then in cracker dust, and fry in boiling fat.

### Nut Croquettes

Chop one cupful of walnut meats and add to them one cupful each of mashed potatoes and fresh bread crumbs. Moisten with one-quarter of a cupful of stock, season with a teaspoonful of salt and a saltspoonful each of nutmeg and white pepper. Add the beaten whites of three eggs, and the yolk of one. Beat hard, form into small croquettes, roll in bread crumbs, and fry in deep fat.

### Tongue Croquettes

Bring one cup of milk to the boiling point, rub together one tablespoonful of butter, and one tablespoonful of flour and stir into the milk. Cook till thick. Add one pint of cold boiled tongue, chopped fine, one tablespoonful of minced parsley, one-half teaspoonful of salt, a pinch of cayenne pepper, and one teaspoonful of lemon juice. When cool form into croquettes, dip in beaten egg, then in cracker crumbs; fry in smoking fat.

### Veal Croquettes

#### No. 1

Take one cupful of boiled rice, one cupful of finely chopped veal, one teaspoonful of salt, a little pepper, two tablespoonfuls of butter, half a cupful of milk, one egg. Put milk on to boil, and add veal, rice, and seasoning; when this boils, add the egg, well beaten, stir one minute; and after cooling, shape, roll in fine dry bread crumbs, dip in beaten egg, and again in crumbs. Fry in hot fat.

### Veal Croquettes

#### No. 2

2 cupfuls cold cooked veal, chopped.

1/3 or 1/2 teaspoonful salt.

1/8 teaspoonful white pepper.

Yolk of an egg.

Few grains paprika.

Few drops onion juice.

1 cupful thick white sauce.

Cool, shape into croquettes, crumb, and fry.

#### Thick White Sauce

1 cupful milk.

1/3 cup flour.

1/2 teaspoonful salt.

Few grains paprika.

Place butter in saucepan; stir until melted and bubbling. Add flour mixed with seasonings, and stir until thoroughly blended. Four on gradually the milk, adding about one-third at a time, stirring until well mixed; then beat until smooth.

### Chestnut Croquettes

To make a sweet croquette add to a cupful of finely sieved nuts, while still hot, the beaten yolks of two eggs, sugar to taste, and enough cream or thick cream sauce to mould. Insert a bit of preserved fruit in each croquette, roll in egg and fine crumbs, fry quickly in olive oil, drain, and sprinkle lightly with powdered sugar. Serve with a sweet, hot fruit sauce. Another method of making a chestnut croquette is to add to the unsweetened mixture two tablespoonfuls of grated American cheese, and mould in the centre a bit of sweet red pepper.

### Lamb Croquettes

2 cupfuls cold cooked Iamb.

4 tablespoonfuls butter.

5 tablespoonfuls flour.

1 1/4 cups stock or milk.

1 tablespoonful capers.

1 egg.

1/2 teaspoonful finely chopped chives or onion.

Salt, pepper, nutmeg.

Melt butter in saucepan, add flour; stir to a smooth paste. Add stock or milk and stir until smooth and glossy. Add lamb chopped fine in chopping-bowl, add capers and chives, and season to taste with salt and pepper and a few grains nutmeg. Spread mixture on plate to cool, mould into cork-shaped croquettes, dip in crumbs, egg, and crumbs, and fry in deep fat. Serve with French peas.

### Rice Boulettes

Pick over and wash one-half cupful of rice. Put it into a double boiler with two-thirds of a cupful of chicken or veal stock and cook until the liquid is absorbed. In the meantime cook together for twenty minutes one-half of a can of tomatoes, one-quarter of a small onion, one sprig of parsley, two cloves, a dozen peppercorns, and one teaspoonful of sugar, then rub through a sieve. Add this to the rice and continue cooking until it is very tender and the tomatoes are about absorbed. Take the rice from the fire, add one beaten egg, one-half of a teaspoonful of salt, a dash of cayenne, one tablespoonful of butter, and two tablespoonfuls of grated cheese. Stir until these ingredients are well mixed in, then spread on a buttered platter and set aside. When cold, form into balls about an inch and a half in diameter, dip into beaten egg, roll in fine crumbs, and fry golden brown in smoking hot fat.

### Cheese Croquettes

Into a saucepan put one tablespoonful and a half of butter and two tablespoonfuls of flour and place over the fire until melted and mixed. Add gradually two-thirds of a cupful of scalded milk, stirring until the sauce is thick and smooth. Drop in the unbeaten yolks of two eggs and stir rapidly until well mixed, then add one-half of a cupful of grated cheese (Swiss) and one cupful of mild American cheese, coarsely chopped. Stir until the grated cheese melts, then take at once from the fire, add salt, pepper, and cayenne to taste. Spread on a shallow dish and put aside until cold. Turn out on a board, cut into pieces two inches long and not quite an inch wide. Dip into slightly beaten egg, roll in fine bread crumbs, and fry golden brown in smoking hot fat. Drain on unglazed paper.

### Banana Croquettes with Potatoes

Peel ripe bananas, cut them in two, cut oil the round ends, crumb, egg, and crumb them and fry them in deep fat. The best fat for this purpose is think fat from beef. Cut underdone boiled potatoes into even quarters and dip them in melted butter, put them in a shallow pan, dust them with salt, paprika or pepper, and minced parsley and leave them in a hot oven fifteen minutes. Serve on a small platter surrounded by the croquettes.

### Egg Croquettes

Cut one dozen hard-cooked eggs in halves and remove the yolks. Smooth the yolks in a bowl, moistening with one-half cupful of boiling water, one tablespoonful of lemon juice, and one tablespoonful of vinegar. Season with one teaspoonful of dry mustard, and one-half teaspoonful each of salt and pepper and a pinch of ground cloves. Smooth the mixture carefully and use as a filling for eight of the eggs. Adjust the halves to form eight whole eggs. Roll these in the white of egg and then in bread crumbs and brown in a wire basket in hot lard. Have ready one pint of hot milk seasoned with a bay leaf. Thicken the milk with a little flour and butter and all the yolk mixture still remaining in the bowl. Cook to a thick consistency. Pour this thick yellow sauce into an oval shaped platter. Lay eight ovals of toasted bread spread with caviar in the sauce and finally the eggs on the toast. Make a border to the dish of pastry with the rings of the whites of the remaining four eggs.

### Beef Croquettes

1 3/4 cupfuls cold cooked beef, chopped fine.

3/4 teaspoonful salt.

1/4 teaspoonful pepper.

1 teaspoonful parsley, finely chopped.

1 tablespoonful Worcestershire sauce.

1 cupful thick white sauce.

Onion juice to taste.

Remove all fat and gristle from meat and chop it fine in a chopping-bowl, add ingredients in the order given. Shape croquettes in cones, roll in crumbs, egg, and crumbs, and fry in deep hot fat. Drain on brown paper and serve surrounded with this sauce:

2 tablespoonfuls butter.

2 tablespoonfuls each onion and green pepper, finely chopped.

4 tablespoonfuls finely chopped mushrooms.

2 tablespoonfuls flour.

1 cupful tomato puree.

1 truffle cut in small pieces.

1/4 cup sherry or brown stock.

Salt, pepper, and cayenne.

Melt butter in a saucepan, add onion, pepper, and mushrooms, cook five minutes. Add flour and stir until well blended, add tomato puree (should be thick), truffle, and sherry (or brown stock if wine is not desirable), season highly to taste with salt, pepper, and cayenne. Serve with beef croquettes.

### Chicken Croquettes

Cook one four-pound fowl in boiling salted water with four slices carrot, four slices onion, one sprig parsley, and one-half bay leaf, until tender. Remove vegetables, reduce the stock by boiling to three cupfuls. Cool and remove the fat. Melt one heaping tablespoonful butter, add two heaping tablespoonfuls flour, one cupful of the chicken stock, and when perfectly smooth one egg yolk. Add the chicken from the breast and second joints chopped, salt, pepper, and a slight grating of nutmeg. Cool the mixture, shape, dip in crumbs, egg, and crumbs, and fry in deep fat. The remaining chicken stock may be used with a small amount of stock made from the bones of the chicken for a soup.

### Lamb Boulettes and New Cabbage

Take the scrap ends of uncooked meat, enough to measure one pint; put through a mincer. Add to this twelve mint leaves, quarter of an onion, minced fine; two tablespoontu & butter, one teaspoonful salt, half-teaspoonful paprika, three rolled milk crackers, yolks of two eggs. Roll into small lingers, dip into beaten yolks, then into cracker crumbs, fryan deep a . Serve on new cabbage, shredded, cooked tender, then draine and hot cream, butter, pepper, and salt added. Garnis wi hard-boiled eggs.

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# VII.—VEGETABLES AND SAUCES

“Fried, baked, or boiled?” asked the new maid when potatoes were mentioned. Why no meal seems complete without this vegetable is largely a matter of custom, for they are not necessary to a well arranged menu, but as space does not permit discussion as to the relative nutritive properties of various legumes, plainest rules are given for new ways of preparing potatoes and other vegetables. Perhaps these rules are not really new, but they are appetizing, inasmuch as special attention is paid to garnishing and serving. Most vegetables go into boiling water for cooking with one teaspoonful of salt to each quart.

### Cooking of Vegetables

All green vegetables must be cooked in boiling salted water just as rapidly as possible. Dry vegetables, grown underground, are cooked in cold water, and salt added when half cooked.

### Vegetables and Sauces to Serve with Meat and Fowls

With beef serve white or sweet potatoes, mushrooms, cauliflower, Brussels sprouts, beets, spinach, tomatoes, squash, turnips, green corn, egg plant, peas, or beans. Tomato sauce, mushroom sauce, cooked bananas, croquettes of rice, hominy, or macaroni, apple fritters, apple croquettes, currant jelly, or yellow tomato preserves.

With pork serve white or sweet potatoes, spinach, beets and beet-greens, Brussels sprouts, cauliflower, hot or cold cabbage, apple fritters, or apple sauce.

With leg of lamb or mutton serve white or sweet potatoes, tomato or rice croquettes, green peas, celery or cooked cucumbers, asparagus, spinach, mushroom or tomato sauce, currant jelly, orange marmalade, or any fruit jelly.

With veal serve sweet or white potatoes, spinach, beets, peas, cauliflower, fried parsnips, any desired sauce.

With fowls serve white or sweet potatoes, rice croquettes, fried hominy, cooked cucumbers, celery (cooked), mushrooms, beans, any sauce desired, apple fritters, cranberries, oysters, boiled onions (with duck).

If meat or fowl is served with a sauce, the accompanying vegetable should be dry. Two sauces or soft dishes are not served at once.

### A Potato Border

Almost any creamed dish, such as creamed fish, chicken, lobster, or veal, can be very daintily served inside a potato border. First arrange the potato. Mash it well, add seasoning, butter and cream or milk, and beat with a fork till quite creamy, then put in a pastry bag and force through in good-sized roses made like a deep border. Pour the creamed mixture inside and set in the oven for a few minutes to allow the potato to brown delicately. Garnish with parsley before sending to the table.

### Novelty Potatoes

#### No. 1

Mash and season separately, sweet and Irish potatoes; put a smooth layer of the Irish potato on a plate, then on top of this an equal layer of the sweet potato. Continue until the dish is the desired size. When serving, cut in slices.

### Novelty Potatoes

#### No. 2

Chop very fine one quart of cold boiled potatoes, put them into a saucepan with one cupful of cream, two tablespoonfuls of butter, a little salt and pepper, set on the fire, stir until hot, then turn into a baking-dish, cover with bread or cracker crumbs, and bake brown in a brisk oven.

### Potatoes on the Half Shell

Allow a half or two halves to each person. Bake the potatoes, scoop out the inside, and mix with two cups of minced meat, preferably steak, one tablespoonful of butter, tablespoonful of tomato catsup, one tablespoonful of minced parsley, onion juice, salt and pepper to taste. Cream may be added to give the right consistency. Fill the potato shells, brown in the oven.

### Sautéd New Potatoes

Scrape and cook in boiling water. When done drain, slice, and place in a hot frying-pan with some melted butter; fry to a nice brown, turning often. Sprinkle finely with chopped parsley, pepper and salt. Serve hot.

### Potato Puffs

To every pint of cold mashed potatoes allow one egg and one teaspoonful of baking powder. Beat together till very light and fry in deep fat, dropping in the potatoes a teaspoonful at a time.

### Browned Mashed Potatoes

Peel and boil six large potatoes in salt water; when done mash them fine, add butter size of walnut, half a cup of milk or cream; beat thoroughly with a large spoon. Butter a dish, spread potatoes in smoothly, and bake in a moderate oven until a golden brown, or about twenty minutes.

### Puffed Potatoes

Either white or sweet potatoes may be used. Boil or bake the potatoes, mash through a sieve, and add a tablespoonful of cream, or milk if you have not cream, to each cupful, using salt and white pepper as required. When they are well mixed, add the beaten yolk of an egg, one tablespoonful of melted butter, and a sprinkle of chopped parsley. It should be soft and creamy and kept hot while the white of an egg is beaten to a stiff froth. Add as lightly and quickly as possible and brown in the oven, either in scallop shells or in heaping spoonfuls on buttered pie plates.

### Potato Soufflé

Bake six large smooth potatoes forty-five minutes, remove pulp from skins, and force through a potato ricer; season well with salt and white pepper. Add one tablespoonful of butter and moisten with one-half cup of hot thin cream or rich milk; cut and fold in the whites of three eggs beaten stiff, turn the mixture into a well buttered pudding-dish, brush top lightly over with a slightly beaten egg; place in hot oven until well puffed and delicately browned. Serve in baking-dish placed in a silver receptacle made for tin’s purpose, or fold a napkin around, dish before sending to the table. Serve immediately.

### Potatoes and Cheese

To one pint of mashed potatoes, add a little salt and sweet milk. Then mix in one ounce of grated cheese. Grease a pic dish, lay the potatoes in smoothly, grate a layer of cheese over the top, add bits of butter, and bake brown.

### Browned Baked Potatoes

Pare and cut in squares half an inch thick, lay in a baking-pan, place in a hot own, turn once or twice. When tender and brown serve with plenty of melted butter. Serve very hot.

### Lyonnaise Potatoes

Cut cold boiled potatoes in small cubes and sprinkle with salt and pepper. Brown an onion in a tablespoonful of butter and add the potatoes; stir and cook five minutes. Add a little minced parsley and serve.

### Stuffed Potatoes

The potatoes are baked, then a piece of the skin is cut from the side, some of the potato removed, and a raw egg is dropped into the cavity. Over this spread a *purée* of ham, which is only finely minced ham mixed with a little gravy or ham stock. Then the potatoes are put back into the oven until the egg has time to cook.

### Potato Chips

Peel and slice very thin eight large potatoes. Lay the slices in salted cold water for ten minutes. Remove and dry in a soft napkin. Have ready boiling lard, drop in a light handful at a time, keeping them separated. As soon as they are of a pale brown color lift out in a wire spoon, drain, and place on a hot dish.

### Potato Peanuts

Soften two tablespoonfuls of peanut butter with a little boiling water and add it to one cupful of hot mashed potatoes, seasoning liberally and beating till light. Shape into four flat cakes, flour lightly, and brown in a little hot fat. Just before serving, pour over them a hot tomato sauce, made by sifting and slightly thickening a cupful of canned tomatoes, well seasoned. Or they may be served without sauce, garnished with parsley.

### Snow Potatoes

To two cupfuls cold mashed potatoes, add two tablespoonfuls melted butter; beat together to a cream, then stir in one cupful sweet milk and one teaspoonful of salt. Add the well-beaten whites of two eggs, beat well together; pour into buttered dish and brown in the oven.

### French Fried Potatoes

Slice the potatoes lengthwise in slices about a quarter of an inch thick; let them remain in cold water for an hour or longer; dry in a cloth and fry in hot lard. Before they become quite done and for the purpose of making them puff up, take them out with a skimmer and drain, returning them again to the lard and continuing the frying until done. Sprinkle with salt, serve hot.

### Mashed Potatoes

Plan to have the potatoes cooked just in time. Few vegetables are so injured by standing. Drain thoroughly, allow the steam to escape, and mash till entirely free from lumps. Have ready some hot milk and some melted butter, using the piece of butter the size of an egg to a pint of the potato. Stir in the butter first, then beat in enough of the milk to make the mass soft and creamy. Beat hard and well, and season with half a teaspoonful of salt and a very little white pepper. Heap in a hot vegetable dish and serve at once.

### Smothered Potatoes

Pare about six large potatoes and slice rather thin. Make a cream sauce as follows: One tablespoonful flour and one of butter, smoothed together; then add about one pint of milk and stir constantly until it boils. Then pour on your sliced potatoes and put in a buttered dish, cover and bake three-quarters of an hour, removing the cover the last twenty minutes and spread with a well-beaten egg. A sliced onion or two can be put in if desired. Season to your own taste.

### Puffed Potatoes

Peel nice white potatoes, slice in quarter-inch slices, lay in ice water for half an hour; Like out and wipe dry in a clean cloth. Fry in smoking hot deep fat. Let cool for at least a couple of hours. Just before serving put into the smoking hot fat again for a couple of minutes. Sprinkle with fine salt and serve at once

### Delicious Potato Dumpling

Grate a dozen cooked and cold potatoes, add two tablespoonfuls of flour, one cupful of bread crumbs, one large onion, grated, one-half cup of minced parsley, two eggs, pepper and salt to taste; mix well together, then flour hands and form in balls; have ready a pot of boiling salted water and drop balls in. When they swim to top they are done. Do not allow water to stop boiling or they will come apart. To make dressing use one cupful of butter, one-half cupful bread crumbs, fried brown, spread over top and garnish with parsley.

### Lenox Potatoes

Mix two cupfuls cold boiled potatoes finely chopped, one cupful finely chopped ham, and three pimentoes finely cut. Season with salt and pepper. Fry out fat salt pork cut in cubes and drain; there should be one-half cupful fat. Mix potatoes and fat, turn into an iron frying-pan and cook slowly until well browned underneath, then fold and turn onto a hot platter.

### Creamed Potatoes

This recipe has two distinctive features: The potatoes must be baked and they must be cooked in an iron spider. When the spider is warm put in one cupful of cream or rich milk and one tablespoonful of butter. As soon as very hot, stir in five medium sized baked potatoes, chopped, which have been previously mixed with one teaspoonful of flour. Salt and pepper to taste. Cover and cook slowly for fifteen minutes. Before turning into serving-dish, mix one teaspoonful of chopped parsley with potato.

### Delmonico Potatoes

Chop fine sufficient cold boiled potatoes to malic one pint. Put one tablespoonful of butter and one of flour into a pan; add a half-pint of milk, a half-teaspoonful of salt, a dash of pepper; when boiling, mix this with the potatoes. Turn into a small baking-dish; sprinkle over the top two tablespoonfuls of Parmesan cheese, and bake in a quick oven until a light brown.

### Plain Boiled Potatoes

To boil potatoes put them on in boiling, unsalted water, and boil rapidly for ten minutes, then more slowly until the potatoes are nearly done. At this point throw in a cupful of cold water, which will cool the surface, allowing the centre to cook a moment longer, making the potatoes mealy. As soon as the water again reaches the boiling point drain perfectly dry, dust them with salt and shake lightly over the fire. When they are white, like little snowballs, turn them into a hot, uncovered dish.

### Scalloped Potatoes

Butter a bright tin basin or pudding-dish and put in a layer of cold potatoes sliced, and seasoned with pepper, salt, and bits of butter. Dredge lightly with flour. Fill the dish with these layers, covering the top with fine cracker-crumbs. Pour over it a cupful of milk or cream, and bake half an hour.

### Sweet Potatoes in Cases

Wash and bake six large sweet potatoes. When done, cut a small hole in the top of each and scoop out the entire inside. Mash fine in a saucepan over the fire, adding two tablespoonfuls of butter, a generous quantity of cream, salt and pepper, and the beaten whites of two eggs. Fill the skins with this mixture, set back in the oven and serve hot.

### Sweet Potatoes for Two

Boil until tender two large sweet potatoes, cut in slices one-quarter inch thick, lay in a buttered dish, dredge with one teaspoonful of flour; sprinkle with one-half teaspoonful of cinnamon, pinch of salt, two tablespoonfuls of brown sugar. Pour over all two tablespoonfuls of cream and one-half cupful of hot water; bake, covered, in a moderate oven one-half hour.

### Candied Sweet Potatoes

Steam the sweet potatoes until perfectly done, and peel them. Have ready two teacupfuls of sugar boiled into a syrup, with one and a half teacupfuls of water. It should be like the syrup of preserves. When removed from the fire, but still warm, stir into it a very heaping tablespoonful of nice butter. Slice the potatoes into a baking-pan that will hold them without being quite full. Four over them the syrup, put extra bits of butter about, on top of them, and set them in the stove to bake. Now and then tilt the pan and dip up and pour over the potatoes some of the syrup. Do not let the top get dry. Bake rather slowly for about an hour and a half. Serve in the pan in which it is baked; send to the table hot.

### Asparagus on Toast

Cut the stalks to four or five inches in length, tie in bundles and cook until tender in boiling salted water. Have ready some slices of nicely browned toast; butter while hot, lay on a hot platter, and cover with the asparagus. Some cooks serve it with a white sauce poured over it. This is, however, a matter of taste.

### To Boil Asparagus

A new way to cook asparagus is to stand it up in a large tin coffee-pot, which admits of cooking it in a whole bunch.

### Boiled Asparagus

Two or three bunches of fresh or one can of asparagus, six slices of toast, one-half cupful butter, two tablespoonfuls of chopped parsley, one lemon, sliced, four or five brittle leaves of lettuce, salt and pepper to taste. If the asparagus be fresh, it should be slightly boiled; if canned, allow it to drain for an hour before using; toast the bread a light brown, and butter well. Place the asparagus in an old-fashioned toaster, or a charcoal pan, and broil a deep brown; when browned, place on the toast, cover with melted butter or drawn butter sauce, garnish with lettuce and lemon.

### Cauliflower with Cheese Sauce

Soak the vegetable for one hour in strong salted water; then remove tough leaves and boil the flower until tender; drain; place on a plate, surround with toast points and serve with a pint of white sauce, to which add two tablespoonfuls of grated cheese, a pinch of red pepper, and a beaten egg yolk.

### Cauliflower au Gratin

One large cauliflower, one pint boiling water, one pint sweet milk, one-fourth cupful butter, one cupful white sauce, one-fourth cupful grated cheese, one cupful cracker crumbs, one tablespoonful salt. Trim and wash the cauliflower and tie it up in a piece of clean cheese cloth. Place in a deep saucepan, head downward. Add the hot water and milk, and cook until tender. Remove from the saucepan and drain thoroughly. Place stem downward in a baking-dish, sprinkle with salt, and cover with the white sauce. Mix the cheese and crumbs and sprinkle them over the cauliflower. Dot with butter, and brown in a moderate oven.

### Baked Cauliflower

Prepare it the usual way; that is, let it stand at least an hour in cold water, head down, so if there happen to be any bugs or insects in it they will run out into the water. Then boil until tender, after which put it in a baking-dish, turn over it white sauce mixed with grated cheese, sprinkle the top with buttered crumbs, and bake until nicely browned.

### Broiled Green Peppers

Wash, remove the stem ends and seeds from six young green peppers, and cut into quarters. Place on a well-greased broiler and broil over a clear, strong fire until the edges curl. Put on a hot platter and pour a little melted butter over them, or butter mixed with a little lemon juice, minced parsley, and onion juice, also a dust of salt.

### Stuffed Green Peppers

Wash ten or a dozen large green peppers, put them into boiling water, and boil for five minutes, then take them from the water and remove the skins by rubbing with a wet cloth. Cut off the stem ends, remove the seeds with a large spoon, and stuff the peppers with any kind of minced cold meat, mixed with an equal quantity of stale bread moistened with cold water, and properly seasoned with salt. Replace the stems, set the peppers in a deep earthen dish or plate, pour in as much cold gravy as the dish will hold, and bake them in a moderate oven for half an hour. They may be stuffed with sausage meat and bread. Cheese may be grated and mixed with bread crumbs for stuffing peppers; they should then be fried instead of baked.

### Pepper Cups

Slice off the tips of as many small ripe peppers as there are persons, remove the seeds and boil twenty minutes in salted water containing a dash of vinegar. Drain, stand them upright and fill with minced chicken or veal prepared with seasoned stock as for jellied chicken. Set on the ice to harden, placing a spray of curled parsley in the top of each for a garnish; or the caps may be boiled separately and replaced if preferred.

### Peppers Stuffed with Cheese

Take green peppers, seed, and boil ten minutes in water in which has been put a pinch of soda. Fill with grated cheese, dip in batter, and fry in hot lard.

### Sauce for Stuffed Peppers

Put into a double boiler a tablespoonful of vinegar, a bit of bay leaf, and a slice of onion. When hot, add one-fourth cupful of butter, three tablespoonfuls of water, and the beaten yolks of four eggs with one-fourth teaspoonful of salt; stir constantly while the mixture thickens, then strain over the peppers.

### Mushroom Patties

Wipe each mushroom in one pound, remove stems, scra|>e, and cut in pieces. Peel the caps and break them in pieces. Melt one-half cupful of butter in a saucepan, add mushrooms, cook two minutes, sprinkle with salt, pepper, and a few drops of onion juice. Add one cup of chicken stock and simmer until mushrooms are tender, then add them to the following brown sauce and serve in puff paste patty shells. Melt four tablespoonfuls of butter in a saucepan; let it brown richly; then add five and one-half tablespoonfuls of flour and continue browning. Simmer the sliced stems of the mushrooms in two and one-half cupfuls of brown stock until stock is reduced to two cups, strain and add stock slowly to browned butter and flour, stirring constantly until sauce is smooth. Season with one-half teaspoonful salt, one-eighth teaspoonful pepper, one-half tablespoonful lemon juice, and two tablespoonfuls of sherry wine. Add mushrooms, heat thoroughly, and fill the patty shells with mixture. Serve on a lace paper dolly and garnish with sprays of parsley.

### Steamed Mushrooms

For six covers. One pound of fresh mushrooms, medium size preferred, one rounding tablespoonful of butter, one cup of cream, six slices of toasted bread, one lemon, sprays of parsley, salt, pepper and paprika, also a grating of nutmeg. Wash, peel, and stem the mushrooms. Cut the bread to just fit the mould and toast on one side only, place in the well-buttered mould, lay the mushrooms all about the toast, sprinkle well with the seasoning, place a dice of butter, spray of parsley, and slice of lemon on the top, moisten with the cream, place the cover on am! put them to steam, either in a very moderate oven, or, better, in the warming closet of the range. They require about thirty minutes to steam, and must be served while wry hut.

### Spinach with Mushrooms

Wash sufficient spinach and boil in salted water for a few minutes, drain it, then pound in a mortar and rub through a sieve. Put in an earthen pot with a good sized piece of butter and few drops of lemon juice. Allow it to boil for a short time, then empty into a dish and when cold add the yolks of two or three well-beaten eggs. Place all in well-buttered mould. leaving a well in the centre of the dish; cook slowly one hour. When cooked pour on a platter, filling the well with small mushrooms, cut up into small pieces.

### Plain Spinach

When salted water is boiling furiously, put in thoroughly washed spinach and let it boil up once uncovered. Remove to a cooler fire for ten minutes, then let it boil hard for five minutes, take from fire, drain well, chop fine in a chopping-bowl and add cream, butter, and peppers. Beat with a fork. Send to the table garnished with rings of hard-boiled eggs.

### Spinach in Moulds

Take six tablespoonfuls of cooked spinach, press through a fine sieve, add four beaten egg yolks, and one pint of milk. Beat all, season with salt and pepper, stir over fire until it is thickened. When cold put in very small moulds, turn out carefully. Serve with a dressing of one tablespoonful of olive oil, six tablespoonfuls of lemon juice, with a dash of paprika.

### Peppered Chard

Boil, drain, and chop the chard in the usual way, seasoning with salt and butter or olive oil. Chop fine one mild green or red pepper and simmer it for ten minutes in one cup of vinegar. Mix lightly with the hot chard. If any is left it is good cold, as a salad. This combination of fresh pepper with vinegar is worth remembering in preparing other dishes of greens.

### Brussels Sprouts

One quart fresh Brussels sprouts, one quart boiling water, one teaspoonful salt, one tablespoonful butter, one-half cupful drawn butter, and one tablespoonful lemon juice. Place the sprouts in a saucepan, add the boiling water, one tablespoonful butter, and the salt. Cook until tender. Drain very dry. Mix the drawn butter with the lemon juice and pour over the drained sprouts. Add one pinch nutmeg and shake over the fire until the sprouts arc coated with the butter. Remove from the fire and serve.

### Fried Brussels Sprouts

Boil and drain them; then roll them in a mixture of flour, egg, and crumbs and fry them a delicate brown in hot fat. Pile in a pyramid on the dish and serve with or without tomato sauce.

### Stuffed Egg Plant

Cook egg plant fifteen minutes in boiling salted water to cover. Cut a slice from top and with a spoon remove pulp, taking care not to work too closely to skin. Chop pulp and place under a weight to press out acrid juice; then add one cupful of soft stale bread crumbs; melt two tablespoonfuls of butter in a saucepan, add one tablespoonful of finely chopped onion, and cook five minutes; add to the chopped pulp and bread, season with salt and pepper; if necessary moisten with a little stock or water; cook five minutes, cool slightly, and add one beaten egg; refill the egg plant, cover with buttered crumbs, and bake in a hot oven twenty-five minutes.

### Fried Egg Plant

Cut in slices one-fourth inch thick, and soak over night in cold, salted water. Drain and freshen by soaking in clear water one-half hour, then dip in batter, or egg and crumbs, and fry.

### Broiled Egg Plant

Suck it in the usual way and let stand for an hour in cold salt water. Then drain and dry and put it in a bath of oil and vinegar for twenty minutes. Drain again, sprinkle with salt and pepper and cook on a wire broiler over the coals. Serve at once.

### Escalloped Peas with Cheese

Heat a can of peas. Make a milk gravy of one pint of milk, season with salt, butter, and pepper. Butter the bottom of the baking-dish and put in it a layer of gravy, then a layer of peas, and sprinkle with cracker crumbs. Repeat, and on the top put a thick layer of diced cheese and fried bacon, also diced.

### Peas a la France

Cut in small pieces a slice or two of fat bacon; put in the pan and fry gently; when hot and sizzling, slice in a small onion. When the onion is brown and tender and the bacon crisp turn in about a pint of young cooked peas or a small can drained of the liquid; add a little salt, pepper, and a bit of butter. Two or three teaspoonfuls of cream may be added; cook a few minutes until all is thoroughly hot.

### Squash

Young tender summer squash is delicious fried. Cut it into small pieces, roll it in flour that has been seasoned with salt and pepper, and fry slowly in drippings or butter.

### Baked Winter Squash

Scrub it clean then cut a slice from one end so that it may stand securely. Then put it in the oven and bake until tender, but not soft. It will take about half an hour. Cool until it can be easily handled. Cut off the top and scoop out the inside, leaving but the shell. Cut the squash pulp into small pieces and mix with a rich cream sauce; then return to the shell in layers and sprinkle each layer with dry Edam cheese and bits of butter. Cover the top with bread crumbs and mixed cheese and butter. Brown in the oven just before serving.

### Hungarian Carrots

One quart prepared carrots, one quart water, one teaspoonful salt, one-half cupful vinegar, three-fourths cupful sugar, and one tablespoonful butter. Scrape the carrots and cut them in sections one and a half inches long. Slice them lengthwise in slices one-fourth of an inch in thickness. Then cut these slices into strips of an equal thickness. Place the prepared carrots in a saucepan and add the water and salt. Boil until tender. Drain. Add the sugar, vinegar, and butter, and cook until transparent. Then serve.

### Stuffed Onions

Take six large onions over which has been poured boiling water to remove skins. In the centre of each make a hole about the size of a quarter. Boil six eggs ten minutes; take out yolks and mash fine, then cream into them one heaping teaspoonful of butter, add celery salt, pepper, and a little table salt to taste, roll out one or two crackers and mix lightly with the egg. Stuff the onions with this till you have used all the egg mixture, then place in a shallow pan with six tablespoonfuls water and bake till done; do not bum or scorch. Cut and spread thinly with butter six slices of white or brown bread and lay on a platter. Make a nice thick milk gravy, using about one tablespoonful of flour to a pint of milk; when onions are done remove carefully from pan on which they were baked and place them, one on each slice of buttered bread, and put over them the hot milk gravy. Serve while hot. Cold mashed potatoes, either white or sweet, can be used for filling.

### Baked Onions

Parboil six large onions, slice off the tops and remove the centres and chop fine with bread crumbs and bits of cold meats. Add one egg, salt, pepper, and tomato juice. Fill onion shells and cover with bread crumbs dotted with bits of butter and grated cheese, and bake.

### Creamed Onions

Cook one quart of uniform sized, silver skinned onions in boiling salted water. When quite tender drain and turn into a baking-dish; cover with a cream sauce, sprinkle the top with fine buttered cracker crumbs, and finish cooking; brown crumbs delicately. Melt four tablespoonfuls butter in a sauce-pan. When melted and bubbling add three tablespoonfuls flour, one-half teaspoonful salt, and one-fourth teaspoonful pepper. Stir to a smooth paste and add slowly one cup each hot milk and thin cream, stirring constantly. Beat until smooth and glossy. Pour over boiled onions.

### Hot Corn on Toast

Take the com from six ears, or a can of corn, add a pint of milk and salt to season, a little pepper and one chopped onion. Let it stew very slowly for an hour, then thicken with flour and serve on strips of toast.

### Green Corn Pudding

Four well-beaten eggs, one quart of new milk, one quart of cut or grated green com, a teaspoonful of salt and a tablespoonful of butter. Stir the ingredients well together, pour into a pudding-dish, and Lake for half an hour.

### Succotash

Cut the corn from eight ears and mix with one pint of Lima beans; cover with water and boil for about an hour; drain off and add one teacupful of milk, and when this is heated put in one tablespoonful of butter, with salt and pepper to taste. Simmer the whole gently fur about ten minutes.

### Corn Puffs

Mix two cups of corn pulp with one cup of flour. Add a teaspoonful of salt, one of baking powder, and a dash of pepper. Beat yolks of three eggs, add half a cup of milk. Beat whites of eggs to a stiff froth and add last. Butter a large baking-pan, drop the mixture on by spoonfuls, and bake in hot oven. Eat hot, with plenty of butter.

### Green Corn in Bread

Husk the com and boil it for ten minutes. Cool it a little. Draw a sharp knife down each row of kernels, thus cutting every kernel in two. Tress the com from the cobs with the back of a knife. When all the com is ready, put it in a saucepan and to each pint add half a teaspoonful of salt, half a teaspoonful of sugar, one-fourth of a teaspoonful of pepper, one tablespoonful of butter, and three-fourths of a cupful of milk or cream. Simmer for ten minutes; serve very hot.

### Corn Oysters

Make a batter from two eggs, one cupful sweet milk, two cupfuls of flour, one teaspoonful of salt. Take one dozen ears of sweet com, cut the kernels lengthwise and scrape, add this to the batter, and fry in fat pork. This makes an excellent breakfast dish.

### Broiled Tomatoes

Cut eight large, firm tomatoes in halves, but do not peel them. Place on a broiler, dust with salt and pepper, broil over a clear but moderate Ere, skin side down, till tender — about twenty minutes. When done, place on a heated plate, put a little melted butter on each slice, and serve hot.

### Stuffed Tomatoes and Rice

Select firm ripe tomatoes of even size, cut a slice from the top and scoop out the centre. Boil two tablespoonfuls of rice in one quart of boiling water for ten minutes, then pour off the water. Melt two tablespoonfuls of butter in a small pan, add one small onion chopped fine, remove the seeds from one green pepper and chop it tine, add this to the onion and butter, fry slowly for five minutes, then add the scooped-out part of the tomato; season with salt and pepper and add the rice. Fill the tomatoes with this mixture. Place them with the open top down on the pan, brush over the melted butter; bake twenty-live minutes.

### Baked Tomatoes

Select large ripe tomatoes, cut them in halves and place them in a baking-tin with the cut side up. Season with salt, pepper, and sugar, cover with cracker crumbs, place a small wedge of salt pork or a bit of butter on each half tomato, and bake for fifteen or twenty minutes. Serve hot.

### Tomatoes Stuffed with Succotash

Wash, wipe, and remove a thin slice from the stem end of six uniform sized tomatoes, scoop out the inside, sprinkle with salt, invert, let stand one-half hour. Mix the pulp with one cup of succotash; stuff tomatoes and arrange them in a granite dripping-pan, well buttered; sprinkle the top of each with buttered cracker crumbs. Bake in a hot oven twenty minutes, or until tender. Baste with melted butter.

### Tomatoes Stuffed with Peas

Take medium sized tomatoes. Remove the centres, but leave the skins on. Fill each with fresh cooked or canned peas; season with butter, salt, and pepper. Cover with bread crumbs and bake twenty minutes in a hot oven.

### Tomatoes with White Sauce

Take medium sized ripe tomatoes, peel and stuff with a finely minced mixture of nuts, chives, and celery moistened with French dressing. Pour over a rich, hot white sauce in which two eggs are shirred, just before serving. Season it with a few drops of onion juice. Put one tomato on a toast square.

### Stewed Tomatoes

A dainty dish may be made of stewed tomatoes, which are often so unappetizingly served, by adding just a suspicion of dried bread crumbs to the seasoning, letting them simmer slowly twenty to thirty minutes and then whipping them with a potato masher until they are smooth.

### Panned Tomatoes

Cut the tomatoes into halves, place them in a baking-pan skin side down, sprinkle lightly with salt and pepper, and put in the centre of each a tiny bit of butter. Bake slowly until soft. Dish, and add to the liquor in the pan one pint of milk. Moisten two level tablespoonfuls of flour with a little cold milk; add it to the pan and stir constantly until boiling. Add a teaspoonful of salt, a dash of pepper, and pour it over the tomatoes. Garnish with squares of toast and serve.

### Fried Tomatoes

Select firm specimens. Green tomatoes may be used in this way. Slice one-half inch thick and fry quickly on both sides on a very hot griddle in bacon fat or butter. These are delicious on toast, served for breakfast on a hot summer morning.

### Fried Parsnips

Wash them carefully and scrape. Boil until tender. Cut into lengthwise strips. Dip these into molasses, drain well, drop into hot butter, and fry brown on each side.

### Lentils

Wash and soak for seven or eight hours in cold water. Tour this off, cover with boiling water, and cook very slowly until tender, about an hour. Drain, season with salt, pepper, and plenty of butter, and serve hot. Less than half a teacup makes plenty for a family of two. When cold and served on lettuce with a French dressing, they make an excellent salad.

### Baked Beets

Scrub the beets and bake until quite tender when pierced with a fork. They will require much longer cooking than when boiled, and will be found to have quite a different flavor. Pare, slice, and cover with a mixture of melted butter and vinegar, well seasoned with salt and pepper. Let the beets simmer a few moments in this dressing before serving them.

### Georgia Beet Greens

Scrape the roots and wash in several waters; then let them stand in cold water an hour. Boil a small piece of salt pork two hours; then put the beet greens into the kettle with it and boil one hour longer.

### Creamed Beets

Boil, peel, and slice young beets, pour over cream, seasoned with salt and cayenne, simmer two minutes, thicken with one egg yolk. This is delicious to serve with roast beef.

### Stuffed Okra

Wash two dozen okra pods, cut a piece from the pointed end and slit up far enough to remove the seeds. To three slightly beaten egg yolks add two tablespoonfuls of finely minced cooked ham, the seeds that were removed from the pods, and fine bread crumbs enough to thicken, seasoning with salt and pepper. Fill each pod with this mixture and tie with a piece of thread. Put into a baking-pan and sprinkle with a layer of bread crumbs, a layer of grated cheese, a tablespoonful of butter, and a cupful of cither veal or chicken gravy. Bake for half an hour covered; then remove the cover and finish cooking.

### Cucumbers Cooked and Uncooked

Cucumbers are largely water, containing, of course, the mineral salts found in all succulent vegetables. If served uncooked, pare, cut into thin slices, and soak in cold water. As soon as they become crisp and tender cover with a French dressing. Do not add salt to the water in which they are soaked. Large, full-grown cucumbers cooked daintily may be digested with ease by the most delicate stomach. Cut them into halves, then into quarters, then into eights, put them in a baking-pan, cover with boiling water; add a teaspoonful of salt, and simmer gently for twenty minutes. Lift them carefully with a strainer, arrange neatly on slices of toasted bread, and pour over them a sauce made as for asparagus, using for the sauce the water in which the cucumbers were boiled.

### Fried Cucumbers

Teel the cucumbers and cut them in slices lengthwise about half an inch thick. Leave in salted water an hour, drain, and wipe dry. Dip in beaten egg, salted, and very fine crumbs, and fry like egg plant. Tut in the hot oven on butcher’s paper as soon as tender, to drain. Cucumber may also be stewed and mashed, and seasoned the same way as summer squash.

### Luncheon Cucumbers

Peel them and cut into cubes two inches in size. From these are scooped the centres, leaving substantial walls. Soak these pieces in boiling salted water until they are just tender (not a second longer), then drain on a cloth and chill them. Fill the little shells with flaked cold boiled salmon; spread with thick mayonnaise; sprinkle finely chopped parsley over the top. Arrange the cucumbers on a bed of watercress in the platter.

### Stuffed Cucumbers

Peel the cucumbers, cut in lengthwise halves. Scoop out the seeds and pulp. Mix one cup of minced turkey or chicken, canned will do, with some deviled ham, canned, one tablespoonful of minced parsley, three tablespoonfuls of cream, onion juice, salt and pepper. Mix and stuff the cucumbers, place in a baking-pan, cook for thirty minutes.

### Escalloped Turnips

Pare, slice, and boil until tender in salted water. Drain and put in a baking-dish. Cover with cream sauce, dust with buttered crumbs, and brown in quick oven.

### Creamed Cabbage

Select a head of cabbage, cut it into halves, then eights. Fill a large kettle half full of water; when it reaches the boiling point add a teaspoonful of salt to each quart of water, and when it boils again, for now it will boil at a different temperature, put the cabbage into the kettle. Watch carefully until the water again boils, then push it to the back of the stove where it can simmer slowly for thirty minutes, when the cabbage will be white and perfectly tender; lift and drain it carefully, and arrange neatly on a platter. Put a tablespoonful of butter and one of flour in a saucepan; stir together until cooked; add a half-pint of milk; stir until boiling; add a half-teaspoonful of salt, a dash of pepper, and pour over the cabbage.

### Red Cabbage with Apples

Take a head of cabbage, about two pounds, cut it fine, wash and let drain. Then have a saucepan with one and one-half tablespoonfuls of hot lard, drop in the cabbage, and let it stew for three-quarters of an hour, adding a little water and salt. Then pare about four large apples, cut them in fourths, and put them on the cabbage, and boil until apples arc done, when you stir, add about one and one-half tablespoonfuls vinegar, and a little sugar. This will make a nice dish to serve with any pot roast.

### Creamed Celery

Cut into pieces two inches long, ten nice large stalks of celery. Cook in boiling water until tender. Drain off the water and pour over the celery a sauce made of two tablespoonfuls of butter, one and a half tablespoonfuls flour, and a pint of milk. Salt and pepper to taste.

### Stuffed Celery

Allow three stalks of celery to each person. Select tender, crisp stalks, with a deep groove on the under or heart side. Wash thoroughly and wipe dry with a clean piece of cheese-cloth. Then take one Neufchatel cheese and mash fine. Add to this four tablespoonfuls of thick cream and two tablespoonfuls mayonnaise and beat up lightly with a fork. Fill the groove in the celery with the prepared filling and round it up nicely. Set on ice until needed.

### Kidney Bean Stew

One can of kidney beans, two cups of water, one chopped onion, two cups tomatoes, one teaspoonful salt, three-quarters cup sliced celery, three potatoes, bit of parsley, four tablespoonfuls butter. Add the cold water to the beans, then add onion, tomatoes, celery, and salt and let simmer from one and a half to two hours. About half an hour before serving add potatoes, cut in one-inch cubes. When potatoes are tender, butter and serve.

### Braised Butter Beans

Four ounces of butter beans, one ounce of butter, one dessertspoonful of tarragon vinegar, a little milk, a dash of tomato sauce, pepper and salt. Soak the butter beans over night, boil next morning in milk until beans are quite tender, using only enough milk for the beans to absorb. When tender set aside to cool. Melt one ounce of butter in a frying-pan, add the tomato sauce and the tarragon vinegar. When the pan is quite hot put the butter beans in and stir lightly with a fork to keep them from burning. When the beans are a light golden brown turn the contents of the pan neatly on a dish, and serve.

### Baked Beans and Cauliflower

One cauliflower, one pint of haricot beans or butter beans, one pint of white sauce, grated cheese. Soak the beans over night; boil until perfectly tender in salted water enough to cover. Let the water boil away toward the end of the cooking. Tut the cauliflower in a very little boiling salted water and cook gently twenty minutes. Break into small sprigs. Mix the beans and cauliflower gently together so as not to mash them; turn into a buttered, shallow baking-dish, pour over them a pint of well-made white sauce, add the grated cheese over the top, and put into the oven to brown. Make the white sauce by the usual rule, adding a teaspoonful of tarragon vinegar at the last.

### String Beans

String, snap, and wash two quarts beans, boil in plenty of water about fifteen minutes, drain off and put on again in about two quarts boiling water; boil an hour and add salt and pepper just before taking up, stirring in one and a half tablespoonfuls of butter rubbed into two tablespoonfuls of flour and half a pint of sweet cream. Or boil a piece of salt pork one hour, then add beans and boil an hour.

### String Bean Left-Overs

String beans left from yesterday may reappear in this way. Put in a skillet with a tablespoonful of butter, add slices of bacon cut in little strips, sprinkle with red pepper, and fry till bacon is crisp.

### Boston Baked Beans

Soak small white beans over night in fresh water. In the morning put them in a kettle with a second water sufficient to cover and parboil until the skins present a shrivelled appearance. Pour off the water, add the salt to the beans, mixing them up, and transfer to a bean pot; place in the middle of the beans a piece of fat salt pork scored on top. Mix in a cup a teaspoonful of molasses, a half-teaspoonful of baking soda, and a teaspoonful of dry mustard and pour over the beans. The above quantities are for a quart of beans. Fill the pot with warm water, put on the lid, and bake in a slow oven all day, keeping watch that the water docs not dry out until the beans are thoroughly cooked. Place in an oven that is not too hot about half an hour in advance of the meal for which they are desired without adding any more water. They should when served be moist and hot. Only earthen vessels should be used in which to boil and bake the beans.

### Sauces for Meats and Vegetables

Roast Beef

Roast Beef

Roast Veal

Roast Mutton

Roast Lamb

Roast Pork

Roast Turkey

Roast Turkey

Roast Duck

Roast Chicken

Boiled Turkey

Broiled Steak

Pigeon Pie

Roast Goose

Fried Salmon

Broiled Mackeral

Boiled or Baked Fish

Boiled or Baked Fish

Boiled Tongue

Corned Beef

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Tomato catsup

Grated horseradish

Tomato sauce

Stewed gooseberries

Mint sauce

Apple sauce

Cranberry or celery

Plum or grape sauce

Currant jelly

Currant jelly

Oyster sauce

Mushrooms – fried onions

Mushroom sauce

Apple sauce

Egg sauce

Stewed gooseberries

White cream sauce

Drawn butter sauce

Olives stuffed with red peppers

Mustard dressing

### Bearnaise Sauce for Beefsteak

Cook in a double boiler till the eggs begin to thicken, three egg yolks slightly beaten, one tablespoonful of water, one teaspoonful of butter. Season with salt, cayenne, add one tablespoonful of vinegar, one tablespoonful of minced parsley, also two tablespoonfuls of tomato catsup, if liked, with a few shrimps which have been fried in butter. Spread over the steak.

### Caper Sauce for Boiled Mutton

2 tablespoonfuls of hot butter.

3 tablespoonfuls of flour.

½ teaspoonful of Chili pepper.

1/2 teaspoonful of salt.

1/2 teaspoonful of onion juice.

Dash of cayenne.

Cook this and add slowly one and a half cups of boiling water, four tablespoonfuls of capers, and one tablespoonful of caper vinegar.

### Cherry Sauce for Lamb

Two cupfuls cherry juice, two cupfuls water, three whole cloves, two tablespoonfuls butter, two tablespoonfuls flour, one-third cupful whole cherries drained, juice one lemon, few grains salt. Cook cherries in water with cloves until soft, rub through a puree strainer, place the pulp and juice on back of range where it will keep warm, melt butter in saucepan, add flour and salt, stir to a smooth paste. Add cherry juice and pulp, stirring constantly until smooth; cook five minutes; add lemon juice and whole cherries. Serve with spring lamb.

### Tomato Sauce

1/2 can tomatoes.

1 teaspoonful sugar.

1/2 teaspoonful soda,

6 peppercorns.

Small piece bay leaf.

1 slice onion.

3/4 teaspoonful salt.

4 tablespoonfuls butter.

4 tablespoonfuls flour.

1 cup brown stock.

Cook tomatoes, sugar, soda, peppercorns, bay leaf, onion, and salt, twenty minutes; run through *purée* strainer; add stock. Brown butter in a saucepan, add flour, and continue browning; add hot liquid gradually, stirring constantly.

### Sauce Tartare for Fried Scallops or Fish

Beat the yolk of an egg; add a generous quarter-teaspoonful of salt and a dash of paprika; lx-at again, then gradually beat in a tablespoonful of cider vinegar, then with an egg beater beat in one cup of olive oil, a teaspoonful, and after a time a tablespoonful at a time. Finish with two tablespoonfuls each of finely chopped pickles, olives, capers, and parsley.

### Polenta

Two cupfuls boiling water, one cupful yellow com flour, two cupfuls cold water, one teaspoonful salt, five tablespoonfuls grated cheese, two tablespoonfuls butter. Mix the flour with cold water and stir slowly into boiling water, add salt, stirring constantly until mixture begins to boil, then occasionally; cook slowly over a slow fire for one hour. When half cooked add butter and cheese. Serve hot with mushroom sauce (recipe follows). This mixture may be turned into a shallow pan previously wet with cold water, chilled. Then cut in squares, dip in flour, egg, and crumbs, and fry in deep fat.

### Brown Sauce

Into a saucepan, and on a hot fire, place two tablespoonfuls of butter and two of flour. Cook briskly for five minutes longer if it does not look brown. Add one cupful of water and keep stirring until thick; season to taste.

### Mushroom Sauce

This sauce is considered best made with a brown sauce for a foundation. Prepare the brown sauce as directed in the previous recipe, and, just as the sauce begins to thicken, add one-third of a can of button mushrooms cut in halves or if large buttons, cut them in quarters. Cook long enough to heat through and do not add more than two tablespoonfuls of the mushroom liquor.

### Chantilly Apple Sauce with Horseradish

Pare, core, and cut in quarters five medium sized greenings. Cook with little water; they should be quite dry. Rub through a fine *purée* strainer. To the pulp add two tablespoonfuls fine granulated sugar and five tablespoonfuls of grated horseradish. Then fold in an equal quantity whipped cream. Serve at once with roast goose, duck, or goslings.

### Ravigote Sauce

Cover with boiling water one tablespoonful each of chives, chervil, and parsley and four of watercress and let them simmer for one moment, then drain, chop fine, and squeeze the juice through a cheese-cloth. Add this to a mayonnaise dressing, seasoned with tarragon vinegar and a very little mustard.

### Vinaigrette Sauce

Mix well two tablespoonfuls of olive oil, two tablespoonfuls of lemon juice or vinegar, salt, paprika, one tablespoonful of finely mixed parsley, and two finely chopped olives.

### Butter Maitre d’Hotel

Put two tablespoonfuls of butter in a bowl with two teaspoonfuls of parsley chopped very fine, and add the juice of one lemon. Mix well together and put in a cool place.

### Mint Sauce

One cupful of fresh chopped mint, one-quarter cupful of brown sugar, one-half cupful of lemon juice. Mix and let stand an hour before serving. Heat until just warm.

### Bechamel Sauce

1 ½ cupfuls chicken stock.

1 slice each carrot and onion.

1 sprig each thyme, marjoram, and pandry.

A bit of bay leaf.

½ teaspoonful peppercorns

4 tablespoonfuls butter.

4 tablespoonfuls flour.

1 cup hot cream.

Salt, pepper, nutmeg.

Yolks two eggs.

Process: Cook first nine ingredients together until stock is reduced to one cup; strain and keep stock hot. Melt butter in a saucepan, add flour, and stir to a smooth paste. Let cook one minute, then add stock gradually, beating constantly, cream and seasoning to taste. Beat until smooth and glossy. Remove from range and add egg yolks slightly beaten. Do not allow sauce to cook after adding the eggs. Keep hot over hot water.

### Sauce Hollandaise

Cook quite slowly two tablespoonfuls of butter with one and one-half tablespoonfuls of flour, add one and one-half cupfuls of hot water and four tablespoonfuls of fairly strong vinegar that has been cooked until reduced to half that amount; now add a little salt, a grating of nutmeg, and a little cayenne pepper or paprika. When ready to serve add two egg yolks slightly beaten.

### Tartar Sauce

One cup thick mayonnaise, one-half teaspoonful onion juice, one tablespoonful chopped parsley, one tablespoonful chopped capers, one tablespoonful chopped olives, one-half teaspoonful tarragon vinegar. Have the mayonnaise very thick and cold. Add the other ingredients one at a time and set on ice until ready to serve.

### Apple Sauce

Apples intended for sauce should be pared, cored, and put into cold water until they are placed over the fire, to keep them from discoloration. Pour a very little water over them in the saucepan, and allow them to cook very gently. They should be tightly covered and frequently looked at to see if they need more water. When the apples are quite soft, stir and mash them; add a little butter, pass them through a colander. If the sauce is to be used with meat, sweeten moderately before setting away to cool, otherwise a liberal use of sugar is more agreeable. A generous sprinkling of cinnamon or a dash of nutmeg, according to taste, may be added. Another method of making apple sauce is the following: Make a syrup and when it is thoroughly boiled dropped the peeled and quartered apples in it. They should boil until soft and then be well mashed. This makes a richer sauce than when the apples and sugar are boiled together, or when the latter is added after the fruit is taken from the fire.

### Cranberry Sauce

One pound of berries, one scant pint of cold water, one-half pound of granulated sugar. Boil water and berries together ten minutes, add sugar and boil five minutes longer. If desired strained, take one and a half pounds of berries, one pint of water, three-fourths of a pound of sugar. Boil berries and water together for ten or twelve minutes, strain through a colander and add sugar. Always cook in a porcelain receptacle.

### Egg Sauce for Fish

Cut two hard-boiled eggs in rings. Carefully remove the yolks. Mash them well with a little mustard, pepper, salt, one tablespoonful of oil or butter, and one of vinegar. Put the mixture in spots over baked fish, and over each spot lay a white ring of egg. A very pretty garnish.

### Egg Sauce with Fowl

One pint of fresh cream or milk thickened with one tablespoonful of flour. Season with salt, pepper, and a tablespoonful of butter — two make it better. Slice in five or six hard-boiled eggs, and serve hot with roast chicken or turkey.

### Tomato Sauce

½ cup butter.

6 tablespoonfuls flour.

1 slice each carrot and onion.

1 small clove of garlic.

Bit of bay leaf.

1 sprig parsley.

½ dozen cloves.

1 teaspoonful salt.

½ teaspoonful pepper.

Few grains cayenne.

1 ½ cupfuls each brown stock and thick tomato pulp.

Brown butter in a saucepan, add flour, and continue browning, stirring constantly. Add seasoning and vegetables, stock and tomato pulp; stir until well blended and let simmer twenty minutes. Strain and serve.

### Brown Mushroom Sauce

4 tablespoonfuls butter.

5 ½ tablespoonfuls flour.

2 cupfuls brown stock.

¾ teaspoonful salt.

¼ teaspoonful pepper.

½ tablespoonful lemon juice.

2 tablespoonfuls sherry wine.

1 can small button mushrooms.

Melt butter in a saucepan and brown richly, add flour and continue browning until of the desired color. Add highly seasoned brown stock, and beat with an egg whip until smooth and glossy. Add seasonings, lemon juice, and wine. Heat mushrooms in their own liquor, drain, and add them to sauce, sliced if the large size. The mushrooms, lemon juice, and wine may be omitted and one tablespoonful Worcestershire added. This is the basis of many other sauces.

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# VIII. -SALADS AND SALAD ACCESSORIES

In the making of salads, as in the making of books, there is no end. Every one should appreciate the healthfulness of a good salad, and it should always be served at dinner either in individual dishes or by the hostess from a salad bowl.

From an early date, lettuce, cress, and all greens have been given a prominent place in the dinner menu. Even Sidney Smith recognized the value of salads as is proven by the following lines:

“O green and glorious! O herbaceous treat!

’T would tempt the dying anchorite to eat!”

It is an art to make a good salad dressing, and is an accomplishment required of the strictly up-to-date youth as well as of the young woman who will some day, no doubt, preside at her own table.

Always garnish salads attractively. Cherries, candied violets, radishes, parsley, water-cress, olives, hard-boiled eggs are all used.

A pinch of baking soda added to the vinegar in boiled salad dressing banishes forever the danger of curdling.

The liberal use of olive oil on green salads is better than medicine. The taste for olive oil should be acquired by all children.

To cook vegetables for salads, cut as desired in cubes or balls with a vegetable cutter. Place over the fire in boiling water; after cooking three or four minutes, drain, rinse in cold water, and replace over the fire in boiling salted water just enough to cover. When tender, drain and use when needed.

Green vegetables should be served fresh, crisp, and cold.

Meat and fish should be very cold, and all ingredients for salad should not be combined till just ready to serve.

Lettuce should be dried on a napkin and kept on ice before using.

Cucumbers are sliced very thin and soaked in ice water before being combined in a salad.

Serve the rich salads at luncheon, the lighter ones with the simpler dressing, at dinner.

Never let olive oil freeze, as it spoils it for salad dressing.

In making a mayonnaise salad dressing the eggs should be very cold and very fresh. The dish and the oil should also be chilled in advance.

There is an old adage in regard to French dressing which every salad maker should take to heart. It is to the effect that it takes a stingy man for the vinegar, a spendthrift for the oil, a wise man for the salt and pepper, and a crazy man to stir the salad.

### Mayonnaise Dressing

Yolk of one egg, one pint of best olive oil, mustard, salt, cayenne pepper, a bit of sugar, all to suit the taste of the one who is making it. Chill a large dinner plate, put on it the seasonings, then the yolk of egg. Use a silver fork and stir from left to right three or four times, then begin to drop the oil from the bottle, stirring all the time; keep the same motion. When it gets too thick thin with a few drops of vinegar or lemon juice, then continue with the oil until the pint is consumed. It will be creamy and thick and drop in big lumps from the fork. Keep in a glass jar in the ice-box and thin with sweet cream when ready to use. This will keep a week or more.

### Quick Salad Dressing

This is for vegetable salads and is excellent. Have all the ingredients very cold. Take one tablespoonful of hard butter, cream it, add one tablespoonful each of mustard, sugar, salt, and dash of paprika, rub very smooth. Add slowly, three tablespoonfuls of olive oil, three small tablespoonfuls of vinegar, and one whole egg beaten well.

### Cooked Salad Dressing

Yolks of two eggs beaten light, one-half teaspoonful of salt and sugar, one-fourth teaspoonful of mustard and paprika, two tablespoonfuls of lemon juice. Put in a double boiler and stir constantly while the mixture thickens; remove and stand on the table while the white of egg is beaten stiff, then turn into the mixture and replace over the fire while the two are mixed together. Then beat in two tablespoonfuls of butter, and set away to get thoroughly chilled. When ready to serve, beat in a half-cupful of whipped cream.

### Olive Oil Dressing

Beat the yolks of two eggs, one teaspoonful of lemon juice, one pinch of salt. Add oil from the bottle every two minutes, drop by drop, and when thick set away on ice. This may be thinned with whipped cream. Paprika is added if desired.

### Favorite French Dressing

Put a half-teaspoonful of salt, a quarter of a teaspoonful of white pepper into a salad bowl; add very slowly six tablespoonfuls of olive oil. Rub until the salt is dissolved, then add one tablespoonful of vinegar or lemon juice. Beat well and it is ready for use at once.

### Economical Cream Dressing

Half-pint of cream heated in a porcelain pan; a tablespoonful of cornstarch moistened with cold milk; add to the hot cream and cook a moment, then stir in the well-beaten yolks of two eggs. Take from the fire; add a saltspoonful of salt, dash of pepper, one tablespoonful of lemon juice.

### Salad Dressing with White of Eggs

Beat yolks of two eggs with a half-teaspoonful each of salt and dry mustard. When smooth add four tablespoonfuls of melted butter very gradually, and heat; then, just as gradually, add four tablespoonfuls of vinegar and two of water. Put in boiler and stir constantly until thick. Remove from fire and pour while hot over the whipped whites of two eggs. Just before serving, add one cupful of whipped cream.

### Cheese Salad Dressing

A cheese salad dressing requires two tablespoonfuls of soft grated cheese, which should be pounded until perfectly smooth. Season with a teaspoonful of salt and a little cayenne. Add a tablespoonful of vinegar, and rub perfectly smooth. Then add enough olive oil to moisten.

### Dressing for a Vegetable Salad

Chop half a small onion, twice as much parsley as onion, and half a can of pimentos, exceedingly fine. To these, in a fruit jar, add one teaspoonful of salt, half a teaspoonful of powdered sugar, four tablespoonfuls of vinegar, and one cupful of olive oil, and let stand one hour. Shake about five minutes, when the dressing is ready to use. Shake a moment each time thereafter before using. This dressing may be made in quantity, as it will keep a long time. Two or three tablespoonfuls of vinegar, rather than the quantity given, would be preferable for some tastes.

### Parisian Dressing

The Parisian dressing is made by mixing one-half cupful of olive oil, five tablespoonfuls of vinegar, one-half a teaspoonful of powdered sugar, one tablespoonful of finely chopped Bermuda onions, two tablespoonfuls of finely chopped parsley, one teaspoonful of salt, four red and eight green peppers. Cover and let stand for one hour. Then stir vigorously for five minutes. The red and green peppers are the small ones found in the pepper sauce, which may be bought at any first-class grocer’s.

### Fruit Salad Dressing

Yolks eight eggs beaten light, one-quarter pint cream, one cup sugar, one tablespoonful flour, one tablespoonful butter, juice and rind of four lemons, three-quarters pint hot water. Cook until thickened. Add one-half pint of cream just before serving.

### Salad Accessories

Biscuits and cheese are always acceptable add-ons to salads. Take water-biscuits and spread them with cream cheese, sprinkle a little cayenne pepper on each, with grated Parmesan on the top. Bake a delicate brown. These may be served hot or cold.

### Almond Cheese

Moisten a square of cream cheese, add a little rich cream, and beat with a fork until smooth. Mix with it one-half cupful of chopped blanched almonds, add lightly one cupful whipped cream. Serve cold with a scant teaspoonful currant jam on each portion with salad course.

### Cheese Balls for Lettuce or Cress Salads

Make small white balls of cream cheese, add a little salt and cayenne, with enough olive oil to make them roll easily, then dip in grated American cheese.

### Almond Cheese Pots

Moisten one cream cheese with two tablespoonfuls of cream, add one cupful of finely minced almonds, salt, and paprika. Form into small pats with a mould that is used for making butter pats. Serve two on the salad plate if individual plates are used, or place them around the salad bowl.

### Chicken Salad

One cooked chicken cut fine, one cupful of chopped almonds, chopped celery same amount as chicken, ten olives cut fine. Mix and pour over one tablespoonful of oil and juice of half a lemon. Let stand two hours, then mix with mayonnaise dressing and season to taste with cayenne.

### Sunday Night Salad

Mix one and one-half cupfuls of cold cooked chicken cut in cubes, one cucumber pared and cut in cubes, one cupful of chopped English walnut meats, one-half cupful of French peas, and cupful of celery cut in small pieces thoroughly chilled in ice water. Moisten with mayonnaise dressing and garnish with strips of canned red pepper arranged ribbon fashion and celery tips.

### Corned Beef Salad

Tender corned beef only should be used. Cut into thin strips a pound of brisket corned-beef or use canned corned beef. Put it into a salad bowl with a few leaves of chicory, lettuce, cress, or celery stalks, half a pound of boiled Irish potatoes, and a small quantity of either carrot, turnip, or beet, seasoned with a heaping teaspoonful of horseradish; mask with mayonnaise.

### Savory Salad

To one pint of seasoned chicken or veal stock add one tablespoonful of acidulated (phosphated) gelatin; bring to a boil, skim, and strain through cheesecloth into a ring mould. Set away to harden. Prepare one pint of rather finely cut celery, one tart apple, half a dozen small pickled onions, sliced and shredded. Cover with a French dressing. When ready to serve turn the mould of a jelly on a circular platter. Pile the drained salad ingredients inside the ring and pour over the whole one cupful of mayonnaise dressing to which two spoonfuls of whipped cream have been added.

### Ham Salad

Dice sufficient cold boiled ham to measure one pint. Shave firm white cabbage to make the same quantity. Chop fine two small cucumber pickles and two pickled button onions. On the salad platter arrange a bed of the cabbage, put the ham in the centre, sprinkle with the chopped pickle and onion. Pour over a French dressing in which one-half of a teaspoonful of French mustard has been added, and

garnish with halved olives.

### Cream Chicken Salad

Cut into dice sufficient cold chicken to measure one pint. Heat one cupful of strong chicken stock; season highly with salt and white pepper, add two tablespoonfuls of tarragon vinegar and one-quarter of a box of gelatin soaked in a little cold stock. Strain and set aside until beginning to thicken, then beat slowly until frothy all through and fairly stiff. Stir in one cupful of thick cream whipped to a solid froth and the prepared chicken and turn into wetted fancy mould. When cold, serve on a bed of blanched lettuce leaves and garnish with mayonnaise mixed with an equal quantity of stiffly whipped cream. This may be varied by moulding the cream mixture in a ring or border mould, mixing the chicken with French dressing or mayonnaise and heaping in the centre.

### Chicken Mayonnaise, in Cucumber Jelly Ring

Cut cold boiled fowl in cubes, marinate with a French dressing, and let stand one hour; then add one-half the quantity of celery, washed, scraped, and cut in small pieces, and one-fourth the quantity of English walnut meats browned in the oven in a bit of butter sprinkled with salt and broken in small pieces. Mix ingredients, moisten with mayonnaise dressing, and pile in the centre of a ring of cucumber jelly.

### Harvard Salad

Cut two pieces from each lemon used, leaving what remains in the shape of a basket with a handle, then remove the pulp, and keep the baskets on ice, or cold water until ready to fill. Mix equal parts of cold cooked sweetbread or chicken and cucumber cut in small cubes, one-fourth the quantity of finely chopped celery, and moisten with dressing. Fill the baskets with the mixture, smooth the top of the baskets and cover with dressing. Pare red radishes as thinly as possible, and chop the parings very fine. Chop parsley fine, sprinkle the top of half the baskets with radish parings, and the other half with the chopped parsley.

### Sweetbread Salad

Parboil sweetbreads and cut in one-half inch cubes. Add an equal quantity of celery, finely cut. Moisten with mayonnaise dressing, and arrange on a bed of shredded lettuce.

### Roast Beef Salad

The most popular cold meat salad in French restaurants is made of roast beef cut in slices. It must of course be very well done. It is served with mayonnaise made with tarragon vinegar, with sliced potatoes, and string beans, also cold. Sometimes a slice of tomato is added.

### Timberlake Salad

Prepare tomato cups by neatly scooping out the insides of even sized tomatoes. Keep on ice two hours before using. Take one cup of boiled rice, one-half cup of walnut and pecan nuts, one cup of American cream cheese cut in very small bits, mix all together with mayonnaise. On the top place a whole nut meat. This is perfectly delicious and no one ever discovers what it is and is astonished when told. Especially nice for a luncheon salad or for Sunday night suppers.

### Sweet Pea Salad

Two cans of peas cooked in salted water and chilled, one-half their bulk in pecan nut meats, three tablespoonfuls of oil and same of vinegar, or, preferably, lemon juice, dash of red and white pepper. Serve on lettuce and garnish with curly parsley and sweet peas.

### String Bean Salad in Crown of Eggs

Cut four hard-cooked eggs in lengthwise quarters. Soften a teaspoonful of shredded gelatin in cold water and dissolve with as little hot water as possible. Dip the ends of the egg quarters in gelatin and press upon a chilled plate, one after another, to form a crown. Drain a can of tiny string beans, put them over the fire in cold water, and bring quickly to the boiling point. Drain and dry on a cloth and cut in pieces. Mix thoroughly with French dressing and turn into the crown of eggs. Set heart leaves of lettuce inside the row of eggs and sprinkle the whole with chopped chives.

### Vegetable Salad

One-half package of gelatin, one-half cup of cold water, juice of two lemons, one-fourth cupful of vinegar, one-half cupful of sugar, one teaspoonful of salt, one cupful of celery cut in small pieces, one cupful of shredded cabbage, one cupful of blanched almonds cut twice, three sweet red peppers cut fine. Soak gelatin in cold water two minutes and add vinegar, lemon juice, boiling water, sugar, and salt. When beginning to set, add remaining ingredients. Turn into a mould and chill. Serve on a lettuce leaf with mayonnaise dressing, or cut in dice and serve in cases made of red and green peppers. Fine served with cold sliced veal or chicken.

### Virginia Salad

Choose a large head of curly lettuce, open and press apart, remove with a sharp knife the inner leaves. Wash and let it serve as a case or mould from which to serve chopped cabbage, mixed with a cooked dressing, made as follows:

Mix until smooth one tablespoonful of butter, one teaspoonful of flour, fifteen drops onion juice, one-half cupful hot vinegar. Beat with wooden spoon, cook ten minutes. Four over one egg beaten with one-half teaspoonful each salt, sugar, mustard and a pinch of cayenne. Cook three minutes and cool. Thin at time of serving with a cupful of thick sour cream.

### Hot Slaw

Chop half an ordinary cabbage fine and sprinkle lightly with flour. Melt one tablespoonful of butter, put the cabbage into it, and place in the oven. Mix one tablespoonful of mustard, one teaspoonful of sugar, one tablespoonful of olive oil or melted butter, one beaten egg, and three-fourths cupful of cream. Heat thoroughly; pour over the slaw, after sprinkling it with salt and pepper; put into a hot dish and serve.

### Tomato Salad

Select small, firm tomatoes. Place on a lettuce leaf, after having cut a slice from the top and scooped out the inside. Fill with salad dressing, plain, or fill with chopped cucumbers and put a tablespoonful of dressing on top. Serve with this a wafer which has been buttered, peppered, and crisped in the oven.

### Tomato Jelly Salad

#### No. 1

Stew three pints of tomatoes. Season highly with salt and pepper, adding a grain of cayenne and a tiny bay leaf. Have soaking a half-box of gelatin. Strain the tomatoes, return to fire, and add beaten white of one egg to clear it. Stir one minute, add gelatin, strain through flannel into tiny moulds. When chilled, turn out of mould and serve on shredded lettuce with a bit of mild cream salad dressing on top.

### Tomato Jelly Salad

#### No. 2

One-quarter box of gelatin, one pint of seasoned strained tomatoes, mould in after-dinner cups or wine glasses, turn out on crisp head-lettuce leaves. Serve with a spoonful of mayonnaise dressing.

### Tomato and Hickory Nut Salad

Dissolve a box of acidulated gelatin in cold water enough to cover it, using the pink powder enclosed in the gelatin. Rub the tomatoes through a sieve, add salt and a pinch of red pepper and the dissolved gelatin; after beating thoroughly and cooling add chopped hickory nuts and small pieces of celery. Set to cool in a mould. Stir occasionally until it begins to set. When ready to serve cover with the following dressing:

One teaspoonful of salt, one teaspoonful of sugar, one teaspoonful of mustard, and three tablespoonfuls of vinegar. Stir in three eggs, one at a time; mix thoroughly. Cook in a double boiler. When cool, mix in a pint of stiffly whipped cream, pour over the moulded tomato, and scatter chopped nuts over it. When serving have a dish filled with crisp, curly lettuce leaves beside your salad, put a leaf on the plate, and then a spoon of salad.

### Colonial Salad

Tomatoes, lettuce, celery, cooked chicken, salad dressing, salt. Select one perfect, firm, ripe tomato for each person. Peel and remove a thin slice from the flower end. Scoop out all the pulp and remove the seeds. Sprinkle the tomatoes on the inner side with salt, and let stand on ice two hours. Chop the pulp and to each cup allow one cup cold chicken cut in cubes and one cup of celery cut in small pieces. Mix with salad dressing. Drain the tomatoes and wipe dry. Then fill them with the salad mixture and top off with salad dressing mixed with a little whipped cream. Serve very cold on a crisp lettuce leaf.

### Delectable Potato Salad

One and one-half cupfuls cold potatoes, which have been boiled in clear stock, cut in dice; two and one-half cupfuls good white celery, shredded into small Julienne strips (keep in water acidulated with lemon juice and dry thoroughly on a cloth before using), a few pickled nasturtium seeds, and one can of truffles. (There are usually five in a can.) Select the best ones to cut in thin, oblong strips, and the rest shave into small, transparent slices. Boil two eggs hard, cut the whites into twelve equal strips each, pointed at both ends; put the yolks through a fine strainer. Chop fine two tablespoonfuls of parsley, wash and thoroughly dry five very small, crisp lettuce hearts. Mix potatoes, celery, nasturtium seeds, odd-shaped pieces of truffles, and the parsley with a generous supply of highly seasoned French dressing, and add the yolks carefully. Rub a salad dish with a cut onion. Arrange the salad in a mound; imbed one of the lettuce hearts in the top and radiate from it the white egg slices, alternating with the long truffle strips. A circle of fresh nasturtiums may be put around the bowl just before serving.

### Potato Salad

Boil in their jackets four medium sized potatoes. While they are boiling make a French dressing and slice into it one good sized onion; as soon as the potatoes are done, drain, salt, and dry them. Remove the skins and cut the potatoes while hot into the dressing; toss them carefully until every piece is well covered. Put the mixture on a cold dish and stand aside until serving hour. Then garnish the dish thickly with parsley; sprinkle over the dish a tablespoonful of finely chopped parsley or celery tops; a small pickled beet may be chopped fine and placed diagonally across the dish. Sardines or pickled herring may also be used as a garnish and to give variety. A teaspoonful of anchovy paste may also be stirred with the dressing.

### Lettuce and Nut Salad

Sprinkle small head lettuce with shredded celery and very finely chopped nuts. Pour over a French dressing, place white grapes on top, seeded and cut in halves.

### Beet Salad

Cook a quart of small young beets till tender. Skin and cut into small dice. Pour vinegar over them and dust lightly with salt and pepper. When ready to serve drain the liquid off and shake as dry as possible. Pour over them a tumbler of mayonnaise, toss lightly with a fork, and set for fifteen minutes on ice.

### Cucumber Salad

#### No. 1

Peel the cucumbers, cut them in thin slices without cutting the slices off, thus giving the appearance of a whole cucumber. Insert in each opening thin slices of radishes with the peel on, sliced to the exact size of the cucumber. The combination of colors will be found effective. Chill thoroughly and serve with French dressing.

### Cucumber Salad

#### No. 2

Cut cucumbers lengthwise, scoop out the centres, leaving them about half an inch thick. Put these boats into ice water. Reject most of the seeds from the remainder of the cucumbers, mix with water cress, celery dice, chopped chives, and a few capers, a little of the hard part of tomatoes chopped also, if you wish. Add a white mayonnaise to this and fill the boats, which must be wiped dry; put one on each plate and sprinkle with minced parsley. The acid in white mayonnaise is lemon juice; the dressing has whipped cream added, making it very delicate.

### Lettuce Salad with Cheese

The lettuce is prepared with French dressing, and cream cheese, rolled into small balls as butter is rolled and sprinkled with a mere suggestion of paprika, is scattered through the the salad leaves. Toasted crackers are served with it. The dish is pretty and the result most satisfactory.

### Celery and Nut Salad

Take equal quantities of celery cut very fine, and pecan nuts. Serve on lettuce using an oil mayonnaise dressing.

### Lettuce, Egg, and Radish Salad

Arrange three hard-boiled eggs, cut in slices, upon a bed of lettuce. Dispose about these radishes cut in slices, with here and there a radish cut to resemble a flower. Mix half a teaspoonful of salt, a dash of paprika, and six tablespoonfuls of oil; then stir in gradually three tablespoonfuls of lemon juice or vinegar. Pour over the salad, toss together, and serve.

### Easter Salad

Cut potatoes into long, narrow strips, as for straws, boil in salted water until barely done, drain, and while still warm sprinkle with a little oil, lemon, and onion juice; let stand until cold. Arrange these straws in little nest shapes on crisp lettuce leaves; make little balls of cream cheese, roll them in grated yellow cheese, and lay them in the nests. Serve with mayonnaise for the potatoes.

### Oriental Salad

Cut up six tomatoes in small pieces without removing skins. Sprinkle with a teaspoonful of salt. Cut up also two green peppers in very small pieces, removing, first of all, the seeds. Chop very fine one medium sized onion and one bunch of parsley. Mix ingredients together, with a heaping saltspoonful of salt and stand on ice until chilled, at least half an hour. Serve without pouring off juice. The recipe for this delicious and refreshing summer salad was given by an Armenian friend.

### Quick Salad

Little green onions, diced, finely shredded cabbage, sliced cucumbers, and lettuce hearts, with French dressing.

### String Bean Salad

Drain the water from two cans of string beans, wash thoroughly in several cold waters, and put then in a colander to drain. When perfectly dry, put on ice until needed. Take four pimentos, cut in small pieces, and mix thoroughly with the beans. Serve with French dressing.

### Tomato Jelly with Cucumbers

Take one pound and a half of ripe tomatoes, stew till soft enough to go through a sieve (except the seeds and skins). Add to this puree a slice of onion, one clove, one teaspoonful of vinegar, and a pinch of salt. Heat this and add half an ounce of gelatin which has been previously soaked in cold water, and stir till the gelatin is dissolved. Pour into a ring mould and set on ice to harden. When ready to serve take it from the mould, by dipping in hot water for an instant. Place on a large dish on lettuce leaves, fill the centre with cubes of cucumber and pour over them a mayonnaise or French dressing. If preferred the tomato jelly may be cut up in cubes the same as the cucumber, and both mixed together and spread on the lettuce.

### Tomato and String Bean Salad

Slice ripe tomatoes, make a circle round the salad plate, and in the centre put string beans. Sprinkle the tomatoes with a bit of Parmesan cheese, and serve with cither French dressing or mayonnaise.

### String Bean Vinaigrette

Take one can or pint of green string beans, making sure they are young and tender. Boil in salted water. While hot lay in oil and vinegar. Drain. Do not use lettuce, but place on sprigs of parsley. On top sprinkle grated yolks of eggs.

### Water Cress Salad

Select fresh, crisp, well cleaned cress. Cut fine. Mix with following dressing, mix very slowly one-half teaspoonful each of salt and dry mustard, one teaspoonful sugar with beaten yolks of two eggs. Then very gradually pour on this, beating constantly, four tablespoonfuls soft or melted butter. Then as gradually add six tablespoonfuls vinegar. Stir smooth and cook in double boiler until thick. Then pour over whipped whites of two eggs. When cold add one small cup of whipped cream. With this salad should be served a cheese ball, for which this is the recipe: grate one cup of cheese and put into it the whipped white of one egg. Make into small balls and plunge into smoking fat. Very delicious.

### Narragansett Salad

Take equal parts of hickory nuts, walnuts, and almonds, blanching the latter, and throwing the walnut meats for tea minutes in water in which onions are boiling. Add tiny bits of celery and pour over a good cream salad dressing. Put a bit of sweet whipped cream on top and garnish with round slices cut from a long radish. Do not peel, as the dainty pink rim adds much to the appearance.

### German Salad

Have six eggs boiled very hard; when cold slice them. Take one large head of cabbage and one large boiled beet. Cut up the cabbage very fine, as for slaw; season it with pepper and salt. Place this on a flat dish, piled quite high, and arrange around it alternate slices of beet and egg. Whip to a thick froth one pint of cream and pour over the whole. For the American taste a good French dressing might be preferred to the cream.

### Potato Salad Balls

Add to the left-over mashed potatoes two or three tablespoonfuls of vinegar, the same of oil, two teaspoonfuls of grated onion, or less according to taste. Make into little balls by using butter-ball paddles. If desired, parsley may be chopped and added. These are dainty to serve with a croquette or patty. Or they may be placed on a leaf of lettuce as a salad course with a spoonful of boiled dressing.

### Zulieme Salad

Rub a large platter with a cut onion, pile crisp, tender lettuce in the centre, and at intervals around it place little mounds of prepared vegetables, one each of wax beans, small potato balls, young, sliced carrots, cauliflower flowerets, chives, and thick slices of tomato; the last being raw, of course. Use a French dressing for this and do not include the tomato slices in the turning over process, but add to the small plates when the salad is served.

### Yellow Egg-shaped Tomato Salad

Scald, peel, and place on ice one quart of small yellow tomatoes. Serve on lettuce, garnish with cucumber slices. Use mayonnaise or French dressing.

### Sweet Potato Salad

Three large potatoes, boiled, cut in squares, two tender stalks of celery, cut in cubes. Pour over this dressing three tablespoonfuls of oil, two of lemon juice or vinegar, salt and pepper. Garnish with peeled olives made into long swirls, and parsley.

### Macedoine Salad

This salad is composed of a mixture of vegetables which are boiled separately; the large ones arc then cut into dice of equal size. The salad is more attractive when the vegetables are cut with fancy cutters or with a small potato-scoop. Peas, string beans, flowerets of cauliflower, beets, celery roots, asparagus points, carrots, and turnips — all, or as many as convenient, may be used. Mix them lightly with French or mayonnaise dressing. Be careful not to break them when mixing . Arrange lettuce leaves like a cup, and place the macedoine in the centre.

### Tomato and Crab Meat Salad

Scoop out even sized ripe tomatoes, fill with flaked crab meat, mixed with mayonnaise dressing and Chili sauce. Serve on lettuce or water cress. The latter gives the more pungent flavor.

### Garcia Salad

Cut celery, apples, and fresh tomatoes in thin strips about two inches long, serve on lettuce leaves with French dressing. A slice of truffle on the top adds both to the appearance and flavor.

### Chestnut Salad

Remove the shells from one pint of large French chestnuts, scald them and remove the skins, then boil in slightly salted water until tender but unbroken. While hot, pour over them a French dressing, put aside until cold, then serve on lettuce with mayonnaise.

### Florida Salad

Cut slices from stem ends of six green peppers and remove seeds. Refill with grape fruit cut into cubes, the tenderest stalks of celery cut in small pieces, and shredded almond meats, allowing twice as much grape fruit as celery, and one-third as many nutmeats as grape fruit cubes. Arrange in nests of endive or lettuce leaves, and serve with emerald mayonnaise. Color mayonnaise dressing with green vegetable coloring.

### Cucumber Sauce

Chop one cucumber fine, season with one-half teaspoonful salt, one-half teaspoonful each of chopped parsley and onion, one tablespoonful of plain or tarragon vinegar, or lemon juice. Mix thoroughly and let drain in a colander one-half hour. When ready to serve add three-fourths cup of cream beaten very stiff.

### Salmon Salad in Moulds

Mix two cupfuls of cold boiled salmon, one tablespoonful lemon juice, one teaspoonful of chopped parsley, two drops tabasco sauce, one tablespoonful of granulated gelatin dissolved in a little water, with enough cooked salad dressing to moisten. Fill small moulds, place on ice for two or three hours, turn out on lettuce leaves, and serve with cucumbers sliced and dipped in mayonnaise.

### Crab Salad

Add to a mayonnaise dressing crab meat and finely shaved cabbage and garnish with strips of sweet red pepper. Serve it in large green peppers which have been scooped out and the outside skin rubbed until very smooth and shiny.

### Oyster Salad

Parboil slightly in their own liquor the desired number of very small oysters. Drain, cool, sprinkle with lemon juice, salt and pepper, and stand, covered, in the ice box for two hours. Add to them half the quantity of celery cut in slender inch strips. Mask with mayonnaise or serve with the simple French dressing. Garnish with olives.

### Lobster Salad

Three cups cold boiled lobster, canned will do, one-half cupful diced celery, mix with French dressing and kt it stand half an hour. Serve on lettuce garnished with hard boiled eggs and olives.

### Herring Salad

Three parts of dried herrings, pickled fine, to one part of chipped dried beef; mix with an equal bulk of the white crisp part of celery cut in dice, with a small proportion of stoned olives and boiled beet root. Sprinkle with chopped chives and parsley. For a sauce, break and mash the yolks of two hard-boiled eggs, adding oil and vinegar as in mayonnaise, and season with red pepper.

### Shrimp Salad

#### No. 1

Wash and drain shrimps and mix with half their bulk of cut celery and a few hard-cooked eggs, chopped, also olives or capers, as desired. Mix with mayonnaise dressing reduced with whipped cream, and serve in border of tomato Jelly. Garnish with celery tips and sliced olives.

### Shrimp Salad

#### No. 2

Fresh or canned shrimps may be used for this salad. If canned shrimps be used, cover them with cold water, let stand two or three minutes, then drain, and dry on a cloth. Reserve a whole shrimp for each service, and pick the rest into two or three pieces each, discarding the intestinal vein. Mix the pieces of shrimp with mayonnaise, or cooked dressing, place in nests of lettuce. Garnish with the whole shrimps, a few capers, and serve at once. Shrimp salad is delicious when served in scooped out tomatoes.

### Fishball Salad with Tomato Jelly

Pull into bits sufficient salt codfish to measure one cupful; wash, pare, and dice sufficient raw potatoes to measure one heaping pint. Put both into a saucepan of boiling water an boil until the potatoes are done; drain well and mash thoroughly. Beat in with them one teaspoonful of butter, one beaten egg, and a nice seasoning of pepper. Mould into balls the size of large marbles, dip each into slightly beaten egg, roll in fine bread crumbs, fry golden brown in smoking hot fat, and drain thoroughly on unglazed paper, then set away until cold. In a saucepan place one-half can of tomatoes, one slice of onion, one small bay leaf, four cloves, one blade of mace, one-half teaspoonful of salt, one-quarter teaspoonful of paprika, and ten drops of onion juice. Simmer for fifteen minutes, add one-third of a box of gelatin which has been soaked in one-third of a cupful of cold water, stir until dissolved and press through a fine sieve. Add two tablespoonfuls of tarragon vinegar and pour into a wet shallow pan. When firm, turn out carefully and cut into blocks. Marinate the fishballs with a French dressing. Arrange a bed of lettuce in the salad dish, pile on it the fishballs, garnish with the cubes of jelly, and serve with mayonnaise.

### Lenten Salad

Line a salad dish with crisp watercress tips. Then take two Neufchatcl cheeses, one-half cupful finely chopped heart celery, one-half teaspoonful salt, one-fourth teaspoonful paprika, and one-half cupful whipped cream. Mix these ingredients thoroughly, then add three tablespoonfuls salad dressing. Divide this mixture into five equal parts and mould into egg shape. Place these on the cress in the dish and cover with a French dressing. Serve very cold.

### Cream Cheese Salad

With butter paddles make tiny balls of cream cheese, and serve in a nest of lettuce leaves, sprinkled well with French dressing.

### Cottage Cheese Salad

Arrange the creamed cheese on watercress or torn lettuce. Garnish with split olives and sprigs of parsley. Chopped nuts mixed with the cheese makes a variety.

### Neufchatcl Cheese Salad

Cut into squares a small cake of Neufchatcl cheese. These are laid in cups of crisp lettuce leaves and about a tablespoonful of chopped English walnuts placed on each. If desired this can be further garnished with halved walnuts and seeded Malaga grapes. Just before serving mayonnaise dressing is added.

### How to Serve a Cream Cheese Salad

When serving a cream cheese salad always pass toasted wafers with it. The cheese may be made into small balls, either white or tinted pale green, the coloring procured by chopping a little spinach and lemon juice, and pressing. Arrange in nests of lettuce and mayonnaise and sprinkle the balls with red or black pepper, if you like.

### Cheese Croquettes for a Salad Course

One pound of grated cheese, four eggs, pinch of cayenne, salt. Beat the whites of the eggs to a stiff froth, stir it into the cheese with salt and cayenne, mould into balls the size of a walnut, dip into some beaten yolk of egg, and then roll in finely browned bread crumbs. Fry quickly in a deep kettle of boiling lard. Serve warm with lettuce.

### Savory Stuffed Eggs in Mayonnaise

Cut twelve hard-boiled eggs into halves lengthwise. Take out the yolks, put them through a potato ricer, and mix them with two tablespoonfuls each of melted butter, anchovy paste, and chopped ham. Add half a teaspoonful of paprika. Press this egg paste into each white and lay them together. When ready to serve, pour over the dish a tumblerful of mayonnaise.

### Egg Salad

Remove the whites of hard-boiled eggs very carefully, so as to leave the yolks perfect balls. Arrange a bed of watercress on a dish. Make a nest in the chopped whites and put one whole yolk in the centre of each nest. Four over this yolk a tablespoonful of salad dressing. Many serve small balls of cottage cheese with this.

### Macaroni and Egg Salad

Have several quarts of salted water in the kettle and bring to a rapid boil. Gradually lower into it a dozen stalks of macaroni, holding them until they coil instead of breaking. When tender, drain and stand in a bowl of cold water until ready to use, then dry on a cloth. Cut into inch pieces, sprinkle with a French dressing, and let stand for half an hour. Cut three hard-boiled eggs lengthwise into quarters. Wash and dry a head of blanched lettuce or escarole, and arrange it on a platter. Heap the macaroni on it, and arrange the quartered eggs in a circle around the base. Pour over more French dressing and serve.

### Fruit Salad

#### No. 1

A fruit salad, crisp and cold from its resting-place on the ice, will refresh a tired palate as nothing else will on a hot day; it may be served at luncheon or be used as the salad course at dinner. Every hostess can have it with very little trouble. I dare say many of you have made orange baskets in which to serve orange jolly, but how’ many of you have thought of it as a salad-cup? Fill the basket with sliced bananas, and orange and grape fruit pulp cut into dice, moistened with a French dressing. A few Spanish chestnuts or English walnuts —the chestnuts boiled and peeled, the walnuts blanched — may be added to the fruit, and will be found to give a pleasant variety.

### Fruit Salad

#### No. 2

One pound English walnuts, one pound of white grapes, seeded and cut in two, one teacupful of celery, diced, two teacupfuls of chopped apples. Dressing: one-fourth cupful of butter, five eggs, one cupful vinegar, two tablespoonfuls of sugar, one-half teaspoonful salt, little pepper. Cook, and add one-half cupful of whipped cream before serving.

### Fruit Salad

#### (No. 3)

To make this salad, remove the pulp from three blood oranges and tear it in small pieces with a fork, discarding all the tough membrane. Pulp and seed white grapes to the amount of a cupful. Mix the orange and grape pulp together, draining off the superfluous juice. Blanch and shred half a pound of almonds, mix with the fruit pulp, and pour over all a dressing made by beating one egg to a froth, adding one-half cupful of strained honey and three tablespoonfuls of maraschino. Beat very thoroughly before turning it over the salad.

### Cherry Salad

Select large red or white California cherries, remove the stones, replace each with a hazel nut, lay on white hearts of head lettuce, cover with mayonnaise dressing and a fluff of whipped cream.

### Cherry Salad

Stone half a pound of cherries and save all the juice. Take the whitest leaves of a nice head of lettuce, washing them thoroughly. Slice a small cucumber and chop fine a dozen blanched almonds. Mix all gently together, arrange on the lettuce leaves, and pour over a dressing made of a gill of cherry juice, two tablespoonfuls of lemon juice, a drop or two of almond extract, and four tablespoonfuls of sugar. Serve very cold.

### Fruit Salad with Ginger

On crisp lettuce leaves or a bed of cress, place sliced bananas, small orange slices, and candied cherries. The oranges and cherries are dipped in ginger syrup for a second before serving, and mayonnaise dressing is served over all.

### Manhattan Salad

Mix one measure of apple, pared, cut in cubes, one-fourth the quantity of sliced celery, in diced chicken breast, with a generous allowance of mayonnaise. Serve on lettuce hearts. This is a particularly good salad to serve at luncheon.

### Apple, Celery, and Almond Salad

Use Jonathan or snow apples; pare, quarter, and slice each quarter crosswise. Sprinkle with lemon juice to prevent discoloring. Cut the hearts of celery in one-half inch pieces. Blanch and shred the almonds. Use equal parts of apple and celery and one-fourth the quantity of nut meats. Toss all together and arrange on a large cut glass or fancy platter, surrounded with a border of heart lettuce leaves. A slight sprinkle of finely chopped red sweet pepper will greatly enhance the appearance of the dish.

### Tea-Room Salad

Two pints of celery cut in half-inch pieces, splitting each piece lengthwise; one pint of tart apples cut in small cubes; sprinkle a pinch of cayenne pepper; dissolve one tablespoonful of sugar in two tablespoonfuls of lemon juice, one teaspoonful of chopped parsley. Add this to the apple and celery. Toss up with mayonnaise dressing. Add one small tablespoonful of Parmesan cheese, serve on lettuce leaves.

### Grape Fruit Salad

Halve fruit, remove pulp. Chill, and heap it on small salad plate. Garnish with blanched almonds. Pour over it a spoonful of mayonnaise dressing. Serve with small round wafers.

### Date Salad

Wash thoroughly half a pound of dates. Remove the stones and stuff with cream cheese. Place on lettuce leaves, serve very cold with mayonnaise dressing.

### Russian Salad

This is made with apples, pears, and peaches. It is very good served at the end of dinner with crackers and cream cheese. Peel the apples and pears and cut them into dice, covering with lemon juice as you progress, to keep them from being discolored. Slice some ripe peaches and chill in ice water. Toss all together just before serving. Dress with oil and lemon juice and sprinkle the top with finely chopped mint.

### Emergency Fruit Salad

Use large, canned peaches. Place one-half peach on a bed of lettuce leaves and serve with the following mixture: take equal parts of chopped celery and pineapple, heap on the peach, then lay on this a good tablespoonful of rich mayonnaise dressing, and sprinkle English walnuts chopped fine on top.

### Porcupine Salad

Wash and drain small head lettuce on a dessert plate, then use a canned pear, which is placed in the centre; blanch almonds, cut lengthwise, and place them all over (and sticking in the pear), leaving just enough space for the eyes, which are made of currants or candied cherries, sticking them in place. Pour over this a mayonnaise.

### Brazilian Salad

Remove the skin and seeds from white grapes, and cut in halves lengthwise. Add an equal quantity of shredded fresh pineapple, apples pared, cored, and cut in small pieces, also celery cut in cubes, and one-fourth the quantity of Brazil nuts cut in bits. Mix thoroughly, season with lemon juice, and moisten with mayonnaise dressing. Trim saltines on ends so that when put together they will make squares. Put four crackers on each salad plate and tie in place with a narrow ribbon to form a small case. Insert in each a nest of lettuce leaves, and then fill with the salad mixture.

### Pineapple Salad

#### (No. 1)

Try cutting pineapple in cubes, and serving it either alone or with celery, or combining the pineapple with orange. The latter gives an intangible flavor that is quite different from either of the fruits used singly. Cut the pineapple into quarter-inch cubes. Divide the oranges into sections, skin each one carefully and cut it in half. Chill the fruit on ice for half an hour, and serve on hearts of lettuce with mayonnaise mixed through the fruit.

### Pineapple Salad

#### (No. 2)

This salad is one made famous by being served in a noted Philadelphia *café*. Take as many firm, ripe tomatoes as there are persons, remove all the seeds and soft inside without injuring the shell. Make a filling of chopped pineapple, being careful that the core is removed, celery, and sweet apple in equal proportions, and a very little of the centre of the tomatoes, and mix with mayonnaise dressing, which has been thoroughly chilled. Fill the centres of the tomatoes and set on ice until wanted. Serve on watercress or garnish with wreath of grape leaves.

### Grape Salad

Skin and seed one pound of Malaga or Tokay grapes, and then fill them with hazel nuts. The carpels of one grape fruit should be mixed with the grapes, and the juice of the grape fruit should be used instead of vinegar or lemon in the mayonnaise. A juicy ripe grape fruit will yield enough for dressing and not injure the flavor of the pulp. Serve on white lettuce.

### Melon Salad

Cut the fruit in cubes, being careful to exclude all hard rind. Make a dressing of olive oil in the proportion of three tablespoonfuls of oil to one of vinegar, a little pepper and half a saltspoonful of salt. Mix these well together and pour over the melon. Serve very cold in a salad bowl, or, if you will take the trouble, serve the salad from the shell of the melon from which the soft part of the fruit has been cut. Garnish with lettuce leaves and chives.

### Red Apple Salad

Select large red apples of uniform size, scoop them out into cups, and put them into cold water in which there is a little lemon juice, until time to fill them. Mix some of the apple with celery, grape fruit carpels, and mayonnaise dressing, and fill the apples. Garnish them with maraschino cherries that have been drained and stuffed with blanched hazel nuts and serve them on separate plates, on leaves of lettuce. Serve with this course, wafers spread with cream cheese mixed until quite red with tomato catsup and criss-crossed with strips of beet or pimento.

### Apple Salad

Chop tart apples not too fine. Take half as many chopped peanuts. Mix, and pour over a small tablespoonful of cream salad dressing. Put a sprig of curly parsley in centre and serve.

### Apple and Cress Salad

Cut apples in rather thin slices. Dip each slice in lemon juice and arrange in a bowl, filling with cress, then mixing all together. Make a dressing of oil and lemon juice and a little paprika and pour over the apples and cress.

### Orange Salad

For six persons, pare four rather acid oranges. Slice them very thin, cutting down the sides instead of across, and sprinkle sparingly with powdered sugar. Mix one tablespoonful of sherry and one of yellow Chartreuse with one of lemon juice. Pour over fruit. Set on ice an hour before serving. Excellent with game course.

### Orange and English Walnut Salad

Slice four peeled oranges lengthwise, dress with three or four tablespoonfuls of olive oil and one tablespoonful of lemon juice. Arrange slices in a mound upon a layer of lettuce leaves. Dress one cupful of sliced nut meats with one tablespoonful of oil, a dash of salt, and half a tablespoonful of lemon juice, and dispose upon the centre of the mound. Toss together before serving.

### Jack O’Lantern Salad

This is a novel salad for Hallowe’en dinners. Make a fruit salad of three oranges, three bananas, one-half pound white grapes, one-half pound English walnuts, and a few candied cherries. Pour mayonnaise over all, and serve in orange cups. To make the latter cut small round pieces off the tops of large oranges, scoop out the pulp, cut three small holes in the side of the orange, as you would in making the features of a Jack o’ lantern. Put two raisins in for the eyes, and a candied cherry for the mouth. Fill with the fruit salad, put the lids back on, and serve on lettuce leaves.

### Strawberry Salad

Arrange large ripe strawberries in a glass salad bowl, dust with powdered sugar and a little nutmeg. Four over a dressing made of two tablespoonfuls of sugar, a gill of sherry, a tablespoonful of maraschino, the juice of one lemon and two oranges; mix the fruit lightly with a fork and set on ice half an hour before serving.

### Grape Fruit and White Grape Salad

Cut the grape fruit into small sections free from white pith and seeds, add to it half its quantity of seeded white grapes cut in halves, dress with a little salt, three tablespoonfuls of oil, and one tablespoonful of lemon juice. Let stand in the dressing for about an hour and serve on lettuce leaves.

### Banana Salad

Cut the bananas in halves, then in quarters; roll each piece in salted peanuts. Chop the peanuts fine, then stand the peanut-covered bananas upright and serve on a bed of lettuce with a simple French dressing. Any nuts may be used.

### Prune Salad

Mix French prunes, steamed, stoned, and cut in pieces, with shredded nuts, pecans, walnuts, or preferably almonds. Serve on lettuce with a cream mayonnaise, in which a little minced celery is mixed.

# IX.—EGGS, CHEESE, MACARONI, SPAGHETTI, AND RICE

The average housekeeper seems to be exceedingly limited in her methods of preparing eggs; fried or boiled, with an occasional omelet, and the list ends.

Scientific investigation has proved that the yolk of an egg contains a large percentage of fat Every essential for the support of a man and the growth of a child is found in the egg. The white of an egg is a solution of albumen in water. The greatest food value is obtained when eggs are but very slightly cooked. Poached eggs are very digestible, but fried eggs are not, but even in frying they may be made very tempting and the white not the usual leathery substance, if skill is exercised in the cooking.

In whipping the whites of eggs, it is well to know that a little salt added in will aid and expedite the process.

When there is a scarcity of cream, the white of an egg well whipped is an excellent substitute for the real article.

To the scholar, eggs are an invaluable diet, containing both phosphorus, which is brain food, and sulphur, which performs its special functions in the make-up of the human body.

Eggs are not only food, but medicine as well. The whites are very efficacious in cases of burns. Break an egg, cover the burn with several coatings of the raw white, allowing each one to dry before putting on another. By thus keeping the burn free from the air, it will quickly heal.

A raw egg, beaten and combined with wine or brandy, is of value in case of illness or convalescence, or for those of delicate digestion or bilious temperament.

The raw white of an egg, if swallowed in time, will effectually dislodge a fishbone in the throat.

The stomach will digest a raw egg in from one and a half to two hours. Soft-boiled and roasted eggs require from two and a half to three hours, while hard-boiled or fried eggs must be allowed from three and a half to four hours for digestion. Eggs furnish a good substitute for meat.

### Egg Timbales

Egg timbales make a very effective luncheon dish. Butter the timbale moulds well on the inside and line with finely minced parsley. Drop a fresh raw egg carefully into each mould, and place in a pan containing hot water of a quantity sufficient to reach up to the middle of each mould. Place in a hot oven and when the eggs are firm, which will be in ten or twelve minutes, unmould carefully and serve on hot, crisp, buttered toast. Surround each egg with water and if liked with a thick tomato sauce.

### Egg with Cheese Sauce

Poach six eggs in a pint of cream. Remove the eggs carefully and place them on slices of buttered toast. Add a tablespoonful of American cheese to the cream with a pinch of salt and a little cayenne pepper. Allow the cream to simmer until the cheese has dissolved. Then pour it over the eggs and toast and serve immediately.

### Cupped Eggs

Butter fireproof cups, putting about two tablespoonfuls of cream into each, then onto this carefully break a new-laid egg. Sprinkle a little salt, pepper, and chopped parsley on the top. Place the cups in a pan of water to come half way up the cups, with a piece of buttered paper over the top. Allow them to steam till the eggs are just set, then serve immediately in the cups.

### Eggs in Rolls

Use small French rolls, scrape out the inside, leaving a receptacle for the eggs. Brush the rolls inside with melted butter. Break an egg in each, covering with grated cheese and seasoning; bake in the oven.

### Love-Apple Eggs

Take ripe, round tomatoes, peel and hollow the stem end. In this cavity drop an egg, dust with salt, pepper, grated cheese, and lumps of butter. Bake till the eggs are set. Sprinkle with minced parsley and serve on a hot platter.

### Delicious Easter Breakfast Eggs

Make little nests of hot boiled rice; break an egg into each nest; add butter, salt, and pepper; put in hot oven until eggs are set. Garnish with parsley. Serve instantly.

### Poached Eggs

Poached eggs are so dainty and digestible that they should be frequently served. Have the water in the pan boiling and salted. An egg poacher is a great convenience, or muffin rings may be used and an egg dropped into each. This will keep them nicely in shape, as half the art in cooking a poached egg is to keep it perfectly round, without any jagged edges. A valuable hint when there are no rings at hand is to stir the water in the pan round and round in one direction. When going quite swiftly drop the egg and all the white will be drawn round in the swirl and form the egg into a perfect ring. Another idea is to put a very little vinegar into the water, as it has been proven that this assists in keeping the egg nicely in shape.

### Shirred Eggs

These are served one or two eggs in individual dishes, or lacking these, saucers may be used. Butter the dish well, then sprinkle fine bread crumbs lightly over the bottom. Break an egg carefully into the dish, two eggs if wanted, dust with pepper and salt, cover with bread crumbs. Put the dish or dishes in a pan of hot water, put the pan in the oven, and let all remain until the eggs are set. Serve immediately in the same dishes, putting a few flecks of butter on each.

### Coddled Eggs

An egg should not be boiled; instead, the water should be allowed to boil furiously, then drawn to the side of the range and the egg put in. Cover, and let it remain in the boiling water, but not to boil, for ten minutes, when the white will be cooked, but not hard. This is more digestible than an egg that has been boiled rapidly; and eggs are often coddled on the breakfast table.

### Hard-Boiled Eggs

An egg will boil to the “hard” stage in ten or fifteen minutes. A very mealy and inviting yolk will materialize, however, at the end of twenty-five to thirty minutes. In regard to eggs which are boiled “hard,” to use cold for salads or garnishing, these must be placed in cold water for ten minutes as soon as taken up from the fire, otherwise the shell will not peel off easily, and the egg will be of a dark shade or discolored.

### Egg Cutlets

Make half a pint of good white sauce hot, and season it carefully; stir in the yolks of two eggs until the eggs thicken the sauce, but it must not boil. Strain the sauce into a basin. Add three hard-boiled eggs cut into dice, two teaspoonfuls of chopped parsley, two tablespoonfuls of chopped cooked ham, and if necessary a little more salt and pepper. Mix all well and turn the mixture out on a plate to cool. Shape it into balls the size of a small egg, then flatten these balls into neat little cutlets. Brush each over with beaten egg and cover with fine bread crumbs. Fry them in smoking hot fat, drain, and serve hot.

### Eggs with Tomatoes

Cut six smooth, medium sized tomatoes in halves, across, and remove some of the pulp. Bake in a well-buttered pan. Beat up four eggs, add a tablespoonful of cream or milk, and season with pepper and salt. Put this in a saucepan, pour in the tomato pulp, adding a tablespoonful of butter, and cook until it thickens, stirring all the time so that it will be perfectly smooth. Toast slices of bread, cut round, and when the tomatoes are cooked place one piece carefully on each slice of toast, pour in the hot egg mixture, and stand a little sprig of parsley in the centre.

### Breakfast Eggs

Have some slices of bread toasted nicely and buttered. Separate the white from the yolk of an egg, add a few grains of salt to the white and whip it till stiff. Pour this over one slice of toast, make a hollow in the centre and put in the yolk. As many eggs as are wanted should be treated in this way. When all are ready put them in the oven for a few minutes; just long enough for the yolks to heat well and the whites to brown slightly. Arrange on a hot platter and garnish with watercress.

### Fried Eggs with or without Bacon

Fried eggs are best when served in the old-fashioned way with ham or bacon. Fry the bacon first and when it is delicately crisped remove the pieces to a hot platter. Break an egg into a saucer, then drop it gently into the hot fat. With a spoon pour some of the hot fat over the egg, and when the white has co gealed remove to the centre of the platter with a pancake turner. The slices of bacon should decorate the outer edge of the platter. When frying eggs without bacon it will keep them light to add a tablespoonful of cold water to the pan, then put a cover on top. They will then keep moist like a poached egg, but have the brown of frying.

### New York Eggs

Cook eggs in the shell till almost hard, remove the shell, place on a square of toast, sprinkled with minced chives and truffles; ham may be used. Cover with a sauce made as follows:

Two tablespoonfuls of butter cooked with one tablespoonful of flour, and one cupful of liquid,— milk, veal or chicken stock. When boiling, this should be removed to the side of the stove and two egg yolks mixed with a few tablespoonfuls of cream added just before serving.

### Luncheon Eggs

Place hard-cooked eggs, whole, in a baking-dish, pour over them a cream sauce, and grate cheese over the top. The dish should stand in the oven just long enough to melt the cheese, then be served at once.

### Devilled Eggs

Twelve hard-boiled eggs, peel off shells and cut the eggs in halves, cutting off a little piece from one end, to enable them to stand alone; pulverize the yolks, and chop fine some smoked tongue or lean ham; mix together and moisten

slightly with a little butter, season with pepper, salt, and mustard, and fill the empty whites with this mixture. Press together and arrange on a dish to look like whole eggs.

### Scrambled Eggs

Allow an egg for each person, a half-cupful of cream or milk to six eggs, and a tablespoonful of butter. Season to taste. Stir constantly in a buttered pan till done. Serve on buttered toast garnished with parsley.

### Egg in Cases

Break five eggs and leave the yolks in half of the shell, taking care to keep them unbroken. Beat whites until very stiff and arrange on a buttered platter. Make hollows in the whites and drop a yolk in each nest thus made. Dredge with salt and paprika, put in a bit of butter on each yolk, and bake in a moderate oven till set from five to eight minutes. Garnish with parsley and serve from dish in which they are cooked.

### Eggs With Rice

Four ounces of well boiled rice, six eggs, one tablespoonful of lemon juice, half a cupful of brown sauce, one tablespoonful of butter, and a little salt and pepper. Melt the butter in a saucepan, add the boiled rice, mix well and season nicely. Make this rice into a neat bed on a hot dish, leaving a margin of dish all the way round the rice. Poach the eggs very carefully in boiling water to which the lemon juice has been added, and when they are set arrange them on the rice. Pour round the rice the hot sauce and serve very hot.

### Eggs a la Creme

1/2 teaspoonful extract beef.

6 eggs.

1 tablespoonful butter.

½ pint milk.

1 tablespoonful flour.

½ teaspoonful salt.

Pepper to taste.

Boil the eggs fifteen minutes; remove the shells and cut them in halves crosswise. Slice a little off the bottom to make them stand. Put the butter in a frying-pan to melt, then add the flour. Mix until smooth, add the milk, and stir constantly until it boils. Add the extract of beef, previously dissolved, salt and pepper. Stand the eggs on a heated platter; pour the sauce over and around them. Serve very hot.

### Omelets

An omelet must be a mass of fluffy bubbles made by beating the whites and folding them into the other ingredients. The rule given by a famous cookery school is one egg and one tablespoonful of boiling water for each person to be served. First separate the eggs, putting the yolks in a bowl and the whites on a platter. Beat the yolks till they are thick and lemon color, season and put in one tablespoonful of water for each egg. Milk may be used, but water makes a more tender omelet. Whip the whites to a stiff froth and add to the yolks. If there is not a regular omelet pan use a skillet, heat, and put in a tablespoonful of butter and when it browns a little, pour in the eggs. Cook slowly and turn with a broad-bladed palette knife. Turn out on a hot platter and send at once to the table.

This plain omelet is capable of much variety. A few spoonfuls of chopped meat may be dropped into the folds before turning. Even left-over peas and asparagus tips may be used with good results.

If a sweet omelet is liked, spread jelly, oranges, or juice in the folds, dust with powdered sugar. Garnish with jelly spots or orange slices.

### Cocoa Omelet

Separate five eggs. To the well beaten yolks add three tablespoonfuls of cream, a pinch of salt, three teaspoonfuls of cocoa, and one tablespoonful of sugar. Fold in the beaten whites. Cook two minutes in an omelet pan, then brown in the oven and serve immediately.

### Egg Omelet with Cold Meat

Three eggs beaten separately, a teacupful of bread crumbs softened with milk, a tablespoonful of butter, salt, pepper, and egg yolks. Mix the beaten whites. Pour on a hot greased griddle, sprinkle with any chopped cold meats at hand, fold over the omelet, garnish with parsley, and serve immediately. Sweetbreads chopped are excellent instead of meat.

### An Excellent Plain Omelet

Six eggs beaten separately, one tumbler of new milk, reserving one-fourth, into which stir one tablespoonful of flour until perfectly smooth. When the milk boils stir in the thickening, add salt and pepper, also a tablespoonful of butter; put aside to cool. Stir in the yolks, adding lastly the well beaten whites. Pour into a hot, well greased skillet, and cook in the oven. It will be very light and puffy.

### Rice Omelet

4 eggs.

½ cupful cold cooked rice.

½ teaspoonful salt.

1/8 teaspoonful pepper.

4 tablespoonfuls hot water.

1 ½ tablespoonfuls butter.

Grated cheese.

Beat the yolks until thick and light, add seasoning and rice.

Beat whites stiff and dry. Add hot water to first mixture, then cut and fold in the whites into yolks. Melt butter in an omelet pan, see that the sides are well buttered; pour in mixture, and spread evenly. Cook on top of range until well puffed. Then place pan in oven on middle grate, and cook until mixture will not cling to finger when lightly pressed. Fold omelet and slip onto a hot serving platter. If you have on hand small pieces of stale cheese they may be grated and sprinkled over omelet.

### Codfish Omelet

Shred cooked salt codfish in fine pieces. To each cupful allow one cupful of milk and one egg. Sprinkle the fish with pepper; add one tablespoonful of butter and one tablespoonful of flour, cooked together as for cream sauce, to each pint of milk used; bake for half an hour.

### Baked Omelet

One cupful bread crumbs soaked in one cupful of sweet milk .Beat the yolks of three eggs, add the bread and milk, stir well, then add a pinch of salt and the well beaten whites of the eggs. Bake twenty minutes.

### Omelet with Minced Chicken and Bacon

Beat five eggs slightly. Add one-half teaspoonful salt, one-eighth teaspoonful pepper, two tablespoonfuls cold cooked chicken chopped fine, one tablespoonful minced ham or bacon, and five tablespoonfuls milk. Melt one and one-half tablespoonfuls butter in omelet pan, pour in mixture, cook until of a creamy consistency, stirring and scraping from bottom of pan. Then roll to side of pan, shape like an omelet, and turn onto a hot platter. Garnish with parsley, sprinkle with paprika.

### My Favorite Omelet

Six eggs, one tablespoonful of butter, one tablespoonful of flour, one cupful of cold milk, one-half teaspoonful of salt. Put the butter in a granite saucepan, and when it is melted (but not cooked hard), add the flour. Mix well. Now add the cold milk all at once, and stir until smooth. Set aside to cool. Add the salt. Then separate the eggs, beating yolks until very light, and whites until very stiff. Fold first the yolks and then the whites into the sauce very carefully. Then put all into a granite baking-dish and bake in moderate oven fifteen or twenty minutes. Serve immediately in the dish in which it was baked.

### Bread Omelet

Crumble a cupful of stale bread crumbs and soak them in half a teacupful of milk. Then beat them quite smooth, and add half a teaspoonful of salt and five beaten eggs. Butter a shallow pudding-dish well, pour in the mixture, and bake in an oven about ten minutes, serving at once in the same dish, as it falls quickly.

### Oyster Omelet

Beat the yolks of three eggs until thick. Add three tablespoonfuls milk and one-fourth teaspoonful salt. Beat the whites of three eggs until dry, and fold into the first mixture. Turn into a buttered pan and cook until light brown underneath. Put on the oven grate to dry the top. Before folding add one pint oysters, parboiled, drained, and cut in small pieces. Serve with one and one-half cupfuls white sauce made as follows: melt two tablespoonfuls butter, add two tablespoonfuls flour with one-fourth teaspoonful salt, one-half saltspoonful pepper, and gradually one cupful of milk which has been scalded.

### Tomato Omelet

Scald and skin three tomatoes. Melt a small piece of butter in a saucepan, to which add a teaspoonful of chopped onions, another of chopped parsley and a seasoning of pepper and salt; put in the tomatoes and let them remain for two minutes. Turn out this mixture and set it aside until quite cold; then beat up three whole eggs and mix in the cold tomatoes. Place a lump of butter the size of a walnut in the frying-pan; when it dissolves, pour in the mixture. Leave it over the fire, until the edges are firm, and then hold the pan in front of the fire until it rises to the top. It should be served at once. Canned tomatoes may be used for this.

### Pimento Omelet

To the beaten yolks of two eggs add two tablespoonfuls of water, three saltspoonfuls of salt, one-fourth saltspoonful of pepper, and two teaspoonfuls of flour. Fold in gently the beaten whites and turn the mixture into warm, buttered frying-pan or chafing-dish. Cook, covered, over a moderate fire. When the bottom is brown spread lightly over the top the following heated sauce; then turn omelet, remove to platter, and pour the remainder of sauce around the edge. To make the sauce: place in a small, round-bottomed pan one tablespoonful of butter; when melted add two teaspoonfuls of flour. Cook one-half minute and then add one cupful of chopped tomatoes, two tablespoonfuls of chopped pimento, one teaspoonful of scraped onion, and one whole clove. Let it boil two minutes.

### Egg and Corn Omelet

One pint of cold boiled green com, four eggs, half a cupful of milk, one teaspoonful of salt, a dash of pepper, three tablespoonfuls of butter. Beat the eggs and add to them the salt, pepper, milk, and corn. Fry like a plain omelet.

### Cheese Omelet

This is a most delicious dish, but its excellence depends to a very large extent upon its being served immediately after being cooked. Break three eggs into a bowl, beat them briskly, add, while beating, a seasoning of salt and pepper, two teaspoonfuls of minced parsley, and three tablespoonfuls of grated cheese. When these various ingredients have become thoroughly incorporated pour the mixture into an omelet pan, in which has been melted some butter, and fry in the usual manner. Serve, neatly folded, on a very hot dish — not overdone, or the omelet will be tough and dry.

### Potato Omelet

One cupful of sweet milk, three eggs well beaten, a little salt, and a tablespoonful of flour, with one cupful of mashed potatoes. Mix until smooth, turn into a.hot frying-pan with plenty of melted butter; turn when brown, frying both sides.

### Apple Omelet

Separate four eggs; beat the whites to a very stiff froth; then add the yolks and beat again, adding gradually two tablespoonfuls of powdered sugar. Have ready an omelet pan, in which you have melted a tablespoonful of butter; put in the mixture; when it begins to thicken spread over a layer of apple sauce. Fold, turn out, and serve at once with powdered sugar.

### Pineapple Omelet

Cook two level tablespoonfuls of flour and one-fourth a teaspoonful of salt in two tablespoonfuls of butter; add one cupful of grated pineapple, one-fourth cupful of sugar, and a tablespoonful of lemon juice; let it cook until boiling; remove from the fire and beat into the yolks of five eggs, beat until very light; fold in the whites of five eggs, beaten until dry, and turn into a hot, buttered frying-pan. When the egg on the bottom of the pan is set, put the frying-pan into the oven and let cook until, when tested, no uncooked egg adheres to the spatula or knife. Turn onto a serving-dish, and pour over the rest of the can of pineapple, made hot over the fire, and sweetened with sugar.

### The Making of Cheese Dishes

Cheese was once regarded as particularly indigestible and was avoided by all on the invalid list, but opinions have greatly changed and now cheese is considered one of the most nourishing and economical of food products.

The recipes given here are worth trying, and furnish a valuable addition to the house-mother’s daily menu. Combined with toast or biscuit a confirmed dyspeptic can generally eat cream cheese and find it appetizing as well as nutritious.

Cheese can be kept moist and sweet by wrapping in a cloth wet with vinegar, then covering with a dry cloth.

When a recipe calls for grated cheese, put it through a potato ricer; it saves time.

### Cheese Toasties

These are appetizing to serve with four o’clock tea or Sunday night tea. Cut bread in slices of medium thickness, spread one slice with butter, and another with cream cheese. Place together, and toast on the outside. Serve hot. Ordinary New York cheese may be used sliced thin.

### Creamed Riced Cheese

One-half of a Philadelphia cheese, one-quarter of a pound of Roquefort; season with salt and cayenne and enough cream or sherry to make it soft. Run through a potato ricer onto a glass dish, surround with raspberry jam or bar-le-duc. Serve with salad or with after-dinner coffee.

### Cheese Creams

Whip up half a pint of double cream and stir into it two heaping tablespoonfuls of grated cheese; add half a cupful of liquid aspic jelly, season with cayenne and a pinch of paprika. Fill up some paper cases with this; when set, sprinkle over with a little finely chopped parsley. Serve very cold.

### Cheese Balls for Salad

A delicious cheese to serve with salad is made by taking ordinary cream or Neufchatel cheese, and working into it with the fingers a large tablespoonful of butter and a quarter of a cupful of cream. When this mixture is soft beat it until it is frothy, and then pat it into a little mould and put it near the ice until ready to serve. Such a cheese can be further enriched by adding chopped hickory nuts soaked in sherry, and about a tablespoonful of mayonnaise. Salt and paprika are an improvement when nuts are used.

### How to Make Cottage Cheese

When the milk is well clabbered, set it over a pan of boiling water. Heat it very slowly to separate curd from the whey. Strain through a cloth, and press out all the whey. Stir in a little melted butter, cream, and seasoning, and work it well with a spoon till smooth. Chopped nuts and olives added and the cheese rolled into marbles, makes it a pleasing addition to all but fruit salads.

### Cheese Croquettes

Place four ounces of coarsely chopped cheese in a mortar with three ounces of sifted bread crumbs, one ounce of grated ham, two ounces of butter, a tablespoonful of finely minced onion, and a good seasoning of cayenne, dry mustard, and salt; pound these ingredients to a smooth paste; add sufficient beaten egg to thoroughly moisten; then make up into tiny balls about the size of a walnut; flatten these out slightly, and dip in light, rich frying batter, and drop into a saucepan of boiling lard. When colored a delicate brown, drain the croquettes carefully on blotting-paper, and pile them up tastefully in a high mound, on a folded table napkin, on a very hot dish. Serve as soon as possible.

### Cheese Toast

Take three-quarters of a pound of cheese — no matter how dry, so long as it is good — and cut up small into a saucepan with three ounces of butter, three tablespoonfuls of finely chopped boiled onion, six tablespoonfuls of good cream, a pinch of salt, cayenne, pounded mace, and a tablespoonful of minced parsley. Simmer and stir over the fire until the cheese is entirely dissolved; then pour the mixture over some tiny, heart-shaped slices of hot, buttered toast which have been placed in readiness on a hot dish, and serve immediately.

### Escalloped Cheese

Cover bottom of a buttered baking-dish with pieces of buttered toast. Over this spread a cupful of grated cream cheese. Beat two eggs light; then add a cup of milk and pour over the cheese. Bake about one-half hour or until it sets.

### Cheese Balls

Beat up the whites of two eggs to a stiff froth, add a pinch of salt and a few grains of cayenne pepper, then add two tablespoonfuls of grated cheese, mixing all thoroughly. It should be quite a dry paste. Roll this mixture into small balls; brush over with beaten egg, roll in fine bread crumbs, and fry to a golden color in boiling hot lard. Drain on paper and serve at once.

### Cheese Straws

Cheese straws are particularly nice, and look very dainty. To make them, have three ounces of grated cheese, two ounces of flour, two tablespoonfuls of butter, the yolk of one egg, and a seasoning of salt and pepper. Rub all the dry ingredients together, then add the yolk and mix to a paste; turn out on a floured baking-board, roll out very thinly; cut part of the paste into neat strips about three inches long, and the rest into rings. Bake on a greased tin, until yellow and crisp, in a moderate oven, and serve piled high, the straws being laid in the rings. They may be eaten hot or cold.

### Cheese Sticks

Cut whole wheat or graham bread into slices one-half inch thick, remove crusts and cut into strips the long way of the slice. Grate two ounces cheese; add a dash of paprika and beat into two ounces butter, creamed. Spread this mixture on the bread strips and set in oven to melt the cheese.

### Cheese Fingers

Take some fine, richly flavored cheese; cut it in pieces about three inches long and one inch wide; season very lightly with salt and pepper, dip in salad oil, and leave to soak for half an hour; then dip each piece, or finger, into a rich batter, and drop it in boiling lard; fry until a golden brown has been acquired, thend rain carefully, sprinkle with finely grated cheese, and serve on a folded napkin, garnished with sprigs of parsley. Serve hot.

### Cheese Crackers

Butter the crackers, and sprinkle with grated cheese; put into the oven until a light brown. These are delicious with salad.

### Pounded Cheese

This is an excellent way to use small pieces of hard cheese. It will keep for several weeks and is fine to spread on sandwiches and toast fingers for the unexpected guest. Put the pieces, say half a pound, into a mortar with a teaspoonful of made mustard, an equal quantity of fine white sugar, and a good seasoning of either cayenne, curry powder, or anchovy essence. Pound the whole to a smooth paste, moisten with butter, slightly melted, and then press the mixture into small jars. Cover with a thin layer of paraffin, tie a thick paper over top, and store in a cool place till required.

### Cheese Soufflé

One cupful of grated cheese, one cupful of hot milk or cream, one tablespoonful of soft butter, three beaten egg yolks, one-half cupful of bread crumbs, salt, cayenne pepper seasoning. Cook all for three minutes, fold in the stiffly beaten whites, put in individual baking-dishes, and bake in a moderate oven for fifteen minutes.

### Parmesan Crackers

Take two tablespoonfuls of Parmesan cheese, mix well with mustard and a dash of cayenne. This spreads twelve crackers. Brown in the oven.

### Cheese and Eggs for Ramakins

Take two tablespoonfuls of flour and two of butter, and cook together in a double boiler until the mixture bubbles. Add a cupful of milk or cream and stir until it thickens. Then add five cents’ worth of finely sliced American cheese and season with a dash of paprika. This will be enough for five persons. Put three tablespoonfuls of this mixture in ramakins, then break an egg in each, being careful not to disturb the yolk, season with more paprika, and pour what is left of the cheese mixture over the top of the egg. Place the ramakins in a pan of water and bake about twenty minutes in a moderate oven or until the egg is well set. Do not let the cream sauce cook long after the cheese is in or the mixture will become stringy. Serve with fingers of hot buttered toast.

### Combination Macaroni

Take one-half box of macaroni, boil until tender, set aside to cool; also stew one can tomatoes half-hour and set aside to cool. Butter baking-dish, and place in it a layer of macaroni, pepper, salt, and liberal amount of butter; then a layer of cheese, a layer of cracker crumbs, a layer of tomatoes, and so on until dish is filled. Bake in moderate oven one hour.

### Baked Macaroni

Take an equal quantity of chicken and ham, and mince them fine. Take half the quantity of boiled macaroni, add it to the meat with two eggs, a tablespoonful of butter, cayenne pepper and salt to taste, put in a basin, cover with milk, and bake in a slow oven.

### Macaroni au Gratin

Break one-fourth of a pound of macaroni into inch pieces, cook in boiling salted water twenty or thirty minutes, drain in a colander, and let cold water run through it. Melt two level tablespoonfuls of butter, add two level tablespoonfuls flour; stir until smooth, and add one and one-half cupfuls sweet milk. When it boils season with salt and pepper. Add macaroni and half-cupful grated cheese. Pour in a baking-dish, and cover with butter crumbs. Bake in a moderate oven until the crumbs are a golden brown.

### Luncheon Macaroni

Fry a piece of bacon until almost crisp, and into this put an equal proportion of boiled macaroni and canned tomatoes; season with chopped onion, red pepper, and salt. Fry until brown, and then turn and fry the other side. Serve on toasted bread sprinkled with grated cheese.

### Macaroni with Cheese

Place macaroni in a saucepan with a seasoning of salt, and sufficient boiling milk or water to cover it; boil gently until quite tender, but not broken; then drain, and put a layer of it at the bottom of a buttered pie dish; over that sprinkle some finely sifted bread crumbs, which have been seasoned with salt and pepper, then a thick layer of grated cheese, and a few tiny bits of butter; repeat in this manner until the dish is sufficiently full, letting bread crumbs form the top layer. Pour over a little warmed butter, and brown in the oven. Serve hot.

### Macaroni with Tomatoes

Four ounces of vermicelli or small macaroni, two ounces of Parmesan cheese, three whole fresh tomatoes or equivalent in tomatoes drained from can; two tablespoonfuls of white bread crumbs, one-quarter pint of milk, salt and pepper. Cook the macaroni in salted, fast-boiling water until tender, then strain. Put a layer of macaroni in a fireproof dish, then a layer of tomatoes, sliced if fresh, sprinkle well with bread crumbs and cheese, season with salt and pepper. Repeat the layers, finishing with macaroni. Pour the milk over all, dot with butter, cover the dish with its lid, and bake in a moderate oven about a half-hour.

### Macaroni with Peppers

Cut the tops from green peppers, remove seeds and core, and let stand for ten minutes in boiling water removed from the fire. Chop cooked macaroni into small pieces and mix with a thin cream sauce. Drain the peppers, fill them with macaroni, adding to each a generous spoonful of grated cheese. Bake in a granite dish with very little water until the peppers are tender. If covered they will not be dry when cooked. Serve as an entrée with a tomato sauce made from fresh or canned tomatoes pressed through a sieve and thickened with melted butter to which a tablespoonful of flour has been added. A pinch of saleratus will neutralize the acidity of the tomatoes; salt and a few drops of onion juice should be added, but no pepper. These are very appetizing, served with boiled or baked fish.

### Macaroni with Corn

Break a quarter of a package of macaroni and boil in salted water until tender. Fill a baking-dish with alternate layers of the drained macaroni, canned com, seasoning, and a little butter. Pour over one pint of milk and bake in a moderate oven.

### Spaghetti with Sauce

Have water boiling, put in spaghetti, add two tablespoonfuls of salt. When tender, drain, place on a large platter, and pour over the following sauce: One tablespoonful of lard, one sliced onion, two and one-half pounds of beef chopped fine, one can of tomatoes, salt, pepper, garlic to taste, and a bit of Italian cheese the size of an egg. Fry the onion till brown, add the meat, fry for two minutes, add tomatoes, strained, with seasonings. Cook for three hours, and sprinkle grated cheese over the platter.

### Spaghetti with Eggs

Put four ounces of spaghetti into a saucepan of fast boiling water, cook till tender, then drain it well. Put a layer into a thickly buttered pudding-dish, then a layer of slices of hardboiled eggs; dust with a little salt and pepper. Next put in some more spaghetti, then more slices of egg, and so on till the dish is full, ending with spaghetti. Pour half a cup of white sauce over this, sprinkle with two tablespoonfuls of grated cheese and put some little pieces of butter on the top. Bake in a quick oven for ten minutes, then serve in the dish in which it was cooked.

### Rice

Rice is the staple food of a large percentage of the world’s population and is thoroughly good if carefully prepared. Its combinations are many and it should appear more frequently on the family table. The skilled East Indian cook aims at two things in preparing rice, first, the grains must swell as much as possible, and, second, they must not stick together in a lumpy manner. No skill is required if rice is cooked in compliance with the directions here given. Wash it well through three or four waters till the last water is perfectly clear. Soak the rice in cold water for twenty minutes, and always cook in a double boiler. Salt the water, and use sufficient to cook without removing the cover until the rice is done. Fully two quarts of water must be allowed to one pint of rice, one quart to one-half pint of rice.

The American manner of cooking rice, as done by Southern cooks, is to sprinkle the rice into boiling water very slowly, boil hard for twenty minutes, then drain in a colander and serve as a vegetable with gravy. This method is excellent and is liked by many better than the East Indian method of steaming.

# X.—PIES, SHORT-CAKES, TARTS, TIMBALE CASES, FRITTERS

These are the articles essential to the making of good pastry; absolutely cold utensils and materials, and if possible a marble slab and a glass rolling-pin.

### Plain Pastry

Three cupfuls of sifted wheat flour, one teaspoonful of salt, one cupful of lard, two tablespoonfuls of butter, ice-water. Chop lard, salt, and flour into small crumbs, put in icebox for two hours, then add the ice-water to make a soft dough, roll out, spread with butter, roll again, and put on ice till ready to use.

### Old-Fashioned Pie Crust

One quart of flour, one pint of butter or half and half butter and lard, a pinch of salt, one and one-fourth cupfuls of water. Sprinkle salt in flour; with the hand mix in the shortening with the flour, add cold water. Quickly as possible roll cut, fit to the pie-plate, cut off evenly around the edge, roll out upper crust a little thinner than the under one. Fill the pie, wetting the edges to prevent the juice from running out, put on upper crust, crimp around the edge with a fork, cut four or five slits in the top, and bake a light brown.

### Puff-Paste

One cupful of butter, two cupfuls of wheat flour, ice-water. Wash the butter thoroughly, keep out two tablespoonfuls, shape the rest into a round cake one-half an inch thick, on floured board. Work two tablespoonfuls of butter into two cupfuls of flour, adding enough ice-water to make a dough. Knead one minute, cover with a napkin, place on ice for ten minutes, in a pan, then roll into an oblong square one-quarter of an inch thick. Spread butter on the lower half, cover with upper half, press edges together, cover, and chill for five minutes, turn half-way round, roll one-quarter inch thick, dredge flour on board. Repeat this twice, turning halfway round each time, fold from ends to centre making three layers. Put between pans of ice covered with a napkin. In half an hour roll out for use. Follow rule carefully.

### Apple Pie

Peel, core, and halve six tart apples, lay in pie-tin lined with crust. Sprinkle over them sugar, butter, cinnamon, and a dash of nutmeg, if liked. Bake until the apples are tender, cover with whipped cream, and serve warm.

### Mince Pie

2 cupfuls of boiled beef copped fine.

1 ½ quarts of sweet cider.

2 oranges, grated rind and juice.

2 cupfuls of sugar.

1 tablespoonful of cinnamon.

½ teaspoonful of nutmeg.

½ teaspoonful of white pepper.

2 pounds of currants.

½ pound citron sliced fine.

6 apples chopped fine.

1 cupful of currant jelly.

2 lemons.

1 tablespoonful of salt.

1 teaspoonful of cloves.

1 teaspoonful of allspice.

2 pounds of seeded raisins.

1 pound of suet chopped.

1 cup of shredded, candied orange

peel.

Cook until the apples are tender. Allow one tablespoonful of brandy and sherry to each pie. The above makes six pies.

### Cream Cheese Pie

Take a ball of cottage cheese, or two Neufchatel cheeses, mash and mix soft with cream. It will take two or three tablespoonfuls. Then mix with two beaten egg yolks, a scant half-cupful of sugar, two tablespoonfuls of melted butter, juice and grated ring of a small lemon, two or three drops of almond extract, and the egg whites beaten stiff. Fill the lower crust, sprinkle with half a cupful of blanched almonds, minced fine. Bake like a custard pie, with a hot oven at first, then lower the heat so that the custard will “set.”

### Pumpkin Pie

One quart of milk, three cupfuls of boiled and strained pumpkin, one and one-half cupfuls of brown sugar, one-half cupful of molasses, yolks and whites of three eggs, beaten separately, one pinch of salt, one tablespoonful each of ginger and cinnamon. Beat all together, bake with an under crust or in individual tins. This makes three large pies. If the pumpkin is not obtainable, Hubbard squash may be used with very good results.

### Apple Meringue

To two cups of apples steamed until tender add one-half cupful of sugar, one teaspoonful of butter, one-half teaspoonful of cinnamon or nutmeg. When cool add two egg yolks, slightly beaten, and one tablespoonful of cream. Fill deep pie plate, bake without upper crust, and cover with meringue made of egg whites.

### Pineapple Pie Filling

Cream one-third cupful of butter with one-half cupful of sugar, add two cupfuls of grated or shredded pineapple. The pineapple should be heated to boiling point. Now add two beaten egg yolks mixed with one-half cupful of cream or rich milk, and add one tablespoonful of lemon juice and a grating of the peel. Fill the pie and bake. Cover with a meringue made of the egg whites. Use only lower crust.

### Prune and Date Pie

Soak prunes until soft, then remove stones. To two cupfuls of prunes add one-half cupful of dates cut in tiny pieces, the grated rind and juice of a lemon, three tablespoonfuls of sugar, and enough of the prune juice to make the filling of the right consistency. Dredge with flour, dot with bits of butter, put on upper crust, and bake fifteen minutes.

### Irish Potato Custard Pie

Two level teacupfuls of creamed potato, one level cupful of sugar, the yolks of three eggs, and one level tablespoonful of butter. Beat the yolks and sugar to a cream and stir in the butter. Stir the creamed potato through and through two cupfuls of boiling milk. Mix with the other ingredients. Flavor with one teaspoonful of grated nutmeg. Beat the three whites very light, and fold into the other ingredients.

### Cream Nut Pie

One baked pastry shell, one pint milk, three whole eggs and two whites, one tablespoonful cornstarch, one cupful sugar, one teaspoonful almond extract, one pint of whipping cream, and one cupful English walnuts, ground fine. Beat the whole eggs and the whites until thick, then add the sugar and cornstarch sifted together, then the milk. Place this mixture in a double boiler and cook, stirring all the time. When thick remove from the fire and allow it to cool. When cold add the flavoring and nuts and fold in one-half of the cream, whipped until stiff. Then place this in the shell. Flavor and sweeten the remaining half of the cream, and whip very stiff. Place this on top of the cream nut mixtures, sprinkle with chopped nuts. Serves eight people.

### Hazel-Nut Custard Pie

This is a favorite at one of the New York hotels. To a custard add one-half cupful of finely ground hazel-nuts. The nuts will rise to the top and form a tender crust to the custard. Walnuts, pecans, or almonds may be used in place of the hazel-nuts.

### Amber Pie

One cup preserves, strawberry or blackberry are best, one and one-half cupfuls sugar, one cupful rich cream, yolks of four eggs, one heaping tablespoonful flour, one tablespoonful butter, and flavoring, lemon or vanilla. Cook in double boiler until it becomes a thick custard. Line pie plate with paste, put in custard, and cook. Whip whites of eggs to dry froth, add sugar to taste. When pie is done spread over top; return to oven to brown lightly.

### Custard Pie

Beat together, until light, three whole eggs with three heaping tablespoonfuls of sugar, then stir in one pint of milk, add a tiny pinch of salt, a little grated nutmeg, and a little vanilla. Line a deep pie plate with pastry, pour in the custard, place in a moderately hot oven, and bake until the pastry is brown and the custard is firm. Serve cold.

### Butter-Scotch Pie

Line a deep pie pan with a rich pie paste, and bake. Then use this filling: One cup of brown sugar, one and a half large tablespoonfuls of flour, one cup of water, the yolks of two eggs, a lump of butter the size of an egg, and one teaspoonful of vanilla. Cook this mixture until it thickens, and then pour it into the baked crust. The beaten whites of the two eggs, to which has been added one tablespoonful of sugar, should be put on top, and then browned in the oven.

### Rhubarb Pie

Into rhubarb sauce stir one egg, bake with lower crust only, and spread a meringue on top.

### Chocolate Pie

Four tablespoonfuls of grated chocolate, one pint of water,

yolks of two eggs, two tablespoonfuls of cornstarch, six tablespoonfuls of sugar, boil until thick; add one teaspoonful of vanilla; bake the crust, pour in the chocolate. Beat the whites of the eggs with one cupful of sugar, spread over top, and brown.

### Cherry Pie

Line the pan with good crust and fill with ripe cherries stoned; regulate the quantity of sugar you scatter over them by their sweetness. Cover and bake. When cold sift powdered sugar over upper crust. Blackberry, raspberry, and plum pies are made in the same way.

### Marlborough Pie

Roll fine six macaroons, and to them add one cup of stewed apples, one-half pint of cream, two teaspoonfuls of chopped citron. Line deep pan with crust, pour in the mixture, and bake.

### Lemon Pie

To the grated rind and juice of one lemon, add one cupful of sugar, one tablespoonful of butter, two tablespoonfuls of milk, and four eggs. Pour into pans lined with crust, and bake. When done, spread the top with white of one egg, one-half cup sugar, and brown in the oven.

### Lemon Cream Pie

Boil one pint of milk, add three teaspoonfuls of cornstarch; when boiled take from stove and stir in the yolks of four eggs, two tablespoonfuls of butter, one cupful of sugar, the juice of two lemons and rind of one grated; pour into rich crust, bake twenty minutes. Whip the whites of four eggs with one cupful of sugar. Spread over the top and brown. Use this same filling in tarts and call them “lemon fanchonettes.” They are delicious for after-theatre suppers to top off with.

### Tarts

Roll puff-paste one-quarter of an inch thick, cut in small rounds, squares, or diamonds, bake to be filled with jelly, or any other sweet mixture. Some prefer to line small saucers or pans with paste, bake, and when cool slip out and fill.

### Orange Tarts

Line patty pans with puff-paste, and bake a delicate brown. Fill half full of sliced oranges. Prepare a meringue of the white of an egg and one tablespoonful of sugar, spread over the oranges, and brown slightly in the oven.

### Cocoanut Custard Tarts

One grated cocoanut, one pound of sugar, one-fourth pound of butter, one cup of cream. Add the beaten whites of nine eggs, and season with essence of lemon. Bake in small shapes lined with rich puff-paste.

### Lemon Snowflake Tarts

For these tarts make a delicate paste of equal quantities of sifted flour and fresh butter, one tablespoonful of white sugar, and well beaten whites of two eggs. Roll as thin as possible, cut into three-inch squares, bake slowly without browning. Have ready a clear, smooth conserve of lemons. Place four of the flakes together with a thin layer of conserve between. To make the conserve, slice six lemons very thin, taking out only the seeds, cover with cold water, and let stand twenty-four hours. Then boil until tender. Weigh the boiled fruit, and add an equal quantity of white sugar. Boil the whole together until it is a smooth, clear marmalade.

### Banbury Tarts

Chop fine one cupful of stoned raisins and one-fourth a pound of citron; add the grated rind and juice of a lemon, one cupful of sugar, one-fourth teaspoonful of salt, and an egg beaten light. Roll rich pastry into a sheet one-eighth of an inch thick, and cut into rounds between three and four inches in diameter. Put a little of the mixture on each piece; moisten one-half the edge with cold water, and fold over the pastry, pressing the dry edge upon the moistened edge very closely. Bake fifteen or twenty minutes.

### Apple Turnovers

Put one pint of flour into a bowl; add half a teaspoonful of salt, two level teaspoonfuls of baking powder. Mix thoroughly, then rub into the mixture one tablespoonful of butter, and add sufficient milk to make a soft dough. Roll out into a sheet half an inch thick; cut with a biscuit cutter into circles. Put two tablespoonfuls of stewed apples on one-half the dough; fold over the other half, pinch the edges together; place these in a baking-pan, brush with milk, and bake twenty minutes.

### English Apple Tart

Fill an ordinary baking-dish with sliced apples, and after adding sufficient sugar, water, and a little lemon, cover with a crust made by chopping fine half a cupful of suet, and one cupful of flour, a quarter of a teaspoonful of salt, and just sufficient ice-water to bind the two together. Roll out into a sheet a quarter of an inch thick make an opening in the top, and place the paste over the apples. Brush with beaten egg, and bake for an hour.

### Jelly Tarts

Make a rich pie crust, and cut out with small cutter about the size of a small baking powder can. Make as many tops and cut three holes from each with a thimble. Bake bottom and top together. After baking take apart, and spread with a tart jelly. Beat white of an egg and sugar, and spread on top. In the centre of this place a thimbleful of jelly. Bake a golden brown.

### Almond Tarts

Beat to a cream the yolks of three eggs and one quarter of a pound of sugar. Add one-half pound of pounded almonds, put in tart tins lined with paste, and bake ten minutes. Lemon or orange juice may be used to flavor.

### Apple Tarts

Mix with one pint of unsweetened, strained apple sauce, six egg yolks, the juice and grated rind of two lemons, one-half cup of butter, and one and one-half cupfuls of sugar. Beat well, fill tart tins with puff-paste, and bake in a hot oven for five minutes. Spread each tart with meringue and brown delicately.

### Polish Tarts

Cut the paste into two and a half inch squares, brush with the white of an egg, fold the comers to meet in the centre, press slightly together, and bake. When done put a bit of jelly or fruit preserves in the centre. Or fold only the two opposite corners together, bake, and fill with the fruit preserves.

### Cheese Tarts

To three cupfuls of cottage cheese add two tablespoonfuls of melted butter, four tablespoonfuls of thick cream, the grated rind and juice of two lemons, and two-thirds of a cupful of sugar. Work and beat until very smooth. Add gradually six well beaten eggs and one-half of a cupful of sherry. Beat in one-half of a cupful each of cleaned currants and chopped citron, beating for three minutes. Line patty pans or shallow tins with puff-paste rolled out quite thin, fill with the mixture

and bake in a moderate oven until set like custard pie. Before serving, dust thickly with powdered sugar.

### Cheese Tartlets

Cut up four ounces of good cheese into small pieces, and put it into a mortar with a seasoning, according to taste, of salt, cayenne, dry mustard, and two ounces of fresh butter; pound these ingredients until they form a perfectly smooth paste; then stir in the yolks of three eggs, well beaten, and the white of one egg whisked to a stiff froth. Line some small pastry tins with good pastry, half fill them with the cheese mixture, and bake for fifteen minutes in a brisk oven; then serve either hot or cold.

### Hot Short-Cakes for Fruit Fillings

Into one pint of flour, one tablespoonful of sugar, one small teaspoonful of salt, one heaping teaspoonful of baking powder, rub one-half cupful of butter. Mix to a soft dough with milk, roll out, divide into two layers. Spread butter between, and bake. Spread any desired fruits between, such as peaches, apricots, bananas, oranges, or strawberries. Serve with or without whipped cream. Most people prefer it with cream.

### Maple Short-Cakes

Make a rich baking powder biscuit dough, roll it very thin, brush half of it with the beaten white of an egg, cover with a layer of maple sugar which has been scraped fine, then put on the other half of the dough; cut into tiny cakes with a small round cutter, brush each one over the top with the egg, and bake in a moderate oven. Serve hot.

### Oyster Short-Cakes

Make a rich, light, baking powder biscuit dough, and bake in a layer-cake tin. Split, and butter when it comes from the oven. Scald the strained liquor from the oysters. Make a white sauce, using two tablespoonfuls each of flour and butter to one and one-half cupfuls of scalded milk. Add the oysters, spread between the layers, and serve very hot at once.

### Orange Short-Cake

Sift one pint of flour even full with one heaping teaspoonful of baking powder into a bowl, rub one tablespoonful of butter fine in the flour, mix a half-pint milk with one egg, add it to the flour, and mix quickly into a batter, flavoring with a half-teaspoonful lemon extract. Butter two jelly tins, dust them with bread crumbs, fill in the mixture, smooth it with a knife, and bake it in a medium hot oven. Meanwhile peel and cut in slices four large oranges, remove the pits, and place the fruit in a bowl; sprinkle over three tablespoonfuls sugar, and set aside. As soon as the cakes are done, remove, turn them out, and when cold, lay the cakes over one another with half the oranges between, and the remaining half on top. Serve with the following sauce:

Stir the yolks of three eggs, to which has been added one cupful powdered sugar, to a cream, add slowly one cupful orange juice; beat the three whites till stiff, add the mixture slowly to the whites, and serve. In this sauce a half-pint whipped cream may be added.

### Cherry Short-Cake

Mix and sift twice two cupfuls of flour, one-fourth of a cupful of sugar, four level teaspoonfuls of baking powder, a pinch of nutmeg, and one-fourth of a teaspoonful of salt; rub in one-third of a cupful of butter; add one egg, well beaten, to two thirds of a cupful of sweet milk. Mix on a floured pastry board, roll out, and bake in a layer-cake tin in a hot oven twenty minutes. When done spread with soft butter, then with pitted, drained, and sweetened cherries. Cover the top layer also with cherries, sprinkle generously with sugar, and heap over all sweetened whipped cream. Use apricots in the same way, having made them into a rich sauce. Many people like individual short-cakes; cut them out with a biscuit cutter, split and butter them after baking.

### Timbale Cases

Mix one-half teaspoonful of salt with one cupful of flour, add the yolks of two eggs beaten light, then add gradually one-half cupful of cold water, beating constantly. The batter should be like that used for pancakes. Add one tablespoonful of olive oil and the whites of two eggs beaten to a stiff, dry froth. Stand in a cool place two hours before using. Have lard ready for frying, heat the timbale-iron, slip it into the fat, then into the batter long enough for the batter to adhere, place again in the fat, fry a delicate brown. Keep in a warm place till ready to use.

### Green Corn Fritters

#### (No. i)

Grate the com and allow an egg and a half for every cupful, with a tablespoonful of milk or cream. Beat the eggs well, add the corn by degrees, beating very hard. Salt to taste, put a tablespoonful of melted butter to every pint of corn, stir in the milk, and thicken with just enough flour to hold them together — say a teaspoonful for every two eggs. Fry in hot lard as you would fritters or cook upon a griddle like batter cakes. Test a little first to see that it is of the right consistency.

### Green Corn Fritters

#### (No. 2)

To one quart of batter made for any kind of fritters add one pint of green corn, with butter, black pepper, and salt to taste. Stir well and drop one tablespoonful for each fritter in hot butter. Then turn each fritter with a batter-cake turner, browning both sides evenly. These are delicious to serve with chicken.

### Beet Fritters a la Dickens

Cut beets, after boiling, into slices an eighth of an inch thick; mince a few mushrooms with one-eighth their bulk in onions; press between two slices of beet, and dip in a batter made by beating the yolk of an egg, adding a tablespoonful of oil or melted butter, four of flour, and lastly the whipped white, with salt and pepper to taste; fry these fritters by immersion in very hot fat.

### Parsnip Fritters

Wash and scrub the parsnips and cover them with boiling water, cook until tender. Drain and plunge them into cold water, when the skins may be easily slipped off. Cut them in pieces and rub them through a puree strainer, season pulp with pepper, salt, and butter. Flour the hands and shape mixture in oval cakes or the shape of cutlets. Dredge them with flour, dip them in molasses, and brown them richly in hot salt pork fat, drain on brown paper, and serve on folded napkin. These may be served with corned beef or smoked fish.

### Potato Fritters

Boil four good sized potatoes. When cold, mash through a sieve, add two eggs, two tablespoonfuls of flour, one teaspoonful baking powder, pinch of salt, and a dash of pepper. Mix well; add enough sweet milk to make a thin drop batter. Fry tablespoonfuls in plenty of hot lard.

### Sweet Potato Fritters

Take one pint of mashed sweet potatoes, two eggs, half a saltspoonful of salt, a cupful of wheat flour, and a teaspoonful of baking powder, mix together with a little sweet milk, and drop tablespoonfuls of the batter into hot fat, frying a delicate brown; serve with a strained tomato sauce.

### Ham Fritters

Heat to boiling point one cupful of stock. Thicken with a tablespoonful each of flour and butter cooked together, and add to it one cupful'of cold cooked chopped ham, one egg well beaten, and dry mustard and Worcestershire sauce to season. Heat thoroughly, take from fire, and cool. Make a fritter batter of one cupful of sifted flour, two teaspoonfuls of melted butter, a scant cupful of hot water, the beaten white of an egg, and a pinch of salt. Shape the ham mixture into small balls, dip in fritter batter, and fry in deep fat.

### Orange Fritters

Separate two navel oranges into sections, add to a batter made of one and one-third cupfuls of flour, two teaspoonfuls of baking powder, one-fourth teaspoonful of salt, two-thirds cupful of milk, and one egg.

### Vanilla Wafers

To three heaping tablespoonfuls of sifted flour, add one-fourth of a teaspoonful of baking powder, one tablespoonful of stale macaroon crumbs, a pinch of salt, the yolk of one egg, and one dessertspoonful of melted butter. Mix all together, adding slowly three-quarters of a cupful of lukewarm water, and beat to a smooth cream. Add stiffly beaten whites of two eggs and one teaspoonful of vanilla. Drop the batter by spoonfuls into boiling lard, fry till a golden brown. Remove quickly, drain on paper, and dust with powdered sugar before serving. Various fruits may be added to this batter, such as apples, bananas, or pineapple.

### Almond Fritters

Take a loaf of stale bread, cut off the crust, then cut it into fingers four inches long and two inches wide, soak these fingers in orange juice, then in chopped almonds, dip in white of egg, and fry\* in hot fat; serve very hot, dusted with powdered sugar and garnished with an orange quartered.

### Cannelon Fritters

Make some good puff-paste, roll out quite thin, and cut it into pieces about two inches wide and eight inches long; place upon each strip a spoonful of apricot or raspberry jam, wet the edges with white of egg, and fold the paste over twice, slightly pressing the ends together, that the jam may not escape in the frying. Fry in smoking hot fat, and roll in white of an egg and confectioner’s sugar.

### Fig Fritters

For one dozen of these delicious fritters, take two eggs, separating the whites from the yolks, add to the yolks one cupful of milk, one and one-half cupfuls of graham flour, one tablespoonful of melted butter, one-half teaspoonful of salt, one cupful of chopped figs, and one-half cupful of boiled rice stirred in; flavor with nutmeg and a little cinnamon, then stir in the beaten whites and one teaspoonful of baking powder; serve with a boiled icing sauce. These sweet fritters may be served as a dessert or as a sweet entrée.

### Apple Fritters

Beat two eggs without separating until very light; add a cupful of milk, a pinch of salt, and one cupful of flour. When perfectly smooth add a teaspoonful of baking powder and half a pound of apples that have been pared, cored, and chopped fine. Drop this mixture by spoonfuls into boiling fat. Brown on one side, turn, and brown on the other, and serve with powdered sugar.

### Golden Ball Fritters

Put into a saucepan a pint of water, a tablespoonful of butter, and half a cupful of sugar. When this boils, stir into it a pint of sifted flour, stirring briskly and thoroughly. Remove from the fire, and, when nearly cold, beat in four eggs, one at a time, and beating the batter between each; then add a cupful of preserved ginger, chopped fine, and fry brown in boiling fat. Serve with a sauce made from the ginger syrup, and flavored with lemon juice.

### Batter for Pineapple Fritters

Beat one egg; add one-half a cupful of milk, and gradually stir into one cupful of sifted flour, sifted again with one level teaspoonful and a half each of baking powder and sugar, and one-fourth a teaspoonful of salt.

### Canned Pineapple Fritters

Drain the slices of pineapple from the syrup in the can. Dip the slices, one at a time, in fritter batter and fry in deep fat to a delicate amber tint. Drain on soft paper. Serve at once with a hot sauce made of the syrup from the can, or with powdered sugar. Put the syrup, from the can of pineapples and three-fourths of a cupful of sugar over the fire to boil; mix a level teaspoonful of arrowroot to a smooth, thin consistency, with three or four tablespoonfuls of cold water; stir the arrowroot into the boiling syrup, and let simmer five or six minutes. When ready to serve add one-fourth a teaspoonful of salt, a tablespoonful of lemon juice and Kirsch, claret, or rum to taste. Serve as an entrée, with roast meats.

### Currant Fritters

One and one-half cupfuls fine bread crumbs, one and one-half cupfuls sweet milk, two-thirds cupful of flour, half teaspoonful baking powder, quarter of a pound of thoroughly washed currants, two eggs, two tablespoonfuls sugar, a small lump butter. Mix all together, flavor with a little nutmeg and cinnamon, drop in spoonfuls in boiling lard, and fry a nice brown.

### Strawberry Cream Fritters

Mix together one cupful of fine bread crumbs, one beaten egg, one tablespoonful of sifted wheat flour, a pinch each of salt and sugar, half a cupful of mashed strawberries (sweetened), and sufficient flour, sifted with a teaspoonful of baking powder, to handle. Form with floured hands into small round balls, frying in deep fat to a golden brown, and roll while still hot in pulverized sugar. Serve with a hard sauce to which a few chopped berries have been added.

### Peach Fritters

Boil two tablespoonfuls of sugar, the grated rind of a lemon, two ounces of butter, and a cupful of water for ten minutes. Add five ounces of flour and stir until smooth. Take from the fire and beat into this mixture one by one, beating between the addition of each, four eggs. Peel and cut in small pieces half a dozen peaches and add to the batter. Drop into boiling fat. Sprinkle each fritter with powdered sugar.

# XL—CREOLE AND SOUTHERN RECIPES

CREOLE recipes have a peculiar character all their own,

hot and peppery with a distinct individuality. The

cooking in New Orleans and in that part of the South

settled by Spaniards is entirely different from other parts of

the South. Georgia, Virginia, and the Carolinas all have

individual dishes for which they are noted and which are

classed as “Southern.” These rules will suggest variety to

the housewife north of Mason and Dixon’s line.

### Creole Soup

Cook three tablespoonfuls of chopped green pepper and

two tablespoonfuls of chopped onion in one-fourth cupful

of butter five minutes, add one-third cupful flour, one quart

of brown soup stock, one pint of tomatoes, and simmer fifteen

minutes. Rub through a sieve and season highly with salt,

pepper, and cayenne. Just before serving add one-fourth

cupful of cooked macaroni cut in rings, two tablespoonfuls of

grated horseradish, and one teaspoonful of vinegar.

### Southern Gumbo

Put one tablespoonful of lard in a porcelain-lined boiler;

slice an onion and fry it in the lard.- When the onion is a nice

brown add one quart of sliced okra and fry until the okra will

not rope from a spoon. Stir constantly. Pour half a gallon

of hot water in the boiler and let it boil down to a quart.

Scald three large tomatoes, peel them, cut into small pieces

and put in the soup. Next sprinkle with salt, pepper, and

flour the wings, back, feet, and neck of a chicken, and fry them

a light brown. Lift them from the frying-pan with a fork, and

put them into the gumbo half an hour before serving.

### Creole Oyster and Peanut Soup

Mix well with one-half pound of shelled, roasted peanuts,

pounded or chopped, two tablespoonfuls of flour, and one

pint of oyster liquor. Stir fifteen minutes while it thickens.

Put in one pint of oysters, flavor with salt and red pepper.

### Florida Sweet-Potato Biscuit

Two cupfuls of flour, one cupful of boiled and mashed

sweet potatoes, one tablespoonful of sugar, one teaspoonful

of salt, one tablespoonful of butter, one-fourth of a teaspoonful

of soda, and enough buttermilk to make a soft dough. Roll,

and cut with a biscuit cutter and bake in a quick oven.

### Southern Hoe Cakes

Sift a quart of cornmeal; add a teaspoonful of salt and

hot, not boiling, water to make a stiff dough; cool with sweet

milk until the batter is the right consistency for griddle cakes;

spread on a greased griddle, and bake until brown on both

sides. Southern cooks always use a wooden cooking spoon.

### Old Virginia Cornmeal Pancakes

Six eggs, yolks and whites beaten separately till light,

one quart of sweet cream or new milk, and cornmeal enough

to make a thin batter. Stir well together, adding a teaspoonful of salt, a tablespoonful of butter, and two tablespoonfuls

of sugar. Make the baker very hot, put in a piece of butter

as large as a walnut, then pour in a ladle of batter, which will

make a pancake, moving the pan around so the batter will

spread all over it, and when the under side is a light brown

turn it, and brown the other side. Butter each pancake,

sprinkle a little nutmeg over each, and fold. Serve hot, with

maple syrup or butter sauce for dessert.

### Kentucky Corn Bread

One pint of yellow cornmeal, one pint of milk, two eggs

beaten separately, one heaping teaspoonful of baking powder,

and one tablespoonful of melted lard. Have pan hot with

plenty of lard in it for greasing.

### Old Virginia Fried Chicken with Cream Gravy

Cut a pound of fat salt pork into small pieces and fry until

the grease is extracted, but not until it browns. Strain out the

pork and set the frying-pan with the fat in it on the fire. Have

ready a young “broiler” which has been soaked for half an

hour in salted water, then dried between two towels, seasoned

with pepper, and dredged with flour. Fry these pieces of

chicken in the hot fat until brown on both sides. Turn twice.

Take up the chicken, drain free of fat, and set aside to keep

hot in a covered dish over hot water. Pour into the gravy

left in the frying-pan a cupful of rich milk or cream, into which

is stirred a pinch of baking soda; as it heats stir in a table-

spoonful of butter rolled in one of flour; cook to thickening,

stirring all the time; add a tablespoonful of minced parsley,

cook for one minute longer, and pour over the dished

chicken.

### Tripe Creole Style

Cut honeycomb tripe in two-inch pieces. There should

be three cupfuls. Put in dripping-pan and place in moderate

oven to draw out water, bake twenty minutes. Drain, cook

one small onion finely chopped in two tablespoonfuls butter

or bacon fat until delicately browned, add one-quarter of a

green pepper finely shredded, one tablespoonful flour, one-

half cupful brown stock, one-fourth cupful thick tomato pulp,

one-half tablespoonful Worcestershire sauce, and one fresh

mushroom cut in thin slices. Add tripe and cook five minutes.

Season highly with salt and pepper.

### Creole Croquettes

Mix one pound of beef from the round or from the flank

of porterhouse steak, grind in the meat chopper with one-half

cup of well washed, uncooked rice. Season highly with salt,

pepper, and a few grains cayenne. Roll a heaping table-

spoonful of this mixture in cabbage leaves, previously par-

boiled two minutes, not longer, lest they fall to pieces when

rolling; cut out part of the heavy vein in each leaf, inclose

meat mixture, and fasten with a small wooden skewer or

toothpick. Simmer one hour in tomato sauce. This mixture

makes eight croquettes.

Tomato sauce: Brown four tablespoonfuls butter in a

saucepan, add five and a half teaspoonfuls flour, continue

browning; add one and a half cupfuls each of stewed and

strained tomatoes, one large slice each carrot and onion finely

chopped, a bit of bay leaf, one sprig of parsley, four cloves,

three-fourths teaspoonful salt, one-eighth teaspoonful pepper,

and a few drops tabasco sauce. Cook all twenty minutes;

strain over croquettes.

### Creole Rice

Chop one large onion and a small slice of cooked ham very

fine; put in a saucepan with one tablespoonful of butter, add

one cupful of cooked rice, also one small can of cooked toma-

toes or a dozen fresh ones, one teaspoonful of salt, and a little

paprika. Mix well together and heat thoroughly. Then

put in a baking-dish, cover with bread crumbs, and put in the

oven for fifteen minutes. The tomatoes should be stewed

until thick before mixing.

### Carolina Pilau

Tms is a famous Southern dish. Boil a quarter of a pound

of sliced bacon for half an hour in a quart and a half of water,

then add a cupful of well-washed rice, and a young fowl; season

with two saltspoonfuls salt and one-half saltspoonful of pepper;

serve as soon as the fowl is tender; put the rice on the platter

as a border, with the slices of bacon about the edges, and the

fowl in the middle; the time of cooking will have to be gauged

by the age of the fowl; should the water boil off add hot water;

if the fowl is an old one the rice need not be added until half

an hour before the chicken is tender; allow one hour and a

half for fowl one year old.

### Kentucky Stuffed Peppers

Remove seeds from sweet green peppers, fill with a mixture

of tomatoes, bread crumbs, and sausage meat, bake till tender,

and baste with gravy or melted butter and water.

### Creole Chicken

Two very fine chickens, two tablespoonfuls of butter, two

tablespoonfuls of flour, six large fresh tomatoes, six fresh sweet

green peppers, two cloves of garlic, three large onions, three

sprigs each of thyme and parsley, two bay leaves, one pint

*consommé* or boiling water, salt and pepper to taste. Take

two spring chickens, clean nicely, and cut into pieces at

the joints. Season well with salt and pepper. Put two table-

spoonfuls of butter into a stewpan, and when it melts, add the

chicken. Let this brown slowly for a good five minutes.

Have ready three large onions sliced. Add these to the chick-

ens and let them brown. Every inch must be nicely browned

but not in the slightest degree burned. Add two tablespoon-

fuls of flour; let this brown. Then add a half-dozen large,

fresh tomatoes nicely sliced, and let these brown. Cook very

slowly, allowing the mixture to simply simmer. Add chopped

parsley, thyme, and bay leaf, and two cloves of garlic finely

minced. Let all brown without burning. Cover and let it

smother over a slow but steady fire. The tomato juice will

not make sufficient gravy as yet. Add a half-dozen sweet

green peppers, taking the seeds out before adding, and slicing

the peppers very fine. Stir well. Let all smother steadily

for twenty minutes at least, keeping well covered, and stirring

occasionally. When well smothered, add one cup of con-

sommi. Let it cook again for a full hour, very, very slowly

over a very steady fire, and season again to taste. Cook ten

minutes more, and serve hot.

### Claret Tea Punch

Slice three lemons, over them pour one wine-glass of

Jamaica rum, one tumbler of strong green tea, sugar to taste,

and one quart of claret. Serve with plenty of chipped ice in

the bowl.

### Coffee Frappé

Put two quarts of cream into a bowl, add one pound of

finely cracked ice, one quart of strong coffee, and sugar to

taste. Take two pitchers, pour the mixture from one to the

other six times, keep on ice ten minutes before serving.

### Creole Fried Sweet Potatoes

Peel and slice raw sweet potatoes. Let them soak in very

cold water, fry them in plenty of hot lard.

### Creole Fried Carrots

Boil very tender young carrots. Slice thin, roll in brown

sugar, fry brown in butter.

### Stewed Potatoes, Southern Style

Take one large tablespoonful each of lard and butter and

let heat in a stewpan or small kettle; when hot stir in one

large tablespoonful of flour. Stir until smooth, then add one

medium sized onion cut small, and cook for about one minute

or until brown; then stir in one quart of potato dice, uncooked,

previously prepared; add sufficient boiling water to cook the

potatoes, not quite enough to cover them; cover the kettle,

and cook until the potatoes are done through, when the water

should be about all boiled away. This dish is not difficult

to prepare, and may be cooked in about twenty minutes.

Under the handling of a Southern cook there is a distinct

taste and odor of chicken about this dish, although none is

used in its composition.

### New Orleans Fish Balls

Mash one quart of hot, freshly boiled potatoes with a cupful

of warm fish picked very fine, one egg, beaten separately, one

teaspoonful of butter, one tablespoonful of cream, salt, red

pepper, onion juice to taste, and finely chopped parsley. Beat

all till creamy. Roll into balls, drop in hot lard, and fry like

doughnuts. Drain and serve piping hot.

### Creole Macaroni

Throw the macaroni into plenty of boiling water, then

drain. When tender, put into a baking-dish with butter,

salt, a bit of dry mustard, cut up cooked chicken livers, a few

Italian mushrooms, a bit of chopped bacon, and a few pieces

of chopped tongue or ham. Mix, and bake for twenty min-

utes. Sprinkle all with grated cheese. The top should be

brown and crusty.

### New Orleans Sally Lunn

Yolks of five eggs, one and one-half pints of flour, one

tablespoonful of butter, two tablespoonfuls of sugar, one

tumbler of sour milk, one teaspoonful of baking powder.

### Spanish Creole Jumballaya

Wash one pound of rice, soak for one hour. Cut up

a cold roasted chicken or the remnants of a turkey, one slice

of ham, and fry in one tablespoonful of lard. Stir in the rice

and add slowly while stirring in one pint of hot water. Cover

the kettle and let the contents cook slowly till the rice is nearly

dry. Add two tablespoonfuls of cooked tomatoes. Instead

of a fowl, this jumballaya may be made with oysters or shrimp.

### Old Virginia Forcemeat Balls

One pound of veal or mutton, cooked; chop it very fine,

with one-half pound of beef suet. Add to this a tablespoonful

each of thyme, sweet marjoram, parsley, and onion, also finely

chopped; a pinch each of mace, cloves, and grated nutmeg.

Then add the beaten yolks of two eggs and a half-teacupful

of grated bread crumbs. Season to taste with salt and pepper,

and fry in hot drippings.

### Southern Stewed Oysters (Chafing-Dish)

Have the vessel hot in which the oysters are to be cooked,

then take them out of their own liquor with a fork; never wash

them in fresh water; put them in the vessel, stirring them so as

to prevent burning or scorching. Cook quickly and when

half done add to each quart of oysters a piece of fresh butter

the size of a large egg, half a pint of cream or rich milk, the

yolks of two eggs well whipped, pepper and salt to taste, and

serve hot.

### Creole Peaches

Select large fruit, peel, cut in halves, and remove the stones.

Arrange the fruit with the two halves together again, after

filling the cavity with a paste composed of powdered sugar,

ground cinnamon and butter — fresh butter if you can get it

Bake in a moderate oven until the fruit is tender, basting

frequently with a thick lemon syrup flavored with grated nut-

meg. About five minutes before they are quite done orna-

ment with a meringue, and brown slightly. Serve either hot or

cold with cream, whipped or plain.

### Gumbo Fillet

This recipe has been handed down from generation to

generation and is regarded as an heirloom in the family. A

pair of fine plump fowls must be cut into pieces as when carving, then allowed to lie in cold water until all the blood is

drawn out. Next put into a pot two large tablespoonfuls of

lard; let come to a boil, then drop in the pieces of chicken,

previously well dredged with flour, also an onion finely minced;

season slightly with salt and pepper and add a little chopped

marjoram. Pour on two quarts of boiling water, cover and

let simmer slowly for three hours, then stir in two teaspoonfuls

sassafras powder; add a dozen fine oysters with their liquor,

stew one-half hour longer, dish up, and send to the table.

Serve with rice cooked very dry.

### Virginia Cocoanut Cream Pudding

A quarter of a pound each of fresh butter and pulver-

ized sugar are beaten together until light. Six eggs are next

whipped separately, then turned together and mixed gradually

with a pint of sweet cream. To this mixture is added by

degrees the grated meat of two large cocoanuts, in turn with

the butter and sugar. The whole is stirred very hard, then

turned into a dish and baked. It is eaten cold with whipped

cream.

### Southern Sweet Potato Pone

Stir together until very light, three-quarters of a pound

each of sweet butter and pulverized sugar, add two table-

spoonfuls of ginger; stir in gradually and alternately eight

well beaten eggs and a pound and a half grated sweet potato;

add a gill of sour milk in which a teaspoonful of soda has

been dissolved; beat the mixture until very light, pour into a

buttered baking-dish, and bake four hours.

# XII.—PUDDINGS, SAUCES, CUSTARDS, AND DUMPLINGS

THE practical housewife recognizes the value of puddings

as wholesome, often economical, additions to- her menu,

and the plainest pudding may be transformed into a

delicacy by the use of a good sauce.

Custards boiled and baked are not as popular as formerly,

yet nothing can be more acceptable, if properly made, for the

children as well as for the older members of the household.

The frequency with which sodden dumplings are served

proves the necessity of plain practical rules for their making.

The recipes here given have been tested. Follow them and

the results will be absolutely satisfactory.

### Bread Pudding

Two cupfuls bread crumbs, one and one-half cupfuls

granulated sugar, one-quarter cupful butter, one-half cupful

sherry wine, one-half cupful seeded raisins, one-half cupful

English currants, three pints sweet milk, three eggs — beaten

well, yolks and whites together, —one-quarter teaspoonful

ground cinnamon, one-half teaspoonful lemon extract, one-

quarter teaspoonful nutmeg, one-quarter teaspoonful salt.

Mix all the ingredients together, put in a buttered puddingdish, bake one-half hour in a moderate oven, and serve hot.

This does not need any sauce.

### French Bread Pudding

Take four slices of stale bread, cut into medium size

squares, and butter; then beat four eggs together, put in

one quart of milk, a half-cupful of sugar, and a little nut-

meg to flavor. Bake about twenty minutes.

### Spanish Bread Pudding

Cook one-half cupful soft stale bread crumbs in two table-

spoonfuls butter until delicately browned. Add one cupful

hot milk, one-fourth teaspoonful salt, one teaspoonful vanilla,

two eggs and three egg yolks, well beaten; then cut and fold

in the whites of three eggs beaten until stiff. Turn into a

buttered mould, set in a pan of hot water, and bake in a mod-

erate oven until firm. Remove from mould, and serve with

this sherry sauce:

Cook one cupful brown sugar and one-third cupful boiling

water fifteen minutes. Add two tablespoonfuls cold water

and one tablespoonful cornstarch and stir until smooth. Add

to syrup and let simmer forty-five minutes; then add two

tablespoonfuls butter, slight grating nutmeg, a few grains salt,

one-half teaspoonful vanilla and sherry wine.

### Black Betty

Select pan of right size, put tablespoonful of butter in

pan, then a layer of buttered toast, next a layer of sliced

apples, sprinkle with sugar and grated nutmeg, then a layer

of raisins; repeat until dish is full, with buttered toast on top.

Beat two eggs, add two cupfuls of milk and pour over all;

bake until apples are cooked. Serve with cream and sugar.

### Old-Fashioned Brown Betty

Sprinkle a layer of sugar between layers of apples and

bread, and dust a little cinnamon over the top. Place the

dish in a hot oven, covering it for fifteen minutes, and bake for

thirty minutes. Serve with a hard sauce.

### Peach-Tapioca Pudding

Put about eight large halves of canned peaches into a

baking-dish suitable to send to the table. Stir half a cupful

of some quick-cooking tapioca into a pint of boiling water to

which half a teaspoonful of salt has been added; set the mix-

ture into a dish of boiling water, and let cook until the tapioca

is transparent; add one-fourth a cupful of sugar, the juice of

a lemon or a teaspoonful of cinnamon; when mixed together,

pour over the peaches; set the dish into the oven and let cook

fifteen or twenty minutes. Serve hot with cream and sugar.

### Baked Tapioca Pudding

Soak one-half a cupful of tapioca in one cupful of orange

juice over night, and cook in one cupful of sweet milk until

soft and transparent. Add one-half cupful of sugar, a pinch

of salt, the grated rind of one orange, the beaten yolks of four

eggs, one-half pint of sweet cream, and lastly the beaten whites

of the eggs. Pour into a buttered baking-dish and bake in

a moderate oven for twenty minutes. Let get cold, then run

a knife around edge of pudding, and carefully remove from

dish on to a plate. Serve with either plain or whipped cream.

### Apple Tapioca

A cupful of tapioca should be soaked in four times its

bulk of water for four hours; then stand it over hot water until

it becomes transparent. Have ready a good-sized baking-

dish, two-thirds filled with apples that have been pared, cored,

and quartered; sprinkle over half a cupful of sugar and pour

over the tapioca; cover the dish and bake in a moderate oven

for at least three-quarters of an hour. Serve with cream.

### Prune Sago Pudding

In double boiler scald one and one-half quarts sweet milk

and stir in four tablespoonfuls sago. Let stand till sago is

quite clear; add three beaten eggs, one-half cupful sugar,

one teaspoonful vanilla, a little butter, pinch of salt. Add two

cupfuls steeped and pitted prunes. Bake forty-five minutes;

serve hot or cold, with or without cream.

### Pineapple Tapioca Moulds

Soak half a cupful of pearl tapioca over night in water to

cover. In the morning add a pinch of salt and two cupfuls

of water, and let simmer in a double boiler until the tapioca is

perfectly clear. Peel, eye, and chop fine a small ripe pine-

apple, and cook it until tender with one cupful of sugar. When

partly cold stir it into the tapioca, and pour it into individual

moulds. Set in a cool place until firm. Whisk one pint of

cream to a very stiff froth, add two tablespoonfuls of sugar,

the well beaten yolk of one egg, and a tablespoonful of lemon

extract. Turn the tapioca out on small plates, and serve,

surrounded with a wreath of the whipped cream.

### Baked Apricot Whip

Wash well one-half pound dried apricots and stew slowly

until the water has all evaporated from them. Then chop

or put through a colander and add one-half cupful sugar and

set over fire until the sugar melts. Stir well and then set to

cool. When cool add this to the stiffly beaten whites of six

eggs. Turn into a well buttered cake mould and bake in a

moderate oven for about one-half hour. Turn out on a plate

and allow to cool; serve with whipped cream.

### Cherry SoufflS

Moisten two tablespoonfuls of flour with a little cold milk,

then stir it smoothly into one pint of hot milk. Let it thicken

over the fire, then set aside to cool. Beat the yolks of

four eggs light, add two tablespoonfuls of softened butter, a

pinch of nutmeg, and a sprinkle of cinnamon. Mix in with

the thickened milk. Add the whites of the eggs beaten to a

stiff froth, one pint of stoned, drained cherries, and a gill of

thick, sweet cream. Flavor with vanilla. Turn into a souffle

tin and bake in a quick oven. Serve at once.

### Pineapple-Tapioca Souffle

Put a can of grated pineapple and a cup of water into a

double boiler and when hot stir in half a cupful of a quick-

cooking tapioca; stir occasionally until the tapioca is trans-

parent, then add the juice of half or a whole lemon, a cupful

of sugar, and half a teaspoonful of salt. Beat the whites of

three eggs until dry, stir into the mixture, and fold the two

together. Serve hot with cream and sugar.

### Pineapple Pudding

Line a buttered pudding-dish with slices of buttered coffee-

cake, then fill the dish up with sliced pineapple liberally

sprinkled with sugar. Cover with a layer of the buttered cake,

pour over a cupful of cold water, and bake for two hours, having the dish closely covered. Then remove the cover, and let

the cake brown delicately. Serve with cream.

### Steamed Apple Pudding

Line a mould with slices of bread and butter. Put in a

layer of stewed apples, a layer of bread and butter, another

layer of apples; continue until the mould is filled. Beat two

eggs, add a pint of milk; pour this over the bread and apple;

steam for one hour; serve with a liquid pudding sauce.

### Orange Souffld

Mix four ounces of grated bread crumbs, or dried crumbs,

with the juice and pulp of three oranges and the grated rind

of one. Beat together three egg yolks, two tablespoonfuls

of sugar, and one cupful of milk, pour over the crumbs and

mix well. Stir in the beaten whites of the eggs, pour all

into a buttered pudding-dish, and bake.

### Delicious Apple Pudding

Peel, core, and cut in halves four or five apples, and place

them in bottom of baking-dish. Then rub together a table-

spoonful of butter and two tablespoonfuls of flour, and wet

this mixture with about three-quarters of a cup of cold water;

then add one cupful of sugar, cinnamon and a little salt. Pour

this over the apples and bake until tender. Serve with cream.

### Baked Apple Pudding

Pare, quarter and core six good-sized apples, and boil them

in a small quantity of water until they are soft enough to mash.

Pour off the water, when thoroughly mashed add half a

pint of bread crumbs, sugar to taste, the grated peel of a lemon,

three eggs well beaten, and one ounce of melted butter. Bake

in a moderate oven, serve with a hard sauce, made by

stirring to a cream one cupful of butter and two of pulverized

sugar, flavoring with vanilla.

### Macaroni Pudding

One cupful broken macaroni, one quart milk, four eggs,

juice and grated peel of one-half lemon, three-quarters of a

cupful of sugar, and two tablespoonfuls of butter; boil the

macaroni in one-half the milk until tender; while hot, stir

in the butter, sugar, lemon, and eggs. Bake in a buttered

mould one-half hour.

### Steamed Pears with Rice

Peel and core six pears, then boil them until tender in

one cupful sugar and two of water; fill the centres with maca-

roon or cake crumbs flavored with sherry or rum, if liked.

Mix some hot boiled rice with the syrup, flavor with vanilla

or maraschino. Make a mound of the rice, lay the pears

around it, and around each pear put a spoonful of whipped

cream, sweetened slightly, and filled with shredded almonds.

### Plain Indian Pudding

Boil one pint of milk, add one cupful of sifted meal mixed

with one cupful of cold milk. When scalded remove from

. the fire, and add half a cupful of molasses, two tablespoonfuls

of brown sugar, half a teaspoonful of salt, one teaspoonful

of ginger, a little cinnamon, a pint of cold milk, and one egg

well beaten. Pour into an earthen baking-dish and bake

three hours.

### Indian Sponge-Pudding

Crumble cold com muffins to make two teacupfuls. Soak

in a quart of sweet milk three or four hours. Then add three

well-beaten eggs, three level tablespoonfuls of sugar, and a

pinch of salt. Beat well, bake one hour in a moderate oven,

and serve hot with rich cream and sugar, or with a sauce

made by beating into a cream a heaping tablespoonful of

butter, a teacupful of granulated sugar, one egg, with a very

little vanilla for flavoring. It is delicious served with ice-

cream.

### Suet Pudding

One cupful molasses, one cupful chopped raisins, one cupful chopped suet, one cupful sweet milk, three and one-half

cupfuls flour, one teaspoonful soda, and a little salt. Steam.

three hours. This is a true and tried recipe.

### Delicious Berry Pudding

Half a cupful of sugar, two tablespoonfuls of butter, one

egg, one cupful of sweet milk, two cupfuls of flour, one-half

teaspoonful of soda, one teaspoonful of baking powder, one

cupful of berries beaten in last. Steam one hour.

Sauce: Two cupfuls of powdered sugar, one-half cupful

of butter, creamed, white of one well-beaten egg, two cupfuls

of mashed berries.

### Cranberry Pudding

Cream one cupful ofsugar with three teaspoonfuls of butter.

Add slowly one cupful of sweet milk, two cupfuls of flour sifted

with two teaspoonfuls of cream of tartar and one teaspoonful

of soda. Add one and one-half cupfuls of cranberries and

bake one-half hour in a moderate oven. Serve with any

sauce.

### Harlequin Pudding

Three tablespoonfuls of melted butter, mixed while warm

with a cupful of sugar. Add one cupful of milk gradually,

the yolk of one egg which has been beaten until thick, two

cupfuls of flour, into which has been sifted three level teaspoonfuls of baking powder, and either one cupful of cranberries

or three-quarters of a cupful of ginger cut in half-inch pieces,

or two apples sliced thin, or three-quarters of a cupful of

chopped nuts, or one cupful of raisins. Flour lightly to pre-

vent sinking to the bottom, and lastly fold in the stiffly beaten

white of one egg. Bake twenty-five minutes in a moderate

oven and serve with the following sauce: Mix one-half cupful

of maple syrup and one cupful of whipping cream and beat

until stiff.

### Rhubarb Pudding

Place a layer of rhubarb in the bottom of a baking-dish,

sprinkle it thinly with sugar, and grate on some nutmeg,

then a layer of bread, cut up the same size as the rhubarb,

and so on until the dish is full; then beat up the yolks of two

eggs, half a cupful of sugar, one pint of milk, flavor with nut-

meg, and pour over all; bake until done; beat up the whites

of the two eggs, frost the top of the pudding, and brown lightly.

### Peach Pudding

Fill a pudding-dish with whole, peeled peaches and pour

over them two cupfuls of water. Cover closely and bake

until the peaches are tender; then drain off the juice from

the peaches and let it stand till cool. Add to the juice one

pint sweet milk, four well-beaten eggs, a small cupful of flour

which has one teaspoonful of baking powder mixed in it, one

cupful of sugar, one tablespoonful of melted butter, and a little

salt. Beat well, and then pour this mixture over the peaches;

bake until a rich brown, and serve with cream.

### Huckleberry Pudding

One tablespoonful of butter, half a cupful of light brown

sugar, half a cupful of milk, one egg, two cupfuls of flour, one

tablespoonful of baking powder, a little spice. Add last one

cupful of huckleberries; bake in muffin pans; serve with liquid

sauce.

### Popcorn Pudding

One pint of popcorn ground fine, one tablespoonful of

butter, one teaspoonful of salt, one-half cupful of sugar, one

quart of milk, and two eggs well beaten. Mix all thoroughly

and cook it for twenty minutes. This will serve six persons.

### Dainty Pudding

Put into a dish some coarsely crumbled sponge cake, over

it spread a layer of whipped cream, sweetened and slightly

flavored with vanilla. Then add some more cake crumbs,

more cream, and so on till the dish is filled. Set away on

the ice till needed. Garnish with candied cherries and

blanched almonds.

### Maple Nut Pudding

Melt one cupful of granulated sugar in granite pan, stir-

ring constantly. Have mixed together three egg yolks, one

tablespoonful flour, and one quart of milk, and add to melted

sugar. Stir until it thickens. For the frosting: Whites of

three eggs beaten stiff, two tablespoonfuls powdered sugar,

two tablespoonfuls grated cocoanut, and half a cup of finely

shaved Brazil nuts. Brown in the oven. This will serve six

people, and is good with sponge cake.

### Plain Rice Pudding

Put into a two-quart dish, one cupful of well-washed rice,

covered with one quart of milk. Add two-thirds of a cupful

of sugar, a pinch of salt, and flavor with nutmeg or vanilla.

Bake slowly two or three hours.

### Rice Cream Pudding

Two quarts of milk, one cupful of sugar, one-quarter tea-

spoonful of salt, one cupful of well-washed rice, and any

desired flavoring to taste. Bake for five or six hours in a slow

oven.

### Rich Man’s Rice Pudding

To two cupfuls of hot, boiled rice add one-quarter of a box

of gelatin dissolved in one-half cupful of water. To this

add one cupful of whipped cream, two teaspoonfuls of vanilla,

two tablespoonfuls of sugar, three figs, three tablespoonfuls

of preserved ginger cut in small pieces, and one-half cupful

of sherry. Put in a mould on ice for two hours, garnish with

candied cherries and strips of angelica. Serve with the following sauce, which must be very cold: One cupful of whipped

cream, one-half cupful of powdered sugar, one beaten white

of an egg, one teaspoonful each of almond extract and vanilla,

and one tablespoonful of maraschino or any desired cordial.

### Rice and Raisin Pudding

Wash one cupful of rice, sprinkle with boiling water,

cook until the grains are tender. Drain, add one cupful of

seeded raisins which have been steamed until plump. Pack

in a well-buttered mould. Put in the oven for five minutes,

turn out on a hot plate, and serve with scraped maple sugar.

### Moulded Rice

Use one-fourth a cupful of rice, one cupful of milk, onehalf a teaspoonful of salt, one-third of a cupful of sugar, grated

rind of one orange, one cupful of thin cream, one-half table-

spoonful of gelatin, four tablespoonfuls of cold water.

Put a pint or more of cold water over the rice, let boil five

minutes, then drain, rinse in cold water, and drain again; add

the milk and grated rind, and let cook in a double boiler until

the grains are tender; add the sugar, salt, and cream, and let

become hot, then add the gelatin, softened in the cold water,

and stir over ice-water until the mixture begins to thicken.

Serve with boiled custard, sugar and cream, currant jelly, or

strawberry preserves. Put in small cups or moulds.

### Cream of Rice with Prunes

Cook one-fourth of a cupful of rice in a cupful and a half

of milk. Make a boiled custard with three yolks of eggs,

half a cupful of sugar, and half a cupful of milk. Add half

a package of gelatin softened in cold water, and strain over

the rice. Let cool. Fold in a pint of whipped cream, twelve

sifted prunes, and lemon juice. Serve surrounded with cooked

prunes. Put in small cups or moulds.

### Creamed Rice Pudding

One cupful of fresh boiled rice, three cupfuls of milk,

three-fourths cupful of sugar, two eggs, one tablespoonful of

cornstarch. Dissolve the cornstarch in hot milk, and cook,

then add the rice, sugar, and yolks. When thick, flavor and

pour into a pudding-dish. Heat in the oven and make a me-

ringue for the top of the whites. Brown very delicately in

the oven. A cupful of stoned raisins will improve it and

should be added to the hot milk before the other ingredients.

### Chocolate Rice Pudding

Make a custard of two cupfuls of milk, one-half cupful

of sugar, a generous pinch of salt, four eggs blended but not

beaten too stiff, one-half teaspoonful of vanilla, one and onehalf cupfuls of cooked rice, and four tablespoonfuls of grated

chocolate. Bake in a pudding-dish until firm, not hard.

Serve with whipped cream.

### Steamed Chocolate Pudding

Three tablespoonfuls butter, two-thirds cupful sugar,

one egg, one cupful milk, two and one-quarter cupfuls flour,

one-quarter teaspoonful salt, four and one-half level teaspoon-

fuls baking powder, two and one-half squares bitter chocolate.

Cream butter, add sugar, and well beaten egg. Mix and sift

flour with baking powder and salt. Add to first mixture

alternately with milk. Add melted chocolate, and steam in

covered mould for two hours. Serve with cream sauce: One-

quarter cupful butter, one-half teaspoonful vanilla, one cupful

powdered sugar, one-quarter cup thick cream. Cream butter

well, add sugar gradually, vanilla and cream whipped stiff.

### Hominy Pudding

Cook one scant cupful of hominy, one quart of milk, and

a quarter of a teaspoonful of salt in a double boiler until the

hominy is tender. When partly cooled, add the yolks of three

eggs beaten with one-half of a cupful of sugar, the grated

rind of one and strained juice of two oranges, and the whites

of the eggs whipped to a stiff froth. Turn into a buttered

dish and brown in a quick oven.

### Baked Prune Pudding

Stone half a pound of prunes or dates and chop fine. Add

half a cupful of almonds blanched and chopped, and the

crumbs of quarter of a loaf of bread. Beat one egg well,

soften a heaping tablespoonful of butter, and add sweetening

as desired. Put in a buttered pudding-dish and fill it up with

milk, stirring carefully. Cover and bake three-quarters of

an hour, then let it brown and serve with sugar and cream,

or any kind of pudding sauce.

### English Sponge Pudding

This pudding must be eaten as soon as baked. To two

cupfuls of boiling milk, one-quarter cupful of sugar, a pinch

of salt, and one-half cupful of flour mixed with a little cold

milk, add when boiling five egg yolks, and when thickened

fold in the five beaten egg whites. Bake in a buttered dish

for twenty minutes and serve with sherry sauce. To make

the sherry sauce, take two tablespoonfuls of butter, one cupful

of powdered sugar, cream and put in a bowl over boiling

water. Stir for five minutes, add three tablespoonfuls of

sherry, and serve.

### Fig Pudding

Cupful of figs, chopped; one cupful of English walnuts,

chopped; two eggs, beaten separately; one cupful of gran-

ulated sugar, one teaspoonful of baking powder, three table-

spoonfuls of flour. Bake in a slow oven for twenty-five

minutes. Serve with whipped cream. It may also be served

with “sherry-wine sauce” made of one cupful of granulated

sugar mixed with three tablespoonfuls of flour, two teacupfuls

of water, and a lump of butter size of an egg. Boil and season

with wine or brandy. If it boils too thick, thin with a little

warm water.

### Fig Roly-Poly

Pick over and wash one pound of figs, cut into bits, and

place in a double boiler with one cupful of water. Cover and

cook slowly until they can be beaten to a pulp with a spoon.

Cool and flavor with a few drops of vanilla. Sift together

one pint of flour, one-half of a teaspoonful of salt, and one

heaping teaspoonful of baking powder, then rub into it two

heaping tablespoonfuls of butter. Mix to a soft dough with

cold milk, turn out on a floured board, and roll out in a sheet

half an inch thick. Spread with the fig paste and roll up

tightly, pinching the ends well together. Place on a buttered

pan, steam for three-quarters of an hour, and stand in a hot

oven for five minutes to dry off. For the sauce: cream onehalf of a cupful of butter, add one-half of a cupful of sifted

powdered sugar, and beat hard until very creamy. Work in

gradually three tablespoonfuls of thick cream and add suffi-

cient vanilla to flavor. Stand the bowl in a pan of hot water

and stir and beat until the sauce is creamy and smooth.

Serve at once.

I cupful of bread crumbs soaked in

one cupful of hot milk.

} cupful of currants.

| cupful chopped citron or 2 sour

apples chopped.

} cupful finely chopped suet.

3 egg yolks.

### Steamed Fig Pudding

1 cupful of finely chopped figs.

i cupful of sugar.

1 cupful of seeded raisins.

J cupful of almonds.

1 teaspoonful of cinnamon.

i teaspoonful each of salt, cloves,

and nutmeg.

Mix well and fold in the stiffly beaten egg whites and

one-quarter of a cupful of sherry or brandy. Put in one or

individual moulds well-buttered, and steam two hours. Serve

with a white sauce made as follows: One tablespoonful of

cornstarch dissolved in one-half cupful of cold water, add one

cupful of boiling water, one-half cupful of pulverized sugar,

a pinch of salt. Cook for fifteen minutes; add two beaten

whites of eggs, vanilla and sherry to flavor.

### Graham Pudding

Mix thoroughly and sift one and one-half cupfuls graham

flour, one and one-half level teaspoonfuls baking powder,

one and one-half teaspoonfuls salt. To one-fourth cupful

melted butter, add one-half cupful milk, one-half cupful

molasses, one egg well beaten, the dry mixture, and one cup-

ful raisins, stoned and cut in pieces. Turn into a buttered

mould and steam two and one-half hours. For this pudding

make hard sauce as follows: Cream one-third cupful butter,

add gradually one cupful powdered sugar, one-third tea-

spoonful lemon extract, and two-thirds teaspoonful vanilla.

### Croutons of Cake and Peaches

Drain the juice from a can of peaches; measure the j’uice,

and for each cupful take a level tablespoonful of arrowroot

or cornstarch and two or three tablespoonfuls of sugar; scald

the j'uice and into it stir the starch and sugar mixed together;

let cook about ten minutes, then add the peaches, and keep

the whole hot without cooking. From a loaf of stale sponge

cake cut rounds or slices for each service. Have a table-

spoonful or more of butter melted in a frying-pan, and in it

cook the cake, first on one side and then on the other. Set

the cake on individual plates, a slice or round on each plate,

put one or two halves of peach on each piece, and over it pour

a little of the syrup. Flavor the syrup with lemon or orange

juice or rind.

### Steamed Marmalade Pudding

Mix together one cupful each of stale bread crumbs, not

dried, flour sifted with three level teaspoonfuls of baking

powder, and fine-chopped suet; add one-third a cupful of

sugar and one cupful of orange marmalade. Beat three eggs

very light; add three-fourths teaspoonful of salt and one

cupful of milk. Stir the liquid in to dry the ingredients. Steam

three hoursin a mould, closely covered. Leave plenty of room

in the mould for the pudding to swell. Serve with hard or

liquid sauce.

### Raspberry Pinks

Crush one pint of red raspberries and sprinkle lightly

with sugar; when they have stood for an hour or more drain

off half a cupful of juice. Beat two tablespoonfuls of butter

to a cream, add one-half cupful of sugar, the berry juice, one

and one-half cupfuls of flour sifted with one teaspoonful of

baking powder, and the whites of two eggs beaten stiff. Bake

in muffin pans and serve for dessert with raspberry sauce.

After draining the berries pour one cupful of water on them.

and boil for five minutes; beat the yolks of the eggs very

light with one cupful of sugar, strain the boiling juice over

them, and stir over the teakettle until the sauce is as thick as

cream. If any “pinks” are left, cover them thickly with a

frosting made of confectioners’ sugar moistened with berry

juice, and add them to the cake basket.

### , Cherry Puffs

One cupful of flour, five teaspoonfuls of baking powder,

one teaspoonful of salt, two tablespoonfuls of butter, one-half

cupful of milk, and one cupful of canned cherries. All meas-

urements level. Mix the dry ingredients, cut in the butter,

add the milk, and, when well mixed, the cherries. Steam in

buttered moulds for three-quarters of an hour. Serve with

foamy sauce made as follows.\* Cream one-fourth cupful of

butter; add one-half cupful of powdered sugar, mix well;

add three tablespoonfuls of cream and one tablespoonful of

vanilla.

### Tipsy Pudding

Saturate a loaf of sponge cake with wine or brandy;

make a rich boiled custard, place the cake in a deep glass

dish and pour the custard over it. Stick the top full of

blanched almonds and serve cold.

### Queen of Puddings

One pint of bread crumbs, one quart of milk, one cupful

of sugar, yolks of four eggs, one tablespoonful of butter, one

teaspoonful of lemon juice. Bake; spread with a layer of

jelly fruit. Whip the whites of the eggs to a froth with one

cupful of sugar and the juice of one lemon; then spread on

top and brown.

### Stuffed Apple Pudding

Allow one apple to a person, Northern Spies, if possible,

pee], and cut off a thick slice from the top to use as a lid. Re-

move the core, scrape out the centre till a thin wall remains.

Chop one apple, add to the scrapings, with a few chopped

almonds, chopped seeded raisins, sugar and cinnamon to

taste. Put this mixture into the cavity, press down, and put

on the end, and arrange closely in a buttered baking-dish.

Surround the dish with water, bake till the apples are tender.

Beat four eggs and one cupful of sugar thoroughly, then add a

small cup of flour. Pour this around the apples and bake

till done.

### Chestnut Pudding

Boil a pint of shelled chestnuts in salted water until they

are soft. Drain, remove the brown skins, and rub through

a sieve. Cream together half a cupful of sugar and four

tablespoonfuls of butter. Add the chestnut paste, the beaten

yolks of four eggs, half a cupful of bread crumbs, a cupful

of milk, and the juice and grated rind of one lemon. Beat

thoroughly, then add the stiffly beaten whites of the four

eggs. Bake in a hot oven, and serve with sugar and cream.

### Raisin and Cracker Pudding

One and one-fourth cupfuls of seeded raisins, six Boston

crackers, one cupful sugar, one-fourth teaspoonful salt, one-

fourth teaspoonful mace, four cupfuls milk, four eggs, butter.

Split the crackers and spread with butter. Arrange them

in a well-buttered pudding-dish, sprinkling the raisins between

them; beat the eggs slightly, add the sugar, salt and mace,

pour on gradually the milk; mix well and pour over raisins

and crackers; let it stand thirty minutes. Bake in a mod-

erate oven until the centre of pudding is firm. Serve hot

with hard sauce.

### Angel Pudding

One cupful of granulated sugar, two eggs beaten light,

two tablespoonfuls of flour, one teaspoonful of baking powder,

one cupful of chopped dates, one cupful of English chopped

walnuts, and one teaspoonful of vanilla. Mix and put in

baking-dish and bake in a moderate oven for thirty minutes.

Serve with whipped cream.

### Blackberry Roll

Half-cupful of milk, buttersize of an egg, two teaspoon-

fuls baking powder, little salt and flour enough to roll out

good. Then spread over the rolled-out crust the following

mixture: Half-cupful sugar and one tablespoonful flour, add

one quart of berries, and sprinkle them over with another

half-cupful of sugar and tablespoonful of flour, roll up well,

place in baking-pan, then sprinkle over some nutmeg and the

third half-cupful of sugar and tablespoonful of flour. Add

one cupful of water and a piece of butter to the pan and bake

about forty-five minutes. Serve with cream.

### Baked Peach Pudding

Pare, cut in halves, and stone a dozen fine ripe peaches,

reserving a few of the pits. Boil the pits in half a cupful of

water for fifteen minutes, then strain. Mix well together

a generous half-cupful of sugar and a tablespoonful of flour.

Butter a deep pudding-dish well, put in a layer of peaches,

sprinkle with the sugar, dot with bits of butter, cover with

another layer of the peaches, and proceed in this way until all

are used. Pour over the water which was strained off the

pits. Make a rich biscuit crust for the top, roll out about

half an inch thick, place it over the fruit, make several in-

cisions to allow the steam to escape, and bake in a moderate

oven. In serving, cut the crust in pieces as for pie, put the

fruit on the top, and cover with whipped or plain cream.

Whipped Peach Cream in Baskets

Beat the whites of four eggs until very stiff, then mix in

by degrees four level tablespoonfuls of powdered sugar, next

add two tablespoonfuls of rich peach syrup, drained from

preserved peaches, and stir in lightly one pint of sweet cream.

Whisk to a stiff froth. Everything should be very cold before

beginning, and keep the bowl containing the cream in a pan

of cracked ice while whipping the ingredients. Have ready

round individual sponge cakes, scoop out the centre until the

walls and bottom are only three-fourths of an inch thick, and

just before serving fill with the peach cream. Brush the out-

side of the basket with white of egg, and stick all over it halved

English walnut meats or pecans.

### Prune Souffld

Chop fine twelve large prunes. Crack the stones of five,

remove the meat, chop, and add to the prunes. Whip to a

stiff froth the w’hites of four eggs, adding gradually a cupful

of powdered sugar. Whip until the froth is perfectly stiff

and firm. Then fold in the chopped prunes carefully, and

put into baking-dish. Sift powdered sugar lightly over the

top, and bake in a moderate oven for about half an hour or

until brown. When done put aside to cool.

### Perfect Meringue

Be sure the pudding or pie is cold before attempting to

spread on a meringue. If you have store eggs, select those

having dull, rough-looking shells, as shiny shells are never

fresh. The whites of two eggs will cover an ordinary pudding.

Separate the white from the yolk by holding the small end

down and breaking the egg through the middle. If a tiny bit

of yolk falls into the white, remove with a piece of the shell.

Beat stiff, then add one tablespoonful of granulated sugar,

a little at a time. Sprinkle over one-half teaspoonful vanilla

or lemon flavoring. The more you beat the better the me-

ringue. Dip a teaspoon in cold water, then in the egg, and

drop in little mounds on the pudding. When it is a delicate

brown, remove from the oven but leave it in the kitchen or in

a warm room for one hour before setting it away. Meringue

made this way never fails and is good the next day.

Genuine Yorkshire Pudding

Beat thoroughly two eggs, yolks and whites together, six

tablespoonfuls flour, salt to season, and milk, until the whole

is the consistency of thick cream. Pour into a roasting-pan

and bake in the drippings from the roast, or heat to the boiling

point one tablespoonful of lard or drippings, and bake in this

twenty minutes. Serve with roast beef and gravy.

### Yorkshire Mince

Prepare the batter as in the preceding recipe; bake it

in two shallow pans. Have ready a mince of veal, mutton,

beef, or ham, nicely seasoned and moistened with a good

gravy. When the cakes are removed from the oven spread

the mince on one and cover it with the other. Cut in squares

with a sharp knife or serve whole, as desired.

### Gelatin Blanc Mange

One-half cupful of gelatin dissolved in three-fourths

cupful of warm water; scald one pint of milk, add the yolks

of four eggs, one-half cupful of sugar, let boil one minute,

remove from the stove, add the whites of the eggs beaten stiff,

and one teaspoonful of vanilla. Mould; chill; serve with

cream.

### Strawberry Sponge

Cover half a box of gelatin with a little cold water and

let soak for half an hour; pour over half a pint of boiling

water, add a cupful of sugar, stir until dissolved, mix in a pint

of strawberry juice, strain into a tin pan, stand on ice and

stir until thick. Beat to a froth, add the stiffly beaten whites

of four eggs, stir all together until smooth, turn into a fancy

mould and set aside to harden. Serve with cream.

### Strawberry Bavarian Cream

One cupful of strawberry pulp and juice, one-half cupful

of sugar, one pint of cream, the juice of half a lemon, one-

half box of gelatin, one-half cupful of cold water. Soften

the gelatin in the cold water, and stand in hot water to dis-

solve. Add the strawberries and lemon juice, add sugar,

and stir until dissolved; let cool. When it begins to thicken

fold in the whipped cream, and turn into a mould wet with

cold water.

### Strawberry Cream

Hull a pint of very ripe strawberries, lay them on a fine

sieve, and sprinkle with powdered sugar. Put half an ounce

of gelatin in a granite saucepan with cold water to cover,

two ounces and a half of powdered sugar and the juice of a

lemon; let dissolve, then mix over a gentle heat. Press the

strawberries through the sieve; strain the gelatin in and

set to cool; when cold add half a pint of whipped cream and

stir the whole very lightly. Set on ice until firm.

### Watermelon Blanc Mange

Four tablespoonfuls of cornstarch, one quart of sweet

milk, melt cornstarch with a little of the cold milk. Put bal-

ance of milk in double boiler and when it boils add the melted

cornstarch with four tablespoonfuls of granulated sugar. Cook

until done and thick, pour contents into three bowls, placing

a little more than one-half in one bowl, dividing balance

equally in other two bowls. In the largest quantity add red

fruit coloring and a teacupful of cleaned currants that have

been cooked a few minutes, the water poured off, and

thoroughly cooled, flavoring this portion with strawberry

flavoring. Flavor the other two parts with lemon flavoring;

to one of these two portions add green fruit coloring, rinse

small moulds or teacups in cold water, then pour in first the

green, second the white, and last the pink. When cold and

firm turn out in small glass dishes and serve with whipped

cream.

### Chocolate Blanc Mange

Cover an ounce of gelatin with water. Boil one quart

of milk, four ounces of chocolate, and twelve ounces of sugar

five minutes. Add the gelatin and boil five minutes longer,

stirring constantly. Flavor with vanilla, and pour into moulds

to cool. This dessert may be served with sweetened cream

or a rich custard sauce.

### Fruit Jelly in Cups

One heaping tablespoonful of gelatin in one cupful of

cold water. When dissolved, in about ten minutes, add two

cupfuls of boiling water, juice of two lemons, and one small

cupful of sugar. Stand in refrigerator until it begins to

thicken; then put into lemonade glasses with strawberries,

cubes of preserved pineapple, and small bits of orange mixed

through it, or any other combination preferred. Put in refrig-

erator again until chilled.

### Queen of Trifles

Prepare a mixture of seeded raisins, chopped nut meats,

and diced candied fruits, using equal parts of each. Into the

bottom of as many sherbet glasses as are needed, put a mac-

aroon, first dipped in sherry wine or maraschino cherry liquor,

then cover with a layer of the fruit mixture. On top of this

put sponge cake or ladyfingers spread with grape jelly, then

sprinkle with the fruit. Beat the yolks of six eggs and half a

cupful of sugar until light, add gradually a quart of rich, new

milk, heated almost to boiling, and cook over hot water until

the mixture coats the spoon. Take from the stove and

add vanilla to flavor. When sufficiently cool pour the custard

over the contents of the sherbet glasses. Chill on ice. For

serving cover with sweetened whipped cream sprinkled gen-

erously with macaroon crumbs.

### Peach Trifle

Put a layer of sliced and sweetened peaches in a deep

glass dish and cover this with a thick layer of sponge cake

crumbs. Pour over this a soft, rich custard while yet warm,

reserving the whites of two eggs, to which add two tablespoon-

fuls of white sugar, and beat until perfectly stiff. Spread

this over the custard and keep on ice until time to serve.

### Apple Glace

Peel and core some apples, lay them in a baking-dish,

and pour over them a half-cupful of cold water; put in a hot

oven and when they begin to cook sift granulated sugar over

them. Cook until soft, but not until they lose their shape.

Make a syrup of a cupful of sugar a half-cupful of water,

and a tablespoonful of lemon juice; add to the syrup two

tablespoonfuls of blanched almonds, cut in bits, two table-

spoonfuls of chopped raisins, two of chopped candied cherries.

Put these into the syrup and pour over apples,

### Maple Cream

Boil one cupful of maple syrup and yolks of three eggs,

well beaten, until it is thick; add one pint of stiffly beaten

cream and the beaten whites of the eggs. Fill two one-pound

baking powder cans, ifthere is no other mould, and pack in salt

and ice for about three hours before serving. When ready

to serve dip quickly in hot water, wipe dry, open, and cream

will come out solid.

### Peach Cups

Arrange halves of peaches on a pretty dish and fill with

cubes of wine jelly; or fill the cavities of each peach with

some macaroon crumbs and a few candied cherries mixed

into whipped cream. Sprinkle a faint dash of nutmeg over

the top.

### Peach Bisque

One can of peaches boiled till soft; add sugar to suit taste.

When cool add one pint of whipped cream and one heaping

tablespoonful of gelatin, previously dissolved in a little hot

water, a little salt, whites of two eggs well beaten. Beat thor-

oughly and turn into a mould. Let stand over night in a cold

place. At serving time turn out, and garnish with candied

cherries and piece of sugared ginger.

### Peach Kisses

Have ready twelve fine ripe peaches, pared, halved, and

stoned. Boil one pint of sugar and one-half pint of water

until it is brittle. Dip the halved peaches, one after another,

into this syrup, and set away on an oiled dish in a cold place

to harden. While they are hardening, whip the whites of

four eggs until perfectly stiff, mix lightly in four tablespoonfuls

of powdered sugar and two tablespoonfuls of blanched and

coarsely chopped almonds. Drop in large spoonfuls in a pan

of boiling water, cook for a minute or two, then lift out care-

fully and place on a large plate. Fill each of the peach halves

with this mixture, rounding the tops slightly, and keep in a

cold place until time to serve. Another delicious way is to

fill the peaches just before serving with ripe red raspberries,

sprinkle lightly with sugar, heap over the meringue, and serve

immediately. All the ingredients should be very cold.

### Charlotte Russe

Soak two tablespoonfuls of gelatin in enough cream to'

cover it. Whip one pint of cream as stiff as possible, also

whip the whites of four eggs to a stiff froth; add one-third

cupful of powdered sugar to the eggs, also a teaspoonful of

vanilla; add the eggs to the cream and then the gelatine,

which must be warm. Line a dish with ladyfingers or small

pieces of sponge cake, pour in the Charlotte Russe, and place

in a cold place. Let it stand for four or five hours. It can

be served in the same dish or poured on another.

### Strawberry Sponge Cake

Beat the yolks of six eggs with half a pound of powdered

sugar until very light, then fold in carefully the well-beaten

whites of six eggs, and add slowly a cupful and a half of sifted

pastry flour. Bake in three layers. While this is baking,

boil together one cupful of sugar and a quarter of a cupful of

water until it spins a thread. Pour the syrup while hot over

the well-beaten whites of two eggs, and beat until stiff and

cold. When the cakes are cold put one on the serving-dish,

cover over with a thick layer of this filling, then cover thickly

with strawberries, then another cake, more of the filling, more

strawberries, and at last the upper cake. Put a thinner layer

of the soft filling and cover thickly with very large berries.

May be served with or without whipped cream.

### Quince Charlotte

Line with macaroons a mould or tin baking-dish which has

been spread on the inside with beaten quince jelly. Beat one

pint of cream until quite solid, add a third of a cupful of sugar,

and vanilla flavoring. Fill into the mould, pack in ice and

salt three hours, and serve with quince syrup.

### Apple Float

Pare two good-sized tart apples. Beat the whites of four

eggs to a stiff froth; add four tablespoonfuls of powdered

sugar, and beat until fine and dry. Grate the apples into this

mixture a little at a time, beating all the while. Have ready

a good-sized glass dish partly filled with whipped cream ; heap

the float by tablespoonfuls over the surface, and dot here and

there with candied cherries.

### Sherried Figs

Stuff one dozen washed figs with finely chopped Brazilian

nuts, crystallized orange peel, and the soft part of one or two

figs. Make an incision in the side of each and fill to plump-

ness with this mixture. Lay the figs in an omelet pan and

pour over the following mixture: One cupful sherry wine,

one-third cupful sugar, one-fourth cupful lemon juice. Cover

and simmer until figs are tender. Turn and baste them often.

Chill. Serve with dainty sandwiches made of thin slices of

sunshine cake spread with orange marmalade, and a cup of

chocolate. The foregoing combination, with the addition

of bons bons, makes a dainty and uncommon menu for an

afternoon bridge party or other similar entertainment where

light refreshments are desirable.

### Marshmallow Pudding

Soak two dozen marshmallows, cut in halves, four hours

in cream. Cut an angel-food in half, crossways, and spread

a portion of the marshmallows on the lower half, the rest on

the upper half. Put between the layers and on top of the cake

whipped and flavored cream and decorate with candied

cherries or any other candied fruit or blanched almonds.

### Lemon Cream

Beat the yolks of four eggs with five tablespoonfuls of

sugar, the juice and rind of one lemon, and three tablespoonfuls of hot water. Cook until thick, then fold in the whites

of the eggs beaten stiff with two tablespoonfuls of sugar. Line

a dish with ladyfingers sprinkled with sherry, pour on the

cream, and serve very cold.

### Claret Jelly

Boil together for ten minutes one-half pound of sugar,

one bottle of claret, the juice and rind of one lemon, a small

glass of currant jelly, one-half of a box of gelatin. To this

add one tablespoonful of brandy, strain and stand in a cool

place. It may be cooled in moulds. May be served with or

without whipped cream.

### Lemon Gelatin

To one cupful of sugar add a pint of water and allow it

to boil twenty minutes. Before making the syrup, put two

tablespoonfuls of granulated gelatin to soak in half a cupful

of cold water. Pour over it the boiling syrup, add half a cup-

ful of lemon juice and the grated rind of one lemon. Strain

through fine cheesecloth into a wet mould and allow it to set.

### Nut Grape Juice Gelatin

Dissolve one-half package of gelatin in half a cupful of

water, pour same into one pint of boiling grape juice sweet-

ened to taste. When half congealed stir in five cents’ worth

of shelled walnuts, then pour in mould and set in cool place till

fully congealed. Serve with whipped cream.

### Cider Gelatin

One-half package of gelatin, scant measure, one-half

pint of sugar, one and one-half pints of cider. Soak the gela-

tin in half a pint of the cider for two hours. Heat the rest of

the cider to the boiling point and pour on the soaked gelatin;

add the sugar and place the bowl in a pan of boiling water;

stir until the liquid is clear, then strain, pour into a mould, and

set away to harden. Delicious with meats or with whipped

cream as a dessert.

### Salmagundi Gelatin

One cupful nut meats broken into small pieces, two bananas

sliced, the juice of one lemon, one-half can grated pineapple;

soak one-half box gelatin in one-half cupful cold water for

one-half hour, add one pint boiling water, and one-half cupful

sugar; strain at once. Let stand until it begins to thicken,

and mix with first mixture; add well-beaten whites of four

eggs; serve with whipped cream.

### Fruit Gelatin

Cover one box of gelatin with half a pint of cold water

and soak for half an hour. Chop and drain one quart can of

peaches. Add to them the juice of four oranges, two sliced

bananas, and half a cupful of sugar. Add to the gelatin one

pint and a half of boiling water. Stir for a moment and pour

it over the fruit. Turn into a mould and stand in the refrig-

erator overnight. When ready to serve turn out on a pretty

china or glass dish. Serve with plain or whipped cream.

Garnish with candied cherries.

### Pineapple Gelatin

One can of pineapple sweetened to taste, mixed with onehalf box of gelatin soaked in cold water. Beat in a pint of

whipped cream, turn into a mould, serve very cold. This will

serve eight persons.

### Apple Charlotte

Pare, peel, and quarter ten tart apples, put in a saucepan

with two cupfuls of sugar and one-half pint of water. Cook

gently till clear. Put in a baking-dish with slices of stale

sponge cake. Spread with currant jelly. Set in a moderate

oven for one hour, turn out carefully, and serve with whipped

cream.

### Porcupine Apples

Peel, core, and bake apples; baste them with a sugar

syrup. When cold, stick full of blanched almonds, and serve

icy cold with whipped cream.

### Strawberry Tapioca

Wash and soak a cupful of tapioca. Put over the fire

with a pint of boiling water, letsimmer slowly until clear. Hull

a quart of strawberries, stir into the boiling tapioca, sweeten,

take from the fire, turn into a dish and set aside to cool.

Serve very cold with sugar and cream.

### Delicious Fruit Dessert

In each sherbet cup put a large tablespoonful of rich

cream and two half peaches. Beat the whites of two eggs

to a stiff froth; add one-half glassful currant jelly, and beat

until stiff. This serves six. Put this on top of peaches.

Set in a cool place to get thoroughly chilled. Other fruits

and jellies may be used.

### Peach Foam

Pare and cut up half a dozen peaches, strain through a

sieve, and mix the pulp with powdered sugar, enough to

sweeten. Beat the whites of three eggs to a stiff froth,

add to it the peach pulp, and beat until thick, smooth, and

velvety. Pour into a mould, which must be placed on ice.

Serve with sweetened, whipped cream.

### Marshmallow Whip

Whip one cupful of cream and add one-half cupful of

sliced pineapple diced, one banana sliced, one orange sliced,

and one cupful of walnut meats cut small. Allow two marsh-

mallows cut into four pieces to each sherbet glass. Serve

very cold.

### Spanish Cream

Into a double boiler put one quart of sweet milk, and stir

into it about one-half box gelatin. As the milk gets heated

stir gently, and the gelatin will dissolve. Then beat the yolks

of three eggs and a cupful of sugar together, and when the

milk is boiling stir in the sugar and eggs. Remove from the

fire and flavor with vanilla extract to suit the taste; then stir

in the whites of the eggs, which have been beaten, and pour

into small cups to mould; before doing so rinse out the cups

with cold water. Before pouring in place two or three candied

cherries in the bottom of each cup. The gelatin will settle

at the bottom and be clear, so that when they are turned out

cherries will be on top.

### Rice Meringue

Boil one cupful of rice in a pint of water until tender,

drain, and add to one pint of milk or cream, then stir in two

ounces of butter and the yolks of four eggs, beaten with one

cupful of sugar, add the grated yellow rind and juice of one

lemon. Turn this into a baking-dish, bake for half an hour.

Beat the whites of the eggs to a stiff froth, add four tablespoon-

fuls of powdered sugar, and beat until stiff and white; heap

over the pudding, dust thickly with powdered sugar, brown,

and serve quite cold.

### Caledonia Cream

Take the whites of six eggs and whip until very stiff, add-

ing a little at a time six tablespoonfuls powdered sugar, beating

constantly for twenty-five or thirty minutes. Take a small

glass of jelly or the same amount of jam, and beat into the

eggs for fifteen minutes more. Serve with rich cream, flavored

witfi vanilla,

### Whipped Cream Pudding

To one pint whipped cream add two tablespoonfuls

sugar; beat until stiff. Dissolve one package of gelatin with

three-fourths cupful boiling water. When cold add to whipped

cream, to this add green grapes cut in half, or any fruit cut

fine, and chopped walnuts. Mix all together well, and set

aside for half-hour to cool. This will be sufficient for six

persons.

### Orange Pudding

Make a thick custard by cooking two tablespoonfuls

cornstarch with one pint milk in a double boiler for twenty

minutes, then adding the beaten yolks of two or three eggs

and last, one-fourth cupful of sugar. Have ready three

oranges cut up and sweetened. Put these in a dish and pour

the custard over. A meringue can be made from egg-whites

and placed on top.

### Cream Blanc Mange

Two cupfuls of sweet cream, and one-half ounce of gelatin

soaked in a little cold water, one-half cupful of powdered

sugar, one teaspoonful of vanilla, one glass of white wine.

Heat the cream to boiling, stir in the gelatin and sugar, and

as soon as they are dissolved, take from the fire, beat until

very light, flavor, and add the wine by degrees, mixing it well.

Put in moulds wet with cold water.

### Macaroon Creams

Put twelve macaroons into a glass dish, sprinkle with

three teaspoonfuls of sherry. Cook two cupfuls of cream or

rich milk, one-quarter of a cupful of sugar, and two table-

spoonfuls of arrowroot, dissolved in cold milk gently for fifteen

minutes. Cool, and pour over the macaroons. Keep in the

ice box.

### Jellied Figs with Whipped Cream

dozen figs.

i cupful liquor.

i tablespoonful granulated gelatin.

} cupful water.

i cupful sugar.

The juice of one lemon.

J cupful sherry wine or orange juice.

Cook the figs in boiling water to cover. When the skins

are tender drain the figs from the liquid, strain the latter.

There should be one cupful. Soak the gelatin in the cold

water, dissolve it over hot water, and add to the fig liquor;

add sugar, stir until dissolved and the mixture is cool,

then add the juice of the lemon and sherry. Strain again into

a shallow dish or ring mould, or over fruit, and chill. Add

one-third powdered sugar to one cupful of whipped cream

and one-fourth teaspoonful orange or vanilla extract. Whip

until stiff. When the jelly is cold dispose it on a pretty serving

platter, arrange the figs in the centre, if jelly is moulded plain,

and garnish with the whipped cream.

### Cherry Tapioca

Soak four tablespoonfuls of tapioca in a pint of water

until the water is all absorbed. Add the juice from a pint of

stoned cherries and another small cupful of water to the

tapioca, and cook gently fifteen minutes in a double boiler.

Stir in enough sugar to make it very sweet, then add one pint

of pitted cherries, and boil five minutes longer. If the fruit

is not very juicy rather more than a cupful of water may be

required. When done turn out to cool, then set on ice to get

very cold, and serve with plain or whipped cream.

### Fig Tapioca Pudding

Cook until clear three tablespoonfuls of granulated tapioca

in two cupfuls of water with one teaspoonful of butter. Stir

constantly. Chop one-half pound of figs very fine, add

one cupful of water and one cupful of sugar. Cook until

smooth and thickened; take from the stove, and mix with the

tapioca, adding one-half teaspoonful of vanilla. Serve cold

in sherbet glasses with whipped cream on top.

### Cherries in Jelly Mould

To one pint of juice drained from stewed cherries, add

sugar to make quite sweet, and let it come to a boil. Dissolve

one tablespoonful of granulated gelatin in cold water to

cover, pour over it the boiling hot cherry juice, and strain into

a border mould. Set aside to become firm, then turn out carefully on a low glass dish, fill the centre with pitted, sweetened

cherries, and heap over all whipped cream. This is delicious.

### Ivory Cornstarch Pudding

Two cupfuls scalded milk, four tablespoonfuls corn starch,

one-eighth teaspoonful salt, five tablespoonfuls sugar, three

egg whites, one-half teaspoonful vanilla. Mix cornstarch,

sugar, and salt, add scalded milk, stirring constantly, until

mixture thickens; cook thirty minutes in double boiler, stir-

ring occasionally. Add the whites of eggs, beaten stiff, mix

thoroughly, add flavoring. Pour into a wet mould, chill, and

serve with cold sweet cream.

### Pineapple Pudding

One can of shredded pineapple, one-fourth box of gelatin,

five eggs, whites only, one pint of whipped cream, one pint of

water, one cupful of sugar. Drain the syrup from the fruit,

pour one-half the water over the gelatin and allow to stand

thirty minutes, then pour in the syrup, sugar, and remaining

water in the gelatin, place on the fire, and allow to come to

a boil, only; pour over the eggs, which have been whipped

stiff, and fruit, beat for twenty minutes. Put into a mould,

keep on ice, and at serving time cover the top after taking out

of the mould with whipped cream.

### Hominy Blanc Mange

Put one scant cupful of fine hominy in a double boiler;

add one cupful of milk, and cook, adding more milk as needed,

until four cupfuls have been used, stirring frequently.

When thoroughly cooked, add a slight seasoning of salt, one-

quarter of a cupful of sugar and one teaspoonful of vanilla.

Turn into a wetted mould and set aside. Serve very cold with

cream and sugar.

### Cornstarch Meringue

Scald one pint of milk, add two scant tablespoonfuls of

cornstarch mixed to a smooth paste with cold milk, stir until

smooth and thick, cover, and cook for half an hour. Beat

together the yolks of three eggs, two tablespoonfuls of sugar,

and one-quarter of a teaspoonful of salt; add to the corn-

starch and stir for five minutes, then flavor, and turn into a

pudding-dish. Cover with a meringue made by whipping

the whites of the eggs to a stiff froth with three tablespoonfuls

of powdered sugar; dust with a little more sugar, and put into

a moderate oven until pale brown. Serve cold.

### Cranberry Sponge

Soak one-half of a box of granulated gelatin in one-half

of a cupful of cold water. Pick over and wash one pint of

cranberries, put into a saucepan with one-quarter of a cupful

of cold water, cover closely, and cook until the berries burst,

then rub through a sieve. Measure and add more boiling

water, if needed, to make one pint of thin pulp. Return to

the fire, and when almost boiling, add sufficient granulated

sugar to make very sweet — this will take two cupfuls or more

according to the acidity of the fruit. Stir for a moment, add the

softened gelatin, stir until thoroughly dissolved then take

from the fire and set aside. When cold and beginning to

thicken add the whites of four eggs whipped to a stiff froth,

and continue whipping until the mixture is very thick and

spongy. Turn into a wetted mould and stand in a cold place

until firm.

### Apple Snow Pudding

Pare and quarter six apples and cook them with a little

water until tender enough to beat to a pulp. Add some lemon

peel to the w’ater while they are cooking. Let this cool a little,

■while you beat stiff the whites of five eggs. Mix about four

ounces of powdered sugar with the apples and add the eggs,

beating until the mixture is firm enough to stand by itself. Cut

some sponge cake into small rounds and heap up the snow

on the separate pieces. If you have no suitable cake at hand,

put the snow in a glass dish or in little glass cups or tumblers.

Garnish with tiny pieces of currant or apple jelly.

## PUDDING SAUCES

### Lemon Sauce

Boil together one-half pound of sugar, one and one-half

ounces of butter, one-quarter cupful of water, and the juice

and rind of one lemon. Beat into this the yolk of one egg

and when cool add the white of one egg beaten stiff.

### Good Pudding Sauce

Beat together four tablespoonfuls of sugar and four ounces

of butter; stir in one cupful of boiling water; flavor with one

teaspoonful of almond extract.

### Foaming Sauce

Beat the whites of three eggs, melt one cupful of sugar

in a little water and boil, stir in one wineglassful of wine and

the eggs.

### Hard Sauce

Beat one cupful of butter to a cream; gradually beat in

two cupfuls of sugar, and when very light, beat in the whites

of one or two eggs, beaten dry. Dispose on a flat dish and

grate a little nutmeg over it.

### Liquid Sauce

Boil two cupfuls of sugar and one cupful of water six or

eight minutes; stir in three level teaspoonfuls of arrowroot,

mixed with a little cold water, and let simmer five or six min-

utes, then add half a cupful of candied cherries, cut in halves,

and one-fourth of a cupful of blanched pistachio nuts, cut in

quarters. Flavor to taste.

### The Making of Custards

Custards should be cooked slowly over a moderate fire

to prevent the egg separating from the milk. They are the

basis for many delicious desserts and are especially healthful

for children.

### Plain Boiled Custard

Place one pint of milk in a double boiler, heat, beat the

yolks of three eggs with a cupful of sugar, and add very grad-

ually to the milk. When it begins to thicken, remove from

the fire, stir until it is the required thickness, and add the

flavoring when cold. This can be flavored and colored with

one tablespoonful of grated chocolate or cocoa.

### Floating Island

One quart of milk, four eggs, whites and yolks beaten

separately, four tablespoonfuls of sugar, two teaspoonfuls

extract of vanilla, one-half cupful of currant jelly; heat milk

to scalding, but not boiling; beat the yolks, stir into them the

sugar, and pour upon them gradually, mixing well, a cupful

of the hot milk; return to saucepan and boil until it begins

to thicken; when cool, flavor and pour into a glass dish; heap

upon the top meringue of whites, whipped, into which jelly is

beaten, a teaspoonful at a time.

### Pineapple and Chocolate Custard

Pare a small ripe pineapple and cut it in small pieces.

Sprinkle it thickly with sugar, put it in a glass dish, and

set in a cold plac\* for several hours. Put a pint of milk in a

double boiler, and when it is scalding hot stir in two table-

spoonfuls of cornstarch and three tablespoonfuls of grated

chocolate which have been mixed to a smooth paste with a

little cold milk. Stir and cook until it begins to thicken,

then add the yolks of two eggs beaten with four tablespoonfuls

of sugar. Cook a few minutes longer, then remove from the

fire, and stir in one teaspoonful of vanilla extract. Set the

custard aside until it is cool, then pour it over the prepared

pineapple, and set all on ice until very cold. Beat the whites

of the eggs to a stiff froth with two tablespoonfuls of powdered

sugar, and heap over the top.

### Peach Custard

Pare and rub through a colander enough ripe juicy peaches

to make one pint of pulp, add the beaten yolks of three eggs,

one cupful of cream or rich milk, and sweeten to taste. Bake

very slowly until done, and cover with a deep meringue made

by whipping the whites of the eggs with three tablespoonfuls

of powdered sugar and two tablespoonfuls of blanched almonds

chopped very fine.

### Boiled Custard in Cups

One and one-fourth cupfuls of hot scalded milk, one or

two teaspoonfuls of cornstarch, one-fourth of a cupful of

cold milk, yolks of two eggs, one-fourth cupful of sugar,

one-fourth teaspoonful of salt, one-half teaspoonful of

vanilla extract or grating of lemon or orange rind. Mix the

cornstarch with the cold milk and stir; cook in the hot milk

until smooth and slightly thickened. Cover and let cook ten

or fifteen minutes. Beat the yolks; add the sugar and salt,

and beat again, then stir into the hot mixture and continue

stirring until the egg looks set, then remove from the fire;

add the vanilla when cold. Cook the fruit rind in the milk.

### Baked Custard

Take the yolks of four eggs, three cupfuls of milk, and

three tablespoonfuls of sugar, mix well and put in individual

custard cups. Bake in a pan of water till set. The whites

of eggs may be used for the top of boiled custard or on the

top of baked custard. Both may be garnished with jelly

cubes.

### Orange Custard

Slice oranges, four for six persons, into boiled custard

made of the yolks of three eggs, a pint of milk, and a half tea-

cupful of sugar. Make a meringue of the whites and half a

teacupful of sugar. When the custard is cool spread the

meringue over the top, brown in the oven, and set away for an

hour to cool.

### Caramel Custard

One cupful of granulated sugar browned in the oven; one

quart boiling milk poured over the sugar; stir well till all the

sugar is dissolved. When cool add the yolks of six eggs, one

teaspoonful of flavoring vanilla. Bake in a pan of water.

Make a frosting of the whites of the eggs and two tablespoonfuls of powdered sugar. Spread this over the custard when

baked, and then return to the oven to brown.

### Individual Custards

Into each individual custard cup put the yolk of one egg;

add one heaping teaspoonful of sugar, two gratings of nut-

meg, and five tablespoonfuls of sweet milk. Incorporate

thoroughly and set the cups in a pan of hot water. Bake in

a moderate oven until firm. When cool, cover with meringue,

using the whites of the eggs for this purpose, and allow one

tablespoonful of powdered sugar to the white of each egg.

Through the very tip top of each snowy mound drop a tea-

spoonful of orange marmalade.

### White Cup Custards

Put three cupfuls of thin cream or very rich milk over the

fire to scald; add three tablespoonfuls of sugar and stir until

dissolved, then set aside for five minutes. Whip the whites of

five eggs just enough to thoroughly break the stringiness,

gradually mix with them the partly cooled cream, add one

teaspoonful of vanilla or any desired flavoring, and pour into

custard cups. Set the cups in a pan partly filled with warm

water and place in a moderate oven till firm in the centre;

serve very cold.

### Custard Rice Pudding

One-fourth of a cupful of rice, one cupful of milk, one.

third cupful of sugar, one-fourth cupful of raisins or currants,

one egg and yolk of another, one-third of a cupful of milk, onehalf teaspoonful mace or nutmeg. Blanch the rice and cook till

tender in the cup of milk; add the fruit, the egg, beaten and

mixed with the sugar, the spice, and half-cupful of milk; mix

thoroughly and turn into buttered and sugared moulds. Bake

as all custards. Serve, turned from the moulds, with wine,

orange, or currant jelly sauce.

### Meringue for Custard

Whisk the whites of two eggs very stiff, add a little sugar,

and let the mixture drop a spoonful at a time into a pan of

boiling water and remain one minute. Skim out and put on

a sieve to drain. Whisk the whites of two more eggs, color

pink with fruit coloring, and put in hot water as above. When

ready to serve, pile the pink and white float upon the custard

### Macaroon Charlotte

Put through the chopper one-quarter of a pound of stale

dry macaroons. Soak one-quarter of a package of gelatin

in four tablespoonfuls of cold water. Make a boiled custard

with three eggs, a half-pint of milk, a pinch of salt, and one-

third of a cupful of sugar. Take from the fire when thickened,

add the gelatin, stir until dissolved, strain, and set aside.

Whip one cupful and a half of thick sweet cream to a solid

froth. When the custard thickens beat in the crumbled

macaroons, one tablespoonful of vanilla, and two tablespoon-

fuls of sherry; lightly stir in the whipped cream and turn into

a serving-dish.

### Date Custard Pudding

Make a custard with two eggs well beaten, two cupfuls of milk, two tablespoonsful of sugar, and mix with four

cupfuls of dry bread crumbs or bread cut in small dice. Add

three-fourths of a cupful of stoned and chopped dates. Mix

well and bake in a quick oven. Serve with cream.

### Cheese Custards

Six tablespoonfuls of grated cheese, two of butter, four

eggs, one cupful of milk with a teaspoonful of cornstarch

stirred into it, salt and pepper to taste. Beat the eggs very

light and pour upon them the heated milk (with a pinch of

soda), having thickened with the cornstarch. While warm

add butter, pepper, salt, and cheese. Beat well and pour into

greased custard cups. Bake in a quick oven about fifteen

minutes, or until high and brown. Serve at once as a separate

course, with bread and butter, after soup or before dessert.

### Apple Dumplings

Make a soft dough; peel and core tart apples; wrap each

apple in the dough, drop in boiling water; serve with sauce.

### Baked Apple Dumplings

Make as for steamed dumplings; put in pan so as not to

touch; bake brown. Serve with cream sauce.

### Steamed Apple Dumplings

Make a good baking powder crust, peel and core tart

apples, fill the cavity in apples with sugar, wrap each in the

dough, and steam one hour. Serve with butter and sugar

sauce.

### Peach Dumplings

Make the same crust as for apple dumplings. Use canned

peaches, put a little piece of butter with same and a little sugar,

cover in dough, and bake. Serve with foaming sauce.

### Apple Slump

Pare, core, and quarter four good-sized tart apples; put

them into a stewing-pan with a pint of water; add four table-

spoonfuls of sugar; cover the pan and stew until tender.

While they are cooking put a pint of flour into a bowl; add

halt a teaspoonful of salt and a teaspoonful of baking powder;

mix thoroughly. Add two-thirds of a cupful of milk, or

sufficient to make a moist dough; roll out to the thickness of

one inch, cut it into small biscuits, place closely over the top

of the apple. Cover the saucepan, and cook slowly for fifteen

minutes without lifting the lid. Dish the dumplings around

the edge of a platter and put the apple sauce in the centre.

# XIII.—FROZEN DESSERTS, CREAMS, ICES, SHERBETS, PARFAITS, MOUSSES, AND FRAPPES

BREAK the ice into very small pieces. Three cupfuls of

ice to one of rock-salt is a very good proportion. The

inside can must be kept scrupulously clean. After being

frozen, ice-cream should be packed and left several hours

before serving. The water must be poured off, the salt may

be dried and used again. If a fancy ice-cream is made, when

the plain cream is partly frozen, cut it down from the sides of

the can and then add the fruit or whatever filling is used.

Never put the liquid into the can till cold, and if the recipe

calls for any liquor do not put it in until the mixture is well

frozen, for alcohol will not freeze. When candied fruit is

used, always soak it first for several hours in wine or brandy,

then add it just before the cream is frozen.

Ice-creams and water-ices are well-known frozen desserts,

but the distinction between others is not always easily made.

A *frappé* is a water-ice frozen soft till it is about the con-

sistency of mush. It is served in small sherbet or punch

glasses, and is used at receptions, dances, and teas. In freezing a jrappe one-half ice and one-half rock-salt make the cor-

rect proportions.

A parfait is simply a very rich ice-cream frozen without

stirring.

Mousse is a mixture containing gelatin, and also frozen

without stirring.

Sherbet is an Oriental drink composed of the juice of fruit

diluted, sweetened, and flavored, as lemon, orange, or rasp-

berry sherbet. Sorbet is another name for sherbet.

In using berries or fruit juice, the rule is one cup of juice

or berries to one quart of cream. This rule holds good for

rolled macaroons, shredded cocoanut, and chopped nut meats.

### Plain Foundation Ice-Cream

Put two cupfuls of milk in a double boiler, add two-thirds

of a cupful of sugar, one teaspoonful of butter, cook five

minutes, and then add one tablespoonful of flour dissolved in

a little cold milk, and simmer for twenty minutes. Stir this

slowly into the slightly beaten yolk of one egg, replace in a

boiler, and cook one minute. Pour through a strainer into a

bowl, and beat till cold. Into this put one tablespoonful of

any desired flavoring, two-thirds of a cupful of whipped cream,

and the white of one egg beaten stiff.

To make variety, when half frozen add one cupful of

orange marmalade, or one cupful of blanched almonds, ground

fine and browned in the oven, one cup of mashed bananas,

or musk-melon, or a cup of preserved ginger cut in bits.

A delicious novelty is to add one cupful of Boston brownbread crumbs browned in the oven or one cup of “burnt

almond” candy pounded fine. A very rich cream is made

by using one more egg and a full large cup of cream, omitting

the flour.

### Plain Vanilla Ice-Cream

Stir one quart of good cream, one-half pound sugar, and

two teaspoonfuls of vanilla, until dissolved. Strain through

a fine muslin and freeze, stirring rapidly. This serves six

persons bountifully.

### Cherry Ice-Cream

Put one pound of granulated sugar and one-half pint of

water in a saucepan over the fire. Stir until the sugar is all

dissolved, then let the syrup come to a boil. Drop in gently

one quart of white cherries, pitted, and let simmer fifteen

minutes. Strain carefully, and when the syrup is cold add

one quart of sweet cream, and freeze. When it gets rather

thick remove the dasher, beat well with a wooden paddle, and

stir in the fruit. Pack and let stand three or four hours to

ripen.

### Prune Ice-Cream

Stir one and one-half cupful of fine granulated sugar

into three pints of cream; add one and one-half tablespoonfuls

vanilla, blend thoroughly, chill, and pour into the freezer.

When half frozen, add one small cupful of stewed prunes,

stoned and chopped fine.

### Peach Ice-Cream

Put a pint of rich cream in a saucepan, let it boil; add

three-quarters of a pound of sugar and stir until dissolved;

take from the fire and mix with a pint of sweet cream; let

cool; and freeze. Pare and mash a dozen very ripe, soft

peaches, and stir quickly into the frozen cream, freeze rapidly

for five minutes longer; remove the dasher, repack the tub,

and stand aside two hours before serving.

### Banana Ice-Cream

Scald one pint of milk in a double boiler; add one tea-

spoonful of flour dissolved in a little cold milk, and cook for

twenty minutes; beat together three eggs and one and one-

half cupfuls of sugar, add a little of the cooked milk, and stir

into the double boiler. When the custard is just thick enough

to coat the back of a spoon, strain and set away; when cold,

add one cupful of banana pulp, pressing the fruit through a

potato masher, one pint of cream, and one tablespoonful of

lemon juice, and freeze.

### Ice-Cream Croquettes

Individual forms of ice-cream are rather expensive; try

these as a substitute. Mould vanilla ice-cream which has

been frozen very hard into small croquettes, using butter

paddles which have been soaked in ice-water. Roll the cro-

quettes in finely rolled macaroon crumbs, pack in a brick

mould with paraffin paper between each layer. Adjust the

cover tightly, bury in salt and crushed ice until ready to serve

with small fancy iced cakes.

### Frozen Rice Pudding

Take one cupful of rice, boiled or steamed in milk, one

and a half cupfuls of sugar, one tablespoonful of any desired

flavoring, bit of salt, and to this add one cup of whipped

cream. When very cold pack in a mould, and pack in ice for

three or four hours. Serve with whipped cream flavored with

maraschino. The cherries may be used for garnishing. ■

### Frozen Apricots

Drain the liquid from one can peeled apricots; cut fruit

in one-fourth inch cubes. Make a syrup by boiling two cup-

fuls sugar and one quart of water ten minutes, add liquid,

and strain; add apricots, chill, and freeze. Serve the frozen

apricot mixture in orange saucers. Select large oranges, cut

them in halves crosswise, scoop out the pulp. With a

punch make holes one-half an inch from the top edge and one

inch apart around each saucer; place a daffodil in each hole

and fasten the stem on the inside with the point of a small

wooden skewer (toothpick), forming a solid wreath of blossoms

around each saucer. Place each on a pretty plate covered

with a dainty doily. Heap the frozen mixture in saucers and

place a daffodil in centre of each portion; serve at once. This

is especially suitable for a yellow color scheme, or for a golden

wedding.

### Orange Cups

Stir over the fire two cupfuls of granulated sugar and one

cupful of water till dissolved; then let boil without stirring

until the syrup spins a thread. Add one pint of orange juice

and the juice of one lemon. Scald one cupful of cream, stir

in beaten yolks of two eggs, cool, and mix with the syrup.

"When thoroughly chilled add another cupful of cream, whipped,

one-half teaspoonful of vanilla, and a touch of yellow color-

paste. Freeze, and serve in glasses.

### Frozen Bananas

Cut four large ripe bananas, red ones if they can be ob-

tained, into very thin slices. Over them put the juice of one

lemon and three-quarters of a cupful of sugar. Cover and

set in the refrigerator for one hour. Add the grated peel of the

lemon and two cupfuls of ice-water. Freeze.

### Frozen Strawberries

Mash one quart of strawberries; add a cupful and a half

of sugar and the juice of one lemon; stand aside for an hour,

then add one pint of water; turn into a freezer and freeze as

you would ordinary ice-cream. Turn the dasher slowly.

Frozen strawberries may be served in punch glasses with a

little whipped cream on top, or plain.

### Frozen Peaches

Pare and remove the stones from very ripe, soft peaches;

allow a pound of sugar to every pound and a half of fruit.

Place the sugar in a saucepan with water to make syrup; let

boil for five minutes, strain, and stand aside to cool. When

cold, mix with the mashed peaches; freeze.

### Frozen Strawberry Short-Cake

Take rich cup-cakes, slightly hollow them and fill with

strawberry ice-cream capping with whipped cream and a big

ripe berry. This is very pretty and delights children as well

as grown people.

### Frozen Egg-Nog

Separate nine fresh eggs and beat the yolks until creamy

and the whites until stiff. To the yolks add the sugar, one

pint, beating as you add. Then add one quart of boiling hot

milk. Let this stand until cold. Now add one pint of cream,

one-fourth pint best French cognac. Place in a freezer and

freeze the same as punch. Serve in punch cups and top with

whipped cream. This is always acceptable, especially during

the holiday season, and may be used in place of punch at a

Christmas dinner or supper party.

### Frozen Cherries

Boil to a thin syrup three-quarters cupful of sugar and

one and a half cupfuls of water. When cool add one cupful

of canned cherries with plenty of the juice, and the juice of

one orange and half a lemon. When cold freeze. Add, if

desired, a quarter of a cupful of sherry when the mixture

is nearly hard.

### Frozen Fig Pudding

Prepare a custard as follows: Beat four egg yolks slightly,

add one cupful of sugar, one teaspoonful salt, and three cupfuls

scalded milk; strain and add one pound of figs finely

chopped. When cool add one-half teaspoonful each of orange

and vanilla extract and four tablespoonfuls cognac. Beat

the whites of eggs until stiff and combine with one and a half

cupfuls of heavy cream beaten until stiff. Add to first mixture

and freeze. Fill a fancy mould with mixture. Pack in equal

parts of salt and ice and let ripen several hours. Garnish

each portion with a preserved skinless fig.

### Peach Fluff

To make this to perfection pare ripe peaches of good

quality, chop them in a wooden bowl with a sliver knife, and

strain. To every pint of the juice allow one pint of water,

six eggs, and one pound of sugar. Beat the eggs until light,

then add them to the other ingredients and cook, the whole in

a double boiler until it becomes as thick as soft custard. Strain,

set the dish in a pan of cold water and beat the mixture con-

tinuously until it becomes cold. Freeze and serve with cream

slightly sweetened and flavored with peach.

### Pineapple Bavarise

Soften two level tablespoonfuls of granulated gelatin in

half a cupful of water, then dissolve by letting the dish

stand in hot water. Add the dissolved gelatin to one cupful

and a half of grated pineapple, the juice of half a lemon, and

half a cupful of sugar; stir in the water until the mixture

begins to thicken, then fold in one cupful and a half of double

cream, beaten solid. Turn the mixture into a mould, partially

or wholly lined with paper; pack in ice. Serve unmoulded,

with or without whipped cream.

### French Fruit Cream with Sauce

Heat two cupfuls of milk with one teaspoonful of butter

or one-eighth teaspoonful of salt, and two inches of vanilla

bean; pour this slowly over four egg yolks beaten with three-

quarters cupful of sugar. Cook until the mixture coats the

spoon, then strain, and beat until cool. Now add one-quarter

of a cupful of syrup from a one-pint jar of mixed French or

German fruits. Both are good. Add one cupful of cream,

beaten stiff, and two egg whites, also beaten stiff. Freeze

partly, then add the fruits cut into small pieces, pack the mix-

ture in a mould, then in the ice and salt again, and letstand at

least two hours. Unmould by plunging the mould for amoment

in cold water; if it does not come out at once, plunge mould

into hot water for an instant only. Serve surrounded with

this sauce: Cook for a moment two tablespoonfuls of sugar

in three tablespoonfuls of water, then pour this slowly into

two egg whites beaten stiff. When cool add one-half cupful

of whipped cream. One-half teaspoonful of vanilla or a

grating of nutmeg and two teaspoonfuls of lemon juice make

a good sauce. A variation of this cream and sauce can be

made by using two yolks and four whites in the cream and

serving with a yellow sauce like this: Beat the two yolks

slightly, add two tablespoonfuls of sugar and three of water.

Put this in a bowl, put bowl in boiling water, and cook until

thick, meanwhile beating constantly with an egg beater; when

cool add the half-cupful of cream, beaten stiff. Flavor with

lime juice or other fruit juice. This dessert — either the

white or the yellow — is excellent made plain and served with

the sauce. It should either be a yellow cream with white

sauce, or white cream with yellow sauce, or it can be filled

with nuts or macaroon crumbs or even with preserved tan-

gerines or kumquats. The latter are very effective, indeed, for

a yellow luncheon or dinner.

### Cherry Biscuit

Boil together a cupful of sugar and a cupful of water, and

when the syrup threads, remove from the fire and beat until

it is cool. Then beat in a pint of whipped cream, a cupful

of candied cherries, cupful of blanched and chopped almonds,

a tablespoonful of sherry, and a tablespoonful of vanilla.

Turn all into freezer, and freeze.

### Raspberry Cream

Rub one quart of red berries through a fine sieve, mix with

one quart of cream, one-half pound of sugar, and freeze.

### Pistachio Cream

Pound one-half pound of pistachio nuts and one table-

spoonful of brandy to a paste. Mix with one quart of cream,

the yolks of four well-beaten eggs, sweeten with half a pound

of sugar, put over the fire and stir gently till it thickens. Add

a tablespoonful of spinach juice if a real green color is desired.

Freeze when cool.

### Frozen Pudding

Mix well one-fourth cupful each of candied cherries, pine-

apple, pears, and apricots, cut in small pieces. Cover with

brandy and let soak over night. This prevents fruits from

freezing. Make a custard of two and one-half cupfuls of

milk, one cupful sugar, one-eighth teaspoonful salt, and three

eggs. Strain, chill, and add one cupful of double cream,

whipped, and one-fourth cupful of Jamaica rum. Freeze.

Fill a melon mould with alternate layers of cream and fruit,

pack in salt and ice, and let it stand four hours to ripen. Un-

mould and serve on a chilled platter covered with a lace paper

doily. Cut in slices three-fourths of an inch thick and pour

around each portion claret sauce, or omit the doily on platter

and pour sauce around mould of cream. In making claret

sauce, make a syrup by boiling two cupfuls of sugar and one

cupful of water four minutes after it begins to boil. Remove

from range. Cool slightly and add slowly, while beating

constantly, two-thirds cupful of claret. Chill, and pour

around the frozen pudding.

### Tuscan Pudding

Make a boiled custard with one pint of milk, sweetened

with half a cupful of sugar, boiled, and poured on three beaten

eggs. Return the mixture to the saucepan and stir until it

thickens, but do not let it curdle, as it will if it boils for more

than a second. When cool, add one pint of cream, half a cup-

ful of sugar, a quarter of a box of gelatin, dissolved and

strained, half a teaspoonful of vanilla, a quarter of a teaspoon-

ful of essence of lemon, twenty drops of extract of bitter almond.

Put in a mould with smooth sides and pack in ice and salt.

The proportion is two quarts of broken ice to one quart of

salt, well mixed. In an hour remove the mould, and after

wiping it carefully uncover it, and with a knife scrape the

frozen cream from the sides. Beat it thoroughly, as this

makes the texture fine and smooth. If it is nearly frozen add

half a pound of sweet almonds, blanched and chopped fine,

half a pound of candied ginger, cut in small pieces, and half

a pound of citron prepared in the same way. If the cream

is not very stiff return the mould to the ice, repeat the process

in three-quarters of an hour and add the nuts, ginger and

citron after the second beating.

### Macaroon Ice-Cream

Take one-half pound of macaroons and three lady fingers,

the more stale the better, and pound very fine, then put them

through a colander. Place in a double boiler one pint of

cream, and add to it a half-pound of granulated sugar; stir

until boiling hot, then remove from the fire. Add another pint

of cream, and when cold, turn into the freezer and freeze.

When the handle of the freezer begins to get hard to turn, add

a teaspoonful of vanilla, the pounded cakes, and a wineglass

of sherry. Turn the freezer very rapidly for ten minutes at

least. Now drain off the water from the freezer, pack well

with salt and ice, remove the dasher, cover, and let stand at

least three hours before serving.

### Bisque Ice-Cream

This is a delightful dessert; it can be frozen in one large

mould or any number of smaller ones. Make a custard with

one quart of rich milk, six eggs, and one large cupful of sugar.

Fet it stand on ice for twenty-four hours, then add one tea-

spoonful of vanilla and tw’o wineglassfuls of sherry wine, also

a dozen almond macaroons, which have been dried in the oven

and crushed, but not rolled to a powder. Freeze after the

usual method.

### Italian Tutti-Frutti

Take a large form of ice-cream; have ready as great a

variety of ripe fruit as possible, watermelon included; seed

the watermelon, cut it into lozenges or squares, put a layer

of it into the form, sugaring it well with granulated sugar;

then a layer of varied fruits; sugar abundantly, and proceed

in this way until the form is packed full of fruit and sugar;

cover it, set in double boiler just long enough for the sugar to

dissolve, and the juices to be started; then let it cool; when

cold, freeze. This is the genuine tutti-frutti and is delicious.

### Strawberry Ice-Cream

Mash one quart of strawberries; add to them one cupful

of sugar. Put one pint of cream in a double boiler; then add

to it another cupful of sugar; stir constantly until hot; take

from the fire, and when cool add another pint of uncooked

cream. Turn into the freezer. When frozen stir in the

strawberries, cover the can, and turn again for a few min-

utes. Then pack and put aside for use.

### Caramel Custard Ice-Cream

Make a custard of one pint of milk, one cupful of sugar,

and two eggs. Set this aside to cool, melt one cupful of gran-

ulated sugar on the stove until it reaches the caramel stage,

being careful not to scorch. Add to the custard. When chilled

add one quart of whipped cream, and freeze.

### Pineapple Ice-Cream

Allow a quart of cream to a large pineapple. Pare the

pineapple and chop it fine, place in a deep dish and sprinkle

with sugar. Cover, and let stand three hours. Then press

through a sieve. Stir it into the cream, and beat well. Then

freeze.

### Maple Ice-Cream

Yolks of four eggs, three-quarters of a cupful of maple

syrup, boil together in a double boiler, and beat until cold.

Add one pint of whipped cream and freeze.

### St. Patrick’s Snow Balls

Make a syrup by boiling three-quarters cupful sugar and

one-third cupful water five minutes; cool and add one quart

cream and one and one-half tablespoonfuls vanilla; freeze.

Mould then in balls with two tablespoons, or pack in round

leaden moulds. Before serving roll in grated cocoanut, which

should be grated the day before using. Serve with emerald

sauce made as follows: Make a syrup by boiling one cupful

of water four minutes. Cool slightly and add four table-

spoonfuls sauteme and tint with leaf green vegetable coloring.

### Florentine Cream

Squeeze and strain the juice of four lemons; sweeten it

with a cupful and a half of sugar. Dissolve half a box of

gelatin and add the whole to a pint and a half of cream,

whipped until it is stiff. Pour into a mould and set on the ice.

### Iced Strawberry Souffld

Cover two tablespoonfuls of gelatin with cold water, let

soak half an hour; stir until dissolved. Mix a pound of sugar

and a pint of strawberry juice in a saucepan over the fire until

they form a syrup. Beat the yolks of six eggs until creamy.

Whip a quart of cream. Mix the syrup with the yolks of the

eggs in a pan and set on ice; strain the gelatin into it and

stir until it begins to thicken, then mix the whipped cream in

lightly, turn into an ice-cream mould, pack in salt and ice,

and freeze for two hours.

### Coffee-Cocoa Ice-Cream

Cook one cupful of very strong coffee with one cupful of

sugar, pour this over two tablespoonfuls of cocoa and when

dissolved add to one cupful of hot milk in which one teaspoonful of arrowroot has been dissolved; add one teaspoonful of

butter and pour this over two egg yolks slightly beaten. Cook

for one minute, then beat until cool and add one-half cupful

of whipped cream. When frozen serve in sherbet glasses

with one tablespoonful of maraschino on top of each glass,

and on top of this put the egg whites beaten stiff with one-

quarter cupful of cream and a little powdered sugar and a few

drops of vanilla. Dust each topping with cocoa. This can

be made as a plain cream and served in a mould lined with

macaroons.

### Maple and Hut Ice-Cream

Put two cupfuls of milk in a double boiler, when hot add

three-quarters of a cupful of soft maple sugar or thick maple

syrup and one teaspoonful of butter. When boiling, pour

some of the mixture on three beaten yolks, return this to the

rest of the mixture, and boil for one moment or until spoon is

coated. Remove quickly before the egg curdles and whip

with an egg beater. When cold add one-half cupful of cream,

whipped stiff, and one cupful of English walnut meats or

pecans broken into tiny pieces.

### Dolly Varden Ice-Cream

Crush one pound of cocoanut macaroons, add one cupful

of strawberry preserves, one quart of cream, one-half cupful

of sugar, flavor with vanilla, put in a mould and freeze. It is

good to use twenty-four hours after making, provided it is kept

solidly frozen.

### Nesselrode Pudding

Add slowly to the well-beaten yolks of six eggs, one cupful

of sugar boiled five minutes with one-quarter cupful of water.

Put all in double boiler and cook until the spoon is coated.

Strain, beat till cool, then add one pint of stiffly whipped

cream, flavored to suit with vanilla. Boil one cupful of chest-

nuts, press through a sieve, soak one-quarter of a pound of

candied fruit in one-quarter of a cupful of sherry, add a half-

cupful of seeded raisins, one-half cupful of pineapple, grated,

one-half teaspoonful of bitter almond extract, and one table-

spoonful of yellow Chartreuse. Mix well and freeze in one

mould.

### Chop Suey Sauce

Take bits of all kinds of candied fruits, figs, dates, a few

raisins, chopped Brazil nuts, candied ginger, citron, and

orange peel, blend with a little sugar syrup. Serve a spoonful

on vanilla ice-cream.

### Hot Chocolate Sauce

Boil and strain one-half cupful of sugar, one cupful of

water, one stick of cinnamon. To this add four tablespoon-

fuls of chocolate dissolved in one-half cupful of milk, one

tablespoonful of arrowroot dissolved in one-quarter a cupful

of water, and a pinch of salt. Boil five minutes, add one

teaspoonful of vanilla and serve hot over vanilla ice-cream.

### Maple Pecan Nut Sauce

Add finely chopped pecan nuts to maple syrup and put

around vanilla ice-cream served in glasses.

### Pineapple Ice

Chop one large pineapple or two small ones into dice.

Add an equal measure each of sugar and water, stir until the

sugar is dissolved; then freeze.

### Strawberry Ice

Stem two quarts of ripe strawberries, put a bowl with the

juice of two lemons and a pound of sugar; let stand one hour;

mash the berries, pour over a pint of water, stir until the sugar

dissolves; freeze.

### Cider Ice

Dissolve a third of a cupful of sugar in three cupfuls of

new cider. Add the juice of one lemon. Freeze.

### Lemon Ice

Dissolve one-half a package of gelatin in one pint of cold

water. Press the juice from eight lemons and mix with one

pound and a half of sugar. Pour one quart of hot water on

the sugar and lemons. Add one and a half pints of boiling

water to the gelatin, when dissolved add to the rest of the

ingredients. Strain, cool, and whip for ten minutes. Freeze.

Ginger ice is made by the same rule only adding one table-

spoonful of Jamaica ginger.

### Currant Ice

Mix and put into the can one pint of currant juice, one

pound of sugar, one pint of water. When partly frozen, add

the well-beaten whites of three eggs.

### Grape Water-Ice

One quart of grape juice, the juice of two lemons, one

pound of sugar, one quart of water. Mix well and freeze.

### Cranberry Ice

Pick over and wash one quart of cranberries. Put them

into a saucepan with one quart of water and simmer slowly

until the berries burst. Strain through two thicknesses of

cheese cloth and measure. There should be a good quart.

Add one pint of granulated sugar and stir over the fire until

dissolved, then set aside to chill. Freeze in the usual manner,

repack, and set aside for two or three hours. This is delicious

to serve with the turkey course, instead of cranberry jelly.

### Orange Water-Ice

The juice of six oranges, two teaspoonfuls of orange extract,

the juice of one lemon, one quart of water, one pound of pul-

verized sugar.

### Mint Ice

Macerate the leaves of a bunch of fresh mint, adding

afterward the juice of two lemons. Cover and let stand for

fifteen minutes. Put two cupfuls of sugar and a pint of water

in a porcelain kettle and stand over the fire. Stir until the

sugar dissolves, and then cook until the sugar threads; remove

from the fire. Add one-half cupful of orange juice and the

prepared lemon. When cold strain and add curacoa to taste;

then freeze. Serve in glasses.

### Raspberry Ice

Three pints of raspberry juice, one pound of pulverized

sugar, the juice of one lemon, one teaspoonful extract of raspberry. Mix well together and freeze.

### Grape and Lemon Ice

Half grape juice and a strong lemonade, well-heated and

sweetened and frozen, makes an attractive sherbet. Place in

glasses and twist a small spray of grape tendrils around the

stem of each glass with a few small leaves.

### Peach Ice

4 cupfuls water.

2 cupfuls sugar.

2 cupfuls peach pulp.

a cupfuls orange juice.

2 cupfuls lemon juice.

i dozen peach kernels or bitter almonds.

Prepare a syrup by boiling together water, sugar, and

peach kernels twenty minutes; strain out kernels, add peach

pulp, previously forced through fiurte strainer, then orange

juice and lemon juice. Freeze, using equal parts of salt and

ice.

### Cherry Ice

Stone two pounds of fine, ripe cherries, bruise, and put

them into a preserving kettle with a small cupful of water, and

one-half pound of granulated sugar. Let come to a boil,

simmer for a few minutes, then pass through a sieve. Pound

the kernels, and put them in a saucepan with the juice of two

lemons, and let stand for one-half hour; add one pound of

sugar to the cherries, and strain on them the lemon and kernel

juice. Mix well together and freeze.

### Strawberry Ice

Stem a quart of strawberries, mix with them the juice of

two lemons and a pound of sugar, then mash them and set

aside for an hour; strain through a fine sieve, pour over a quart

of ice water, freeze.

### Grape Fruit Sherbet

Let one quart of water and one pound of sugar boil twenty

minutes. Do not begin to count the time until the liquid be-

gins to boil, and let it boil vigorously the whole time. Add

half a teaspoonful of gelatin, softened in cold water, and

strain into the can of the freezer. When cold, add one pint

of grape-fruit juice and the juice of one lemon and freeze as

usual.

### Pineapple Tonquin Sherbet

Grate the rind from two lemons, covering with a pint of

pineapple syrup, boiling hot, a scant pint of cold tea, and eight

tablespoonfuls or one-fourth pound of candied ginger cut into

bits, letting it stand closely covered for fifteen minutes; then

press through a sieve, adding the juice of two lemons and two

cupfuls of granulated sugar, stirring until the sugar is entirely

dissolved; now turn into a chilled freezer and when of the

consistency of soft snow, pour in the drained pulp of half a

pineapple, together with the stiffly whipped whites of two eggs.

Continue freezing until smooth and firm, serving in slender

crystal sherbet cups garnished with bits of pineapple and small

crystallized cherries.

### Mint Sherbet

To a pint of grated pineapple juice and pulp, add the

juice of one lemon, one cupful of water, and three-fourths of

a pound of sugar. Dissolve the sugar in the water, add the

lemon juice, let it boil up, and strain clear. When cold, stir in

the pineapple, and turn into a freezer. When partially frozen

stir in the well-whipped whites of two eggs.

### Strawberry Sherbet

Cover three quarts of hulled berries with three cupfuls of

sugar. Cook one pineapple with one cupful of water and two

cupfuls of sugar, let it stand twelve hours. Mash the straw-

berries and pineapple through a coarse strainer, then a finer

strainer. Add the juice of three lemons. Then add an

amount of water equal to the syrup formed from the sugar

and fruit juices. Add the well-beaten whites of three eggs

and freeze.

### Colonial Cannelon GlacS

One quart lemon sherbet, one-half cupful powdered sugar,

one-half pint double cream, two tablespoonfuls sherry, one

cupful candied cherries, white of one egg, pinch salt. Add

the salt to the egg white and beat until dry; add the sugar

slowly, beating all the time; add the wine to the cream and

whip until very stiff. Fold the two mixtures together and add

the cherries. Set on ice to chill. Line a cylinder mould with

the lemon sherbet, having the layer an inch thick. Fill in the

centre with the cream mixture. Cover with the sherbet, spread

paraffin paper over the top, and press down the cover. Pack

in ice and salt and let stand two hours. When ready to serve

unmould and garnish with cherries.

### Marlborough Sherbet

Prepare a syrup by boiling two and one-fourth cupfuls

of sugar and two cupfuls of water ten minutes. While boiling

pour over one cupful seeded and shredded raisins, let it stand

Until cool, then add three-fourths cupful of orange juice,

one-third cupful of lemon juice, one cupful of pineapple juice,

one-third teaspoonful nutmeg; freeze to a mush, add onehalf cupful fine old sherry and the whites of three eggs beaten

stiff, and continue freezing. Serve after the meat course at

dinner.

### Pear Sherbet

Two cupfuls of sugar, four cupfuls of boiling water, one

quart of pear pulp, juice of two oranges, four tablespoonfuls

of lemon juice, one-quarter of a cupful of sherry wine, three

tablespoonfuls of maraschino, a few drops of red coloring.

Boil the sugar, water, and pulp for fifteen minutes, then strain.

When cool add the orange and lemon juice, the sherry and red

coloring. When the mixture is partly stiff add the maraschino

and complete the freezing; pack away for an hour.

### Pineapple Sherbet

Take one-half medium sized pineapple, pare and cut in

small pieces. Crush these to a pulp, and add a half-pound

of powdered sugar. Pound again for a few moments, and

squeeze into this the juice of three large lemons. Then add

a quart of cold water. Strain through a very fine sieve and add

the whites of two eggs, beaten to a stiff froth. Beat this well

into the liquid and freeze.

### Fruit Sherbet

Take a quarter of a box of gelatin and pour over it enough

cold water to coverit. Letstand a half-hour, and if not dissolved

by this time, place it over hot water. Dissolve in a cupful

and a half of hot water two cupfuls of sugar. Take the sugar

and water from the fire, and into it pour the dissolved gelatin,

one cupful of strawberry juice, the juice of two oranges, one

large lemon, and a cupful of the juice of preserved cherries or

pineapple. Put this into the freezer, and freeze three hours

before serving.

### Caramel Parfait

Cook one cupful of brown sugar with one-half cupful of

water until quite brown, do not bum it; pour this onto three

egg yolks, beat until cold; add two cups of cream, whipped

quite stiff. Have the mould packed in ice and salt before put-

ting the mixture in, to insure its freezing more quickly.

### Marshmallow Parfait

Cook one cupful of milk in double boiler with one-half

cupful of sugar, one-half teaspoonful of butter, and two inches

of vanilla bean. This bean can be used again. Add one

teaspoonful of arrowroot dissolved in three tablespoonfuls

of milk and let boil a few moments, then pour this in over two

beaten yolks. Cook for one moment, remove from the fire

and heat well. When cool add one and one-quarter cupfuls

of cream, whipped stiff, and mixed with one cupful of marsh-

mallows cut into bits and softened in the oven.

### Chocolate Parfait

To make three quarts: One cupful granulated sugar,

one-fourth cupful water, two ounces unsweetened chocolate,

yolks of four eggs, one pint rich cream, vanilla. Boil sugar

and water to a thick syrup and pour in a thin stream over

melted chocolate. Mix this thoroughly. When slightly

cool add slowly to the well-beaten eggs. Place over fire in

double boiler and cook until it thickens, stirring all the time.

Take from fire and continue beating until cool and light.

Flavor. Then add cream, whipped stiff. Put in a pail or

mould. Pack in ice not less than four hours.

### Strawberry Parfait

Whip a quart of thick cream with a small cupful of sugar;

when stiff mix half a pint of strawberry juice in carefully.

Turn into an ice-cream mould, press the lid down securely;

pack in salt and ice and freeze for three hours.

### Golden Parfait

Dissolve one ounce of gelatin in a pint of water by first

soaking and then heating it. Strain and add to the liquid

the juice of three oranges, the grated rind of one, the juice of

one lemon, the yolks of four eggs, well beaten, and a cupful

of sugar, or more if it is liked very sweet. Stir over a gentle

fire until it just boils, and put it in a mould, on ice.

### Cherub Parfait

Boil one-half of a cupful of granulated sugar in one-half

of a cupful of water for fifteen minutes, and let cool. Color

pink. Take six egg whites, and beat them stiff. Add one

cupful of whipped cream, one teaspoonful of vanilla. Mix all

together lightly. Turn it into a melon mould, cover, bind the

edges with lard, and pack in crushed ice and coarse salt for

three or four hours.

### Cocoanut Parfait

Whip one pint of cream to a stiff froth. Have ready three-

quarters of a box of gelatin which has been soaked in one

cupful of milk for half an hour, and the milk heated until

the gelatin is dissolved. Strain, and when cool add it to the

cream with one cupful of sugar and two cupfuls of cocoanut.

Either the dessiccated cocoanut or the fresh nut grated can be

used. Put the cream into a mould and set it on ice.

### Melon and Peach Bombe

Mix one cupful of mashed peach pulp with one cupful of

whipped cream, add two tablespoonfuls of sugar and a very

little salt. Line a very cold mould with this mixture, pack

in ice and salt for half an hour. Then remove cover of

mould and fill with tiny pieces of cantaloupe or watermelon

sweetened and flavored with a little — very little — lemon juice.

Replace cover, repack, and let stand three or four hours to

ripen.

### Vanilla Parfait

Cook one cupful of sugar with one-third cupful of water

until it spins a thread; pour onto three yolks, if you want a

yellow cream, or use three whites for a white cream; the

yellow cream has a richer flavor. Then add two cupfuls of

whipped cream. Flavor with one tablespoonful of vanilla or

cook two inches of vanilla bean with the syrup. You may

serve with this a marron or cherry sauce. Moisten about

eight of the large marrons or twice that number of candied

cherries in two or three tablespoonfuls of lemon juice, then

add one cupful of whipped cream.

### Mint Cream Parfait

Make a plain vanilla parfait, put into sherbet glasses,

pour over a syrup made by cooking mint leaves with sugar

and water, and then add two or three tablespoonfuls of grape

fruit juice. Top with a little whipped cream, if liked, and

garnish with mint leaves dusted with powdered sugar.

### Pineapple Parfait

Pare and shred a ripe pineapple. Sugar it generously,

let it stand for several hours. Drain off one cupful of the juice,

boil it with three-fourths of a cupful of sugar until thick and

rich. Add slowly the well-beaten yolks of four eggs, and cook

in a double boiler, stirring all the time, until the mixture will

coat the spoon. Remove from the fire, and beat until cold.

Then add two tablesponfuls of lemon juice and a pint of rich

cream whipped to a stiff froth. Pack in amould, cover tightly,

and surround with ice for four hours.

### Marron Parfait

Use a small bottle of marrons preserved in syrup. These

bottles are supposed to hold about a pint. Heat the syrup

(there will be about one-half a cupful in the bottle), and pour

onto three egg whites beaten very stiff, beat until cold, then

add the marrons, crushed with a fork, and two cups of whipped

cream. , .

### Quince Parfait

Beat the yolks of three eggs, add slowly three-quarters of

a cupful of quince syrup and cook over hot water, stirring

constantly until the mixture thickens and coats the spoon.

Remove from stove and with an egg-beater whip until cool and

light. Now whip up one pint of cream very stiff, and gently

add to the mixture, then put into a mould. Pack in ice and salt

and let it stand four hours before serving. Turn out and gar-

nish with a ring of whipped cream, which has been sweetened

and flavored, and dot here and there with bits of quince jelly.

### Lemon Cream Moussd

Squeeze and strain the juice of four lemons, add one and

one-half cupfuls of sugar. Dissolve half a box of gelatin, and

add one and a half pints of cream. Pour into moulds, and set

on ice.

### Peach MoussS

Two cupfuls of peach pulp, add one-half cupful of sugar

cooked in a very little water, about one-eighth cupful. Add

two tablespoonfuls of gelatin, softened in one-quarter cupful

of water, to the hot syrup, stir until dissolved; add the peach

pulp. Cool and add two cupfuls of whipped cream, measured

after it is whipped, a little powdered sugar, if the mixture is

not very sweet, and a teaspoonful of bitter almond. Put into

a mould and pack in ice and salt.

### Strawberry Moussd

Hull a pint of ripe strawberries and rub them through a

fine sieve; add a cupful of powdered sugar and an ounce of

dissolved gelatin; set in a cool place until the mixture begins

to thicken. Beat the whites of five eggs and stir them lightly

into the mixture. Turn into a wetted mould, cover securely,

and bury in a tub of finely chopped ice and salt. Set aside

for three hours and turn out.

### Maple Moussd

Whip one quart of cream until quite thick. Beat the yolks

of three eggs in another bowl until light and add gradually

one cupful of maple syrup. When the two are well mixed,

whip them gradually into the cream. Pour the whole into

the can, without the dasher, or into a mould. Pack in ice and

salt, and let it stand three hours.

### Caramel MoussS

Whip one quart cream. Melt one cupful sugar, add one-

half cupful hot water. Soak two tablespoonfuls granulated

gelatin in one-half cupful milk. Make a custard of one-half

cupful milk, one-half cupful sugar, and two eggs. Add the

gelatin .and the caramel or melted sugar. Beat mixture in

pan of ice water until light and frothy. Gently stir in the

cream. Turn into a chilled mould and let stand in equal parts

of crushed ice and salt, four hours. Remove from mould as

you would ice-cream.

### Cherry MoussS

To a pint of double cream add three tablespoonfuls of

best confectioner’s sugar, a cupful of cherry juice, and a drop

or two of almond extract. Chill on ice, then whip until stiff.

Turn into a mould, cover securely, and bury in a pan of ice

and salt for two hours.

### Banana MoussS

Peel about three bananas. Scrape off the coarse threads,

and press the pulps through a sieve. There should be one

cupful and a fourth of the pulp. To the pulp add three-fourths

cupful of sugar and the juice of a half a lemon; cook the

mixture over hot water until thoroughly scalded, then set aside

to become cold. Beat one cupful and a half of double cream

till firm. Cut fine citron, candied apricots, or pineapple and

maraschino cherries to half fill a cup; pour over these three

tablespoonfuls of Jamaica rum and let it stand an hour or,

when convenient, over night. Have a quart mould lined with

paper and thoroughly chilled. Stir the fruit into the banana

mixture, fold the fruit mixture and cream together, and turn

into the mould, filling it to overflow; cover with paper, press

the cover down over the paper, then pack in equal measures

of salt and crushed ice. Let it stand three hours.

### MoussS a 1’Orange

Rub six pieces of loaf sugar separately against the skins of

three oranges, until the sugar is colored yellow. Put the sugar

in a bowl, press out the juice from the oranges, strain and add

it to the sugar; add the juice of half a lemon, a half-cupful of

water, a half-cupful of granulated sugar, the yolks of four large

eggs or five small ones, and place all in a double boiler over

the fire; stir till it coats the spoon, remove, and when cold

add a half-pint of whipped cream. Fill this in a form with a

tight-fitting cover, being careful to see that the form is full

to the top; lay a piece of paper over it, put on the cover, and

pack the form in fine cracked ice and rock salt, the ice being

four or five inches above the form. Cover all with paper and

let it remain for four hours in a cool place. Shortly before

serving take the form from the ice; after rinsing it off with

cold water, hold it for a minute in hot water and remove the

cover and paper, then turn the tnouss6 onto a cold dish and

serve with small fancy cakes.

### Coffee Frappé

Heat, cool, and strain two cupfuls of coffee diluted to suit

the taste, freeze, and when serving add a teaspoonful of whipped

cream on top of each glass. A cupful of cream may be added

before freezing.

### Fruit Frappé

Boil for five minutes one and one-half cupfuls of sugar,

three cupfuls of water. Add one cupful of any desired mashed

fruit, including the juice of one lemon and two oranges. Beat

until cold, then add half a cupful of rum or sherry and the

beaten whites of three eggs. Freeze.

### Tea Frappé

Cover four teaspoonfuls of tea with one pint of boiling

water, steep five minutes. Add one cupful of sugar, two

cupfuls of water, boil five minutes, add grated rind and juice

of three oranges, juice of two lemons, and one can of grated

pineapple. Strain and freeze soft.

### Orange and Grape Juice FrappS

Boil together for five minutes, one cupful of sugar, two

cupfuls of grape juice, add one cupful of orange juice, and

one-quarter cupful of lemon juice. Add the whites of three

eggs beaten stiff and freeze to a soft mush.

### Chocolate FrappS

i quart of hot milk.

t inch of Stick cinnamon.

4 tablespoonfuls of grated choco-

3 tablespoonfuls of sugar.

late or cocoa.

1 teaspoonful of vanilla.

Dash of salt.

I tablespoonful of sherry.

When frozen serve with whipped cream on top of each

glass. A cupful of strong, clear coffee may be added before

freezing, if liked.

# XIV—COFFEE-CAKES, DOUGHNUTS, CAKES, COOKIES, HOLIDAY, NOVELTY, AND SMALL CAKES, AND CAKE FILLINGS

THE maxim “Practice makes perfect” applies to cake-

making in the very truest sense, for to make good cake it must be made often.

Baking the cake is more than half, so much depends upon

the pan and the oven. Good cake should be fine grained,

velvety, of uniform color and thickness. Atlas flour is the

best; granulated sugar is universally used unless powdered

sugar is specified. The best butter, for the best results, and

the freshest eggs obtainable; eggs just a day old beat up the

quickest. Water may be substituted in place of sweet milk.

Of course there will be a difference in the cake, it will be light

and tender, but not quite so white or spongy. If lemon or

orange flavor is wanted the grated rind should be used, as the

juice loses the flavor in baking. If the cake is to be frosted,

the flavor may be added to it just before spreading on the

cake and it will be sufficient to give the right flavor to the

entire cake.

Before commencing a cake see to it that every article is

ready to combine with the rule. If the butter is very hard,

rinse the mixing bowl with hot water, wipe dry, and put in the

butter broken in small pieces; let it soften while the other in-

gredients are made ready. It is best to butter paper and line

the pans for cakes which contain butter; it is not necessary to

do this for sponge cake. Put yolks of eggs in one bowl and the

whites in another, setting the whites always in a cool place.

Measure the sugar, sift the flour with baking powder or cream

of tartar three or four times, also salt and spices if they are

called for. With a perforated wooden spoon work the butter

to a cream, beat in the sugar, keeping it a light, fluffy mass.

In very cold weather the liquids should be warmed enough

to prevent the butter and sugar curdling. Beat yolks of eggs

until light and thick, then add butter and sugar, rinse the bowl

with the liquid, and add to the cake alternately with the flour.

Fruit and nuts are now added. Cake batter is usually of such

consistency that it requires spreading in the pan to insure even

baking. These are reliable instructions for the making of the

average cake.

In cake baking much depends upon the size of the cake,

what the temperature of the oven shall be. A layer cake will

bake in fifteen or twenty minutes, a sheet of cake in a flat tin

will take about thirty minutes; a thick loaf requires forty

minutes. When' properly baked, cakes containing. butter

will recede from the sides of the pan; let stand a few moments

then lift out by the paper onto a wire cake cooler. Sponge

cakes may be turned out and cooled in a draft of air. Never

touch a knife to a sponge cake, it should be broken into the

required size, or pulled apart with a silver fork.

### How to Mix a Sponge Cake

In the days of our grandmothers it was considered an art

to make sponge cake, and that art has been revived. Delicate

sponge cake is now considered the proper thing to serve with

tea at “afternoons” and with iced drinks in summer time.

This rule is given by a> world-famous cook: beat the yolks

till thick and light-colored; gradually beat in the sugar; add

flavoring, grated rind of orange or lemon, and lemon juice,

if used, then beat the whites till dry; fold half of the whites

into the yolks and sugar; fold in half of the flour, the other

half of the whites and the other half of the flour. In a sponge

cake proper, the lightness depends entirely upon the air beaten

into the eggs, and great care must be exercised so to handle

the mixture that none of the air cells shall be broken down.

Stirring must be avoided. The cake is mixed entirely by beat

ing and folding, and when ready for the pan will be a delicate,

fluffy mass. The long beating of the eggs necessary to insure

a light cake renders a sponge cake dry; this may be remedied

to some extent by using a greater number of yolks.

### Lemon Sponge Cake

i cupful of flour

i cupful of fine granulated sugar.

6 eggs.

2 tablespoonfuls cold water.

Grated rind.

Juice of one lemon.

Sift the flour five times and the sugar twice. Separate

the eggs and beat the yolks very thick.' Add the water to

the whites and beat until stiff. Add half the sugar and the

lemon rind and juice to the yolks. Then add the other half\*

of the sugar to the whites. Now combine the egg mixtures

and fold in the flour. Bake in an angel cake tin for thirtyfive or forty minutes. Have the heat rather low until the cake

has raised above the edge of the pan. Then increase the heat

a little. When the cake has browned reduce the heat and

finish baking. When the cake is baked invert the pan until

cold. Then remove the cake and cover with a plain icing.

### Cocoa Sponge Cake

3 eggs.

cupfuls sugar.

J cupful cold water.

i teaspoonful vanilla.

• iJ cupfuls flour.

i cupful Baker’s cocoa.

2 teaspoonfuls baking powder.

i teaspoonful cinnamon.

Beat yolks of eggs light, add water, vanilla, and sugar;

beat again thoroughly; then add the flour, with which the

baking powder, cocoa, and cinnamon have been sifted. Fold

in the stiffly beaten whites of the eggs. Bake in a rather quick

oven twenty-five or thirty minutes.

### Sponge Cake

Using two whole eggs and an extra yolk, half a cupful of

sugar, half a cupful of flour, the grated rind of half a lemon,

and one tablespoonful of lemon juice, prepare a mixture ac-

cording to the directions given above for mixing sponge cake,

Bake from twenty to thirty minutes. Baked in the regular.

sponge cake pan with feet for cooling, this cake will not be

very thick. It may be baked in a new bread pan and then

inverted to cool by setting something under the ends of the

pan.

### Cream Sponge Cake

Pass through a sieve together, three times, one cupful and

a half of sifted flour, two level teaspoonfuls of baking powder,

one cupful of granulated sugar, and one-fourth teaspoonful

of salt. Break two large eggs into a half-pint cup, then fill

the cup with thick, sweet cream. Pour the eggs and cream

into the flour; add the grated rind of a lemon or orange, and

beat the mixture thoroughly. Bake in a rather thick sheet

about forty minutes.

### Peach Cake

Bake three sheets of sponge cake as for jelly cake, and

place between them very thinly sliced peaches sprinkled with

sugar, and covered with whipped cream. Ice the top and

sides with white frosting in which have been stirred powdered

almonds.

### Chocolate Cake

2 ounces chocolate.

4 eggs.

J cupful milk.

i teaspoonful vanilla.

J cupful butter.

iJ cupfuls sugar.

i heaping teaspoonful baking powder.

11 cupfuls flour.

Dissolve the chocolate in five tablespoonfuls of boiling

water. Beat the butter to a cream, add the yolks, beat again,

then the milk, then the melted chocolate and flour. Give the

whole a vigorous beating. Now beat the whites of the eggs

to a stiff froth, and stir them carefully into the mixture; add

the vanilla and baking powder. Mix quickly and lightly,

turn into well-greased cake pan, and bake in a moderate oven

forty-five minutes.

### Chocolate Caramel Cake

One cupful butter, two cupfuls sugar, four cupfuls flour,

sifted before using, whites of seven eggs, two level tea-

spoonfuls baking powder. Bake in two layers. For caramel

filling take one pint sugar, granulated, one-half cake chocolate,

one cupful milk, butter the size of a wTalnut. Cook until it

will stand in cold water. Remove from the fire; add one

tablespoonful of vanilla; beat until cool enough to spread.

### Raisin Cake

I cupful sugar.

i cupful butter.

J cupful milk.

4 whites of eggs.

1} cupfuls flour.

I teaspoonful baking powder.

2 teaspoonfuls lemon juice.

i cupful seeded raisins.

Cream the butter and sugar, add sifted flour and baking

powder with the milk, the well-beaten whites last with the

raisins, which have been slightly floured to prevent sinking

to the bottom. Bake slowly.

### White Cake

i cupful of sugar.

J cupful of butter.

| cupful of milk.

2 cupfuls of flour.

3 egg whites.

i| teaspoonfuls baking powder.

i teaspoonful peach extract.

Cream the butter and add the sugar and flavoring grad-

ually, then the whites of eggs beaten stiff, then the flour. Bake

in a loaf and frost with white icing.

### Yellow Cake

iJ cupfuls of sugar.

i cupful of butter.

J cupful of milk.

2 cupfuls of flour.

x teaspoonful baking powder.

x teaspoonful vanilla.

Yolks of 3 eggs.

Beat the yolks of eggs until thick, add the sugar and

butter, creamed, then the milk and flavoring, sifted flour and

baking powder; beat well. Bake in a loaf and frost.

### Orange Cake

J cupful butter.

2 cupfuls sugar.

I cupful milk.

3 scant cupfuls flour.

2 heaping teaspoonfuls baking powder.

3 eggs.

Cream the butter and sugar, add the beaten egg yolks and

milk. Sift together the flour and baking powder, add the

well-beaten egg whites. Bake in layers and spread with white

frosting, strongly flavored with orange. On top put bits of

candied orange peel.

### Maple Sugar Cake

Mix together one egg, one cupful of butter, two cupfuls of

granulated sugar, one-half cupful of milk, one and one-half

cups of flour, in which two teaspoonfuls of baking powder have

been sifted. Bake in three layers. To make filling, take one

pound of maple sugar, with half a cupful of water. Boil till

it threads. Remove from the fire, stir till nearly cool, and add

the stiffly whipped white of an egg, and three level tablespoonfuls of powdered sugar. Spread between the layers, cover

the outside thickly, and garnish with halved walnut meats.

### Delicious Spice Cake

One and one-half cupfuls of sugar, one-half cupful of

maple syrup, one good full cup of butter, one wineglassful of

sherry wine, one teaspoonful each of cloves, cinnamon, nut-

meg, and vanilla; one-half package of raisins, one-half package

each of currants and citron, all chopped fine; one cupful of

sour milk with one teaspoonful of soda well beaten into it.

Two eggs, salt, and flour enough to drop from spoon.

### Everlasting Fruit Cake

One pound of finely chopped salt pork. Over this pour

one pint of strong, boiling coffee. Dissolve one tablespoonful

of soda, and mix with one coffee cupful of molasses, add two

cupfuls of brown sugar, one teaspoonful each of cinnamon,

cloves, allspice, black pepper, and ginger, flour to make as

stiff as you can stir. Add one pound each of raisins, cur-

rants, and shredded lemon peel. Bake two hours.

### White Fruit Cake

i pound of butter.

i pound of sugar.

i pound of flour.

J cupful sherry and the stiffly beaten whites of sixteen eggs.

i fresh cocoanut, grated.

i pound of blanched almonds cut in thin strips.

i pound angelica, chopped fine.

2 pounds of Sultana raisins.

2 teaspoonfuls vanilla extract.

i teaspoonful almond extract.

Beat the butter to a cream and gradually add the sugar,

the sherry and extracts. Then add the flour and eggs alter-

nately and lastly the prepared fruits. Bake in one large loaf

or two smaller ones and ice when needed.

### Genuine Bride Cake

Cream together two cupfuls of sugar with a scant cupful

of butter; add one cupful of milk, and stir to a smooth con-

sistency. Put three tablespoonfuls of baking powder into

three cupfuls of flour, and sift. Add to the sugar, butter, and

milk, then add the beaten whites of eight eggs, a pinch of salty

and flavor with almond. This quantity makes two cakes.

### Bridegroom Cake

Cream one pound and a half of sugar and one pound and

a half of butter together; add ten eggs, the yolks and whites

beaten separately, and a small cupful of milk. Dissolve half

a teaspoonful of soda in one gill of molasses, and add to the

mixture; then stir in one pound and a half of sifted flour, the

same of carefully prepared raisins and currants, and a pound

of orange, lemon, and citron peel cut in thin slices, half an

ounce each of ground ginger, cinnamon, and cloves, and one

grated nutmeg. Beat vigorously; add a little salt; pour into

well-greased tins, and bake in a slow, steady oven. A little

more flour than the quantity given may be needed. The

batter should be quite stiff.

### Marshmallow Cake

One cupful of butter, two cupfuls of sugar, one cupful of

cold water, three cupfuls of flour, one heaping teaspoonful

of baking powder, the whites of eight eggs, one teaspoonful

of vanilla. Cream the butter and sugar, add the water, flour,

and baking powder, then the eggs beaten to a stiff froth. Bake

in layers. To make icing take two cupfuls of granulated

sugar, moistened with cold water, and boil till it hairs. Pour

slowly over the beaten whites of two eggs, and beat well. Take

fresh marshmallows, put in the oven to soften, spread on the

cake, and cover with icing.

### Pound Cake

I pound sugar.

i pound butter.

f pound flour.

4 eggs.

i teaspoonful baking powder.

I teaspoonful almond extract.

Cream the butter and sugar, add the beaten egg yolks,

sift flour and baking powder together, add alternately, with

the whipped whites, to the other mixture. Bake in a slow

oven.

### Coffee Cake

Four cupfuls of flour, one cupful of butter (or half lard

or beef drippings), one cupful each of coffee, molasses, sugar,

and seeded, chopped, and well-floured raisins, one teaspoonful

of soda dissolved in a little warm water, one-half teaspoonful of

salt, two teaspoonfuls of cinnamon, and one-half teaspoonful

of cloves. Bake about an hour in a moderate oven.

### Golden Orange Cake

One-half cupful of butter or clarified drippings, one cupful of New Orleans molasses, one egg, juice, pulp, and grated

rind of one small orange, or half of a large one, one teaspoonful

of soda dissolved in a scant half-cupful of cold water, two

cupfuls of wheat flour, and a little salt. Bake in a shallow

pan, in a hot oven, and when done rub over with butter and

strew with powdered sugar. This molasses cake is recom-

mended for its delicious combination of flavors.

### White Layer Cake with Chocolate Filling

Beat half a cupful of butter to a cream; gradually beat

in one cupful of sugar, then alternately, half a cupful of milk

and two cupfuls of sifted flour, sifted again with three level

teaspoonfuls of baking powder. Lastly, beat in the whites

of three eggs, beaten dry. Bake in two layers. Put the

layers together and cover the top and sides with chocolate

frosting. Decorate or not as desired with halves of English

walnuts.

### Orange Layer Cake

Cream thoroughly three-quarters of a cupful of sugar.

Add the beaten yolks of three eggs, one-half of the grated rind

of one orange, and one-quarter of a teaspoonful of salt. In a

cup put the strained juice of two large oranges and fill up with

cold water. Add this to the batter, alternating it with three

and one-half cupfuls of flour. Beat hard, add the stiffly

whipped whites of the eggs and two teaspoonfuls of baking

powder, beat again for several minutes, and bake in layer pans.

For the filling scald one cupful of milk in a double boiler.

Beat together until light three level tablespoonfuls of corn-

starch, two tablespoonfuls of sugar, and the yolks of three eggs.

Add this to the milk, stir until it thickens, take from the fire,

add one-half of the grated rind of an orange and two table-

spoonfuls of strained orange juice, cover and set aside until

cool, then spread between the cake layers. Into two table-

spoonfuls of strained orange juice stir sufficient sifted powdered

sugar to make a thick icing, and spread this over the top of the

### Sour Cream Spice Cake

One egg, one cupful of sugar, one-half cupful of butter, one

cupful of sour cream — if very rich, scant the butter—one tea-

spoonful each of soda, cinnamon, cloves, and nutmeg, one cupful of chopped raisins, two scant cupfuls of flour, and a pinch

of salt. Cream is so variable that a “ try loaf ” should be baked

before the big one.

### Honey Fruit Cake

Four eggs, five cupfuls of flour, two cupfuls of honey, one

cupful of butter, one cupful of sweet milk, two teaspoonfuls

of cream of tartar, one teaspoonful of soda, one pound of

raisins, one pound of currants, half a pound of citron, one

teaspoonful each of cloves, cinnamon, and nutmeg. Bake in

a slow oven. This cake will keep a long time.

i cupful butter.

iJ cupfuls sugar.

4 eggs.

2 cupfuls sour cream.

2 teaspoonfuls soda.

i teaspoonful baking powder.

Bake very slowly.

Add just before baking the apples, which have been pre-

pared the day before the cake is to be made, as follows: one

and one-half pints of dried apples soaked over night, then

chopped and cooked in two cupfuls of maple syrup; simmer

slowly, and add a little water if in danger of burning. This

cake must be allowed to ripen same as any other fruit cake

and will be found “ perfectly fine,” as the one who sent it said.

### Old-Fashioned Apple Fruit Cake

i teaspoonful cinnamon.

I teaspoonful cloves.

i teaspoonful ginger.

I tablespoonful lemon extract.

i cupful chopped raisins.

Flour to make a stiff batter.

### Half-Pound Fruit Cake

Cream half a pound of butter and add gradually, while

beating constantly, half a pound of sugar. Separate the yolks

from the whites of five eggs. Beat the yolks until thick and

lemon-colored, then beat the whites until stiff and dry, and

add to the first mixture; then add the grated rind of half a

lemon, two teaspoonfuls of lemon juice, half a pound of flour,

and one-fourth teaspoonful of soda. Beat thoroughly, and

add half a pound of seeded raisins, cut in pieces and dredged

with one and one-half tablespoonfuls of flour, also half a cupful

of English walnut meats broken into pieces. Turn into a

buttered and floured angel cake pan, and bake in a slow oven

one and one-fourth hours. This is a treasured family recipe.

### Buttermilk Cake

Two-thirds of a cupful of butter, two cupfuls of sugar,

yolks of three eggs, one cupful of sour buttermilk, whites of

three eggs, three cupfuls of flour containing three-quarters

of a teaspoonful of soda. Mix in the order given.

4 eggs.

11 cupfuls sugar.

J cupful butter.

2 ounces bitter chocolate.

} cupful hot water.

2 teaspoonfuls baking powder.

Melt the chocolate and add one-half cupful of sugar, the

water, one whole egg, and one egg yolk. Cook this mixture

over hot water until it begins to thicken. Remove from the

fire, add the vanilla extract, and cool. Cream the butter and

add the remaining sugar, then add the two egg yolks, one at a

time, without beating. Then add the flour, baking powder,

and cinnamon. Beat well, and add the chocolate mixture, fold

in the three egg whites, beaten stiff, and lastly add the nuts

and raisins. Bake in two layers and put together with currant

jelly. Ice with plain white frosting sprinkled with nuts, if

desired.

i pound brown sugar.

I pound flour.

9 egg yolks; twelve egg whites.

i pound butter.

2 oranges.

i glass currant jelly.

I tablespoonful each of cinnamon,

allspice, cloves, nutmeg, mace.

Work the butter to a cream and add the sugar, beat thor-

oughly. Then add the egg yolks, beaten until thick. Brown

the flour and add it with the coffee and spices, beat thor-

oughly, and add the grated rind and juice of the oranges

and the currant jelly. Then add the egg whites. Now mix

all the fruits and spices together and add the mixture slowly

until all is in. Place in two greased pans lined with thick paper

and floured. Steam for two hours and bake in a moderate oven

### Bachelor’s Cake

i cupful sweet milk.

2 cupfuls flour.

1 cupful nuts, coarsely chopped.

1 cupful seeded raisins.

1 tablespoonful cinnamon.

1 teaspoonful vanilla extract.

### Black Fruit Cake

1 pound English walnuts, sliced.-

1 pound figs, chopped.

1 pound citron, sliced thin.

3 pounds currants, washed and

dried.

2 pounds seeded raisins.

i cupful cold coffee, with one tea-

spoon soda dissolved in it.

for two more. Turn from the pans and when cool slowly pour

a half-cupful of brandy over each. This makes a most deli-

cious and appetizing cake suitable for almost any occasion.

### College Fudge Cake

Beat half a cupful of butter to a cream; gradually beat

into it one cupful and a half of sifted brown sugar. Beat the

yolks of two eggs, then beat in half a cupful of sifted brown

sugar, and beat the two together; add four ounces of chocolate

melted over hot water; pour half a cupful of hot water into

the chocolate dish, rinse thoroughly, and add with half a cupful

of sour milk to the egg and butter mixture, alternately, with

two cupfuls and a half of sifted flour, sifted again with one

level teaspoonful of soda. Flavor with vanilla, and beat in

the whites of two eggs, beaten dry. Have ready three layer

cake pans; put mixture into two of these, leaving one-third

of it in the bowl; to this add half a teaspoonful of cinnamon,

one-fourth teaspoonful of cloves, and half a cupful of chopped

raisins and French fruit (softened in hot water if needed);

beat thoroughly and turn into the third tin. Put the layers

together and cover the outside with “sweet sixteen” frosting.

Decorate the top with a wreath of cherries cut in pieces or with

small red candies. To make the frosting boil two cupfuls of

sugar, either granulated, brown, or maple, half a cupful of

Karo corn syrup, and half a cupful of water, until a rather firm

soft ball isformed when the syrup is tested in cold water. Pour

in a fine stream onto the whites of two eggs, beaten dry, beating

constantly meanwhile. Beat occasionally until cold; add

one cupful of pecan nut meats, broken in pieces, one-fourth

teaspoonful of salt, and four cooked figs, cut in thin slices.

Flavor to taste.

### Soft Gingerbread without Eggs

One cupful each of sour milk, sugar, and molasses, two

tablespoonfuls of softened butter, one teaspoonful each of

ground cinnamon, ginger, and soda, one-half teaspoonful of

salt, three cupfuls of flour. This quantity will make one

nice square loaf, and half a dozen medium-sized cakes baked

in muffin pans. A little sugar sprinkled over the cake as it

goes into the oven gives a fine flavor.

### Gingerbread

One cupful of butter, one cupful of sugar, creamed, one

cupful of molasses, one cupful of sour cream or sour milk,

two teaspoonfuls of soda dissolved in a little hot water, onehalf teaspoonful of salt, two teaspoonfuls of ginger, one tea-

spoonful of cinnamon, two eggs thoroughly beaten, flour to

make as thick as ordinary cake, one cupful of raisins dredged

in flour and added lastly to the mixture.

### Hot Water Gingerbread

One-half cupful of sugar, one-half of molasses, one-half

of shortening, one and three-fourths cupfuls of flour, one

teaspoonful of cinnamon, one-quarter teaspoonful each of

ginger and salt, one-eighth teaspoonful of nutmeg, one tea-

spoonful of soda, and three-fourths cupful of boiling water.

Bake in moderate oven.

### Sour Milk Cake

One cupful of sour milk, one cupful of granulated sugar,

one-quarter cupful of butter, two cupfuls of flour, and one cupful of raisins or currants (if latter, use one-quarter teaspoonful

of mace for flavor). To use for drop cakes, scant the shortening

and round one cupful of the flour.

Caramel Cake

Break one-half cake chocolate into pieces or grate it, one

cupful of sugar, one-half cupful of milk, yolk of one egg, mix

and boil until thick as cream, then cool. Beat one cupful of

sugar and one-half cupful of butterto a cream, add one cupful

of milk, then two and three-fourths of flour, to which two

heaping teaspoonfuls of baking powder have been added.

Lastly add the whites of two eggs, beaten very stiff. Bake

in two square cake tins and put together with white icing.

### Ice-Cream Cake

One cupful of butter, one and one-half cupfuls of sugar,

two cupfuls of flour, half a cupful of milk, the whites of five

eggs, two level teaspoonfuls of baking powder, and half a tea-

spoonful of vanilla. Beat the butter to a cream and gradually

beat in the sugar and then the vanilla, now add the milk, also

the whites of eggs beaten to a stiff froth, then stir in the flour

and the baking powder mixed together. Pour this batter into

shallow cake pans that have been well greased, and bake in a

moderate oven for twenty-five minutes; when cool, ice. For

the icing take two cupfuls of granulated sugar, one-half cupful

of boiling water, and beat gently for a few minutes, boil

till it ropes, then pour over the whites of two eggs that have

been beaten stiff; flavor with vanilla or any flavor desired,

and beat until cold, spread between and on top and sides of

layers when cool. This rule won a prize at a cake contest.

### Cocoanut Gingerbread

This recipe requires no eggs, which is often a great ad-

vantage when they are expensive. Put in a mixing-bowl one

cupful of molasses and half a cupful of boiling water. Into

this sift two and one-quarter cupfuls of flour, a dash of salt,

one and one-half teaspoonfuls of ginger, and one teaspoon-

ful of soda. Beat well, then add a quarter of a cupful of

melted butter and beat again till smooth. Pour into buttered,

floured pans and bake in a moderate oven. The frosting is

made of powdered sugar, wet with cream, and flavored with

vanilla. Sprinkle it while still moist with cocoanut. Bake

in two layer cake pans, spread on the frosting when cool.

The sweet icing takes away a certain bitter taste given by

molasses and enriches the gingerbread.

### Hickory Nut Cake

Two cupfuls of sugar, one of milk, three eggs, threefourths of a cupful of butter, three of flour, two teaspoonfuls

of baking powder, and one cupful of hickory nut kernels

chopped fine. Ice the top and sprinkle thickly with chopped

nuts.

### Nut Cake

Half a cupful of butter, three eggs, one cupful of sugar,

two cupfuls of flour, two teaspoonfuls of baking powder, a few

drops of almond or vanilla flavoring, and a cupful of chopped

nuts, of any preferred variety. Add sufficient milk to make

a rather stiff batter, and bake in a moderately hot oven. Ice

with plain, white icing, decorated with whole or chopped nuts.

### Chocolate Cake

One-half cupful of butter, one and one-half cupfuls

sugar, four egg yolks, one-half cupful milk, two tablespoonfuls

chocolate, and five tablespoonfuls hot water mixed together,

two and one-half cupfuls flour, sifted, two teaspoonfuls baking

powder, one teaspoonful vanilla, whites of four eggs, beaten

and put in last

### Devil’s Food

Cook together one cupful of sugar, one-half of a cupful

of milk, a piece of butter the size of a walnut, and one-half

cake of unsweetened chocolate. Just before taking from the

fire, add the beaten yolk of one egg. Flavor with vanilla.

Cream together one cupful of butter and one and one-half

cupfuls of sugar. Add the well-beaten yolks of three eggs and

one cupful of milk. Sift two teaspoonfuls of baking powder

with three cupfuls of flour. Beat the whites of four eggs.

When the cooked chocolate part has cooled add it to the dough,

then the flour and whites. Bake, and when cool cover with

chocolate frosting.

### Cream Cake

One egg, one cupful of sugar, two-thirds of a cupful of

sweet milk, two cupfuls of flour, two tablespoonfuls of butter,

three tablespoonfuls of cocoanut, two teaspoonfuls of baking

powder. Bake in three layers. To make the filling take one

cupful of sweet milk, one-half cupful of sugar, one tablespoon-

ful of butter. Beat one egg in a dish with one heaping tea-

spoonful of cornstarch, and add. Stir until the boiling point

is reached, when remove from fire.

### Golden Wedding Cake

Three-quarters cupful butter, one and one-half cupfuls

sugar, eight eggs, two and one-quarter cupfuls wheat flour,

four teaspoonfuls baking powder, one and one-half cupfuls

milk, one-quarter teaspoonful salt, and one teaspoonful orange

extract. Cream butter, add sugar gradually, beating con-

stantly, add egg yolks beaten until thick and light; mix and

sift flour, baking powder, and salt; add to first mixture

alternately with the milk. Beat well, add extract, and cut

and fold in the whites of eggs beaten stiff. Pour into round,

deep, buttered pan, having a tube in the centre; line bottom

of pan with buttered paper. Bake from fifty minutes to one

hour. When done invert on cake cooler, remove paper, turn

cake right side up. When cold spread with fig mixture and

frost with orange frosting. Arrange a bunch of daffodils in

centre. To make fig filling: take two cupfuls figs, finely

chopped, one-half cupful of sugar, one-half cupful boiling

water, two tablespoonfuls lemon juice, slight grating lemon

rind, one tablespoonful butter, few grains salt. Mix ingre-

dients in the order given and cook over hot water until of the

consistency to spread. To make orange frosting soak the

grated rind of an orange in one-fourth cupful orange juice

and one teaspoonful lemon juice thirty minutes; strain. Beat

egg yolks, add to first mixture, then add confectioners’ sugar

until of the consistency to spread.

### New England Date Cake

} cupful butter.

ij cupfuls sugar.

3 eggs, whites and yolks beaten separately.

i teaspoonful lemon extract.

| teaspoonful mace.

i cupful milk.

3 cupfuls flour

i teaspoonful cream of tartar, and

i teaspoonful soda, or

4 teaspoonfuls baking powder.

i cupful dates.

Cream the butter, add sugar gradually, beating constantly;

add the egg yolks beaten thick and light, then the extract.

Sift flour, reserve one-fourth cupful, with soda, cream of

tartar or baking powder, and mace, and add alternately to

first mixture with milk. Stone the dates and cut them in thin

slices with a sharp knife. Flour them with the reserved flour

and add to mixture. Lastly cut and fold in the whites of eggs

beaten stiff and dry. Bake in loaves in buttered brick-shaped

bread pans forty-five minutes in a moderate oven. This is

the basis of countless varieties of cake. Any kind of fruit

or nuts may be added to this mixture. For nut cake add one

cupful of finely chopped English walnut meats. For currant

cake add one cupful of currants in place of dates, etc.

### Burnt Leather Cake

Stir and cook one cupful of brown sugar over a quick fire

till it becomes rich, dark-brown caramel; add half a cupful

of cold water and let boil four or five minutes. Then set

aside for use. Beat half a cupful of butter to a cream; grad-

ually beat in one cupful and a half of granulated sugar, then

the well-beaten yolks of two eggs, one cupful of lukewarm

water, and two cupfuls of sifted flour. Beat five minutes;

add three tablespoonfuls of the caramel syrup, one teaspoonful

of vanilla extract, four level teaspoonfuls of baking powder,

sifted with half a cupful of flour, and, lastly, the whites of

three eggs, beaten to a stiff froth. Bake in layer cake pans

in a quick oven.

### Filling and Frosting

Boil one cupful of sugar and four tablespoonfuls of water

to a syrup that will spin a thread about three inches in length.

Pour in a fine stream onto the white of one large egg, beaten

dry. Add one tablespoonful of caramel syrup, beat till cold,

and put between the layers, and on top and sides of the cake.

### Prize Imperial Cake

Three-fourths pound butter, three-fourths pound sugar,

three-fourths pound flour, fifteen egg whites, one teaspoonful

rose extract, one pint burnt almonds, one pint thick cream,

three tablespoonfuls powdered sugar, half teaspoonful extract

bitter almonds, one tablespoonful rum. Beat the butter to

a cream and gradually add the sugar. Beat the egg whites

until stiff and then add them alternately with the flour. Add

the extract, and bake in three well-greased and floured layer

cake pans. Grind the almonds very fine and whip the cream

until stiff. Now mix the two, reserving one cupful of almonds.

Add the sugar and extract to the mixture, and lastly the rum.

Beat well and when the layers are cold put this cream filling

between them: To one cupful confectioner’s sugar add three

tablespoonfuls of cream and the cupful of almonds. Mix

thoroughly and cover the top of the cake.

### White Cake with Cocoa Filling

Sift together one-half cupful of granulated sugar, two

cupfuls of flour, four teaspoonfuls of baking powder, and one-

quarter teaspoonful of salt. Into this rub lightly with the

fingers one-third cupful of butter or butter and lard. Grease

the baking-pan and dredge lightly with flour, shaking out the

surplus. To the dry ingredients add one cupful of water or

milk, one teaspoonful of vanilla, one-quarter teaspoonful of

almond. Stir together until well mixed, then beat until it

begins to thicken and look smooth. Pour at once into a baking-

pan and bake in a moderate oven. It may need to be put on

the top grate a few minutes. If mixed exactly by the direc-

tions and the oven is right, you will have no failures. This

may be made into a chocolate cake by adding two or three

tablespoonfuls of cocoa, in which case use white frosting.

For cocoa frosting take one cupful of granulated sugar, four

tablespoonfuls of cocoa, two tablespoonfuls of milk or water.

Boil until it drops thickly from the spoon, then test in cold

water. If it forms a soft ball, remove from fire at once, set

in cold water, and stir until smooth and thick enough to spread.

Put on before cake is entirely cold.

### Roll Jelly Cake

3 eggs. i cupful of sugar.

i tablespoonful of butter. i cupful of flour.

I teaspoonful of baking powder.

Beat the eggs very light, add the sugar, then the butter

melted, lastly the sifted flour and baking powder. Spread

very thinly in shallow pans lined with paper. Bake twelve

minutes in a quick oven. Take from the pan at once, remove

the paper, spread the jelly of any flavor, roll up while quite

warm. The jelly will spread better if slightly warm.

### Sunshine Cake

io eggs, whites.

6 eggs, yolks.

i teaspoonful cream of tartar.

cupfuls of sifted pulverized

I cupful of flour. sugar.

Grated peel of one orange.

Beat the whites very stiff, then cream in one-half the

sugar, beat the yolks light, add orange peel and the rest of

the sugar, put the yolks and whites together, adding flour

and cream of tartar. Mix very quickly. Put in ungreased

pan and bake for one hour in a very slow oven,

bottom of kettle and almost instantly rise to the top. Turn

when brown, and when done a golden brown on both sides

lift out carefully and roll in pulverized sugar while hot.

### Chocolate Crullers

Two eggs, beaten until they are creamy, and then beaten

in one cupful of sugar, one tablespoonful of melted butter,

one-half teaspoonful each of salt and cinnamon, one square

of melted chocolate. Mix well, and then add one cupful of

sweet milk, three cupfuls of flour sifted with two teaspoonfuls of baking powder; roll out one-fourth inch thick on a

floured board, cut, and cook to a golden brown in smoking

hot fat. Dip in powdered sugar.

### Orange Cookies

Three-fourths of a cupful of butter, one cupful of sugar,

one and one-half heaping teaspoonfuls of baking powder,

three eggs, whites and yolks beaten separately, grated rind of

two oranges, one and one-half cupfuls of flour. Mix well,

drop on buttered pans from teaspoon, bake in quick oven.

### Sugar Cookies

2 cupfuls of sugar.

i cupful of butter.

} cupful of milk.

2 eggs.

5 cupfuls of flour.

2 teaspoonfuls of baking powder.

Roll thin, sprinkle with sugar, and bake quickly. A

raisin may be put on the top before baking.

### Almond Cookies

| pound butter.

i teaspoonful soda.

j pound sugar.

i teaspoonful of vanilla.

Yolk of 1 egg.

I teaspoonful almond extract.

J pint sour cream.

Flour enough to roll out very thin.

Cream butter and sugar, add the beaten egg yolk, dis-

solve the soda in the milk. Cut in cakes with the cutter and

press a blanched almond in the centre. Bake in a quick oven.

### Jack Horner Bran Cookies

These are invariably relished by children and are ex-

cellent for school luncheons or the nursery supper. Cream

one-half cupful of butter with one cupful of moist brown sugar,

adding, in the order mentioned, two tablespoonfuls of cream,

two well-beaten eggs, two and one-half cupfuls of bran, two

teaspoonfuls of baking powder, and sifted flour enough to roll

out; sprinkle the cookies with grated nutmeg and granulated

sugar. Place them not too closely together in the pans, as

they spread a good deal in baking. Bake in a hot oven.

### Oatmeal Cookies — Good

J cupful of butter.

cupfuls sugar.

if cupfuls of raw oatmeal.

f teaspoonful of soda.

I teaspoonful of cinnamon.

5 tablespoonfuls of sweet milk.

J scant cupful of lard.

2 eggs.

2 cupfuls of flour.

} teaspoonful of salt.

if cupfuls of raisins.

Drop by the teaspoonful on floured tins and bake in a

moderate oven.

### Fudge Squares

Four eggs, two cupfuls brown sugar, two cupfuls flour,

one-half cupful melted chocolate, one cupful nuts, one tea-

spoonful vanilla, one teaspoonful baking powder. Mix eggs\*

sugar, and melted chocolate together, then add flour and baking powder sifted together, and then vanilla, lastly, nuts. Bake

in one sheet on buttered pan, and cut in squares when almost

cold.

### Sour Cream Cookies

Cream^together two cupfuls of soft white sugar, and one

cupful of butter. Add three well-beaten eggs, and one cupful

of sour cream into which has been stirred a teaspoonful of

soda. Flavor to taste. Mix in enough flour to make a soft

dough, roll out thin, and bake in quick oven.

### Children’s Delight Cookies

One cupful of butter, two cupfuls of sugar, three cupfuls

of flour, four eggs. Beat butter and sugar together until

creamy. Add eggs, then flour and one teaspoonful vanilla.

Cover dough when rolled out with a mixture of finely chopped

nuts, raisins, citron, and currants, and cut cookies very small,

about an inch in diameter.

### Ginger Cookies

One cupful butter, one cupful sugar, one cupful molasses,

one egg, one tablespoonful soda, one tablespoonful ginger. Do

not make stiff. Sprinkle with sugar before baking.

### Butternut Wafers

One cupful of butternut meats chopped rather fine, one

cupful brown sugar, two eggs, four rounded tablespoonfuls

flour. Beat yolks, add sugar, then whites and nut meats,

flour last. Add a pinch of salt and a little vanilla. Drop

one-half teaspoonful on buttered tin.

### Sand Cakes

Wash one pound of butter and stir it to a cream; gradually

add half a pound of sugar, two eggs, and one and one-half

pounds of flour. Roll out thin. Cut out into round cakes,

wash over with the yolk of egg beaten with a little sugar, and

strew with sugar, cinnamon, and almonds.

Pecan Marguerites

Whites of 2 eggs.

i cupful chopped pecans.

i cupful pulverized sugar.

i teaspoonful vanilla.

Whites of eggs beaten stiff. Add sugar, stirring well,

then pecans and vanilla, stirring all together. Spread the

mixture on fresh zephyrettes, and brown slowly in the oven.

### Butter Cookies

Stir very foamy one cupful of butter, one-half cupful of

sugar, one whole egg and two yolks; then add two cupfuls of

finely sifted flour, flavor with almond extract. Let the dough

rest for an hour, covered, and in a cool place. Then take out

on floured baking board and cut out small cookies. Brush

with white of egg and sprinkle with granulated sugar. Bake

a very light golden brown, on floured tins.

### Tea-Table Cookies

Stir one-half cupful of butter, seven tablespoonfuls of

powdered sugar, and yolks of three eggs until creamy. Mix

in one cupful of almonds, grated, and one and one-half cupfuls

of finely sifted flour. Sprinkle the baking board with flour,

roll out the dough to one-eighth inch thickness, cut with a

round cutter, brush with yolk of egg and tablespoonful of milk

and bake on floured tins.

### Peanut Cookies

Cream two tablespoonfuls of butter with one cupful of

sugar. Add three eggs well beaten, a pint of peanuts chopped

fine, two tablespoonfuls of milk, a pinch of salt, and enough

flour to make a soft dough, bake in slow oven.

### Molasses Cookies

i egg.

i cupful sugar, brown.

i cupful molasses.

I cup shortening, butter or lard.

i tablespoonful ginger.

i tablespoonful soda.

i cupful hot water.

i tablespoonful vinegar.

A pinch of salt.

Stir egg and sugar to a cream. Add molasses, shortening,

and ginger, stirring all together. Dissolve soda in hot water

and add. Put in vinegar last thing before flour. Mix stiff

enough to roll out, and cut.

### To Flavor Cookies

An orange, an apple, or a lemon, put in the jar with newly

made sweet cakes, tea cakes, or cookies, or in the cake box,

will give a delicate and delicious flavor. Dried lemon or

orange peel will do the same.

### Christmas Cakes of All Nations

In most American families there is some treasured recipe

for a fruit cake, plum pudding, cookies, or candy, which has

been handed down for generations and used at the holiday

season. Without these special good things Christmas would

lose much of its charm.

How the missing member of a family forced to spend

the holidays away from the family roof-tree longs for a taste

of the traditional “pie,” “cake,” or whatever the particular dish

may be; and in packing a “ Christmas box ” the first articles to

be thought of are things to eat.

All over the world half of the preparations for Christmas

centre in the kitchen, and in Germany, where cakes are made

with wonderful lasting qualities, the work begins months in

advance, for people in the United States celebrate with genuine

cakes imported from the “Fatherland.” All large importing

houses lay in a supply of all varieties of “Kuchent” so Ger-

man bakers and housewives are busy long before most people

begin to think about Christmas.

A few recipes are given with directions for mixing some

of the most famous of German holiday cakes.

No well-to-do German family would think the Christmas

celebration complete without rich cake called “Stolle”

which is served on all occasions. Many cakes are made in

shape of animals, decorated with colored sugars, and used to

ornament the tree. American bakers are now making very

good imitations of these German holiday cakes to supply the

foreign population of our large cities.

To make “Stoile” mix three and a half pounds of flour

with one yeast cake dissolved in a pint of warm milk; add a

pinch of salt, set to rise in a warm place; beat the yolks of

eight eggs with a half-pound of sugar, and a half-pint of melted

butter; add these to the dough, also a half-pound of seeded

raisins and a half-pound of chopped, blanched almonds;

candied lemon or orange peel may be used if on hand. Stir

in a dessertspoonful of yeast kept out for that purpose, and

set to rise until very light. Make into rather narrow loaves,

glaze with melted butter, and stick almonds over the top as

thick as they will hold. It will take nearly an hour to bake

in a moderate oven.

Mince pie, fruit cake, and plum pudding are all features

of the Christmas table in England, and generally the first

mince pie of the season makes its appearance on that day, as

it is considered unlucky to have them earlier in the season.

Stirring the plum pudding is an affair conducted with great

ceremony, called “blessing the pudding.” Each member

of the household including baby takes the spoon in which

brandy is poured and invokes a blessing upon the family.

The head of the house begins this ceremony, and so on in

regular order. It is also considered unlucky to get a slice of

the same pudding with a bit of the blazing brandy on it, when

it is served with a wreath of holly around the plate.

In South American countries a peculiar fritter is made in

the shape of a ring, and sold in all the streets. They also

have a great many concoctions of nougats, and other sweet

cakes and confections.

In Scotland, at this season, the people indulge in a very

rich short-cake in which caraway seeds and cinnamon figure

as flavoring. A very good substitute for this cake may be

purchased at most of the large bake shops in this country.

The children of Holland, as well as their elders, consume

great quantities of what they call “St. Nicholas cake.” It

is much like our gingerbread, but it is made always in the

form of little men and women whom they call “vrijers” or

in plain English “sweethearts,” and a man cookie is always

offered to a woman and vice versa.

The French people do the greater part of their feasting

and gift-making at New Year’s, but at Christmas, which is

more essentially a day for children, they serve a delicious

“honey cake” made after this fashion: three-quarters of a

pound of honey is heated with the same quantity of sugar;

a half-pound of sweet almonds and an ounce and a half of

bitter almonds, both pounded to a paste, are added; four

ounces of candied lemon peel and the grated rind; an ounce

each of cloves and cinnamon, and one-third of an ounce of

soda. For flavoring, the favorite rose water is added to the

amount of half a teacupful. Flour is kneaded in, about a

pound and a quarter. When the mass is cold, roll out, put

cherries over the top, and bake in a moderate oven.

Springerle is a white cake full of anise seed, and it is the

delight of the German girls to be allowed to assist in moulding

these cookies on the wooden forms resembling flowers and

quaint little figures. This is the recipe: to one pound of

sugar add as much soda as will rest on the point of a silver

table knife, beat vrell with four unseparated eggs, the juice

and grated rind of one lemon, and one pound of flour. Now

the dough must rest for several hours, then small pinches are

rolled out very thin and pressed over the floured moulds; they

are sprinkled with anise seed and left over night, when the

moulds are removed and the cakes baked in buttered tins.

### German Christmas Cakes

Into one quart of molasses, New Orleans is best, put a

tablespoonful of black pepper, one of cinnamon, a teaspoonful

of ground cloves and the grated rind of two oianges and one

lemon. Let this stand a day. Then add flour enough to

make rather a stiff dough, add about four teaspoonfuls of

baking powder, which must be mixed with the flour, and a

large spoonful of lard. Roll out the dough into long strips

about as thick as your finger, working in more flour if too soft

to roll, and with a sharp knife cut into pieces the size of a nut

about half an inch long. Bake in a hot oven. Be careful not

to put the nuts too near together in the pans or they will stick

together. If they do, break them apart while hot.

### New Year’s Almond Cakes

ONE pound of sifted flour, half a pound of butter, three-

quarters of a pound of sugar, two eggs, half a teaspoonful each

of essence of lemon and of bitter almonds, two teaspoonfuls

of ground ginger, one teaspoonful of cinnamon, four ounces of

almonds, blanched and chopped very small, two ounces of

mixed candied peel, also very finely chopped. Mix all the

dry ingredients together, then rub in the butter; add eggs

and essences last of all. Mix to a smooth paste, and roll out

on a floured board to half-inch thickness; cut in round or

fancy shapes, and bake on a dry tin in a slow oven.

### New Year’s Cherry and Ginger Cakes

This recipe should commend itself, as it is very easily and

quickly made. Take two pounds of fine flour sifted, ana mix

into it four teaspoonfuls of baking powder; beat together to

a cream half a pound of butter and three-quarters of a pound

of fine sugar, then add six eggs, two at a time, and beat well

with the sugar and butter. Stir in a little flour, then add half

a pint of rich, sweet milk, then the remaining portion of flour

gradually, and any flavoring that may be preferred, or none;

last of all, add half a pound of preserved glac£ cherries, cut in

halves, and half a pound of soft crystallized ginger cut small.

Grease a cake tin, then line it with well-buttered paper; dust

it with flour and pour in the mixture; bake slowly in an oven

that has been thoroughly heated, and then allowed to cool to

a moderate heat; time required from one and a half to two

hours.

### New Year’s Gingerbread Nuts

These are favorite dainties with little folks. Put a pound

of brown sugar in the mixing bowl, add one-fourth of a pound

of butter and a pint of molasses. Stir these until well blended;

add a tablespoonful of freshly ground ginger, a tablespoonful

of caraway seeds, and half a cupful of candied orange peel cut

in tiny pieces. Mix well, add two beaten eggs, then stir in a

pint of flour sifted with a teaspoonful of soda. Mix well and

add as much more flour as may be necessary to form a firm

dough. Break off little bits about half the size of a hen’s egg

and then roll into small balls; put a tiny square of candied

orange peel on top of each. Place on baking sheets so that

they do not touch, and bake in a slow oven for half an hour.

Candied cherries cut in halves, or bits of soft, crystallized

ginger, may be used to decorate the tops in place of the orange

peel.

### Thanksgiving Cake

Soak two cupfuls of dried apples over night and in the

morning chop fine and boil for half an hour in a cupful of

molasses, then add a cupful of sugar, one cupful of butter,

rubbed together, a cupful of milk, one large cupful of raisins

and one of currants, four cupfuls of flour, one heaping tea-

spoonful of soda, and a teaspoonful each of cinnamon, ginger,

nutmeg, allspice, and cloves. Bake in one loaf and ice with

white frosting.

### Scripture Cake

Four and one-half cupfuls of I Kings iv., 22 (flour); one

cupful of Judges v., 25, last clause (butter); two cupfuls of

Jeremiah vi., 20 (sugar); two cupfuls of I Samuel xxx., 12

(raisins); two cupfuls of Nahum iii., 12 (figs); six cupfuls of

Jeremiah xvii., n (eggs); two cupfuls of Numbers xvii., 8

(almonds); one cupful of Judges iv., 19, last clause (milk); six

tablespoonfuls I Samuel xiv., 25 (honey); two teaspoonfuls

Amos iv., 5 (baking powder); a pinch of Leviticus ii., 13 (salt);

season to taste with II Chronicles ix., 9 (spices).

### Scripture Honey Cakes

One cupful of butter, Judges v., 25; three and one-half

cupfuls of flour, I Kings iv., 22; two cupfuls of sugar, Jere-

miah vi., 20; two cupfuls of raisins, I Samuel xxx., 12; two

cupfuls of figs, I Samuel xxx., 12; one cupful of water, Gen-

esis, xxiv., 17; one cupful of almonds, Genesis xliii., n; little

salt, Leviticus ii., 13; six eggs, Isaiah x., 14; one large spoon-

ful of honey, Exodus xvi., 31; sweet spices to taste, I Kings

x., 2. Follow Solomon’s advice for making good boys and you

will have a good cake, Prov. xxiii., 14. Sift two teaspoonfuls

of baking powder in the flour, pour boiling water on the al-

monds to remove the skins, seed the raisins, and chop the figs.

It makes one large or two small cakes.

### Ribbon Cake

Cream one cupful of butter and two cupfuls of sugar;

then add four well-beaten eggs, one cupful sweet milk, three

and one-half of sifted flour, to which has been added one heaping teaspoonful of baking powder. Divide into three parts;

to the first add one tablespoonful of melted chocolate and

flavor with vanilla; flavor the second with lemon, and to the

third add a few drops of fruit coloring, making as deep a pink

as desired, and bake each in a layer cake tin. Place the plain

one on the bottom, spread with boiled icing; then the brown,

spread likewise, and then the pink. Have enough icing for

the top and to this add a few drops of the coloring. This can

be made red, white, and blue for a Washington cake, which is

nice.

### Rye Bread Torta

Ten ounces of almonds chopped fine. Twelve eggs, three-

quarters of a pound of sugar, four and one-half ounces of

citron, cut fine, three-quarters of a pound of grated rye bread,

one whole lemon, grated, one teaspoonful of ground cloves,

one wineglassful of red wine. Beat the sugar and yolks of

eggs one-half hour. Add lemon and almonds, then citron

and cloves, and rye bread, which has been moistened with the

wine, and at last the whites of eggs well beaten. This makes

two loaf cakes, is delicious, and keeps indefinitely.

### Dominos

Spread sponge cake batter about one-third of an inch deep

in long tins, and bake in a quick oven. Have a paper about

twice the size of the cake spread on the table, and as each cake

is baked turn it upside down in the centre of the paper, spread

it with a thin layer of pineapple jelly, and lay the other cake

on it upside down. With a sharp knife cut it lengthwise

through the centre, then divide it across in six equal pieces.

But a large dessertspoonful of white frosting on each piece,

and spread it smoothly over the top and sides; leave it until

quite dry. Then with chocolate icing, make a line across the

centre of each cake, and spots as on real dominos.

### Pistachio Cake

Cream together one cupful of butter and one and one-half

cupfuls of sugar; add one-half cupful of milk or cream; stir

in one cupful of flour and one of cornstarch, into which one

teaspoonful of baking powder has been sifted; add ten drops

of bitter almond extract and two tablespoonfuls of orangeflower water, and fold in deftly the stiffly beaten whites of six

eggs. Beat thoroughly and bake in shallow jelly cake pans.

For the filling, boil two cupfuls of granulated sugar with one

cupful of water until it will spin a thread; then pour it over

the beaten whites of three eggs. Color with green vegetable

coloring, add one teaspoonful of pistachio flavoring, six drops

of bitter almond extract, and two heaping tablespoonfuls of

pistachio nuts, finely chopped. Beat until thick, and when

cold, spread between layers.

### Watermelon Cake

To make the red part, take one cup red sugar, half-cupful

butter, one-third cupful sweet milk, two cupfuls flour, whites

of four eggs, one teaspoonful of baking powder, and one cup-

ful seeded raisins. To make the white part take two cupfuls

white sugar, one of butter, one of sweet milk, three and onehalf of flour, whites of eight eggs, and two teaspoonfuls baking

powder. Use a cake tin with the tube in the centre. Put

the red batter around the tube and the white around the edge

of the tin. It requires two persons to fill the tin properly.

### Archangel Cake, Marshmallow Frosting

With a wire potato masher, beat one cupful of butter to

a cream and gradually beat in one cupful of granulated sugar.

Beat the whites of eight eggs until dry. Add a little of the

beaten eggs to the butter and sugar, then add two cupfuls of

sifted flour, sifted again with two level teaspoonfuls of baking

powder, the rest of the egg whites, and half a teaspoonful of

almond extract. Bake in a pan with tube in centre in layers

or a sheet.

### Frosting

Boil one cupful and a half of brown sugar and three-

fourths cupful of cream to the soft ball stage. It will require

about forty minutes. Add one-half pound of marshmallows

and beat until the mixture is smooth; add one teaspoonful

of vanilla.

### Harvest Cake

Mix one-half cupful of butter with one and one-half cupfuls of sugar, one-half cupful of milk, two cupfuls of sifted

flour, one heaping teaspoonful of baking powder, the beaten

whites of four eggs, and a teaspoonful of almond or lemon

flavoring. Bake in one sheet. Cut in squares and ice with

pale green and pale yellow frosting. On the squares iced with

yellow, place tiny stacks of angelica cut in strips tied with a

wee bow of baby ribbon. On the squares iced with green,

place similar stacks of candied orange peel.

### Cocoanut Cakelets

i cupful of sugar.

i cupful of butter.

a eggs.

| cupful of milk.

i teaspoonful of baking powder.

i| cupfuls of flour.

i cupful desiccated cocoanut.

Cream the butter and sugar, add beaten yolks of eggs,

then the milk and sifted flour, in which put the baking powder.

To this add the beaten whites of eggs and the cocoanut. Drop

a spoonful at a time on a shallow pan, do not let them touch

each other, do not spread them, they form themselves in the

oven. A dab of frosting may be placed on each, with a

candied cherry.

iJ cupfuls of pulverized sugar.

| cupful of sweet milk.

8 egg yolks.

IJ cupfuls of cornstarch.

Cream the butter and sugar, add the well-beaten yolks,

then alternately, the sifted flour, baking powder, cornstarch,

and grated nutmeg. Bake in gem pans.

### Madelines

J cupful butter.

Nutmeg to flavor.

2 teaspoonfuls of baking powder.

ij cupfuls of flour.

### Cinderella Cakes for Children’s Parties

i gill of ice water.

2 eggs.

i cupful of sugar.

ij cupfuls of flour.

I teaspoonful of baking powder.

i ounce of chocolate.

J tumbler of any kind of jelly.

i tablespoonful of lemon juice.

Beat yolks of eggs and sugar until very light, beat the

whites and add to the yolks and sugar, and grated chocolate.

Beat in the lemon juice and water, then flour sifted with baking

powder. Beat for three minutes, pour the batter into two

pans, bake in moderate oven for eighteen minutes. Spread

one sheet with jelly, press the other over. When cold cut in

squares, diamonds, hearts, etc. Dip in white or chocolate

frosting and use the next day.

### Brownies for Children

| cupful of butter.

J teaspoonful of baking powder.

j cupful of molasses.

| cupful of sugar.

i scant cupful of coffee.

i egg.

i cupful of chopped nut meats.

Cream butter and sugar, add molasses and beaten egg,

then flour and baking powder sifted together. Stir in the nuts

last. Bake in small greased pans.

### Cream Puffs

In a small granite saucepan, one-quarter cupful of butter,

one cupful of boiling water, one teaspoonful of sugar, and a

dash of salt. Let this come to a boil, then gradually sift in

one and a quarter cupfuls of wheat flour, beating constantly

with a whisk till quite smooth. Lift from the fire and stir until

cool, then drop in one by one, three eggs, unbeaten. Whip the

mixture and drop from a spoon on a buttered tin, in little balls

about two inches apart. Bake thirty minutes; they will puff

up and become crisp and brown. Split open when cool and

put in filling made as follows: Beat the yolks of three eggs,

add a quarter of a cupful of flour, and pour over this one pint

of scalded milk.' Add three-fourths of a cupful of sugar and

a dash of salt, then put in a double boiler and cook twenty

minutes. Flavor with vanilla.

### Shamrocks

§ cup butter.

2 cupfuls sugar.

4 eggs.

i cupful milk.

31 cupfuls flour.

4 teaspoonfuls baking powder.

| teaspoonful mace.

i teaspoonful rosewater.

Cream butter, add sugar gradually, beating constantly.

Add yolks, well beaten. Sift flour, baking powder, and mace;

add, to first mixture alternating with milk. Add flavoring.

Beat whites until stiff, cut and fold them into mixture. Bake

in individual tins, spread each with boiled frosting, and garnish

with shamrocks cut from angelica. Tiny vegetable cutters

may be found at the kitchen outfitters, made in the form of the

shamrock, costing but a few cents. Angelica is the preserved

stalk of a plant the color of citron. It is especially valued for

its green color for decorative purposes in cakes and confec-

tionery. Citron is sometimes used in place of the former

for such purposes.

### Lady Fingers

6 egg whites beaten stiff

j cupful of powdered sugar.

4 egg yolks beaten thick.

j cupful of flour sifted twice.

Dash of salt.

Beat well, add whites of eggs last, press through a pastry

tube on waxed or greased paper in long narrow fingers, dust

with powdered sugar, bake eight minutes in a slow oven.

### Chocolate Cocoanut Cakes

One cupful of butter, two cupfuls of sugar, three cupfuls

of flour, five eggs; beat whites and yolks separately; one

small cupful of ice water, two spoonfuls of baking powder

sifted in the flour, vanilla flavoring. Cream butter and sugar

together until very light; add yolks of eggs, then whites, then

flour, and finally the ice water. Bake in biscuit pans. When

cold, cut in squares. Have chocolate frosting ready in a bowl.

Dip each square into the frosting and put on a platter to dry.

For cocoanut cakes, have white frosting in a bowl and a dish

of grated fresh cocoanut. Dip the squares into the frosting

and then roll them in the grated cocoanut.

### Nut Bars

Mix one cupful of brown sugar with one egg, one cupful

of American walnut meats, broken into bits, a pinch of salt,

one-quarter teaspoonful of soda dissolved in one tablespoonful

of hot water, and two tablespoonfuls of flour.

### Walnut Wafers

Beat to a cream one-half cupful of butter, and one cupful

of sugar. Add one-half teaspoonful of salt, one egg well

beaten, one-third cupful of milk, one cupful of flour in which

has been sifted one-fourth teaspoonful of baking powder.

Lastly stir in one cupful of chopped walnut meats. Drop

from a spoon on a buttered tin, and bake in a slow oven.

### Coffee Caramel Cakes

Cook one cupful of sugar in a saucepan until it melts and

becomes a light amber color, then add one cupful hot, strong

coffee and simmer until the caramel is completely melted —

about twenty minutes. Pour while still hot over one-half

cupful of shortening, cool slightly and add one egg, well beaten,

one teaspoonful of vanilla, and four cupfuls of flour, sifted, with

four level teaspoonfuls of baking powder and one-half tea-

spoonful of salt. Drop by small spoonfuls into buttered pan

and press out with bottom of measuring cup. Bake in mod-

erate oven. If these are not sweet enough add one-half

cupful of sugar to the recipe and you will have coffee caramel

snaps.

### Honey Cakes

One quart of honey mixed with half a pound of white

sugar, half a pound of butter, and the juice of two lemons.

Stir this mixture very hard, then mix in gradually flour enough

to make a stiff paste. Cut into round cakes and bake in

buttered pans.

### Cocoanut Cones

Boil one cupful of sugar and one-half cupful of water

until it threads. Beat this slowly into the whites of two eggs,

beaten stiff, add a pinch of salt, three or four drops of rose

water, and a half-pound of cocoanut. Drop on buttered

paper and brown in oven.

### Almond Cakes

2 teaspoonfuls baking powder.

i teaspoonful vanilla extract.

t teaspoonful salt.

2 cupfuls of blanched almonds,

ground fine.

iJ cupfuls powdered sugar.

6 eggs.

J cupful grated chocolate.

i j cupfuls sifted cracker crumbs.

2 teaspoonfuls cinnamon. „

2 tablespoonfuls ice water.

Sift the sugar and add the beaten yolks; then add the

crumbs, spice, extract, salt, baking powder, chocolate, and

almonds. Lastly, add the ice water to the egg whites and

beat the mixture until very stiff. Fold the beaten whites into

the other mixture and bake in two jelly cake tins. When cold

put together with half the filling between and the other half

on top. To make the filling: Take one pint double cream,

whipped stiff; half-cupful sugar, two tablespoonfuls sherry,

one cupful roasted almonds, ground fine. Whip the cream

until very stiff, then add the sugar and sherry, and lastly the

almonds.

### Marshmallow Marguerites

Take any variety of thin unsweetened cracker, spread

lightly with butter and set in a baking-pan; on the centre of

each cracker dispose a marshmallow, with a bit of butter above,

— the butter may be omitted,— put the pan into a hot oven

until the marshmallow is softened and browned a little, then

serve at once.

### Chocolate Macaroons

Put a quarter of a pound of grated chocolate, of the very

best quality, into a basin with an equal quantity of sifted,

white sugar and three ounces of almonds which have been

blanched and pounded; mix well, form into a rather soft,

light paste with beaten egg, then drop the preparation in tiny

morsels of equal size upon a baking-tin which has previously

been covered with a sheet of thickly buttered paper. Bake

in a moderate oven for about twenty minutes, then remove

the tin from the oven, turn the sheets of paper over so that the

cakes may rest lightly on the table, and brush the paper over

with cold water in order to loosen the cakes and cause them

to separate from it.

### Nut Macaroons

Beat the white of one egg until light, and add gradually,

while beating constantly, one cupful brown sugar. Fold in

one cupful pecan nut meats, finely chopped and sprinkled

with one-fourth teaspoonful salt. Drop from tip of spoon,

one inch apart, on an unbuttered sheet, and bake in a moderate

oven until delicately browned.

### Chocolate Drop Cakes

One-fourth cupful of butter, one cupful of sugar, one

egg, one-half cupful of sweet milk, one and a half cupfuls of

flour, one heaping teaspoonful of baking powder, one-eighth

cake of unsweetened chocolate. Cream together the butter

and sugar, add the milk, and the eggs well beaten. Sift the

baking powder into the flour and add it to the cake, also the

grated and melted chocolate, beating well. Bake in tart

shells or gem pans. Frost, and cover with finely chopped

nut kernels.

### Mocha Frosting

Wash the salt from a cupful of butter, dry on a cloth, then

beat to a cream; gradually beat in two cupfuls and a half

of powdered sugar, and coffee extract to taste. Black coffee

reduced by boiling may replace the extract, but a good coffee

extract is better.

### Marshmallow Icing

Boil two cupfuls of granulated sugar and half a cupful

of water to 240 degrees Fahrenheit, or until it spins a thread

about three inches long, then pour in a fine stream over the

well-beaten whites of four eggs, beating constantly meanwhile.

When cool add half a pound of marshmallows, each marshmallow cut in four pieces with scissors. The marshmallows should

not melt in the icing, which should be exceedingly light and

fluffy. Flavor to taste.

### To Thicken Icing

It often happens that the boiled icing is too soft and no

amount of beating will thicken it. In that case add powdered

sugar, beating it all the time until the frosting is thick enough.

### Uncooked Icing

To make icing without cooking, which will keep moist, use

two cupfuls powdered sugar, two tablespoonfuls of melted

butter, two teaspoonfuls of vanilla flavoring, and enough

milk to make the right consistency. Mix well together. This

will keep moist from two to three weeks and is quickly made.

### Boiled Icing

2 cupfuls sugar.

2 egg whites.

Flavoring to taste.

Moisten the sugar with water, let it stand until it dis-

solves, boil without stirring, until it threads from the spoon.

Beat the w’hites to a stiff froth. When the syrup has cooled

slightly, stir in the whites, gradually beating until cold, then

add flavor. This is the basis for all icing.

### Maple Sugar Icing

Melt a cupful of maple sugar in one-half cupful of water.

Boil until it threads, then beat in the stiff wrhite of one egg.

$tir to a smooth cream and spread on the cake while warm.

### Orange Pineapple Filling

3 oranges.

2 egg .whites.

I cupful of grated pineapple.

Sugar to taste.

Grate the oranges, rind and pulp, take out the seeds, and

add the pineapple. Beat the whites, add fruit and sugar.

Spread thickly between the cake layers.

### Caramel Filling

One cupful of brown sugar, one cupful of milk, butter

the size of an egg. Boil till thick, flavor with vanilla, and

spread while warm on the cakes.

### Banana, Peach, or Pineapple Filling

Cut fruit in thin slices, sprinkle with sugar, whip and

sweeten cream, place between layers and on the top.

### Almond and Raisin Cake Filling

Blanch the almonds and chop them fine. Two-thirds

of a cupful will be needed for a three-layer cake, and the same

quantity of seeded and chopped raisins. Mix together and

spread between the layers as soon as they are baked. Ice the

cake on the top layer, and while the icing is soft, cover it with

almonds, blanched and cut in four lengthwise strips. Let

the almonds stand up at one end a little by pressing the other

into the icing.

### Chocolate Filling

One cupful of sugar, eight tablespoonfuls of sweet milk,

two tablespoonfuls of shaved chocolate, butter size of a chest-

nut; boil about three minutes and stir until cold. Put on

cake when both cake and filling are cold. If boiled a little

too long add a few drops of milk while stirring.

### Fig Filling

| pound of figs.

J pound of raisins.

Juice and grated rind of half a lemon.

Boil in just as little water as possible, and let that evap-

orate all it will when done. Then chop fine and add two

teaspoonfuls of any jelly or marmalade that combines well,

currant or strawberry preferred. Spread between the layers.

### Walnut Cake Filling

Follow the above recipe, taking English or black walnuts

in place of the almonds. Decorate the cake with walnuts cut

in halves, pressed into the icing.

### Fruit Filling

One cupful of seeded raisins, a half-pound of blanched

almonds, one of figs and one of citron, all chipped fine. Mix

with enough frosting to spread, and place between the layers.

# XV.—BREAD, HOT BREAKFAST CAKES, ROLLS, WAFFLES, MUFFINS, AND BISCUIT RULES REGARDING YEAST BREAD

THE FLOUR should be kept in a dry place; and should

be heated before using. Use only fresh yeast. The

milk or water should be scalded, and then cooled to

lukewarm. Increase the heat of the oven gradually the

first twenty minutes, keep the oven’s heat even the next

twenty minutes, and lessen the heat for the last twenty

minutes. Always keep your bread in an air and moisture

proof, clean tin box.

You can make dough light—by using yeast; by using

baking powder; by using soda with molasses or sour milk;

by beating into a mixture.

### Wheat Bread

Two cupfuls scalded milk (or boiling water) one table-

spoonful salt, one tablespoonful sugar, one tablespoonful

butter (or other fat), one-half ounce of compressed yeast

dissolved in one-half cupful lukewarm water, six to six and

one-half cupfuls flour. Put salt, sugar and butter in mixing

bowl, and pour on the hot milk (or boiling water). When

lukewarm add the yeast and five cupfuls of flour, mix and

stir well, after which add remainder of flour and mix well

again. Then place dough on a floured board and knead

’til soft. After this put back into bowl, moisten and cover

it well and keep it in a warm place and allow to rise to dou-

ble its bulk. Then cut down the dough\* place on floured

board and make into loaves. Then put into pans, greased or

floured, cover well once more and let it double its bulk again.

Then bake in a hot oven for sixty minutes. If you desire

a hard crust, remove the bread from the pan after baking

and place it in a draft. If you desire a soft crust roll the

bread in a cloth immediately after baking.

Note : If you set your bread during the day, use one cake

of yeast; if at night use one-half cake of yfeast. The above

recipe is sufficient for two loaves. For four loaves increase

parts to three pints of scalded milk or boiling water, three

tablespoonfuls salt, three tablespoon’fuls sugar, three table-

spoonfuls butter or other fat used, five quarts flour and one

ounce compressed yeast dissolved in one-half cupful luke-

warm water.

### French Bread

Two cupfuls water, lukewarm, one tablespoonful salt,

one-quarter cupful water, lukewarm, one-half ounce of com-

pressed yeast and six or six and one-half cupfuls wheat flour.

Put salt and two cupfuls water, lukewarm, in mixing bowl

and add the yeast after dissolving in the quarter cupful of

water, lukewarm. Pour in five cupfuls of flour and stir well

to mix while pouring. Then add more flour gradually and

knead right in same bowl, or on floured board until dough

is elastic and even. Then put dough away and keep warm

until it reaches double its bulk. After this, cut it down, then

let it rise once more until it becomes light. Then place it on

a floured board, cut it into four loaves, put the loaves into

pans (greased or floured) laying considerably apart. Then

cut each loaf in center the long way about half an inch deep,

coat tops of dough with the white of an egg which beat with

a tablespoonful of cold water. When twice their bulk in

size put in hot oven for from thirty to forty-five minutes, or

until they reach a golden brown—and let it cool, preferably

in a draft.

### To Make Braided Bread

When the bread dough is ready to make into loaves, cut

the dough in half, three parts or four—as many parts as

wanted per loaf, and lightly knead and roll each part to a

perfect evenness. Then prick with a fork, braid and place

each braided loaf in a floured pan and let rise and become

light. Slightly coat the tops with the yolk of well beaten egg

mixed with about a tablespoonful of cold water, Then add

poppy seeds and put in hot oven, to bake from three quarters

to a full hour, after which cool in a draft so as to secure the

hard crust desired.

### Raisin Bread

One pint of milkt(or water) hot, one-third cupful butter

(or other fat), one-half cupful sugar, teaspoon salt, one

beaten egg, one-quarter cupful raisins, eight cupfuls wheat

flour, half ounce of yeast, half teaspoonful anise, powdered.

Break up the yeast small and dissolve it in a cup, adding

teaspoonful of sugar and one-half cupful of milk (luke-

warm), Leave it in a warm place. Put butter, sugar and

salt into a bowl and pour in the remainder of milk, and

follow with the yeast and egg mixture. Mix well, and

knead on board, including the balance of ingredients speci-

fied in full portions, adding flour as required to obtain a

smooth, elastic batter. After this, place back into bowl,

cover tightly in a warm place and allow to double its bulk.

Then make ordinary loaves or cut into four parts and roll for

braids, with three rolled parts to a braid. Then place

braided part in large pan, and lay the fourth rolled part,

twisted and double lengthwise on top of the braided dough.

Slightly coat the top with the yolks of beaten eggs, drop

poppy seeds over the entire loaf, allow to rise to double its

bulk and bake in a warm oven for about forty-five minutes.

### Entire Wheat Bread

Two cupfuls scalded milk, one-fourth cupful sugar, one

teaspoonful salt, one yeast cake dissolved in one-fourth cupful

lukewarm water, four and one-third cupfuls entire wheat

flour. Combine the first three ingredients and when cool

add dissolved yeast cake and three cupfuls of flour; beat until

light, add remaining flour, beat, cover, let rise to double its

bulk; again beat, turn into greased bread pans one-half full,

let rise not quite double, bake; making and baking to occupy

about five and one-half hours.

### Mush Bread

To one pint and a half of hot mush made as for serving

at breakfast, add two tablespoonfuls of butter, or butter and

lard mixed, two tablespoonfuls of sugar and one teaspoonful

of salt, and let stand until blood warm. Add two-thirds of a

cake of compressed yeast dissolved in one-half of a cupful of

warm water and sufficient sifted flour to make a very stiff

dough. Knead on a floured board until soft and smooth,

return to the bowl, cover, and set aside until double in size.

Mould into loaves, place in greased pans, and when risen again

bake in a moderate oven.

### Pumpkin Bread

Scald a half-cupful of white Indian meal with boiling

water. To this add a well-beaten egg, a cupful of the baked

squash, a cupful of sour milk, into w’hich stir a teaspoonful of

salt, a cupful of meal sifted twice, with a teaspoonful of baking

soda, even, and one of baking powder. Mix quickly and beat

well, add a good spoonful of sugar and the same of melted

butter. Stir and beat into a light batter; pour into a pan an

inch in thickness, bake quickly, and serve very hot.

### Bran Bread

The ingredients for two small loaves are: One cupful of

graham flour, two cupfuls of bran, three-quarters of a cake oi

compressed yeast, one tablespoonful each of butter and lard,

a small cupful of milk, and one-half teaspoonful of salt. Dis-

solve the yeast in a half-cupful of warm water, adding the milk,

the salt, and one-half the bran and flour, stirwell, and turn into

a warm pan, allowing it to rise for about an hour; then mould,

using the remainder of the flour, together with the melted

shortening. After forming in two small loaves, let it rise

again until about doubled in size, and bake in a moderate oven

forty-five minutes.

### Rich Corn Bread

One cupful yellow cornmeal sifted, two cupfuls of sour

milk, one teaspoonful of molasses, one teaspoonful of baking

soda stirred in milk, two eggs beaten light. Grease pan on

bottom and side with heaping tablespoonful of lard. Set pan

in oven until lard is melted thin. Put a tablespoonful of lard in

the batter and pour batter in hot pan. Bake forty-five minutes.

### Hominy-Egg Bread

Two cupfuls of hominy, well cooked; four eggs, one spoonful of butter, three spoonfuls of flour, one cupful of sour cream,

half a teaspoonful of soda; mash the hominy and the cream

together; beat in the yolks of the eggs with one spoonful of

butter and teaspoonful of salt, leaving the well-beaten whites

till the last. The whites should be well whisked and the

butter melted before they are stirred in. Bake in a quick

oven.

### Cornmeal Sponge Bread

Three eggs, the whites and yolks beaten separately, one

pint of meal, one pint of buttermilk, and one teaspoonful of

soda. Mix thoroughly, adding the soda last. Bake in a

quick oven, in a shallow baker, and the bread will be as light

as a feather.

### Delicious Apple Bread

Boil a dozen good-sized apples that have been carefully

peeled and cored, until they are perfectly tender. While still

warm, mash them in double the amount of flour, and add the

proper proportion of yeast. The mass should then be thor-

oughly kneaded without water, as the juice of the apples will

make it sufficiently soft. It should be left to rise for twelve

hours, then formed into loaves, and baked when quite light.

Apple bread was the invention of a scientific Frenchman, and

it has always been highly commended for its healthfulness.

### Luncheon Brown Bread

One-third cupful of molasses, one-third cupful of sugar,

one and one-third cupfuls of buttermilk, one level teaspoonful

of salt, three-fourths cupful of white flour, one and one-half

cupfuls graham flour, one heaping teaspoonful soda dissolved

in a little water. Stir well together and add one-half cupful of

raisins and a few English walnuts. Turn quickly into bake

tin and let stand one-half hour before baking. Bake in a

moderate oven over thirty-five minutes.

### Sweet Potato Corn Bread

For this Southern hot bread, boil three large sweet potatoes,

peel them, and put through a potato ricer. Add quickly one

tablespoonful of butter, one teaspoonful of salt, one scant

cupful of milk, one cupful and a half of soft cornmeal, and one

well-beaten egg. Beat for a moment, add one teaspoonful of

baking powder, pour into a well-buttered shallow pan and

bake in a hot oven. Serve hot.

### Date Bread

One quart sour milk, four cupfuls graham flour, two

cupfuls wheat flour, one cupful molasses, two teaspoonfuls

soda, two teaspoonfuls salt, one and one-half pounds dates.

Steam two hours in little tins.

### Spoon or Batter Bread

Scald one cupful of meal with three of boiling water.

Add two eggs well beaten, three cupfuls of buttermilk, a

teaspoonful of soda and one of salt. Melt one teaspoonful

of lard and add it last. Bake slowly in a yellow bowl or pud-

ding dish. (This is the famous Virginia spoonbread, so

popular at the White Sulphur Springs.)

### Boston Brown Bread

One cupful corn meal, one cupful rye meal, one cupful

graham flour, one and one-half teaspoonfuls soda, one tea-

spoonful salt, three-fourths cupful New Orleans molasses,

two cupfuls sour milk or one and three-fourths cupfuls of sweet

milk or water. Steam three and a half hours.

### Apple Pone

Pare and chop fine one quart of sweet apples. Pour a

pint of boiling water into one quart of granulated white corn-

meal; when cool, add sufficient sweet milk, about one pint,

to make a very soft batter. Stir in the apples, turn the mix-

ture into a greased shallow pan; cover and bake in a mod-

erate oven for at least two hours.

### Nut Bread

Set a sponge of one cupful of entire wheat flour, one cupful

of white flour, one-half cake of compressed yeast, one cupful

of lukewarm sweet milk. When the sponge is light, add two

tablespoonfuls of brown sugar, one teaspoonful of salt, one-

quarter of a pound shelled hickory nuts, and enough whole

wheat flour to make as stiff as can be stirred with spoon. Put

in pans, let rise an hour, and bake.

### Quick Nut Bread

Two cupfuls of milk, one-half cupful of sugar, four cupfuls

of flour, one cupful of broken nut meats, four teaspoonfuls

of baking powder, one teaspoonful of salt, two beaten eggs.

Put into greased pans and set aside for twenty minutes, then

bake for thirty minutes in a moderate oven.

### Oatmeal Bread

To three cupfuls of boiling water, one teaspoonful of salt,

add sufficient oatmeal to make a thick mush, and cook thirty

minutes or two hours according to the kind of oatmeal used.

Add one tablespoonful of sugar or two tablespoonfuls of

molasses, one-half teaspoonful of salt, one pint of hot milk,

stir well and set aside till lukewarm. Stir in half a cake of

compressed yeast, blended with three tablespoonfuls of warm

water, and enough sifted flour to make a thick batter. The

flour may be w’hite, or half and half with whole wheat, or all

of the entire wheat. Beat well, cover, and put in a warm

place until light and spongy. Sift in flour to make a soft

dough, and knead till fine-grained and smooth. Return to

bowl, cover, and set aside again until the dough has doubled

in bulk, then mould into two large or three small loaves. Place

in greased pans, wet the tops with water, let stand until rising

well, then bake in a moderate oven.

### Fried Bread

Cut thick slices of white bread; dip them in milk, then

in egg, then in sugar. Fry until a good brown. Sprinkle

with powdered sugar and cinnamon, and serve. This is good

for breakfast or for children’s dessert at noon.

### Rice Pancakes

Boil as usual one teacupful of rice; when cold, mix with

one quart of milk, four yolks of eggs, two teacupfuls of sifted

flour, salt, two teaspoonfuls of baking powder. Add the

beaten whites last. Bake on a hot griddle.

### Sour Milk Pancakes

There are no griddle cakes quite so good as those made

with sour milk, in the old-fashioned way, before prepared

flours were thought of. Take one cupful of thick sour milk,

with the cream left in, a level teaspoonful of soda, and a gen-

erous pinch of salt. Stir together until thoroughly dissolved,

then thicken with flour. Fry on a hot griddle with plenty of

good, sweet lard, and they will be light, tender, and delicious.

The batter should be so thick that it will not froth and boil

when dropped on the griddle, but not too thick to spread out

of itself into thin cakes. When mixed, try a little; if too

thick, thin with sweet milk.

### Bread Griddle Cakes

One and one-half cupfuls fine bread crumbs, one-half

cupful flour, one and one-half cupfuls hot milk, three and one-

half teaspoonfuls baking powder, two eggs, one-half tea-

spoonful salt, two tablespoonfuls butter. Mix in the order

given. One cupful any cooked cereal may be used instead

of bread crumbs.

### Green Corn Pancakes

Take one quart of green corn, rasped from the ear with

a coarse grater, two teacupfuls of sweet milk, one teacupful

of flour, mix them well together, adding two well-beaten eggs;

season the batter with salt and black pepper and bake on a

griddle.

### Potato Pancakes

Use one egg to three cupfuls of grated potatoes, add three

tablespoonfuls of flour, one scant half-cupful of milk, and one-

half teaspoonful of salt. Fry in a spider in nearly half an inch

of fat. These cakes should be a rich dark brown with crisp

edges.

### Cornmeal Batter Cakes

One pint of meal, scalded. While hot add two table-

spoonfuls of butter, one cupful of boiled hominy or grits,

three well-beaten eggs, one pint of flour, teaspoonful of salt

and one of soda, and thin the batter with sour cream. Two

spoonfuls of the thin batter make a cake. They are more

delicate if the griddle is rubbed over with salt instead of lard,

### Entire Wheat Pancakes

Mix one cupful of entire wheat with one-half teaspoonful

of salt and two teaspoonfuls of baking powder, thin with milk,

add egg yolk, beaten; then, the last moment, the white beaten

stiff. Bake on a griddle.

### Buckwheat Cakes

Take one-third of a cupful of fine bread crumbs, soaked

thirty minutes in two cupfuls of scalded milk, one-half a tea-

spoonful of salt, one-quarter of a yeast cake dissolved in one-

half cupful of water, and real buckwheat flour enough to

make a thin batter. This is set over night. In the morning

stir well, add one tablespoonful of molasses, one-quarter of a

teaspoonful of soda in one-quarter of a cupful of lukewarm

water. Bake on a griddle. A tablespoonful of maple syrup

added just before baking is an improvement.

### Flannel Cakes

One pint of sour milk, three teaspoonfuls of melted lard,

three eggs, well beaten, one teaspoonful of soda, flour to make

a good batter. Mix well, beating the whites and yolks of the

eggs separately, and adding the stiffened whites last of all.

Fold in lightly and quickly, then bake the batter on a griddle

as you would other pancakes, They are delicious,

## ROLLS

### Hot Rusks

i cupful of butter.

3 cupfuls of flour.

2 eggs.

1 cupful of milk.

J cupful of sugar.

A pinch of salt.

2 teaspoonfuls of baking powder.

Sift the flour and baking powder, cut in the butter, add

the milk and beaten eggs. Roll into large biscuit and bake,

### Scones

a cupfuls of flour. 2 teaspoonfuls of baking powder.

J teaspoonful of salt. f cupful of sugar.

3 tablespoonfuls butter. 1 egg.

Add enough milk to make a soft dough, divide in half,

flatten into a round cake thick as a biscuit, with the hand.

Mark with a knife into quarters or scones, and bake quickly.

### Quick Coffee Cake

Stir well one cupful of sugar, one-half cupful butter, and

three well-beaten eggs, then one-quarter cupful sweet milk,

one-quarter cupful flour, one-half teaspoonful baking powder;

work the dough well and lay in two greased pie tins, put

chopped nuts on the top, also sugar and cinnamon.

### Coffee Cake

Two cupfuls of bread sponge, one well-beaten egg, half a

cupful of sugar, one tablespoonful of butter, a cupful of tepid

water. Mix well, add enough flour to make a thin dough.

Let rise; turn out on a board, and roll out an inch thick.

Place in a baking-pan, let rise till light. Just before placing

it in the oven, spread over the top an egg beaten with a

'teaspoonful of sugar, and a few split blanched almonds.

### Coffee Buns

One yeast cake dissolved in one-quarter cupful of luke-

warm water. Add to one cupful of scalded milk. Add one

and one-half cupfuls of flour. Beat well and let rise. When

light add one-quarter cupful of sugar, one teaspoonful of salt,

one egg, a little mace, one-quarter cupful melted butter, and

enough more flour to knead. Knead well, let rise, and roll

in a long strip one-quarter inch thick. Spread with melted

butter, sift cinnamon and sugar over it, and roll up like a jelly

roll. Cut in one-inch pieces and place close together in pan.

Bake one-half hour. When cold pour over them a very thin

syrup of confectioner’s sugar and water which has been boiled

two minutes.

### Delicious Tea Cake for Sunday Night

I quart of flour. 3 teaspoonfuls of baking powder.

j cupful of sugar. i large teaspoonful of butter.

j teaspoonful salt. 2 egg yolks.

Milk to make a stiff batter.

Sift all the dry ingredients, rub the butter through the

flour, then the yolks of eggs and milk, and lastly, the stiffly

beaten whites of three eggs. Bake in a layer about an inch

and a half thick when poured into the pans. Break into

squares before sending to the table; it is to be buttered and

served like com bread.

### Hot Cross Buns for “Good Friday”

At night dissolve one-fourth of a yeast cake in half a

cupful of tepid water. Put in the bread bowl one-third cupful

of butter, drippings, cottolene, or lard, one-fourth cupful of

sugar, one tablespoonful of salt, one cupful of milk, and

half a cupful of water scalded together. When nearly cold

add the yeast cake mixture and two small eggs beaten with-

out separating. Sift in three or four cupfuls of flour. Beat

well and cover until it is double in bulk. Knead well and

form into balls the size of a silver dollar and put them in a

buttered pan close together. When light, criss-crossthem with

a knife and brush them with egg diluted with milk and slightly

sweetened. Dust plenty of cinnamon carefully into the creases,

sprinkle the entire bun with granulated sugar, and put them

in a very hot oven. In three minutes reduce heat and bake

them twenty minutes.

### Rice Waffles

One cupful of boiled rice, one pint of milk, two eggs, lard

the size of a walnut, one heaping teaspoonful of baking powder,

flour for a thin batter,

### Mamie’s Waffles

Take one pint of milk, three eggs, one teaspoonful of salt,

one tablespoonful each of butter and lard, three teacupfuls

of flour. Cream the yolks of the eggs and the milk together,

add salt, then the sifted flour, and well-beaten whites of eggs,

next the lard and butter melted and put in very hot. Put in

the baking powder the last thing.

### Chicago Popovers

Take two eggs well-beaten and one cupful of milk. In

another bowl sift twice one cupful of flour, add slowly the eggs,

milk, and a little salt, and beat very smooth. Put quickly into

very hot greased gem pans, and bake forty-five minutes in a

moderate oven. Iron gem pans are always best. These pop-

overs should swell to six times their original bulk. They are

delicious with jelly or marmalade.

### Mocha Gems

Cream two tablespoonfuls of butter with one of sugar,

add one well-beaten egg. Mix one cupful of coffee with one-

half cupful of milk, add it alternately with one and a half cup-

fuls of flour mixed and sifted with one and one-half teaspoonfuls of baking powder and one-half teaspoonful of salt. Beat

in one cupful of rolled oats. \* Pour in hot buttered gem pans,

and bake twenty minutes in a hot oven.

### Honey Muffins

Sift together one and a half pints of flour, two teaspoonfuls

baking powder, and half a teaspoonful of salt. Work in two

tablespoonfuls of butter; beat and add three eggs, one cupful

of honey, and a half-pint of milk. Bake in a hot oven.

### Hot Com Meal Gems

Cream a tablespoonful of butter and a tablespoonful of

sugar, add the yolks of two eggs, and mix well. Place in the

flour sifter one and one-half cupfuls each of white flour and

corn meal, a teaspoonful of salt, and two teaspoonfuls of baking

powder. Add this gradually to the egg mixture with a capful

and a half of sweet milk. Fold in lightly the stiffly beaten

whites of the eggs and pour into gem pans. Bake thirty

minutes in a hot oven. This amount will make twenty-four

small gems.

### Rolled Oats Muffins

Put one cupful of rolled oats in a large bowl, in the even-

ing; add one tablespoonful of butter, one teaspoonful of salt,

and one teaspoonful of sugar and let thisstand an hour or more;

then add one-quarter of an yeast cake softened in one-quarter

of a cupful of tepid water and one quart of flour and about

two teaspoonfuls more of the flour. Beat well and cover and

letstand until morning. Then turn the stiff batterinto buttered

muffin pans and let rise until double in bulk, then bake in

a slow oven about thirty-five minutes and serve warm.

### Corn Puffs

To the pulp from six ears of com or one can add half a

cupful milk, yolks of two eggs and a little salt, a cupful and

a half of pastry flour sifted with a heaping teaspoonful of

baking powder. Fold in the beaten whites of the eggs and

bake in well greased muffin pans for twenty minutes. Serve

the same as muffins.

### Graham Breakfast Crisps

Mix two cupfuls of graham flour with one teaspoonful

of salt and one cupful of water. Roll out rather thin. Cut

into rounds. Put a layer on a greased pan, brush them with

melted butter and put on another layer, pinch edges together.

brush again with butter, prick clear through both layers in

several places, and bake twenty minutes in a hot oven.

### Rice Muffins

Add to two teacupfuls of cold boiled rice half a pint of

milk and three eggs; sift together one pint of flour, one and a

half teaspoonfuls of Price’s powder, one tablespoonful of sugar

and one teaspoonful of salt, and mix with the rice, beating all

into a smooth batter. Grease muffin pans and fill each

mould two-thirds. Bake in a hot oven.

### Florida Muffins

One pint of white com meal, half a teacupful of fine

breakfast hominy, one pint of milk, half a teacupful of boiling

water, three tablespoonfuls each of butter and sugar, one tea-

spoonful of salt, three eggs, and three teaspoonfuls of baking

powder. These ingredients will suffice for two dozen muffins.

Put the hominy in a stewpan and set it in another pan con-

taining hot water. Cook for half an hour, and at the end of

that time add the salt, sugar, and butter. Heat the milk to

the boiling point and pour it over the com meal. Beat well

and then beat into it the hominy mixture. Set away in a cool

place. This is to be done in the evening if the muffins are

intended for breakfast. In the morning sift the baking powder

into the mixture and add the eggs, yolks and whites, beaten

separately. Bake in hot gem pans in a hot oven.

### Bran Muffins

One egg, one tablespoonful of butter, melted, two table-

spoonfuls of sugar, one cupful of sweet milk, one cupful of

whole wheat flour, two cupfuls of bran, three teaspoonfuls of

baking powder, and one-half teaspoonful of salt; beat the

batter steadily for five minutes, until the mixture is full of

bubbles, and bake in buttered gem pans in a hot oven.

### German Bran Muffins

3 cupfuls of bran. iJ cupfuls of flour.

11 teaspoonfuls of salt. 2 even teaspoonfuls of baking

3 tablespoonfuls of molasses. powder.

2 cupfuls of milk. This makes twelve muffins.

A Chicagoan brought this from Germany where it is a

great favorite, especially where there are children.

### Rye Muffins

For one dozen muffins use one cupful of rye meal, onehalf cupful of white flour; sift together with two teaspoonfuls

of baking powder into a mixing bowl; stir into it thoroughly

one-third cupful of minced beef suet. Stir into this one-half

teaspoonful of salt, and enough sweet milk or water to moisten

into a soft dough that is easily handled with a spoon. Have

muffin rings w’ell greased and piping hot; fill two-thirds full

and run into a hot oven to bake quickly. In twelve minutes

they should be brown and crisp.

### Entire Wheat or Graham Muffins

Mix one cupful of flour, one cupful of entire wheat or

graham flour, two tablespoonfuls of sugar, and three and one-

half teaspoonfuls of baking powder, one-half teaspoonful of

salt, and two tablespoonfuls of butter or clarified fat, melted.

Add one cupful of milk and one egg, beaten separately. Half

fill buttered muffin pans and bake twenty-five minutes in a

hot oven.

### Corn Meal Crisp

To seven-eighths cupful corn meal add gradually, while

stirring constantly, one cupful boiling water; when perfectly

smooth add two and one-half tablespoonfuls melted butter,

and one-half teaspoonful of salt. Spread on a buttered in-

verted dripping-pan, and bake until well browned. Cut

into squares, remove from oven, and arrange on a hot plate.

### Berry Muffins

One pint of flour, two teaspoonfuls of baking powder,

salt. Sift these. Cream one-quarter cupful of butter and

two tablespoonfuls of sugar, then add the beaten yolks of two

eggs. Stir into the butter, egg, and sugar alternately one cup-

ful of milk, and the flour. When smooth, add the beaten

whites of the eggs, then stir in lightly one cupful of fresh

blueberries, blackberries, or cranberries, slightly sprinkled with

sugar. Do not break them in stirring. Put in buttered

muffin tins, bake about half an hour, and serve.

### Cream Muffins

One pint of flour sifted with one heaping teaspoonful of

baking powder. Beat together with one pint of cream, one

tablespoonful of melted butter, and two beaten eggs. Bake

quickly in buttered iron gem pans.

### Parker House Rolls

Mix two cupfuls flour, two level teaspoonfuls baking

powder, two teaspoonfuls sugar, one-half teaspoonful salt

and sift twice. Work in two tablespoonfuls butter with the

tips of the fingers. Add gradually two-thirds cupful milk,

mixing with a knife until of the consistency of a soft dough.

Roll to one-third inch in thickness. Cut with a round or

oval cutter, and crease in the centre with the handle of a case

knife first dipped in flour. Brush one-half with melted butter

and fold over. Put in a pan one-half inch apart. Bake in

a quick oven fifteen minutes.

### Fruit Rolls

Sift through together two cupfuls flour, two level tea-

spoonfuls baking powder, and one-half teaspoonful salt. Sift

twice. Work in two tablespoonfuls butter with the tips of

the fingers. Add gradually two-thirds cupful of milk, mixing

with a knife until of the consistency of soft dough. Roll to

one-fourth inch in thickness. Brush over with melted butter.

Sprinkle with one-third cupful stoned raisins, chopped fine,

two tablespoonfuls citron, chopped fine, two tablespoonfuls

sugar, one-third teaspoonful cinnamon. Roll up like a jelly

roll, cut into pieces three-fourths inch in thickness. Bake

in a quick oven fifteen minutes.

### Chocolate Biscuit

Take the long oyster crackers which are about the size

of your fingers, and dip them one by one in a mixture of four

squares of chocolate, melted, one tablespoonful of sugar,

one-half teaspoonful of vanilla. After the crackers are finished,

lay them on buttered paper and dry in a cool oven.

### Baking Powder Biscuit

One quart of sifted flour in which has been sifted three

tablespoonfuls of baking powder, one teaspoonful of salt,

one tablespoonful of sugar, one large tablespoonful of butter,

and one-half pint of milk. Cut the butter into the flour, mix

very soft, roll out, and cut. Bake in a quick oven.

### Drop Biscuit

Into one quart of sifted flour mix one-half teaspoonful of

salt, one teaspoonful of sugar, and two teaspoonfuls of baking

powder, sift again, then rub in one heaping tablespoonful of

butter or lard. Mix with sweet milk to a very thick drop

batter, almost like a soft dough. Drop by spoonfuls on a

buttered pan and bake in a quick oven.

### Oatmeal Hurry-up Biscuit

### One cupful of dry rolled oats, or other flaked cereal, one

cupful of flour, two teaspoonfuls of baking powder, one table-

spoonful of sugar, one teaspoonful of salt; mix and rub in

one large tablespoonful of good beef fat or butter and lard.

Moisten with one-half cupful of milk, forming a rather stiff

dough, drop in small biscuits, bake twenty minutes in a hot

oven.

### English Tea Biscuit

Sitt together one cupful and a half of flour, half a cupful

of sugar, scant half-teaspoonful of salt, and two level tea-

spoonfuls of baking powder; with the tips of the fingers work

in half a cupful of butter; add half a cupful of currants. Beat

one egg, take out a tablespoonful of egg and set aside to glaze

the top of the cakes, add about two tablespoonfuls of milk

and mix the dry ingredients to a dough. With the hands roll

the dough into balls the size of an English walnut. Set the

balls in a buttered pan some distance apart, brush over the

tops with the egg, dredge with sugar, and bake in a quick oven.

Serve hot or cold with tea or cocoa. The recipe makes about

fifteen biscuits.

### Nut Tea Biscuit

Sift one quart of pastry flour with one-fourth teaspoonful

of salt and four teaspoonfuls of baking powder. Into this

work four tablespoonfuls of lard. Add enough cold water to

mould, roll out three-fourths inch thick, spread thinly with

butter, and then spread a generous mixture of brown sugar

and chopped walnut meats evenly on the dough. Roll tightly,

wetting the edges to make them stick together. Cut in slices

one inch thick, place in a hot buttered dripping pan or biscuit

sheet, bake quickly until brown. Serve hot with butter.

Delicious plain biscuit are made by leaving out the nuts.

### Maple Sugar Biscuit

To an ordinary biscuit dough add a generous cupful of

maple sugar, cut about the size of peas. Roll out, bake in a

quick oven, and serve hot.

### Rice Biscuit

One cupful of boiled rice beaten light; one-half teaspoonful

of salt, two teaspoonfuls of sugar, a teaspoonful of butter and

one of lard, one teaspoonful of baking powder, one cupful of

milk and one of flour, or enough to make a soft dough. Mix

and bake quickly. Very delicate and delicious.

### Sour Milk Biscuit

One quart of flour sifted with one teaspoonful of baking

soda, one teaspoonful of salt, and one teaspoonful of sugar;

then add two tablespoonfuls good lard or drippings; rub all

together with the hands, then add sour milk to make a stiff

batch. Roll out thin, bake in a hot oven, Serve while hot

with honey or maple syrup,

# XVI.—BEVERAGES HOT AND COLD

THERE are almost as many rules for making coffee as

there are people to drink it. Each housewife has her

“way” which she thinks best, so the rules here given

are for the inexperienced cook who has not yet acquired an

abiding recipe.

### To Make Coffee

Allow one tablespoonful of coffee to each person. The

coffee when ground should be measured, put in the pot, and

boiling water poured over it in the proportion of three-quarters

of a pint to each tablespoonful. The instant it boils take the

pot off, uncover, and let it stand a minute or two; then cover,

put it back on the fire, and let it boil again. Let it stand for

five minutes to settle; it is then ready to pour out.

### After Dinner Coffee

Put three-quarters of a cupful of freshly powdered coffee

in a French coffee pot or strainer lined with cloth, several

inches from the bottom of the pot. Pour over three cupfuls

of freshly boiling water. When it percolates through pour

through again. It should be run through five times. Serve

at once.

### Tea

The usual rule is one small teaspoonful of tea to one cupful of boiling water. Rinse the teapot with scalding water,

put in the tea, add freshly boiling water, let it steep one

minute.

### Russian Tea

Four teaspoonfuls of tea. An excellent combination is

eight ounces of Formosa Oolong, six of Ceylon, and two of

English breakfast tea. To the tea add the dried peel of an

orange cut into bits. Pour over one quart of freshly boiling

water. Serve with one-half teaspoonful of Jamaica rum, one-

half slice of lemon, one preserved strawberry in each cupful.

Sweeten with one-half teaspoonful of rock candy crystals.

### Maraschino Tea

Brew any good tea in the usual way and serve in the

daintiest of china cups. Into each cup drop one or two mara-

schino cherries.

### To Serve with Tea

To serve with tea use toasted English muffins, very thin

bread and butter squares, a dish of preserves, and a few candies.

Or hot biscuit, toasted buns, tea cakes, pulled bread with

butter balls, and various confections.

### Chocolate

Chocolate is a delicious nutritive food. There are

various wrays of making it, but this is a simple and good rule:

Allow one tablespoonful of grated chocolate to each cupful of

milk, and one teaspoonful of sugar. Mix sugar and chocolate

together, with enough water to dissolve the chocolate and

make a thin paste; boil this carefully until well mixed. Set

away till ready to serve, then heat and add milk, let it just

come to a boil, take off, and add one teaspoonful of vanilla to

one quart of milk, whisk withan egg beater; serve with

whipped cream. Cocoa is made exactly the same way.

### Choco

Tms is a drink that many like. Make chocolate, and

to one quart of milk allow one cupful of strong, clear coffee,

one tablespoonful of sherry, and a dash of salt. To be served

very hot with whipped cream. Men like this better than

clear chocolate, and it may be used successfully at after-theater

suppers with nut sandwiches.

### Mulled Cider

One quart of cider, one teaspoonful of mixed spices, onehalf teaspoonful of cassia buds, boil three minutes, strain,

add three well-beaten eggs. This is enough to serve six

persons. Serve hot,

### Refreshing Beverages

In hot weather or even in cold many of these drinks will

be found very acceptable. A hostess should always have

something on hand for the chance visitor, who may drop in,

and it is a simple thing when one gets in the habit of offering

something hot or cold, according to the weather. Over the

teacups conversation always flows easily and it is a hospitality

most acceptable,

### Orangeade

Take three large oranges to half a pound of loaf sugar.

Pour over the sugar one pint of boiling water, add the juice

and grated rind of the oranges, cool. Serve in glasses with

crushed ice.

### Gingerade

Put one quart of water and one cupful of sugar on to boil.

Add one-fourth ounce of white ginger root, and let boil twenty

minutes. Remove from fire, add one cupful orange juice and

the juice of one lemon. Strain and cool; serve with powdered

ice, with a preserved cherry in each glass.

### May Punch

One quart of strawberries, one pint of cherries, the juice

of two lemons, three quarts of water, one and one-half pounds

of sugar. Hull, wash, and mash the strawberries; stem, pit,

and crush the cherries. Mix, add the lemon juice, and stand

aside for two hours. Crush the cherry pits, steep in a quart

of water for an hour, add the sugar, boil ten minutes, strain

and cool. Press the fruit through a fine sieve, add the cold

syrup and two quarts of water, and serve in glasses half filled

with chopped ice.

### Tea Punch

Infuse six teaspoonfuls of tea in four cupfuls of boiling

water. Allow it to steep seven minutes, then strain it over

half a cupful of sugar. When cool add half a cupful of lemon

juice, two tablespoonfuls of orange juice, a few sprigs of fresh

mint, and one pint of strawberry juice. Dilute to suit the

taste, adding ice to make it very cold.

### Currant Punch

To one quart of water add one cupful of sugar and two

cupfuls of tart currant jelly. Boil till dissolved, then add the

juice of three lemons and three oranges. This can be diluted

with water to serve twenty-five persons.

### “Oh, Be Joyful Punch”

Prepare a syrup by boiling two cupfuls of sugar with one

cupful of water four minutes, cool slightly, and add one cupful

of sherry, one cup cognac, and one-third cupful maraschino or

Benedictine cordial. Chill mixture thoroughly. Take equal

parts of pineapple and orange cut in half-inch cubes, fresh

strawberries and maraschino cherries cut in halves. Mix

well and pour syrup over fruit. Let stand several hours to

ripen. Serve in sherbet glasses. This is excellent with a

heavy dinner, either with or directly following a meat course,

### Chocolate Cream Nectar

Tms may be made either from cake chocolate or from any

of the cocoa powders, and a trial will determine which is the

more agreeable. Melt two squares of chocolate or an equiv-

alent amount of cocoa powder in four tablespoonfuls of hot

coffee. Add one and one-half cupfuls of sugar and three cup-

fuls of water. Boil, clear, and strain. There should be one

quart of the liquid. When cold add one tablespoonful of

sherry wine and pour, iced, into glasses in which you have

placed one tablespoonful of whipped cream, not too stiffly

beaten. Stir well before drinking. The wine may be omitted

and one teaspoonful of vanilla substituted.

### Mint Ale

Juice of five lemons, one and one-half cupfuls of sugar.

Melt together, and place in a punch bowl with six stalks of

bruised mint. Add plenty of finely cracked ice and two

bottles of imported ginger ale. Serve in sherbet cups.

### Tara’s Nectar

One pint of unfermented juice of white grapes, diluted

and slightly sweetened; juice of two oranges, half a cupful of

pale green Malagas, seeded and halvedmix and chill. Serve

in tall glasses with green ribbon tied in dainty bows around

the stems.

### Cafe Orange

One quart of strong coffee and two cupfuls of sugar should

be boiled together ten minutes. Allow this to cool, and pour

into tall glasses; add to each cup one tablespoonful of orange

syrup, and the same amount of cream half whipped. Make

the orange syrup by putting cut oranges in sugar, allowing

it to stand for several hours, then straining off the juice.

### Raspberry Mint

To one quart of lemonade add one-half cupful of rasp-

berries and the leaves from a sprig of mint. Chill for two

hours and serve in tall glasses, each of which is garnished with

a floating sprig of mint.

### Creme de Menthe

Chop enough spearmint to fill a pint fruit jar, putting the

mint in loosely Put on alcohol of the best grade, to com-

pletely cover the mint. Put on a rubber, and screw down the

cover. Let it stand for three or four days. Then strain

through a doubled cheese cloth. Make a syrup by boiling

a quart of sugar and a pint of water five minutes, skim, and let

cool. While still warm, but not hot, mix with the mint mixture

an equal measure of the syrup. Then bottle and set aside in a

cool, dry place. To use after a luncheon party, partly fill

tiny cordial glasses with shaved ice, and pour over each from

one teaspoonful to one tablespoonful of the crime de menthe.

### Ginger Ale Flip

Cut into odd little spiral twists, the skin from three lemons

adding a pinch each of cinnamon, nutmeg, allspice and whole

cloves, a large cupful of granulated sugar, a cupful of flaked

pineapple, and two sliced oranges, allowing the fruit puree to

stand in a cold place for at least three hours; then turn into

a large stone pitcher, pouring in slowly three pints of ginger

ale, and a half-glassful of blackberry juice from the cooked

berries, serving while it effervesces in small chilled earthen-

ware mugs.

### Ching-a-Ling

Squeeze out and strain the juice of six large oranges. For

every orange allow four lumps of sugar. Bring to a boil with

one cupful of water, simmer for five minutes without stirring,

then set away until ice cold. Pour this on the orange juice,

and flavor with three drops of essence of cloves for each orange

and an equal amount of essence of peppermint. Fill tall thin

glasses two-thirds with pounded ice and pour in the mixture,'

sticking a sprig of fresh mint in each glass.

### Currant Nectar

To one quart of water add one cupful of sugar and two cupfuls of tart currant jelly. Boil till dissolved, then add the

juice of three lemons and three oranges. Serve with chopped

ice, with a slice of orange on top.

### Raspberry Shrub

Four quarts of red raspberries to one of vinegar; let stand

four days, then strain; to each pint of juice add a pound of

sugar. Boil twenty minutes. Bottle, and keep in a dry, cool

place.

### A Delightful Fruit Punch

Dissolve a pound and one-quarter of sugar in a quart of

boiling water; add the grated rind of one lemon and one

orange, grate only the yellow rind, the least bit of the white

will make it bitter; stir in two tablespoonfuls of gelatin that

has soaked for an hour in a half-cupful of water; simmer for

five minutes until the gelatin is thoroughly dissolved; take

from the fire. When cold put in the freezer, but do not turn

rapidly.

### Claret Punch

One quart of claret, one-half pint of ice water; cover two

lemons, sliced thin, with one-half cupful of powdered sugar;

let them stand ten minutes; add the water and wine; mix

well; serve in glasses half full of pounded ice.

### Roman Punch

Juice of eight lemons and five oranges, three pints of

sugar, three pints of water; boil and strain; add one wineglass-

ful of rum and two of champagne; also the beaten whites of

three eggs. Freeze.

### Ginger Ale Punch

One cupful of sugar to juice of six lemons, thin lemon slice

for each glass, chipped ice, mint sprays, and add five bottles

of imported ginger ale just before serving.

### Wedding Punch

Peel six oranges and two lemons, squeezing out all the

juice of each one. Add one gill of rum, half a gill of brandy,

and one pound of pulverized sugar, stirring until the sugar is

dissolved. Then add one pint of water and half a pint of

champagne. Pour the whole in the freezer and stir slowly

and steadily until it becomes as thick as soft mush. Then

remove the dasher and stand away for two hours. Serve in

glasses.

### Pomona Punch

Prepare a syrup by boiling one and a half cupfuls sugar

with one quart of water twenty minutes. Add one quart of

fine sweet cider, two cups of orange juice, the juice of two

large lemons; cool, strain, and freeze. Serve from a punch

bowl. Decorate the bowl and table with apple blossoms.

### Strawberry and Orange Punch

Make a thin syrup of one quart of sugar to two of water.

To three pints of syrup add one pint of strawberry juice,

drained from canned strawberries, and half the quantity of

orange juice. Sweeten to taste. When serving put two table-

spoonfuls shaved ice into each glass.

### Currant Punch

Wash thoroughly one quart of red cunants, adding half

the quantity of red raspberries and pour over a pint of boiling

water; now cover the fruit closely and when cold press through

a sieve, stirring in a cupful and a half of sugar, one tablespoonful of white wine vinegar, and the juice of one orange. Thor-

oughly chill and serve in slender glasses half filled with shaved.

ice, adding to each portion a tiny sprig of fresh mint.

### Turkish Delight

Grate a fine ripe pineapple into a bowl and cover with

boiling water; let it stand five hours, then strain off the clear

liquid, sweeten to taste, and freeze to a soft snow; serve in

glasses with a spoonful of red raspberries in the bottom of

each glass.

### Banana Cup

Rub the pulp of three bananas through a fine wire sieve.

Add the grated rind of half a lemon and the juice of one lemon

and one orange; pour over this half a pint of boiling water,

and put in a cool place for several hours. When quite cool

stir well together, sweeten to taste, add a wineglassful of

sherry, with some cracked ice, and serve.

### Ginger Ale Julep

Put a scant cupful of granulated sugar into a glass pitcher,

and squeeze upon it the juice of six lemons. When it has

dissolved, stick half a dozen stalks of mint in the pitcher,

bruising slightly some of the lower leaves between the thumb

and the finger. Add a cupful of pounded ice, then put in

two bottles of ginger ale. Pour out at orce.

### Egg Lemonade

Juice and grated rind of three lemons, one and one-half

cupfuls of sugar, one cupful of water, two fresh eggs. Put in

a quart fruit jar, and shake until very foamy. Fill up jar with

water, and stir well. Pour into glasses one-third full of

cracked ice.

### Claret Cup

Put the juice of two large juicy lemons and four oranges

with four heaping tablespoonfuls of sugar into a glass pitcher,

add three or four slices of pineapple, the same of orange, and

set in the ice chest for two or three hours. When ready to

serve it, fill the pitcher full of cracked ice, and add a pint of

claret.

### Cherry Drink

Wash and stem ripe, red cherries, weigh, and to three

pounds of the fruit add three quarts of boiling water. Place

over the fire, where they will steep for two hours. Make a

syrup with one and one-half pints of water and one and one-half pounds of sugar. When it cooks clear let it boil for ten

minutes. When the cherries are soft pour into a jelly bag and

strain out the clear juice, add the syrup, and boil together for

ten minutes. Then cool and keep on ice for a day before

serving.

### Boiled Lemonade

Squeeze the juice from five lemons, strain perfectly clear;

add seven tablespoonfuls of sugar. Pour a cupful and a half

of boiling water over the sugar and juice and set away to cool.

Serve ice cold with a few strawberries, cherries, or raspberries

on top.

### Pineapple Lemonade

Make a syrup by boiling one pint water and one cupful

sugar ten minutes. Add one can grated pineapple and juice

of three lemons. Cool, strain, and add one quart ice water.

Serve in lemonade glasses.

### Lemonade with Root Beer or Ginger Ale

There are many variations of the old-time lemonade.

A new and delightful change from plain lemonade consists in

a combination of root beer, or ginger ale, lemon juice, and

water\* Try it.

# XVII.—SANDWICHES

““TT A 7HEN \*n doubt, serve sandwiches,” said an experiy y enced hostess to a young housewife. They are

always acceptable and the combinations are endless.

The bread should be at least a day old and should be cut in

very thin slices. Butter should be creamed before spreading,

and put on before the slice is cut from the loaf.

For teas, receptions, and all formal functions, the crust

must be removed. It makes a pleasing variety to cut sand-

wiches in squares, oblongs, rounds, and diamonds, and for

“special” days there are cutters in nearly all shapes to carry

out symbolic fancies.

Sandwiches may be kept perfectly fresh for several hours

by wrapping in a dampened napkin and placing where it is

cool. Waxed paper should be wrapped around sandwiches

intended for travelling or school luncheons.

In making lettuce sandwiches, the outer leaves may be

shredded by cutting into narrow strips with scissors.

Veal is a good substitute for chicken; run through the chop-

per and mix with salad dressing.

Sandwiches should be very small when served with after-

noon tea. Fashion approves of the sandwich, probably be-

cause it is so English.

Brown, graham, whole wheat bread and rolls, all make

delicious sandwiches.

### Sardine Club Sandwiches

Make triangles of toast, lay between a boneless and skinned

sardine, a slice of chicken, and a slice of grilled bacon. Spread

each layer with mayonnaise dressing. These are fine after-

theatre sandwiches.

### Sardine Sandwiches

Remove skin and bones from sardines, drain from oil and

mash to a paste. Add to an equal quantity each of yolks of

hard-boiled eggs rubbed through a sieve, and minced olives.

Season with cayenne and a few drops of lemon juice, and

moisten with mayonnaise or melted butter.

### To Serve with Chocolate

Boston brown bread, with plain black walnuts, chopped

rather fine, makes very agreeable sandwiches to serve with

chocolate.

### Dutch Supper Sandwiches

These are usually made from rye bread. Between the

buttered slices, chopped beef, cheese, or chicken, covered with

finely chopped pickles, or bologna sausage, may be spread, or

a layer of bologna sausage, then a thin layer of pumpernickel,

covered over with another thin slice of rye bread. Cut into

strips not over half an inch wide and the length of the slice..

Serve on lettuce leaves.

### Mock Pite de Fois Gras Sandwiches

Equal parts of boned and skinned sardines and cream

cheese, mashed to a pulp together, produce a combination

which tastes almost exactly like goose-liver pate, is much

cheaper, and not as indigestible. Spread on entire wheat

bread.

### Indian Sandwiches

Remove the skin and bones from two sardines; pound

the meat to a paste; add a teaspoonful of anchovy paste, a

dash of salt and red pepper, and rub in the hard-boiled yolks

of six eggs. Add two tablespoonfuls of olive oil. Butter the

end of the loaf of bread, cut off the slices, then cut them into

crescent-shaped pieces or rounds. Toast the bread quickly on

one side, spread the other with the mixture, and serve at once,

as they must be eaten while the toast is hot. These sandwiches are nice for late suppers.

### Piquant Sandwiches

Chipped beef, chopped very fine and mixed with mayon-

naise, is a simple, inexpensive, and delicious sandwich filling.

No one would ever be able to identify the chipped beef.

### Lemon Sandwiches

Mash the yolks of three hard-boiled eggs, add two ounces

of butter, one-fourth teaspoonful of salt, a dash of cayenne,

one teaspoonful of chopped parsley, grated rind of a lemon.

Mix these well together and then mix into a paste with three

tablespoonfuls of lemon juice. Spread upon slices of whole

wheat bread cut in fancy shapes, and serve. Cut the slices as

thin as possible. These are delicious with a fish or seafood

salad.

### Water Cress and Egg Salad

Mix together sifted yolk of egg, finely chopped white of

egg, cress leaves, and mayonnaise dressing. Spread this mix-

ture upon the bread, press two similar shaped pieces together,

and serve around a bunch of cress. Garnish with hard-boiled

eggs cut in quarters.

### Caviare Sandwiches

Take a small box of Russian caviare, turn it into a shallow

dish, and beat into it, alternately, a little at a time, lemon juice

and olive oil, stirring until you have a thick white paste.

Spread thickly upon bread, and scatter over the top finely

grated hard-boiled eggs.

### Nut Sandwiches

To two parts of almonds, chopped fine, add one part each

of hickory nuts and English walnuts also chopped fine and the

mixture moistened to a paste with cider, not too sweet.

Sprinkle on grated cheese and place on white bread.

### Peanut Sandwiches

Spread thin slices of white bread with mayonnaise dress-

ing and cover well with ground peanuts that have been well

roasted. Served with sherry they are delicious.

### Delicious Hot Cream Chicken Sandwiches

Chop cold cooked chicken very fine; to each pint allow a

teaspoonful of salt and a dash of red pepper; spread this in a

thick layer over buttered bread, and just at serving time put

in the centre of the chicken a spoonful of nicely made cream

gravy.

### Sandwich Ham

After boiling a piece of ham, the short shank end is gen-

erally stringy and often wasted. If this is passed twice through

a meat chopper and then mixed with a little sweet cream it

makes ham which is excellent for sandwiches.

### Novelty Sandwiches

One small onion, nine olives, one green pepper, one chow-

chow pickle, one cupful of grated cheese, bread and butter.

Chop fine all the ingredients. Then add enough mustard

dressing from the chow-chow to form a paste when mixed with

the other things. Spread on thin slices of buttered bread.

### Salmagundi Sandwiches

Cut in thin slices brown bread, whole wheat bread, and

white or rye bread; butter each slice lightly and spread with

a paste made by chopping very fine some cold boiled ham.

Moisten the ham with salad dressing and spread on the rounds

of buttered bread; place the white bread rounds between the

brown bread and whole wheat bread; press lightly together,

serve on a plate garnished with greens of any kind.

### Chicken-Oyster Sandwiches

To each cupful of finely chopped cold chicken allow six

large oysters and three tablespoonfuls of melted butter. Wash

oysters in liquor. Cook the oysters in their own liquor until

the edges curl, chop them, and add to the chicken. Season

with two saltspoonfuls of salt and one saltspoonful of white

pepper. Add the butter, and blend well. Spread between

thin slices of unbuttered bread.

### Chicken and Ham Sandwiches

Mince together two cupfuls of cold roast or boiled sea-

soned chicken and one cupful of cold boiled ham. Soften

with highly seasoned mayonnaise dressing until the mixture

will spread readily. Cut white or graham bread into slices,

having first buttered it lightly on the loaf, and spread these

with the mixture. Tongue and chicken may be prepared

in the same way. For the extra seasoning of the mayonnaise

allow one-half teaspoonful of chopped parsley and the same

quantity of minced green pepper pod.

### French Sandwiches

#### No. i

Chop one cupful of white meat of chicken, three olives,

one gherkin, and one tablespoonful of capers; add to this half

a pint of mayonnaise dressing; thin with a tablespoonful of

tarragon vinegar. Spread on thin slices of bread, roll, and tie.

### French Sandwiches

#### No. 2

Mix equal parts of tongue and ham to a paste with butter,

season with onion juice mixed with lemon juice. Spread be-

tween thin slices of white bread, laying a few watercress

leaves between before pressing the slices together.

### English Sandwiches

To a half-cupful of thick mayonnaise add two tablespoon-

fuls of whipped cream, a dessertspoonful of grated horseradish,

and two of finely chopped cucumbers. Spread the bread with

this mixture, then with a thin layer of finely chopped rare

beef, and cover with more dressing and bread. These are

especially nice for stag affairs and are often served with beer

or ale.

### Roast Beef and Tomato Sandwiches

Butter whole wheat or brown bread, cover with a very

thin layer of rare roast beef; put on top of this a slice of to-

mato, dust with salt and pepper; pour over a teaspoonful of

olive oil or mayonnaise dressing. Cover with another layer

of unbuttered bread.

### Ginger Sandwiches

Cut nut bread in thin slices. Make a filling of chopped

Canton ginger and whipped cream and spread a couple of

hours before serving.

### “ Sweet Sixteen ” Sandwiches

Cut the crusts from the end of a loaf of bread; butter the

slices, cover one-half with thin slices of white meat of roasted

chicken; put over this a thin layer of dill pickles. Cover with

another piece of buttered bread, trim off the crusts, cut into

triangles, and serve on lettuce leaves.

### Ripe Olive Sandwiches

Soak ripe olives for half an hour in olive oil in which a

clove of garlic has been bruised, stone, and chop. Spread

between brown or whole wheat bread which has been well

buttered.

### Walnut and Cheese Sandwiches

Chop half a cupful of walnut meats fine and mix with

half a cupful of Neufchatel cheese. Add a dash of pepper

and salt if they seem to require seasoning. Spread between

slices of white bread. If desired this sandwich may be

further improved by putting between the folds a crisp lettuce

leaf.

### Creamed Cheese Sandwiches

Lightly butter rounds of Boston brown bread. Make

the filling of Neufchatel cheese mixed with whipped cream,

one-half cupful finely chopped walnuts, and enough salad

dressing to make it the proper consistency to spread nicely.

### Cheese Sandwiches

To half a cupful of grated mild cheese and half a cupful

of Roquefort cheese rubbed to a paste, add one teaspoonful

of paprika and half a cupful of cream. Beat till smooth and

spread between graham bread.

### Shrimp Sandwiches

Shell clean a pint of shrimps, chop very fine, add one

and a half tablespoonfuls of lemon juice and three table-

spoonfuls of oil mayonnaise. Spread between buttered folds

of white bread.

### Mock Crab Sandwiches

To half a cupful of grated cheese add four tablespoonfuls

of creamed butter, half a teaspoonful each of salt, paprika,

and mustard, one teaspoonful of anchovy paste and vinegar, and

two tablespoonfuls of chopped olives. Spread between rounds

of white bread.

### Salmon Sandwiches

Drain the oil from a can of salmon, remove the skin and

bones, and mash the fish very fine. Add to it the yolks of six

hard-boiled eggs pressed through a potato ricer, half a teaspoonful of salt, one-fourth teaspoonful of paprika, two tablespoonfuls lemon juice, two tablespoonfuls chopped parsley,

and half a cupful of boiled salad dressing. Spread between

folds of white or entire wheat bread.

### Anchovy Cheese Sandwiches

To one cottage cheese add two teaspoonfuls of anchovy

essence, one teaspoonful of paprika, and two tablespoonfuls

of chopped parsley. Spread between slices of entire wheat

bread.

### Almond Sandwiches

The proportion for the filling is one part chopped almonds

to two parts shredded or grated salted celery moistened with

mayonnaise and spread between thin slices of brown bread.

### Ham and Veal Sandwiches

Chop fine one cupful each of cold ham and cold veal

Add four drops of tabasco sauce, one teaspoonful of mustard,

two teaspoonfuls of vinegar, two teaspoonfuls of grated horseradish, and two tablespoonfuls of mayonnaise. Spread between buttered folds of white bread.

### Boiled Tongue Sandwiches

Place tongue in cold water and let come slowly to a boil,

skim, and simmer for an hour; then take out the tongue,

remove the skin, and let it stew gently in a sauce made of one

can of tomatoes, one onion, and pepper to taste. When very

tender take from the fire and let it remain in the liquor until

cold, then slice thin and put between slices of well buttered

white bread.

### Celery Sandwiches

#### No. i

Chop fine two cupfuls of celery, add two tablespoonfuls

of chopped walnuts, two tablespoonfuls of chopped olives, and

a quarter of a cupful of mayonnaise dressing. Spread be-

tween folds of buttered white bread.

### Celery Sandwiches

#### No. 2

Mix a cupful of finely cut celery with the chopped whites

and sifted yolks of two hard-boiled eggs. Stir all well to-

gether and moisten with two tablespoonfuls of mayonnaise.

### Lettuce and Cheese Sandwiches

These are made of Boston brown bread. Spread the

round slices thickly with fresh Philadelphia cream cheese,

and lay on this a crisp lettuce leaf that has just been dipped

in French dressing. Press another piece of buttered brown

bread upon this, and cut each sandwich in half, thus making

a semicircular slice. Keep these sandwiches in the ice box

until ready to use them. Another filling for brown bread is

grated cheese mixed with English walnut meats chopped and

seasoned with salt.

### Chicken and Celery Sandwiches

Put through the finest knife of the meat chopper one

cupful of cold chicken. Add to it one cupful of celery cut

very fine and four tablespoonfuls of mayonnaise. Butter

rounds of white bread, spread.

### Walnut Sandwiches

There is no end to the variety of sandwiches with which

walnuts may be combined. A plain bread-and-buttersandwich,

with finely chopped walnuts between, and just a suspicion of

salt sprinkled over, is one. The same with the addition of a

crisp lettuce leaf and a teaspoonful of mayonnaise dressing

is still better. A chicken sandwich sprinkled with chopped

walnuts acquires a new and pleasant flavor.

### Boston Sandwiches

Mash a cupful of baked beans very fine and mix with

them a tablespoonful of finely minced boiled ham. Season

with pepper and a dash of French mustard and rub to a paste

with a great spoonful of butter. Spread upon thin slices of

crustless Boston brown bread and press the two slices firmly

together. Keep in the ice box until needed.

### Card Party Sandwiches

Cut thin slices of white bread into pieces the size and

shape of playing cards, fill w\*ith highly spiced, finely chopped

meat, moistened with mayonnaise dressing. Slice pickled

beets and cut out tiny hearts and place them on the slices in

the positions of the spots on the cards.

### Brown Bread Sandwiches

Cut Boston brown bread, which has been baked in bak-

ing powder cans, in thin slices and butter them. Select crisp

leaves of lettuce, and wash; then drain and dry. Place one

between two slices of buttered bread so that the curly edge

will come out over the edge of the bread. Press the bread

down closely and on the top piece press half of an English

walnut.

### Baked Bean Sandwiches

Press one cupful of baked beans through a sieve; mix in

thoroughly one tablespoonful of horseradish, two teaspoonfuls

of celery, minced fine, and two teaspoonfuls of vinegar;

spread between thin slices of buttered whole wheat bread.

### Pimento Sandwiches

One-half pound cheese, one can pimento, one small

onion. Run through meat grinder separately, and then to-

gether, making a sandwich paste.

### Harlequin Sandwiches

Trim off crust from the sides of a brown and white loaf

of bread and cut into slices lengthwise. Take a slice of white

bread for lower layer, and spread with moist cream cheese,

then a layer of brown bread with thinly sliced pickles and

mayonnaise, another of white bread and cheese, followed by

one of brown bread with pickles and mayonnaise, and the last

slice being white bread. Press layers together, and slice across

as you would a layer cake.

### Olive and Gherkin Sandwiches

Cut olives into very thin slices, add a few gherkins wiped

dry and sliced. Spread between thin slices of buttered brown

bread and cut into long narrow pieces.

### Pepper Sandwiches

This sandwich is new and in high favor with those who

like a well-seasoned morsel. Remove all seeds from a pepper,

chop fine, and simmer ten minutes in a tablespoonful of butter

without allowing it to color; then add a dash of salt, and set

aside. When cold add the yolks of three hard-boiled eggs,

and rub to a paste. Butter well thin slices of white bread,

spread generously with the mixture, and cut in triangles.

### Oyster Sandwiches

Cut slices of brown bread into fancy shapes. Remove

the muscles from two dozen large oysters, cut them into small

pieces, add two tablespoonfuls of chopped pickle, four table-

spoonfuls of mixed horseradish, six tablespoonfuls of chopped

celery. Mix with one-half cupful of mayonnaise dressing,

and two tablespoonfuls of Worcestershire sauce. Spread

between slices of well-buttered bread.

### Egg Sandwiches

Boil six eggs hard, remove the shells, and chop the eggs

very fine. Stone and chop eighteen large olives, and mix these

with the minced egg. Moisten all with a little melted butter,

season to taste, and mix to a moist paste. Spread on thin slices

of crustless bread, and press the two halves of the sandwiches

firmly together.

### Sweet Sandwiches

Quince jelly makes a delicious filling for buttered white

bread or zephyrettes if sprinkled with chopped English walnut

meats. Any kind of jelly or marmalade may be used with

either walnut or pecan meats. Nut bread used with a filling

of orange or grape fruit marmalade, or any of the “conserves”

such as strawberry-pineapple or raspberry-currant, will be

found delicious.

A layer of minced pecan nuts, mixed with creamed butter

and spread on white bread, then a layer of sliced marshmallows

and a few cut candied or maraschino cherries, makes a fine

sandwich.

### Fig Sandwiches

Remove stems, and chop figs fine; add a small quantity

of water; cook in double boiler until a paste is formed, then

add a few drops of lemon juice. Cool mixture, and spread on

thin slices of buttered bread; sprinkle with finely chopped

peanuts, and cover with pieces of buttered bread.

### Ginger Sandwiches

Cut Canton ginger in very thin slices. Prepare as other

sandwiches.

### Jelly Sandwiches

Spread thin slices of buttered white bread with any

desired jelly, and if liked, finely chopped almonds may be

sprinkled over the jelly before putting the slices of bread to-

gether.

### Ginger and Orange Sandwiches

Chop one-half cupful each of candied ginger and candied

orange peel, add three tablespoonfuls of thick cream. Spread

on either white or whole wheat bread.

### Pineapple Sandwiches

Cut white bread into thin slices, remove the crust, and

butter well. Chop pineapple very fine, drain off the juice, and

sprinkle the minced fruit over the bread, press down firmly,

and cut in squares.

### Cocoanut Sandwiches

Grate one cocoanut, which ought to yield about two cup-

fuls of fine white shreds. Add half a cupful of chopped

walnut meats, two teaspoonfuls of lemon juice, a quarter of a

cupful of sugar, and one-third cupful of cream. Mix well and

spread between folds of buttered white bread.

### Nut and Fig Sandwiches

One-half pound of figs, wash, chop fine, and boil in a

little water. When cold mix with nut meats finely chopped.

Spread on white bread.

### Irish Sandwiches

Bananas sliced thin, dipped in maraschino, rum, or lemon

juice. Place between thin buttered slices of white bread.

To be served with tea.

### Raisin Sandwiches

Raisin sandwiches are quite the thing to serve with lem-

onade or sweet punch and are made by cutting large raisins

in half with sharp scissors, and removing the seeds. Lay the

fruit closely together between the thin buttered white bread

and moisten with a suspicion of brandy or sherry, but not

enough to reach the bread and make it soggy. Cut the bread

in fancy shapes.

# XVIIL—RECIPES FROM FOREIGN LANDS

A HOSTESS often wishes to entertain by having some-

thing characteristic of a foreign country. With this in

view the following recipes have been collected. T hey

are within the power of the average cook, and our large im-

porting grocery stores keep the ingredients required. Many

friends in distant lands have graciously contributed to this

chapter.

### French Onion Bouillon

Fry half a dozen medium-sized onions in olive oil or butter

to a golden brown. Add a quart of boiling water and salt

and cook half an hour. Season with celery salt and paprika.

When ready to serve stir in gradually the well-beaten yolks of

two eggs. Put pieces of stale bread, which have been dried

in the oven, into the soup plates. Pour over the soup, sprinkle

thickly with grated Parmesan cheese on the top of the bread

and a dash of paprika. This rule was given by a French

peasant. It is a meal in itself with a simple salad.

### Spanish Soup

Soak one-half pound or one pound of white beans over-

night; boil them the next morning^till tender; add one large

white cabbage which has been cut up small, a bit of bacon, a

whole red pepper, and some salt; boil the whole for an hour.

Heat some lard or drippings in a saucepan and fry in it a sliced

onion; put in the soup little by little, stir often with a wooden

spoon. A little olive butter and garlic make this a perfect

representative of the favorite soup kept for all travellers in

Spanish inns.

### Burmese Balachoung for Sandwiches or Salads

Chop fine as many shrimp as desired, canned or fresh,

with one or two finely chopped onions. Place as much butter

in a skillet as will keep them from scorching, brown slightly,

stirring constantly. Chop fine green or red “ chillies,” peppers

(if they are not available use cayenne pepper as taste demands);

to this add lemon juice to make the mixture of a pasty con-

sistency. Cook until well blended, w’hich takes.only a few

minutes. The Burmese eat this with rice and’ curry. It

makes delicious filling for sandwiches, or salad served on

lettuce leaves.

### India Curry

Fry brown in two tablespoonfuls of butter one onion

sliced fine, add two tablespoonfuls of good curry powder,

mixed with two tablespoonfuls of flour, add water enough to

make a mixture, put with the onion, simmer one minute, add

finely sliced potatoes, salt to taste. Lamb, chicken, or veal

may be cut in dice and cooked in this sauce. Take the milk

from one cocoanut, add to the mixture, cover all with water,

and cover tightly until the meat and potatoes are cooked.

Stir occasionally. Just before serving add the strained hot

juice of two lemons. Serve with plain, hot, boiled rice.

### Indian Pullao

Take a fine fat fowl, a year old, and boil with four sliced

onions until tender. Fry two large tablespoonfuls of seeded

raisins, put them aside, fry two dozen blanched and shredded

almonds, also three sliced onions. Keep each separately, fry

one pound of washed rice in butter, and add to the broth in

which the fowl was boiled. When tender the fowl is taken

out, cut in sections, and fried in butter. While the rice is

boiling, add one teaspoonful of salt, six cloves, four inches

of stick cinnamon, one-half dozen cardamom seeds. When

the rice is well cooked, put a layer on a hot platter, then the

fowl, then rice, cut ten hard-boiled eggs in halves and lay

over rice. Strew on the top the fried onions, raisins, and al-

monds. This may be made with a leg of lamb instead of

chicken, boiled and then browned. This dish is served hot,

though in Burma it is eaten cold.

### Italian Meat Balls

One pound of Hamburger steak, one cupful bread crumbs,

one-half cupful grated cheese, two eggs beaten until light, one

tablespoonful chopped parsley, salt and pepper; mix in balls

size of an egg, drop in soup stock, and boil ten minutes, then

add two beaten eggs, one spoonful grated cheese, and stir in

lastly for thickening; serve.

### Chicken Chop-Suey

Scrape the meat from the bone of half a chicken and cut

into strips. Slice a large onion thin, soak a handful of dried

mushrooms for ten minutes in water. Drain and remove the

stems. Cut a stalk of celery into inch lengths, wrash and

slice six potatoes. Put into a frying-pan a little fat, and cook

the chicken in this until done, but not hard. Add the onions

and cook a little; add the mushrooms and enough Chinese

sauce to make the mixture brown; pour in a little water and

cook for ten minutes. Add celery and potatoes and after a

few minutes a little flour and water to thicken slightly. Boil

up and serve with rice.

### Italian Macaroni

Have two quarts of boiling water, add a tablespoonful of

salt, a pound of yellow, Italian or Greek, spaghetti or maca-

roni broken in about five-inch lengths, and boil twenty minutes.

Drain and shake well in a large colander. Have Italian

cheese, made especially for spaghetti or macaroni, or, if im-

possible to get it, use dry Swiss cheese. Grate about a cupfuL

Sprinkle cheese on platter, then layer of macaroni, then cheese,

and so on until all is used up and a good layer of cheese on top.

Take a quarter of a pound of butter, put in frying-pan,

and brown; pour over macaroni while butter is foaming.

If a gravy is preferred, here is a good one: Take five good

sized onions, chopped, and half-can of tomatoes, half-pound

of chopped beef (if liked); let simmer an hour; add table-

spoonful of butter. Salt and pepper to taste.

### German Boiled Dinner

Boil a chunk of ham. When partly done add six or eight

carrots, three or four potatoes, diced, and can of green string

beans. When done add tablespoonful of flour with a little

vinegar. Salt and pepper to taste.

### Hungarian Noodles

Break enough of the egg shell from one end to drop egg,

add two egg shellfuls of milk, one shellful of water, and a

pinch of salt, mix stiff with flour. Roll out thin into six small

sheets. Lay the sheets on top of one another and then cut into

strips one-eighth of an inch by two inches, and lay aside to

dry. Boil in salt water until tender, take out and drain. Take

a pound of cottage cheese and sprinkle lightly through the

noodles. Serve hot. Minced parsley dashed over gives the

dish an appetizing effect. This recipe makes enough for six.

### German Potato Salad with Dumplings

Wash, but do not peel, one quart of potatoes, and put

them on to boil in very salt water. Make a dough with one

pint of flour, one-half teaspoonful of salt, one tablespoonful

of butter, one teaspoonful of baking powder, and cold milk to

mix. Make up lightly with the hands into small balls and

put them in a steamer over boiling water. Chop very fine

two tablespoonfuls of raw white onion. As soon as the pota-

toes are done peel and cut them in slices. Have ready a

double quantity of French dressing, sprinkle it and the onions

over the potatoes, and arrange on a hot platter. As soon

as the dumplings are done arrange them in a circle round the

salad and send quickly to the table. This is an especially

good dish for a cold winter evening.

### Famous Scotch Haggis

Take the tongue, heart, and liver of a sheep. Weigh and

mince all fine with half the weight of fat bacon chopped, with

two large tablespoonfuls of finely minced onion. Season with

salt, pepper, pinch of cayenne, one tablespoonful of minced

powdered herbs, and a cupful of oatmeal. When all are

mixed, moisten with good brown stock or gravy, turn into a

floured pudding bag. In Scotland it is boiled in the stomach

or paunch of the sheep. Sew up securely, leaving room for

it to swell. Put into boiling water, and boil gently for three

hours. Serve the haggis on a hot platter, garnished with

lemon rings and parsley. This dish is highly esteemed in

Scotland.

### Spanish Eggs

Prepare the rice as for the chicken in a rice border, and

then spread it on a hot platter. Arrange one dozen poached

eggs on this bed of rice, and put a tiny bit of butter on the top

of each egg. Serve at once.

### Spanish Stew

Two pounds of beef ribs, one pint of canned tomatoes,

one large onion, one red pepper, six cloves. Cover with a

quart of water and simmer very slowly for two or three hours.

Salt to taste and thicken the gravy with browned flour just

before serving.

### Scotch Shortbread

To make two good sized cakes: One pound butter, one-

half pound powdered sugar, one and one-half pounds flour.

Knead sugar and butter together, then knead in the flour

gradually. The longer kneaded the better. Shape in round

or square cakes, nick around the edges with the forefinger

and thumb, and jab over the top with a fork. Put it on but-

tered paper, then on tin, and bake in a moderate oven twenty

minutes.

### Scotch Cake

Rub three-quarters of a pound of butter into one pound

of sifted flour, mix into it one pound of granulated sugar and

one large tablespoonful of powdered cinnamon; mix it into

a dough with three well-beaten eggs; roll out into a sheet;

cut into round cakes and bake in a quick oven. They will

require but a few minutes. Over the top, before baking,

sprinkle chopped almonds and chopped candied orange.

### Bannocks

Two teacupfuls of oatmeal or barley meal sifted with two

teaspoonfuls baking powder; add to two beaten eggs one

tablespoonful of sugar and one pint of milk with a little salt,

sifting in the oatmeal. Bake on a griddle.

### National Scottish Cake, also Called “ Dundee ”

Take fresh butter and sugar of each one pound, one and

one-fourth pounds of flour, two pounds of currants, one pound

of mixed candied citron peel and crystallized fruit (in all), four

ounces of sweet almonds, one-half ounce of allspice and cin-

namon (in all), one gill of brandy, and ten eggs. Put a tin

hoop on twelve layers of brown paper, put in the paste, and

bake in a brisk but not too hot oven three hours. Melt the

butter to a cream and add the sugar. Stir till light, then add

the allspice and cinnamon, and let this stand fifteen minutes.

Then, having separated the yolks and whites of the eggs, work

in two or three at a time. Beat all the whites to a stiff snow.

Work in the whites gradually and add the citron, ait in trans-

parent slices and fine strips, then add the almonds, split, and

a glass of brandy, and finally the sifted flour. Cover the top

of the cake with split almonds and protect the top for two

hours by a brown paper cover.

### Apfelkuchen — Apple-Cake

To one egg well beaten, add a cupful of milk. Mix well,

then add two and two-thirds cupfuls flour that has been slightly

warmed. Beat w’ell. Dissolve one-third of a compressed

yeast-cake in two tablespoonfuls of lukewarm milk and add

to the water with two tablespoonfuls of softened butter.

Knead thoroughly in the bowl, manipulating with hands and

spoon until the dough feels elastic and velvety. Cover and

stand in a warm place for about five hours, or until it has

doubled in bulk, then turn on a floured board and roll into a

sheet about half an inch thick. Place on a greased tin, spread

with butter, sprinkle lightly with sugar, then arrange closely

over the top enough overlapping slices of apple to cover. Wipe

over with butter, sprinkle with sugar and plenty of nutmeg

or cinnamon. Cover with a light cloth and set aside for

twenty minutes or until quite light, then bake in a hot oven.

As soon as done brush lightly with cold water to prevent the

kuchen becoming too dry.

### Blitzkuchen

Nine ounces of butter, nine ounces of granulated sugar,

nine ounces of flour, four ounces of chopped almonds, four

eggs, rind of one lemon. Stir butter to a cream, add whole

eggs, one at a time, beating well. Add sugar, leaving a little

to spread on top. Add chopped lemon rind and flour, spread

in thin layers in buttered pans, sprinkle with almonds chopped

and bleached, cinnamon and sugar. Bake slowly, and leave

in pan till cool.

### Lebkuchen

Cut fine a pound of blanched almonds, and add two

ounces of citron, two ounces of orange peel, cut small, two

ounces of ground cinnamon, one-fourth an ounce of cloves

and one-fourth a grated nutmeg. Moisten in a bowl with a

wincglassful of prune brandy. Melt four pounds of strained

honey and gradually add to this five pounds of sifted flour.

Turn the mixture onto a kneading-board and add one ounce

of pure carbonate of potash, then the moistened ingredients,

the grated peel of one lemon, and lastly, one pound of pow-

dered sugar. Knead the dough with flour, and roll it out an

inch thick. Spread upon baking sheets and buttered pans,

and bake in a medium oven. Afterward cut in large pieces

while still warm. After taking the cake from tins spread with

a syrup of sugar and water, boiled until it will spin a thread.

Store in tin boxes or jars like any spice cakes or cookies.

### German Coffee Bread

Pour one cupful scalded milk over one-third cupful sugar,

one-third cupful butter, and one-third teaspoonful salt. When

lukewarm, add one yeast-cake dissolved in one-fourth cupful

lukewarm water, two eggs, slightly beaten, and enough flour

to make a stiff batter. Cover, and let rise. Beat well and

spread in a buttered tin. Cover with three-fourths cupful

soft bread crumbs, mixed with two tablespoonfuls sugar, two

tablespoonfuls melted butter, two tablespoonfuls chopped

almonds, and three-fourths teaspoonful cinnamon.

### Dutch Balls

Mix a pound of flour and a pound of powdered sugar with

six pounded cloves and sift the mixture three times to well

distribute; add four well-beaten eggs, four ounces of butter,

and the juice of half a lemon. Then add a teaspoonful of

carbonate of soda melted in a gill of warm milk, and work the

mass well. Roll the size of a walnut and put in each ball

alternately, a split almond and a piece of candied peel. Bake

them light brown in a moderate oven.

### Italian Buns

Whip four-eggs to a froth, add half a pound of sifted sugar,

the grated rind of half a lemon, and half a pound of flour; mix

and beat well. Roll into round balls, put on a buttered tin,

and bake in a moderate oven.

### Italian Afternoon Cakes

One cupful of sugar, one-half cupful of butter, one cupful

of milk, three eggs, one cupful of raisins, currants, and citron

mixed and chopped fine, three cupfuls of flour, two teaspoonfuls of baking powder, mixed with the flour; flavor with nut-

meg and cinnamon. Beat well and bake in gem pans. Ex-

cellent eaten warm with hot chocolate.

### Scandinavian Bread

Sift together half a pint each of wheat and graham flour,

one pint of barley meal, two teaspoonfuls of baking powder,

and a teaspoonful of salt; make into a batter with one pint

of milk and bake in greased bread pan in a fairly hot oven.

### Tromso Pudding — Norwegian

i pound prunes.

Cold water.

I cupful sugar.

if cupfuls boiling water.

6 tablespoonfuls cornstarch.

2-inch stick cinnamon.

2 tablespoonfuls lemon juice.

Wash and pick over prunes. Soak two hours in cold

water to cover, then simmer in same water gently until tender.

Remove stones; then add sugar and cinnamon to boiling water,

and cook ten minutes. Dilute cornstarch with sufficient

cold water to pour; add to prune mixture and cook until

cornstarch does not taste raw (about ten minutes). Remove

stick cinnamon. Turn mixture into mould previously wet

with cold water. Chill, and serve with whipped cream,

sweetened and flavored.

### West India Muffins

Sift twice one quart of flour; put into it one teacup-

ful of fresh yeast, one gill of sweet cream, one large spoonful

of butter, one teaspoonful of sugar, and half a teaspoonful of

salt. With fresh milk make it into a very stiff batter, then

add to it four eggs beaten very light. Stir them in, beating

the batter well. Mix at two o’clock in the afternoon if you

want the muffins for tea. Bake in well-greased muffin rings

in a quick oven.

### Indian Sweet Rice

Make a simple syrup by adding a cupful of sugar to as

much water as will be required to cook the rice. Melt a

tablespoonful of butter in a steam-tight kettle, and in this

fry the rice, which has been thoroughly washed and soaked

twenty minutes, until it is slightly discolored. Then add the

syrup and a few blanched almonds, two tablespoonfuls of

shredded raw cocoanut, a handful of raisins, and a small pinch

of saffron. Cover tightly. Cook until the rice is tender,

when all the moisture should be absorbed. It should be a

mass of creamy, sweet flakes, flecked with dots of fruits and

nuts. This is a famous Eastern recipe, and just the thing to

serve at a Japanese affair.

### Turkish Rice

i pint of rice.

i pint of strained canned tomato.

i pint of water.

2 tablespoonfuls of butter.

i teaspoonful of salt.

| teaspoonful of pepper.

i teaspoonful of onion juice.

Wash the rice in three waters, rubbing it between the

hands. Put all in a stew pan closely covered and cook for

one hour. Stir very little. This serves six persons.

### Swiss Cakes

Beat thoroughly the yolks of five eggs and one pound

sifted loaf sugar; sift in one pound of flour and a tablespoonful

anise seed; beat all together for several minutes; whip the

whites of five eggs to a stiff froth, add and beat all briskly;

roll out an inch thick and cut with a moulded cutter into a

small size; set aside and bake next morning; heat the baking

tin and rub with yellow beeswax; let the tin cool again, wipe

it, and lay on the cakes. Bake a light brown.

### Swiss Chocolate Snaps

Beat the whites of three eggs to a stiff snow, add six ounces

of sifted sugar, two ounces of grated chocolate, and tw’o ounces

of pounded almonds. Stir all well together. Cut strips of

wafer paper, spread them with the mass, and set them in the

oven to dry,

### Japanese Rice

Put one cupful of rice into three cupfuls of cold, salted

water, and set it on the stove, where it w’ill gradually come to

the boil. When it boils, set it in a hotter place, and for five

minutes let it boil furiously. Set it back again writh an

asbestos mat under it. The water will gradually steam away

and leave it dry and well cooked.

### Mexican Rice

Put a cupful of dried rice into a hot frying-pan containing

a tablespoonful of olive oil. Roast the rice until well brown,

but not scorched. Add to this four or five finely chopped

tomatoes, a little salt, and two teaspoonfuls of Mexican or

Chili pepper pulp. Pour in a cupful of boiling water and let

simmer until the rice is soft.

### Savory Rice

Put in a saucepan such chicken and beef bones as would

ordinarily be used in making stock, add a cupful of good

stock, cover with water, and simmer for one hour. At the

end of this time slice six tomatoes and add them to the stock

with four onions already sliced and fried brown in salad oil.

Cook slowly another hour, after which strain and season with

pepper and salt. In the meantime place two cupfuls of rice

in a saucepan on the stove and add the sauce by degrees, as

the rice swells. Stir constantly and when nearly done add a

piece of butter the size of an egg. Serve hot. This is an

excellent dish for Monday to utilize the left-overs from Sunday.

### Chicken Tamales

Cook in a double boiler one cupful com meal, salt, and

water enough to make a stiff mush. Take a small chicken,

boil, cut meat into small pieces, add three tomatoes, two

peppers, cook all together. Form the com meal into flat

cakes, take chicken mixture, place in centre, roll, and wrap

in a com husk. Steam before eating and serve very hot.

### Spanish Omelet

Separate six eggs, whip the yolks until light. While

whipping add one tablespoonful of flour, three-fourths of

a cupful of milk, and one teaspoonful of salt. Whip the whites

until stiff. Stir into the yolks. Turn the whole into a buttered

baking-dish. Bake for twenty minutes, or until set. While

this is baking, take one cupful of canned tomatoes, one small

cupful of water, and one onion chopped fine. Season with

salt and pinch of red pepper. Cook until onions are tender,

then stir in one teaspoonful of flour, rubbed smooth in one

tablespoonful of butter. Cook until smooth. Turn over

omelet and serve, or serve the sauce in side dish and put a little

on each helping.

### Spanish Rice

Three small onions, one cupful of rice. Fry onion and

rice in one tablespoonful of butter and lard; season with salt

and pepper to taste. Add boiling water three or four times

until rice is thoroughly soft. Just before serving add four

tablespoonfuls of tomato catsup.

### Polenta

Add one tablespoonful of butter and one teaspoonful of

salt to three pints of boiling water, sprinkle in one pint, two

cupfuls of com meal, and cook for an hour, stirring frequently.

Fill a dish with this, alternating with one cupful each of gravy

and tomato sauce. Cover with grated cheese and brown in

the oven. Olive oil instead of butter gives a more genuinely

Italian flavor.

### Mexican Stuffed Chili

Select even-sized green Chili peppers and cut out the

stems, seeds, and cores. Make a stuffing of sardines and

cheese chopped fine; mix with one egg. Stuff the peppers

with this. Dip in thick batter and fry in deep lard. Drain

in a colander when done. Serve very hot.

### Mexican Pudding

Butter and line an oyster bowl with sliced sweet potatoes.

Take two-thirds can sweet com and mix with one green pep-

per and one Spanish pimento, chopped fine. Put on a cover

of sliced sweet potatoes and bake in a brisk oven fifteen min-

utes. Turn out on a plate and serve.

### Genuine Chili Con Carne

Two pounds of raw beef, chopped fine; one small onion,

or clove of garlic, chopped fine; two tomatoes, strained;

tablespoonful of Chili powder or Chili pepper pulp. Fry the

meat, tomatoes, and chopped onion or garlic with two table-

spoonfuls of suet until cooked through. Then place in a stew

kettle with about a quart of water and boil one-half hour.

To this may be added a pint of Mexican beans which have

been soaked over night and boiled very tender. Salt to taste.

Mexicans do not cook the Chili con came and beans together,

but serve them usually in the same dish. American cooks,

however, cook the meat and beans together for an hour.

The Chili con came may be thickened with a little flour and

water mixed, if it seems too thin when ready to serve.

### Chili Con Carne

Three peppers, two pounds of round steak, four onions,

one-half can of tomatoes, salt and pepper to season. Fry

the sliced onions in a little butter, add the meat cut into cubes,

brown, and add two cupfuls of water. Cook slowly one hour,

then add the peppers, sliced thin, the tomatoes, and cook onehalf hour. Thicken the gravy with a tablespoonful of flour

wet in cold water.

### Sweetbreads a la Gomez

Four beef sweetbreads, two large oranges, one lemon,

one cupful of butter, one cupful boiling water, one teaspoonful

salt, two tablespoonfuls flour, one-half teaspoonful pepper,

one egg, one green pepper, and one-eighth teaspoonful paprika.

Parboil the sweetbreads until tender, plunge them into cold

water, drain, and with a sharp knife trim the sweetbreads,

removing the skin and gristly membrane. Sprinkle them

with the juice of one orange and place in an ice-box for two

hours. At the end of that time place them in a baking-pan,

dredge with flour, sprinkle with salt and pepper, dot with

butter, and pour over them a half-cupful of boiling water.

Then add the orange juice in which they stood in the ice-box

and the green pepper cut in thin strips. Place in the oven

and cook until nicely brown, basting them frequently. .Serve

with a sauce made as follows: Cream one-half a cupful of

butter, mix with it one-fourth teaspoonful of salt, one-eighth

of a teaspoonful of paprika, the juice of one-half an orange,

the juice of one lemon, and one-half a cupful of boiling water.

To this add one egg, well beaten, and cook in a double boiler

until thick and smooth. Add the rest of your butter, creamed,

pour the sauce around your sweetbreads, and serve them gar-

nished with slices of the last half of an orange.

### Lemon Cheesecakes

Make a light crust, roll out very thin, cut in rounds and

line patty pans, or shallow gem pans. Put about a teaspoonful

of the lemon cream into each, and bake in a fairly quick oven.y

### Lemon Cream

One-fourth pound of butter, one pound of granulated

sugar, six eggs well beaten, the grated rind and juice of three

lemons. Melt the butter in a double boiler, add the other

ingredients, and stir gently until as thick as good cream. Pour

into glasses and seal. This will keep good for months, and is

therefore always ready for an unexpected call. This recipe

was famous in England seventy years ago.

### Richmond Maids

This recipe belonged to a maid-in-waiting to Queen Eliza-

beth and was sold in a little pastry shop in Richmond, England: One cupful of sweet milk, one of sour, one of sugar,

one of seeded raisins, one lemon, the yolks of four eggs, a pinch

of salt. Cut the raisins in small pieces. Put all the milk in

the double boiler, and cook until it curds; then strain. Put

the curd through a sieve. Beat the sugar and yolks of eggs

together, add the grated rind and juice of the lemon, the

raisins, and the curd. Line little patty pans with pie crust

rolled thin. Put a large spoonful of the filling in each, and

bake in a moderate oven for twenty minutes.

# XIX.—CHAFING DISH AND CASSEROLE COURSES AND FIRELESS COOKERY

AT one time the chafing dish was regarded as a luxury,

a fad, perhaps, but now it is classed as one of the housekeeper’s indispensables. It not only furnishes an at-

tractive way of serving, but it is convenient and no more costly

than commonplace methods of serving.

In the days of Madame de Stael the chafing dish was

popular, but it is only recently that Americans have appre-

ciated its possibilities.

Success with the chafing dish depends largely upon atten-

tion to details. Every article necessary to the construction

of a recipe should be upon the tray, the cook should show

confidence in herself, and be able to work rapidly. When

making a dish that calls for a sauce, make it first, then add

what is to go into it.

Wooden spoons are excellent to use as they do not become

hot, do not scratch, and are noiseless.

Things are served directly from the chafing dish, so that all

garnishing is avoided. There is a special charm about cooking

at the table, it does away writh any stiffness that might exist.

With two chafing dishes, a very creditable repast may be

served. Men are not above cooking on a chafing dish, and

to mix and make a good rarebit is an accomplishment not

despised by either man or woman. In the following rules

level measurements are called for and the rules are to be

accurately obeyed for good results.

In hot weather the chafing dish is excellent for cooking

vegetables. A housekeeper will find it saves gas, time, and

strength, three very important items when the thermometer

soars high.

### The Welsh Rarebit

The Welsh rarebit came to us from across the ocean; New

York’s famous chop-house made it popular, especially when

served with a poached egg on top and called a “golden buck.”

It was distinctly a man’s dish at first, but did not remain so

long. Some one has said, “Blessed be the man who created

the chafing dish,” and so say all of us.

### English Welsh Rarebit

This recipe calls for a delicious English breakfast biscuit

on which to serve the rarebit. They are obtainable at all the

large grocery stores.

Put in a chafing dish one tablespoonful of butter and when

melted add a pound of soft American cheese, which has pre-

viously been cut into small pieces. Sprinkle over it salt, one-

quartersaltspoonful cayenne pepper, and one-half teaspoonful

of dry mustard. Stir constantly and add, a bit at a time, half

a cupful of Bass’s ale. At the very last add a teaspoonful of

VVaw Waw sauce. When the cheese is melted and creamy,

serve at once. Milk may be used in place of ale, if desired,

but will not give so good results.

### Golden. Buck

2 cupfuls grated cheese.

i teaspoonful salt.

i cupful milk.

| teaspoonful mustard.

| teaspoonful paprika.

6 squares buttered toast.

6 poached eggs.

Boil the milk in a granite saucepan; add the cheese,

mustard, salt, and paprika; stir constantly until the cheese is

melted. Have ready the toast; pour enough of the cheese

over each piece to cover it; place a carefully poached egg on

the top of each piece; dust lightly over with pepper and salt

and serve immediately.

### Algonquin Rarebit

Melt one tablespoonful butter, add two-tbirds cupfuls

hot milk and cook one minute. Add one pound cheese and

stir until cheese is melted. Season with salt and paprika. Add

one egg and serve.

### English Monkey

i cupful stale bread crumbs.

i cupful of milk.

i cupful fresh cheese cut in pieces.

i tablespoonful butter.

i egg.

Salt and paprika.

Soak bread crumbs fifteen minutes in milk; melt butter

in chafing dish and add cheese; when cheese has melted, add

soaked crumbs, and egg, slightly beaten. Season, cook three

minutes, and pour over toasted crackers.

### School Girl’s Rarebit

In the blazer place one tablespoonful of butter or one

butter ball, as prepared for use, add one-quarter teaspoonful

of salt, the same amount of mustard, and a dash of cayenne.

When these ingredients are well mixed, add one-half pound

of mild, soft cheese cut in small pieces. Stir until the cheese

is melted and then add one-half cupful of thin cream and one

egg beaten together. Cook until slightly thickened and per-

fectly smooth, and serve on hot toast.

### Chicago Welsh Rarebit

Select richest and best American cheese, the milder the

better, as melting brings out strength. To make five rarebits,

take one pound cheese, grate, and put in tin or porcelain-lined

saucepan; add ale, old is best, enough to thin the cheese suf-

ficiently, say about a wineglassful to each rarebit. Place over

fire, stir until it is melted. Have slice of toast ready for each

rarebit (crusts trimmed); put a slice on each plate, and pour

cheese enough over each piece to cover it. Serve while hot.

### Mexican Rarebit

Melt a tablespoonful of butter in a chafing dish. When

well heated add a tablespoonful of Mexican pepper pulpr

half-teaspoonful of mustard, and a little salt. To this add a

half-pound of cheese, cut in small pieces. When the cheese is

melted, stir in slowly three or four tablespoonfuls of milk, and

then add one beaten egg. The mixture should be stirred

constantly while cooking. When sufficiently thickened, serve

on small squares of toasted bread.

### Bacon and Eggs

Make the blazer hot, lay in a number of slices of breakfast bacon, cut thin. Let this fry lightly, draw it to the side of

the blazer and break into the middle, one at a time, as many

eggs as the pan will accommodate. They will cook quickly

and may either be served directly to the guests or transferred

with the bacon to a platter. The former method is the better.

### Ham and Eggs

These may be cooked like the bacon and eggs, but ham

must be selected that has a border of fat. If it is too lean the

eggs are likely to stick to the pan.

Baked Beans with Cheese

Melt two tablespoonfuls of butter in the blazer, add one

cupful of baked beans with some tomato juice, strained and

thickened. Stir till smooth, then add one-half cupful of

grated cheese; when it is melted serve on toast.

### Corned Beef Hash with Peppers

Remove seeds from one green pepper, chop it; melt two

tablespoonfuls of butter in the blazer, add one can of corned

beef, chopped fine, with enough cream or stock to moisten.

### Liver and Bacon

Lay thin slices of bacon in the blazer, and when it begins

to fry, put in slices of lamb’s or calf’s liver, also cut thin.

These should be rolled in flour before they go into the blazer.

Turn the pieces often and cook until they are brown and tender.

When they are done, take the meat out and stir into the fat

left in the pan a tablespoonful of flour. Cook this a moment

until it browns, add a cupful of boiling water, boil up once,

and season with a teaspoonful of Worcestershire sauce, half

as much kitchen bouquet, and pepper and salt. Put the meat

back into the sauce, bring this once more to a boil, and serve.

### Creamed Dried Beef

In cooking for three people, use one-quarter of a pound of

dried beef, one generous tablespoonful of butter, a gill and a

half of milk, one level teaspoonful of flour, and a little pepper,

if liked. Put the beef in a bowl and pour a pint of boiling

water on it. Let it stand ten minutes, then drain well. Put

the butter in the dish and place over the lighted lamp. When

the butter is hot, add the beef and stir with a fork until the

slices begin to curl. Now add one gill of the milk. Mix the

remaining half-gill with the flour. When the milk begins to

boil, stir in the flour and milk mixture. Continue stirring

until this boils; then serve.

### Hot Sardines

Drain the sardines from the oil in which they come and

remove the skin. Heat a tablespoonful of butter, lay in the

sardines, and turn from time to time until they are hot through.

Serve on toast or biscuit.

### Spanish Sardines

Select large sardines and try to keep them whole, as the

dish looks prettier. To four tablespoonfuls of catsup add

the same quantity of olive oil, a teaspoonful of Worcestershire

sauce, salt and paprika, and after this mixture is bubbling,

lay the sardines in carefully and cook for five minutes, basting

them frequently. Serve on slices of hot, buttered toast.

### Herring Fillets for Dutch Suppers

Soak well-washed Dutch herrings in milk for two or three

hours, drain and dry. Separate into fillets, give a dash of

lemon, cover with a buttered paper, and cook in a pan in the

oven eight minutes. Meanwhile melt and blend a teaspoonful

each of butter and flour, stir in half a cupful of milk, a tea-

spoonful of made mustard, two tablespoonfuls of fresh grated

cheese, and same quantity of beer, and boil all up together.

Have ready some fingers of fried bread, dusted with paprika

and minced chives, place a fillet of herring on each, pour the

above sauce over, and serve hot.

### Sausages and Celery

Prick small sausages several times, so that they will not

burst in frying, lay them in the blazer, cover closely, and

cook until crisp. Or, if there are cold cooked sausages in the

house, they may be heated in the blazer in a little butter or

bacon fat. In either case, add to the fat two tablespoonfuls

of celery, cut up very small, and let this cook two or three

minutes, so that it will be done through, but not cooked enough

to lose the distinctive taste of fresh celery. This may be served

on toast or crackers. It is also good served on shredded

### wheat biscuit.

Frankfurts in White Sauce

Boil six sausages fifteen minutes. Cool, remove the skin,

and cut in small pieces. Melt three tablespoonfuls butter,

add three tablespoonfuls flour and three-fourths cupful each

of milk and cream. Add the sausages, season with salt,

pepper, and cayenne, and serve.

### Cheese Souffle

2 tablespoonfuls butter.

tablespoonfuls flour.

A cupful milk.

J teaspoonful salt.

Few grains cayenne.

i cupful chopped or grated cheese.

Melt butter, add flour, and when well mixed, gradually

add scalded milk, add then salt, cayenne, and cheese; when

cheese is melted, add yolks of eggs, well beaten; cool mixture

and cut and fold in whites of eggs, beaten until stiff; steam

over hot water for fifteen minutes, tightly covered.

### Cheese Fondu

Two cupfuls of milk, with a pinch of soda stirred in; one

cupful very dry, fine bread crumbs; one-half pound of dry

cheese, grated; four eggs; tablespoonful melted butter; cay-

enne pepper and salt. Soak the crumbs in the milk, beat in

the eggs, butter, and seasoning, lastly the cheese. Butter a

pudding-dish, put in the mixture, put fine crumbs on top.

Bake, covered, half an hour, then brown quickly. Serve im-

mediately, as it falls in cooling.

### Hot Cheese Sandwiches

Hot cheese sandwiches are particularly nice for Sunday

evening tea and are a great favorite with men. Slice the bread

very thin and cut it round with a large biscuit cutter. Put

a thick layer of grated cheese between the two forms, sprinkle

with salt and a dash of cayenne pepper, and press the round

pieces of bread well together. Fry them to a delicate brown

on each side, in equal parts of hot lard and butter, and serve

very hot.

### Cheese and Ham Sandwiches Sauted

Mix boiled ham minced fine with grated cheese, spread

between buttered slices of bread, dust with paprika, and soak

the sandwiches for a few minutes in one-half cupful of milk

mixed with one egg yolk. Then saute them in butter until

a light brown, turning once.

### Cheese Crusts

Cut thin slices of bread, fry them on one side in butter;

drain and let get cool. Spread them on the unfried side with

a mixture prepared as follows: Mix one tablespoonful of

herring relish with one and one-half of butter; add a pinch

of pepper and mustard and stir well to make a smooth paste.

Put a thin slice of Swiss or American cheese between two

slices.

### Turkey a la Newburg

Press the yolks of four hard-boiled eggs through a sieve.

Add to them one-quarter cupful of cream and mix to paste.

Put one tablespoonful of butter and two of flour into the chafing

dish. When melted add the egg paste and three-quarters

cupful of cream. When smooth and thick put in one pint of

cold turkey, a grating of nutmeg, one-quarter teaspoonful of

salt, one-quarter of paprika, and when hot and ready to serve,

four tablespoonfuls of sherry or Madeira.

### Deviled Chicken

Melt one tablespoonful of butter and mix with one of flour.

Add one-half cupful of stock and one-half of milk. When it

thickens add the hard-boiled yolks of two eggs, one table-

spoonful of chopped parsley, one-half teaspoonful of salt, one-

quarter teaspoonful of pepper, and the cold boiled chicken.

### Chicken with Green Peas

Put into the dish one can of washed and drained peas,

one cupful of cream, and one cupful of cold boiled chicken.

When hot add one tablespoonful of butter, one-half teaspoon-

ful of salt, and one-fourth of pepper.

### Creamed Shrimps

Mix in the chafing dish the yolks of two eggs, one teaspoon-

ful of anchovy sauce, half-cupful of cream. Put in half a pint

of shrimps, let them get hot, not allowing the eggs to curdle.

Use hot water dish. Serve on strips of toast.

### Creamed Lobster

i can lobster.

i tablespoonful flour.

| teaspoonful paprika.

i pint cream.

2 tablespoonfuls butter.

i teaspoonful salt.

Melt butter in chafing dish; add flour, stirring constantly.

Add cream and let it cook until it begins to thicken. Season,

add lobster, and heat slowly. Serve with brown bread or toast.

### Shrimp Wiggle

i teaspoonful salt.

4 tablespoonfuls butter.

iJ cupfuls milk.

2 tablespoonfuls flour.

i teaspoonful paprika.

i cupful shrimps.

i cupful canned peas.

Melt butter and add flour, with salt and paprika, stirring

constantly; then pour the milk on gradually as soon as sauce

thickens. Add shrimps broken in pieces, and the peas drained

from their liquor.

### Shrimps a la Creole

i pint shrimps.

tablespoonfuls butter.

11 tablespoonfuls flour.

| teaspoonful salt.

Few grains cayenne.

iJ cupfuls strained tomato.

i tablespoonful chopped onion.

x bay leaf.

Fry onion in butter until yellow, add flour, and stir until

smooth; pour on gradually the tomato and add bay leaf;

then add shrimps, cleaned and broken in pieces; when the

sauce has thickened and the shrimps heated, remove bay leaf

and serve.

### Devilled Crabs

Cut two cupfuls of crab meat into small pieces, and lay

them for half an hour in a good French dressing. When

ready to use, put into the chafing dish three tablespoonfuls

of butter, one teaspoonful of lemon juice, one teaspoonful of

mustard, half a teaspoonful of paprika, as much salt, and two

tablespoonfuls of tomato catsup. Let all cook together until

they come to a boil, turn in the crab meat, let it become

smoking hot, and serve at once.

### Lobster a la Newburg

Cook together in the double boiler of a chafing dish a half-

pint of cream and the yolks of three eggs, until they thicken.

Put in them the meat from one large or two small lobsters and

when this is smoking hot, pour in a gill of sherry. Cook until

the mixture is hot, season with a scant teaspoonful of salt and

a couple of dashes of cayenne, and serve at once. A table-

spoonful of good brandy may be added.

### Lobster Wiggle

Into the chafing dish put two tablespoonfuls of butter and

two tablespoonfuls of flour. Stir together till like a paste, add

one cupful of cream or rich milk, half a teaspoonful of salt, a dash

of paprika, one teaspoonful of lemon juice and chopped parsley.

Beat till creamy with a whisk, add one and one-half cupfuls

of lobster meat cut into small cubes. Cook for a few minutes

with the lid on. Just before serving add half a can of French

peas. Pour over fingers of buttered toast.

### Spanish Eggs

Cook one tablespoonful finely chopped onion and two

tablespocnfuls chopped pepper in two tablespoonfuls butter

three minutes. Add three or four mushrooms broken in

pieces and one cupful of tomato. When this mixture is hot

add four beaten eggs, three-fourths teaspoonful of salt, a little

cayenne, and one tablespoonful capers. Cook until the mix-

ture thickens, stirring constantly.

### Orange Omelet

Beat the yolks of five eggs until thick and lemon-colored,

add the grated rind of one orange, five tablespoonfuls of

orange juice, and five tablespoonfuls of powdered sugar, fold

in the whites of the eggs, after beating them stiff, and a few

grains of salt. Butter the chafing dish and cook the omelet

over hot water for fifteen or twenty minutes.

### Eggs a la Goldenrod

Put one tablespoonful butter in a chafing dish, and when

bubbling add one tablespoonful flour, one-half teaspoonful

salt, one-half saltspoonful pepper, and gradually one cupful

milk. Add the whites of three hard-boiled eggs, chopped fine.

When hot pour over three slices of toast. Rub the yolks

through a strainer over all, and garnish with parsley.

### Scrambled Eggs

For this dish use the hot water pan. Melt a tablespoonful

of butter. Beat four eggs slightly, season with pepper, stir

in a tablespoonful of cream, and pour into the hot butter. As

the mixture cooks, scrape it up toward the centre of the pan,

and when it grows soft and jelly-like, sprinkle with salt and

serve immediately on toast or crisp crackers.

### Chafing Dish Omelet

Beat six eggs till frothy, add six tablespoonfuls of hot

water, a little finely chopped parsley, and a dash of salt and

pepper. Into the chafing dish put two tablespoonfuls of

butter, allow it to melt, then pour in the egg mixture and shake

lightly, not allowing the omelet to settle in any one spot till

thickened all over. Then fold it, roll like a jelly cake, roll,

and turn out on a hot platter. It may be transformed into

a cheese omelet by dusting before it is rolled with grated cheese.

It may also be made very savory by preparing in a second

chafing dish a cupful of tomato sauce, which can be poured

over the omelet.

### Cuban Eggs

This recipe is for six persons. Use eight eggs, one tea-

spoonful of minced onion, four tablespoonfuls of sausage meat

or minced bacon, one-half teaspoonful of salt, and one-eighth

teaspoonful of pepper. Cook the meat and onion together

five minutes; beat the eggs thoroughly and add the seasoning;

pour in the eggs; stir till the eggs become thick and creamy;

then pour over buttered toast and serve.

### Creamed Chicken and Mushrooms

In the blazer over the boiling water melt two tablespoonfuls of butter, and with it blend two tablespoonfuls of flour,

one-fourth teaspoonful of salt, a little pepper, and one-eighth

of a teaspoonful of celery salt; stir until smooth, then add very

gradually one cupful of hot milk. When this cream sauce has

become smooth and thickened, add two cupfuls of cold cooked

chicken cut in dice, and one-half can of mushroomscut in halves.

Stir carefully until hot and serve on toast or in patty shells.

### Creamed Sweetbreads and Mushrooms

Three level teaspoonfuls of butter, two and one-half

tablespoonfuls of flour (level), one cupful of milk, one pound

of sweetbreads, parboiled and cut in small pieces, one-eighth

teaspoonful paprika, one teaspoonful chopped parsley, a heap-

ing tablespoonful of chopped mushrooms, one-half table-

spoonful of lemon juice, one-half teaspoonful salt, and two

egg yolks — these to be added last.

### Chicken Fillets with Almond Sauce

Melt two tablespoonfuls butter, and sautS two chicken

fillets until a light-brown color. When done, draw to one side

of the pan, and add to butter in the pan two tablespoonfuls

of flour; then pour on one cupful each of cream and stock,

as for a white sauce. When thick, add one-half cupful shred-

ded almonds and season with salt and cayenne.

### Oyster Pan Toast

I dozen large oysters.

I tablespoonful butter.

« i cupful oyster juice.

2 slices toast.

Salt and pepper.

Melt butter in the chafing dish. As it creams add oysters

and juice. Season with salt and pepper. Cover and cook ten

minutes. Serve on hot toast, moistened with oyster juice.

### Scrambled Oysters

Scramble lightly two eggs to a person in the blazer in

which is plenty of melted butter. Add a tablespoonful of

cream for each person, salt and paprika and small Blue Point

oysters well drained, about twenty-five for each person. Scram-

ble these with the eggs until the edges curl, but no longer.

They are not as delicate if cooked too long. Serve on slices

,of hot buttered toast which have been spread with anchovy

sauce.

### Oysters a la Providence

Melt two tablespoonfuls butter, then add four table -

spoonfuls chopped mushrooms; cook two minutes, then add

two tablespoonfuls flour and one pint of oysters. Cook until

the edges curl, add a few drops onion juice, a few drops tabasco,

and one-half teaspoonful each of lemon juice and salt. Add

one beaten egg, cook until it thickens, and serve on rounds of

toast.

### Creamed Oysters

Cook together in the pan a tablespoonful of butter with a

heaping one of flour, and when these are blended add three-

quarters of a cupful of mixed milk and oyster liquor. Stir in

a smooth sauce, then stir in a cupful of milk to which has been

added a pinch of baking soda. Stir until thick and smooth;

drop in the oysters and season to taste. Cook until the oysters

just begin to ruffle at the edges; stir in gradually one wellbeaten egg and serve immediately.

### Oysters a la Thorndike

Drain a pint of oysters and add them to two tablespoonfuls

of melted butter. Cook in this till they grow plump, then add

half a teaspoonful of salt, a dash of cayenne and nutmeg, four

tablespoonfuls of cream, and the well-beaten yolks of two eggs.

Serve on toasted crackers or bread.

### Oysters for a Chafing Dish

Put in chafing dish a piece of butter the size of an egg, add

a heaping teaspoonful of finely chopped onion, fry to a light

yellow color, add three heaping tablespoonfuls of finely chopped

celery and two cupfuls of oysters in their own liquid; boil

until done, season to taste, then add three heaping tablespoonfuls of fresh bread crumbs, half a gill of cream, and half a tea-

spoonful of chopped parsley. Let come to a boil and serve.

Enough for four.

### Smothered Oysters

Tut a tablespoonful of butter in the chafing dish with half

a saltspoonful of white pepper, one teaspoonful of salt, and a

dash of cayenne. Add a pint of drained oysters. Put the lid

on the chafing dish and cook for five minutes. Serve on

toasted crackers. Fricasseed oysters may be prepared in this

same way by adding half a cupful of cream, a teaspoonful of

lemon juice, and one beaten egg.

### Oysters and Eggs

Beat up three eggs, and one tablespoonful of cream, and

a seasoning of salt and pepper. Melt one tablespoonful of

butter in the blazer. When it is hot, pour in egg mixture and

stir. When it is just beginning to thicken add twelve oysters,

and continue cooking the mixture till it is a soft, creamy mass.

Serve as quickly as possible on toast. Enough for two.

### Fried Oysters

Take as many oysters as wanted. Select large fresh ones

and drain off the liquor. Dip each one separately in flour,

then in egg beaten up, and lastly in cracker dust. Have the lard

very hot and plenty of it. Fry the oysters five minutes or until

they are a golden brown. Sprinkle a little salt on each one and

serve very hot with sprigs of parsley over them.

### Little Pigs in Baskets

For three persons, eighteen large, plump oysters and an

equal number of slices of the best bacon. Wrap each oyster

in a slice of the bacon, and fasten it with a wooden toothpick.

Light the. lamp, having the wicks rather high. In a few sec-

onds put in as many “little pigs” as will lie flat on the bottom

of the pan. Turn constantly with a fork until they are brown

on both sides; serve at once on slices of toast.

### Oysters Grilled

Take a pint of large oysters, pick them from the liquor

and drain as dry as possible. Put them in well heated blazer

aS ^ast as li(luor drains from them remove it with a spoon.

When the oysters are dry and plump they are ready to serve,

Before taking from the pan, dust with pepper and salt and

add two tablespoonfuls of butter. Serve between saltine

wafers sandwich fashion.

### Oyster Stew for Two

Put into the chafing dish two tablespoonfuls of butter and

one tablespoonful of flour. Stir with a whisk till like a paste,

then pour in one cupful of strained oyster liquor and four

tablespoonfuls of cream. When it begins to boil add twenty

oysters and a dust of paprika and salt. Put on the lid and

allow the stew to cook for about five minutes. Then the edges

will be curled up. Serve in bouillon cups with saltine wafers.

### Oysters and Mushrooms

Heat a pint of oysters in their own juice till they boil.

Drain them and save the liquor, straining it through fine cheese-

cloth. In two tablespoonfuls of butter cook two table-

spoonfuls of chopped mushrooms for five minutes, add

two tablespoonfuls of flour wet to a paste in cold water, and the

oyster juice; then cook three minutes. Last of all add the

oysters, the yolk of an egg well beaten, half a teaspoonful of

salt, half a teaspoonful of lemon juice, a touch of cayenne, and

a tablespoonful of sherry wine. Serve on long narrow slices

of toast.

### Creamed Sweetbreads

Parboil one pair of sweetbreads. Melt one tablespoonful

of butter and one of flour. Add three-quarters cupful of

cream and one-quarter of chicken stock. When it boils add

the sweetbreads, one-half teaspoonful of salt, and one-quarter

of pepper.

### Sweetbreads with Nuts

Make creamed sweetbreads and add to them twelve

chopped almonds and twelve chopped English walnuts,

### Bombay Toast

For three persons use four eggs, four slices of toast, one

tablespoonful of anchovy paste, one tablespoonful of chopped

capers, half a teaspoonful of salt, a grain of cayenne, and two

generous tablespoonfuls of butter. Break the eggs into a bowl,

and beat them well; add the salt, pepper, and capers. Put

the butter in the upper pan of the chafing dish and place over

the boiling water. As soon as the butter is melted, stir in the

egg mixture and the anchovy paste. Stir until the mixture

is a creamy mass, then remove at once from the hot water and

continue stirring for half a minute. Spread on thin slices of

toast; then cut these into squares and serve at once. This dish

requires moderate heat; therefore, have the wicks of the lamp

low.

Grilled Almonds

Cover the bottom of chafing dish blazer with olive oil.

When hot put in the blanched nuts and stir gently until they

are an even brown. Strain off the olive oil, to be used again,

and place the nuts on soft brown or white paper. Sprinkle

while hot with salt. The nuts will be dry and of delicious

flavor. Two tablespoonfuls of oil is sufficient for a cupful of

nuts.

### Lyonnaise Chestnuts

Shell a pint of fine, meaty chestnuts, blanch, and boil till

they are soft. Drain, and drop them in a tablespoonful of hot

butter in the blazer. Add a teaspoonful of finely minced

onion, and brown quickly. Pepper and salt slightly, serve on

hot plates with fingers of toast.

### Stewed Lobster

Cut the meat of a live lobster into small squares. Sim-

mer in butter, and add one cupful of cream sauce. Season

with salt, pepper, Worcestershire sauce, and a little curry

powder. Serve with slices of toast.

### Shad Roe

Two tablespoonfuls of butter. Tablespoonful lemon

juice. Yolks of two hard-boiled eggs. Cupful grated bread.

Parsley, chopped. Pepper. Salt. Put the butter into the

chafing dish. Add the roe, which has been boiled ten min-

utes in salted water, and break up lightly with a fork. Add

the eggs, mashed fine, grated bread, parsley, pepper and salt.

Stir constantly till mixed. Add lemon juice just before serving.

### Shrimps a la Creole

Two ounces of butter, half of a small onion and a small

clove of garlic, chopped very fine and thoroughly cooked;

add a pint of shelled shrimps, either fresh or canned. Braise

the shrimps in this preparation, adding half a pint of canned

tomatoes and two tablespoonfuls of French peas. Season

highly with salt and Chilli pepper. Cook ten minutes and

serve.

### Creamed Dried Beef

Use a quarter of a pound of dried beef, tender, crimson,

and shaved very fine. Into the hot water pan put one table-

spoonful of butter, let it melt, then add one and one-half

tablespoonfuls of flour. Rub to a smooth paste, pour in one

cupful of thin cream, add a dash of paprika, then the beef.

Allow it to boil up, and then serve on rounds of toast.

### German Toast

Slightly beat two eggs, add one-third teaspoonful of salt,

one and a half tablespoonfuls of sugar, and two-thirds of a cup-

ful of milk. Soak four slices of stale bread in the mixture

until soft. Heat and brown delicately on both sides in a hot

blazer, using enough butter to prevent burning.

### Fried Smelts

Smelts can be fried to perfection in the blazer. Clean

them, wipe dry, season, and dip in flour or fine bread crumbs.

Egg them, dip in crumbs again, and fry in plenty of hot butter.

Serve with sauce tartare and Saratoga chips.

### Finnan Haddie a la Delmonico

One-half pound of finnan haddie, picked up and braised

in one ounce of butter, one cupful of cream, one hard-boiled

egg cut into small squares, the yolk of one raw egg, and one

teaspoonful of grated Edam cheese. Thicken with cream

sauce, season to taste, and cook seven or eight minutes. Serve

with small pieces of dry toast.

### Mock Terrapin

Melt three tablespoonfuls of butter, add two tablespoonfuls

flour, one-fourth teaspoonful salt, one-fourth saltspoonful

pepper, a few grains of cayenne, and gradually one cupful

milk. Add one and one-half cupfuls chicken or veal cut in

dice, yolks of two hard-boiled eggs chopped fine, whites cut

in large pieces. Cook three minutes. Add three tablespoon-

fuls wine, and serve.

### Lamb Terrapin

This is a savory dish to serve when the pibce de resistance

of a Sunday dinner has been a leg of lamb. Take slices of the

meat which have been left, and cut into fine dice. Two cupfuls

of these dice will be required for a party of eight. Make a

sauce in the chafing dish, using two tablespoonfuls of butter,

one tablespoonful of flour, one teaspoonful of mustard, one

tablespoonful of currant jelly, one tablespoonful Worcester-

shire sauce, a dash of paprika and salt, one cupful of white

stock, a quarter cupful of cream, and the yolks of three hard-

boiled eggs, pressed through a potato ricer. Beat this with a

whisk till smooth, add the diced lamb, allow it to boil up, then

sprinkle in the w'hites of the eggs cut fine, and two tablespoon-

fuls of sherry. Serve on slices of buttered brown bread toast.

Fine on Sunday night for supper.

### Shredded Ham with Currant Jelly

i tablespoonful butter.

io grains paprika.

J cupful currant jelly.

i cupful sherry wine.

i cupful cold cooked ham, cut in small strips.

Melt butter and currant jelly in the chafing dish; add

paprika, wine, and ham. Simmer five minutes.

### Devilled Tomatoes

Put two tablespoonfuls of butter into the blazer, and, before lighting the flame, add to the butter half a teaspoonful

of onion juice, ten drops of tabasco sauce or a pinch of red

pepper, half a teaspoonful of dry mustard, a scant teaspoonful

of sugar, a tablespoonful of vinegar, and a scant teaspoonful of

salt. Light the flame, stir the sauce together until it is smooth,

and lay in the tomatoes, sliced but not peeled. Cook until

tender, and serve.

### Tomatoes with Cream Sauce

Fry tomatoes as directed in the first recipe; take out the

slices and keep warm in a covered dish while you add to the

butter in the blazer a tablespoonful of flour, stirring this until

it and the butter are a bubbling paste; add a half-pint of thin.

cream in which has been dropped a tiny pinch of baking soda.

Stir until the sauce is thick and smooth, add a small teaspoonful of salt and a little white pepper. Lay the tomatoes back in

the sauce, let it boil up once, and serve.

### Spaghetti and Tomatoes

For this, one must have cold cooked spaghetti, which may

easily be prepared at a time when there is a fire in the stove,

or spaghetti which has been left over from another meal may

be used. Make a tomato sauce in the blazer by cooking to-

gether a tablespoonful each of butter and flour until they

bubble and pouring upon them a half-pint of tomato liquor

to which has been added a half-teaspoonful of onion juice.

As soon as the sauce is thick and smooth, lay in the spaghetti,

which should have been cut into short lengths. Let this be-

come hot through, and season it to taste with salt and pepper.

Just before serving sprinkle over it a heaping tablespoonful

of grated cheese. If Parmesan cheese is used the allowance

may be a little less generous, but this full amount will be

required of the ordinary dairy cheese. The pipe macaroni

or even vermicelli may be used in place of the spaghetti.

### Hashed Potatoes

Cut fat salt pork in small cubes, try out, and remove the

scraps; there should be about one-third cupful of fat. Add

two cupfuls of cold boiled potatoes, finely chopped, one-eighth

teaspoonful of pepper, and salt if necessary. Mix the pota-

toes thoroughly with the fat; cook for four minutes, stirring

constantly; then let stand until browned underneath.

### Potatoes a la Lyonnaise

A good bacon or beef dripping may be used instead of

butter. Heat this in the blazer with a teaspoonful of onion

sliced very thin. When the onion begins to brown, put in

cold boiled potatoes, cut into dice or into small slices, and cook

to a light brown. Sprinkle with salt and pepper and serve.

### Potatoes Creamed

Make a cream sauce by cooking together in the blazer a

tablespoonful of flour and two of butter until they bubble, and

pouring upon them a half-pint of milk. Have ready two cup-

fuls of cold boiled potatoes, cut into dice, put them into the

sauce, and cook until they are heated through. Just before

putting out the flame, season to taste with salt and pepper

and add a teaspoonful of parsley, minced fine.

### Curried Vegetables

Have previously prepared one cupful of boiled potato

balls, one cupful of boiled carrots, cut in dice, one-half cupful

of boiled turnips cut in dice, and one-half cupful of canned

peas, rinsed and drained. Cook two slices of onion in three

tablespoonfuls of butter for five minutes. Remove the onion

and add three tablespoonfuls of flour, one teaspoonful each of

curry powder and salt, one-fourth teaspoonful each of celery

salt and pepper, and one and one-half cupfuls of milk. Stir

until smooth, then re-heat the vegetables in the sauce.

### Fried Peppers

Slice green peppers lengthwise, removing the seeds. Melt

a couple of tablespoonfuls of butter in the chafing dish, lay in

the peppers, and fry until they are tender and lightly browned.

Take out and serve as a relish with cold meat of any kind.

### Macaroni and Mushrooms

Have the macaroni boiled, and a can of French “ button”

mushrooms opened. Make cream sauce on the chafing dish;

when cooked add the macaroni and mushrooms, and season

to taste. This is a most satisfactory dish.

### Mutton Kidney Sautds

Take ten mutton kidneys, trim off all skin, and cut them

in slices; put them in the blazer with one tablespoonful of

butter; salt and pepper to taste. Keep stirring them and

let cook for ten minutes. Remove from the pan and into the

fryings put a tablespoonful of water and a small wineglassful

of sherry wine or Madeira. Pour this over the kidneys. Serve

with toast cut in diamond shape and sprigs of parsley.

### Frogs’ Legs

Frogs’ legs, gill of cream, three tablespoonfuls of butter,

pepper, salt, two tablespoonfuls of flour. Put the butter

in the chafing dish and stir in the flour until smooth, then add

the cream. Season the frogs’ legs with salt and pepper. Put

them in the chafing dish. Cover, and cook about twenty

minutes. If necessary, add a little more cream.

### String Beans Lyonnaise

Fry a finely cut onion in three tablespoonfuls of butter

in the blazer until a delicate brown. Then add one quart of

string beans, with a dash of pepper, a grating of nutmeg, and

salt to season. Turn them about frequently without breaking

them up too much until they are all well heated through. One

teaspoonful of chopped parsley, one tablespoonful of lemon

juice, and one tablespoonful of butter put on in bits just before

serving give a most pleasing flavor to this combination.

### Roast Beef Sandwiches

Melt three tablespoonfuls of butter, add six tablespoonfuls

of stock or gravy, and when hot put in six slices of roast beef,

add one tablespoonful of chopped parsley, six drops of onion

juice, one teaspoonful of Worcestershiie sauce, salt and pa-

prika. Butter small slices of bread, lay on the hot beef, cover

with gravy, and serve very hot.

### Chocolate Soufil6

Melt two ounces of chocolate, add one-half cupful of

granulated sugar and four tablespoonfuls of hot water. Cook

until smooth and glossy, add one-half cupful of cream and a

quarter of a cupful of milk, stirring constantly until it boils.

Pour in the yolks of two eggs diluted with one tablespoonful of

cream; when this is blended with the rest and thickened slightly,

fold in the whites, beaten stiff. Cook this over hot water for

ten minutes. Serve with whipped cream, sweetened and

flavored to taste.

### Fruit Canapés

The materials are rounds of bread for toasting, whipped

cream, and a fig paste made as follows: Stew a half-pound of

figs, cut small, with a little water and a half-cupful of sugar,

adding the juice and rind of half a lemon when nearly done.

This preserve is cooled and ready for use at any time, as it

keeps very well. Now for the toast. Beat two eggs with

three-quarters of a cupful of milk, one-half teaspoonful of salt,

and one and a half tablespoonfuls of sugar. Dip in the rounds

of bread and saute them in the blazer over direct heat, first

making sure that the pan is well buttered and hot. On these

daintily browned circles of French toast spread a spoonful

of the fig paste and garnish with whipped cream, made by

beating one cupful of thin cream and adding one-third of a

cupful of powdered sugar and one-half teaspoonful of vanilla.

Other preserves may be used, such as orange marmalade,

pineapple, and canned peaches, but the figs are especially

delicious.

### Macaroon Pudding

Soak twelve macaroons in sherry wine ten minutes and

remove from the wine. Beat two eggs slightly, add five table-

spoonfuls sugar, one-fourth teaspoonful salt, and one cupful each of milk and cream. Then add two tablespoonfuls

blanched and chopped almonds, one-fourth teaspoonful almond

extract, and four finely pounded macaroons. Turn this mixture

into a chafing dish, arrange soaked macaroons on top, cover,

and cook over hot water thirty minutes.

### Fig Cups

i pound washed figs.

j cupful chopped salted almonds or peanuts.

3 tablespoonfuls sugar.

i tablespoonful lemon juice.

J cupful wine, sherry or claret.

Stuff the figs with the nuts; heat sugar, lemon juice, and

wine in the chafing dish, add eggs; cover and cook until figs

are tender; baste often; serve with lady-fingers.

### Mince Pie

Cook one and one-half cupfuls chopped apple with one

tablespoonful butter until soft. Add one-third cupful each

molasses and cider, then add two-thirds cupful sugar mixed

with one-fourth teaspoonful each of cinnamon, cloves, and nut-

meg, and one-eighth teaspoonful of mace. Add juice and rind

of one lemon, one tablespoonful of vinegar, one-half cupful

cracker crumbs, one-half cupful currants, one-half cupful

raisins, seeded and cut in pieces, one-third cupful citron, cut

in strips, and salt to taste. Heat to boiling point, and add two

tablespoonfuls each of brandy and sherry. Serve in patty

shells.

### Bananas

Pare and slice four bananas. Cook one-half cupful of

water, one-quarter cupful of sugar, and the juice of half a lemon.

When like a syrup, add the bananas, cook for three minutes,

and serve,

### Never-Failing Custard

Add to one pint of milk the yolks of three eggs, three table-

spoonfuls of sugar or maple sugar, and one teaspoonful of

cornstarch. Cook until slightly thick, add the beaten whites

of the eggs. Grated macaroons may be added, or the cus-

tard may be poured over stale cake. Grated chocolate should

be put over the top.

### Casserole Cooking

The advent of the casserole has opened new resources to

the thoughtful house mother. Continental nations have used

the “little brown servant” for centuries, but we -with all our

newness have just awakened to its almost limitless possibilities. Food cooked in a casserole has a certain savoriness

obtained by no other method of cooking. Owing to the long

cooking in its own juices, meat is enhanced in flavor and veg-

etables retain a most delicate flavor. It is a convenient utensil

which commends itself, and it is economical because it combines odds and ends that are often wasted, in a most delectable

manner. In short, it is a short cut to French cookery. To

serve casserole dishes at their best, the cover should not be

removed till it is on the table. This keeps the food very hot.

The recipes given are most excellent and have been selected

very carefully.

### Preparations for the Casserole

In frying meat, preparatory to the casserole process, the

iron skillet should be hot and the fat hissing hot, so that the

meat may be well seared and the juices thus entirely retained.

After the casserole is thoroughly hot and its contents cooking

briskly in it, a moderate heat will complete the process. If

the cooking is to be long continued, or if the cover is at all

loose, it is a wise precaution to seal up the crack between the

casserole and its cover with a strip of muslin spread with flour

paste, in order to retain within the dish all the aroma of its

contents.

### How to Use the Casserole

The casserole is all right in the oven, or on the side of the

range, but over a gas burner it must be protected by an asbestos

plate. This is most important with the stoneware ones. If

the precaution is neglected, an ominous crack will appear

shortly, succeeded by a leak, and that finishes the casserole.

Bacon or ham drippings, butter or salt pork are the best

fats for the searing (in an iron skillet) which usually precedes

the casserole process. A spoonful or two of kitchen bouquet

is often a good addition to the measure of hot broth or water,

which is added to keep the meats well moistened, and Spanish

sweet peppers are better than peppers, or even paprika. They

bestow a mildly peppery and altogether appetizing flavor upon

a casserole dish, and once used, are an indispensable adjunct

to it.

### Birds en Casserole

Small birds, either whole or split, are excellent cooked by

either of the methods just described A whole chicken, also,

may be cooked by either method, but should be removed from

the casserole when served, for convenience in carving. The

sauce may then be strained to serve with it.

### Casserole of Rice and Meat

Line a brick-shaped mould, well greased, with steamed or

boiled, well-seasoned rice, to the depth of one and one-half

inches. Fill the centre with minced chicken, veal, or lamb

prepared by the following method: To two cupfuls of finely

minced cold meat, seasoned highly with salt, pepper, cayenne,

celery salt, onion, and lemon juice, add one-half teaspoonful

finely chopped parsley, four tablespoonfuls cracker meal or

fine crumbs, one egg slightly beaten, and enough chicken or

white stock or water to moisten mixture. Fill the centre of

mould and cover meat mixture with rice. Cover rice with

buttered paper to prevent moisture while steaming, falling on

the meat. Cook in a steamer forty-five minutes, unmould on

hot serving platter, sprinkle with paprika, and surround with

sauce.

### Irish Stew

A NECK of mutton is best for this purpose, cut into bits.

Slice potatoes and onions, lay them in the bottom of the casserole, then a layer of mutton. Season plentifully. Cover

with another layer of potatoes and onions. Pour in water or

stock. Cook without uncovering for three hours.

### Louisiana Chicken

Heat three tablespoonfuls of drippings in a skillet, and fry

in it until light brown three sliced onions. Disjoint a large,

tender chicken, roll it in flour, and fry it in the hot fat until

brown. Place the chicken in a large heated casserole. Add

to the fat in the skillet two tablespoonfuls of flour and stir it

until smooth; then add slowly one pint of strained tomatoes,

three or four minced green peppers, one-half a bay leaf, a sprig

of parsley, minced, and a teaspoonful of salt. Cook five

minutes and then pour over the chicken. Bake two hours.

### Candied Sweet Potatoes

With a French cutter scoop balls from raw sweet potatoes;

the potatoes should first be neatly pared. For a pint of balls,

melt one-fourth a cupful of butter in a casserole; add onefourth a cupful of maple syrup or sugar, and when very hot

put in the balls and shake them over the fire until quite hot,

then cover and let cook in the oven till tender. Baste fre-

quently with the liquid in the dish; add salt before the cook-

ing is completed. Irish potatoes may be done in the same

way, omitting the sweetening.

### Lamb Rechauffe, with Tomatoes and Rice

Place in the casserole two cupfuls of roast lamb, diced

and free from fat and gristle. Add three cupfuls of hot lamb

broth, one cupful of strained tomatoes, and one and one-half

teaspoonfuls of salt, stir in two-thirds of a cupful of washed

rice and a minced pimento, and bake forty minutes.

### Chicken RSchaufte, en Casserole

Place in a small casserole a cupful of cooked string beans,

half a cupful of diced celery, half a pimento, minced, a small

onion cut in slices, and half a minced carrot. Add one and

one-half cupfuls of diced chicken and a teaspoonful of salt.

Pour over all a cupful of chicken broth and half a cupful of

strained tomatoes, add a little butter, and bake forty minutes.

### Chicken, en Casserole

Heat three tablespoonfuls of butter or drippings in a skillet,

and fry in it until light brown, a thinly sliced onion. Disjoint

a tender chicken weighing four or five pounds, roll the pieces

in flour, and fry them in the fat in the skillet until they are a

rich brown. Heat a large casserole in the oven and place in

it a carrot cut in dice, a cupful of diced celery, and a minced

pimento. Place the chicken neatly on top of these vegetables,

pour over it a cupful and a half of thin soup stock or hot water,

add a teaspoonful of salt, cover the dish tightly, and bake it in

a moderate oven two hours.

A good variation upon this recipe is to omit the celery,

to add half a bay leaf, and to put on top of the chicken when

placed in the casserole a half-cupful of button mushrooms.

Finally, add a cupful of hot water or stock.

### Baked Veal Cutlets, en Casserole

Lay in a heated, buttered casserole one and one-half pounds

of veal steak. Add one cupful of seasoned stock, then spread

over the steak a dressing made of two cupfuls of bread crumbs,

one onion chopped fine, a beaten egg, a tablespoonful of

melted butter, a teaspoonful of salt, and a saltspoonful of

pepper. Cover and cook half an hour in a hot oven, then un-

cover and brown. Serve with a sour jelly or with spiced

gooseberries.

### Veal Hearts, en Espagnole

Veal hearts are both economical and savory. Properly

cooked they taste much like venison. Fry four slices of bacon

to a crisp, remove them from the skillet, and fry a small sliced

onion in the hot fat. Trim and wash four veal hearts, slice

them, roll the piecesin flour, and fry them in the hot fat. Place

the hearts in a heated casserole. Add to the fat in the pan

a cupful of stock, half a minced pimento, a teaspoonful of salt,

and half a bay leaf. Pour the mixture over the hearts and

cook two hours. Five minutes before serving add the slices

of bacon

### Fish, aux Italiennes

Cook one-quarter of a pound of macaroni until tender,

drain, and rinse it with cold water. Free a pint of cooked fish

from bones and skin, flake it, and put half of it in a small casserole. Add half the macaroni, then a tablespoonful of melted

butter and a tablespoonful of melted cheese. Sprinkle with

a saltspoonful salt and a dash of cayenne. Add the remainder

of the fish, then the rest of the macaroni; season as before.

Bake twenty minutes, remove the cover of the casserole and

brown the top, then serve.

### Spiced Tongue, en Casserole

Boil a mildly cured tongue until it is tender, then trim

and skin it. Next rub in a mixture of the following spices:

one teaspoonful of allspice and one-half teaspoonful of ginger.

Fry a small onion in butter in a skillet, then dredge the tongue

in flour and fry it brown all over, in the same skillet. Place

the tongue in a large heated casserole. Add one tablespoonful

of flour to the fat in the skillet, then add a pint of warm water

or weak stock, the juice of a lemon, and half a cupful of seeded

raisins. Pour this sauce over the tongue and bake it half an

hour.

### Fireless Cookery

The fireless cooker has proven its worth. It is a boon to

both country and city housekeepers, inasmuch as it is a time

and money saver. Rules are given in detail so that a beginner

may go and do likewise.

Chocolate, to be served late in the evening, may be made

at six o’clock and kept hot in the fireless cooker.

AU frozen desserts may be kept to perfection in the cooker

packed in salt and crushed ice.

On cold nights, bread sponge may be kept in the fireless

cooker free from draft, and rises nicely.

Butter and milk may be kept colder than in any ice chest

by keeping ice in the cooker.

### Boiled Ham

Put a six-pound ham in a kettle at nine in the morning,

cover with cold water, boil hard, and put in the cooker. At

two take out the kettle, put the ham on the stove to boil fifteen

minutes, add cloves, a bay leaf, and three peppercorns. At

five-thirty take the ham out, put in a pan, sprinkle with bread

crumbs, stick full of cloves, dust with sugar, and bake till

brown, about half an hour.

### Leg of Mutton

Trim the leg well and put it in the big kettle of boiling

water. Let it boil about ten minutes, then add one table-

spoonful of salt and two or three peppercorns. If you like

the flavor, a tiny piece of mace, or bay leaf, and two or three

cloves may be added. Now put kettle in cooker. In five or

six hours it should be ready to be served with caper sauce.

### Corned Beef Tongue

A slightly corned beef tongue may be cooked all day and

night, then re-heated to serve for dinner at night. Skim care-

fully and use with a hot tomato sauce. While making the

sauce, the tongue may be put in a hot oven and then sliced for

serving.

### Fricasseed Chicken

The chicken is cut up and each piece sauted in a little

butter. Then it is covered with boiling water and put into the

large kettle of the cooker, and after it has boiled ten minutes

it is put in the box. This should be done about twelve

o’clock for a six o’clock dinner. If the chicken seems at all

tough it should be taken up at three or four o’clock and boiled

on the stove ten or fifteen minutes, then returned to the box

until dinner time. When ready to serve it is again put on the

stove just long enough to thicken the gravy. The seasoning

is put in at the second cooking.

### Beef a la Mode

Five pounds of round of beef, larded. Cook this in a

spider, searing it all over quickly in the fat from a quarter of

a pound of pork cut in slices with two onions, one carrot cut

in dice, four cloves, two peppercorns, and a bay leaf. Cook

this ten minutes, then transfer the whole contents of the spider

to the kettle, cover with three pints of boiling water; when

boiling put on cover, and after five minutes put quickly into

the cooker. At one or two o’clock take the kettle from box

and let its contents boil on the stove fifteen or twenty minutes,

adding one teaspoonful of salt and a dash of pepper. Return

kettle to box, and fifteen minutes before dinner take meat out

onto a hot platter and boil the gravy in the kettle, keeping the

meat hot meanwhile. Now skim the fat from the gravy,

strain it into a boat, and serve with the meat.

### Veal or Mutton Stew

Cut the meat in pieces about two inches square; a few pieces

of sausage are a good addition. Fill the pot three-quarters

full of hot water seasoned with salt and pepper, a bay leaf, and

Worcestershire sauce or kitchen bouquet. Let it simmer on

the fire for twenty minutes, then pack it in the cooker and

forget it for five or six hours, when it will be better cooked and

more delicious than if cooked in the old way.

### Small Roasts

Sear the meat in a frying-pan until nicely browned all over,

then place it in the tin pail with all the liquor in the frying-pan

and cover tightly. Set the pail on the wire rest in the big

kettle and pour boiling water around it; do not let the water

reach the cover level of the small pail. Put any desired vegetables around the small pail; cover the kettle and set over the

fire. Let boil hard ten minutes, then remove quickly to the

cooker and cover tightly. The vegetables cook in the water,

which is practically boiling, and the meat within the pail cooks

in a dry heat furnished by the hot water. But the cover of

the pail must be tight or the meat will steam instead of roast.

### Boston Brown Bread

Mix together in a bowl one cupful each of com meal, flour

and graham flour, one teaspoonful of salt, three-quarters of

a cupful of molasses, and one and three-quarters cupfuls of

milk, in which one teaspoonful of soda is dissolved. This can

be put in the pail, and the pail, tightly covered, plunged into

the kettle of boiling water. Let this boil ten minutes and then

put in the cooker. Ours was put in at night and came out

early in the morning, steamed and ready for its final half-hour

in the oven, to insure a crust.

### Corn Meal Mush

Put three cupfuls of water and a teaspoonful of salt in the

pail and, when water is boiling, sift in slowly one cupful of corn

meal. Let this boil and thicken, then put it in the kettle of

boiling water and leave over night in the cooker.

### Cereals and Vegetables

All kinds of cereals and all vegetables that require slow

cooking are better for being cooked in the cooker. Cereals

should be cooked over night, and it is safe to follow the old

rule: One-half cupful of the cereal poured into three cupfuls

of boiling water with one teaspoonful of salt. This, if put in

the cooker while boiling, will come out at breakfast time steam-

ing hot and thoroughly cooked.

### Rice

Rice is delicious, either as a vegetable or a dessert, if put

in the small pail at two o’clock and taken out hot for dinner.

The recipe for a small family is one-half cupful of rice, one-half

teaspoonful of salt, and two cupfuls of boiling water.

### Spiced Fruits

Make spiced vinegar syrup, put the fruit in it and let

slowly heat through, then put all in the cooker for a couple

of hours. Pack the fruit in jars, boil the syrup, pour over

fruit, and seal. The result is that the fruit does not break and

is perfectly cooked. This is especially good for peaches,

pears, and plums.

### Apple Sauce

Cook the apples, which have been peeled and quartered,

with a very little water — one-fourth of a cupful to three cupfuls of apples — add one-half cupful of sugar and a sprinkling

of nutmeg or cinnamon. This is left in the cooker but two

hours, and it will come out with each piece of apple perfectly

tender and yet not mushy.

### Steamed Prunes

To steam the prunes let them soak in very little water for

several hours, then drain them out, saving the water for the

sauce. Put the prunes in the cooker, sprinkle with lemon

juice and pieces of lemon, and steam about four hours or more.

When ready to serve, add a very little sugar to the prune water,

cook a few moments, and if to serve as a meat relish add a few

drops of vinegar and pour over the prunes.

### Cauliflower

To one cauliflower broken in pieces, add one teaspoonful

of salt. Cover pail and let boil five minutes, then put the pail

in the kettle of boiling water, put on cover, and let this boil five

minutes, then put it in the cooker. At the end of four hours,

take it out, drain, dot with butter, sprinkle with salt and pepper,

and serve hot.

### Plum Pudding, Steamed

Mix one-half cupful of molasses, one cupful of milk, one

tablespoonful of butter or two of chopped suet, one teaspoonful

of cinnamon, one-half teaspoonful of cloves, one cupful of

raisins, seeded and chopped, one-half cupful of currants, one-

half cupful of citron cut in tiny shreds, one beaten egg, and onehalf teaspoonful of soda. Mix all of these ingredients together,

save a little of the milk and soda. Butter a mould, and add to

the batter the soda dissolved in the milk. Beat well and fill

mould. Set the mould in the basin which belongs to the wire

basket in one of the cooker kettles. The kettle should be filled

to within two inches of top of basin with boiling water. More

water may be put inside the basin under the ring mould, or the

pudding may be steamed in the basin without the mould. Put

on cover and when briskly boiling put the kettle in cooker.

This should be done about ten o’clock in the morning. At

one o’clock, take out the kettle, re-heat, and when boiling again

put it back into the box. At five or six o’clock take out the

basin containing the pudding and put it into a hot oven until

ready to serve. The pudding should bake at least a half-hour

in a hot oven. Serve with a sauce made of two tablespoonfuls

of butter, one-half cupful of powdered sugar, creamed; add

one-quarter cupful of cream, whipped, a dusting of nutmeg,

and one teaspoonful of vanilla or other flavoring.

### Boston Baked Beans

Soak two cupfuls of small round beans in cold water from

early morning until night. Then drain them, cover them with

fresh water, and put them over the fire in the pail. Let them

simmer slowly about half an hour. Pour off the water and

prepare a quarter of a pound of salt pork. Scrape the pork,

cut off one slice and put it in the beans, pushing it down to the

bottom of the pail. Score the remainder and put it in the

middle of the beans, rind side up. Mix one teaspoonful of

salt, one tablespoonful of molasses, one of sugar and a cupful

of boiling water and pour this over the beans, adding enough

more water to come to top of beans. Now cover the pail and

let its contents just come to a boil, and then put the pail into

the kettle of boiling water. Put on cover and let it boil ten

minutes, then put the whole in box. In the morning re-heat

on the range about ten minutes, return to the box, and about

half-past five take out the pail, sprinkle one tablespoonful of

brown sugar over both pork and beans, leave off the cover, and

put the beans in the hot oven for half an hour. These are

delicious prepared thus in the cooker.

# XX —INVALID COOKERY

ONE of the most difficult duties a housewife often has to

meet is to provide a suitable and varied menu for an

invalid or a convalescent.

These rules have been collected from many sources. If

temptingly served on dainty china and linen, they will prove

entirely satisfactory.

### Beef Tea

Cut one pound of lean beef into small pieces; put into a

glass jar without one drop of water; cover tightly and set in a

pot of cold water; heat gradually to a boil, and continue this

steadily for three or four hours, or until the meat is white and

the juice all drawn out. Season with salt to taste, and when

cold skim.

### Beef and Egg Tea

One egg, one teaspoonful of beef extract, two saltspoonfuls

of salt, one-half pint of water. Beat the egg and salt together,

add the beef extract in the hot water. Stir well and serve hot.

### Frozen Beef Tea

One pound of lean beef, mince, let it stand in one pint of

cold water for two hours, one saltspoonful of salt. Freeze

until well congealed, then add the slightly beaten white of one

egg. This is refreshing when cold things are permitted.

### Quick Beef Tea

One pound of finely chopped lean beef, put in a granite

saucepan with one pint of cool water. Let it stand one-half

hour. Then place over fire and bring slowly to a boil, boil

five minutes, reduce the heat and keep hot for thirty minutes.

Strain, season, and keep hot. A flavoring of sherry may be added if liked.

### Beef Tea with Celery

Make as above, add the juice from two tablespoonfuls

of chopped celery which has been cooked in two cupfuls of

water.

### Vermicelli Soup

I pound of meat (beef, mutton, veal),

alone or mixed with poultry cuttings.

i ounce (2 tablespoonfuls) powdered gelatin.

1 ounce vermicelli.

3 pints of cold water.

Seasoning if allowed.

Cut up the meat and place with all the ingredients in a

jar, soak for an hour, then simmer for several hours, stirring

from time to time. Add the gelatin about five minutes be-

fore taking from the stove. Strain through a sieve. This

may be given to an invalid, in the form of a jelly, or again may

be taken up hot, with the addition of a little milk or cream,

added at the time of serving.

### Mutton Broth

Take lean parts of neck and loin, cut in small bits, remove

all fat. To a pound of meat, allow one pint of cold water.

Remove the scum. Boil gently for two hours, strain. A tea-

spoonful of pearl barley may be boiled with it.

### Chicken Broth

A four-pound fowl, jointed, skin and fat removed. Break

the bones with a potato masher, cover with two quarts of cold

water, bring to a boil, and cook hard for five minutes, then

simmer till it is thoroughly cooked. Drain the liquid, season

slightly, pour into a bowl, and set on ice. It will jelly and may

be served hot or cold. If hot, a variation is made by adding

an egg yolk or a little cream.

### Egg Cream and Sago Broth

One ounce of well washed sago, stew in one-half pint of

water until soft, gradually evaporating the water down to about

one-half. Beat up one egg with one-quarter pint of cream,

and add to the sago, stirring well. Lastly, stir in one pint of

good boiling beef tea.

### Egg Broth

Beat up an egg well, in a broth dish; when quite well

frothed, stir into it one-half pint of good mutton broth quite

hot; add a little salt and serve with toast.

### Egg-Nog with Wine

One cupful of milk, one egg, one tablespoonful sugar, and

two tablespoonfuls wine. Prepare by beating the egg and

adding the sugar and wine. Then add the milk and beat with

a Dover beater. Strain into a tall slender glass and serve.

### Egg-Nog with Brandy

One egg, one tablespoonful sugar, pinch salt, one table-

spoonful brandy, one cupful milk. Prepare by separating

the egg, beating both the yolk and white. Add the sugar and

salt to the yolk. Then add the brandy and milk. Lastly

add the white of the egg. Mix thoroughly. Strain into a

tall thin glass and put a pinch of nutmeg on top.

### Milk Punch

Sweeten the milk, add two tablespoonfuls of brandy to

each cup, stir well, and serve with shaved ice.

### Egg Cream

Beat one egg light in a glass with one teaspoonful of sugar,

a tablespoonful of whiskey, a little nutmeg, and fill half full

with cream or new unskimmed milk.

### Wine of Cocoa

One heaping teaspoonful cocoa, one teaspoonful sugar,

three tablespoonfuls best port wine, and one cupful boiling

water. Mix the sugar, cocoa, and water. Boil until thorough-

ly blended, then add the wine and serve hot.

### Foaming Milk

One egg white, pinch salt, teaspoonful sugar, cupful hot

milk, tablespoonful whipped cream. Add the salt to the egg

white and beat until stiff. Then add the sugar and hot milk.

Strain into tall tumbler and place the whipped cream on top.

### Hot Orange Juice

For a change, try orange juice heated, slightly sweetened,

and strained; serve in a little glass tumbler.

### Kumyss

Take seven pints of milk, three pints of tepid water, one-

half of a cake of yeast, and thirty lumps of loaf sugar; dissolve

the yeast in part of the tepid w’ater, dissolve sugar in the rest,

when both are thoroughly dissolved, mix all the ingredients

and let stand over night. In the morning, strain and place in

bottles; bottles must be tightly corked and fastened. Letstand

for two or three days before using. A little less sugar could

be used, if too sweet.

### Barley Water

Put two ounces of pearl barley into half a pint of boiling

water and let it simmer a few minutes. Drain off and add

two quarts of boiling water with a few figs and stoned raisins

cut fine. Boil slowly until reduced about one-half and strain.

Sweeten to taste, adding the juice of a lemon and nutmeg if

desired.

### Toast Water

Brown nicely, but do not burn, some slices of bread, and

pour upon them sufficient boiling water to cover. Let them

steep until cold, keeping the bowl or dish containing the toast

closely covered. Strain off the water and sweeten to taste,

putting a piece of ice into it when served.

### Flaxseed Lemonade

Pour on four tablespoonfuls of whole flaxseed one quart

of boiling water and add the juice of two lemons. Let it steep

for three hours, keeping it closely covered. Sweeten to taste.

Excellent for colds.

### Rice Water

Two tablespoonfuls of rice, well-washed, add two cupfuls

of cold water, boil till tender, strain. Add extract of beef or

cream as desired for a laxative condition. An inch piece of

stick cinnamon may be added to the boiling rice.

### Dropped Egg on Toast

Toast a slice of bread till a nice brown. Pour over a little

cream dressing. Drop an egg in a skillet of boiling water.

When the white is set, place on the toast, salt slightly, put on

the egg a little bit of butter, and serve.

### Baked Milk

Put the milk in a jar, covering the opening with white

paper, and bake in a moderate oven until thick as cream.

May be taken by the most delicate stomach.

### Arrowroot

Use milk or water as preferred. Put a heaping teaspoonful

of ground arrowroot into a cup and mix with a little cold milk.

Stir into a pan containing a pint of either cream or water that

has been brought to a boil, adding a little salt. Let it simmer

for a few minutes and then pour out. May be sweetened or

flavored with grated nutmeg if desired. Should be made only

as it is wanted.

### Oatmeal Gruel

One quart of boiling water, four tablespoonfuls of oat-

meal, one-half teaspoonful of salt. Put the water in a double

boiler, when it boils stir in the oatmeal, let it simmer for two

hours, then add the salt and boil for five minutes. Strain

or not, according to the taste of the patient, or his needs.

### Indian Meal Milk Porridge

One tablespoonful of Indian meal, one tablespoonful of

flour, wet to a paste with cold water, add two cupfuls of boiling water, cook half an hour, then add two cupfuls of milk, a

pinch of salt, cook fifteen minutes, stirring often. Serve

hot with sugar and cream.

### Barley Gruel

Rub one tablespoonful of prepared barley flour, Robin-

son’s is good, to a suitable paste with cold water, stir in one

cupful of boiling water or milk, simmer ten minutes, then

season with salt; serve hot.

### Egg Gruel

Heat one cupful of milk to boiling. Stir in one well-beaten

egg mixed with one cupful of cold milk. Stir constantly until

thickened, but do not boil. Season with salt and serve hot.

### Individual Custard

Beat one egg, sweeten and pour into a teacup or tiny bowl.

fill up with milk, mixing thoroughly, tie a bit of linen over the

cup or cover closely with a saucer, set in a pan of water, cook

until set, about ten minutes.

### Wine Gelatin

One-half package of gelatin soaked in one-quarter of a

cupful of cold water for thirty minutes. Add one table-

spoonful of sugar, one cupful of boiling water, strain. Add

one-half a cupful of sherry wine, the juice of one lemon. Pour

into glasses or moulds, set on the ice to harden. Serve very

cold.

# XXL—SCHOOL AND PICNIC LUNCHES

ONE long skilled in the management of school and picnic

lunches gives these few concise directions:

There is scarcely anything in flesh, fish, fowl, fruit,

or vegetable, which is not convertible into a sandwich filling.

Pie is not a picnic commodity, but tarts are. Never take a

layer cake, it does not carry well. Small cakes, loaf cakes,

sponge, angel, and sunshine cake are all acceptable.

Salads may be carried in glass jars, and for individual

school lunches the porcelain cheese jars, such as are used for

McLaren’s cheese, will be found very convenient. These

jars, the ten and fifteen cent sizes, will be found invaluable

adjuncts for individual preserves, jellies, etc., for if lost or

broken, no one cares.

Mayonnaise should be carried separately, and the salad

mixed just before serving. Beverages of all kinds should be

carried in preserve jars.

A covered tin pail is excellent for packing sandwiches.

Spread a damp napkin on top, then put on the cover.

In planning a picnic it is best to have one person or two

bring sandwiches, one salad, another the beverages, still an-

other the cakes, etc. This makes it easy for each person,

and the articles carry better. Another plan is to have one

person prepare for two.

Mothers who have daily lunches to prepare say that they

are often at their wit’s end to provide changes, so we give a

number of carefully selected combinations which are also

splendid for picnics, the quantity being doubled for two per-

sons. Always wrap sandwiches and small cakes in waxed

paper. In the new “Thermos” bottles, it is an easy matter

to carry both hot and cold beverages for lunches.

### What to Put up for Lunches

Thin slices of cold roast beef.

Salad rolls.

Rice pudding.

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Four slices of well-buttered white bread, filled with slices of cold chicken, seasoned with salt and pepper.

Small pot of jam.

Water crackers.

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Four slices of well-buttered bread, filled with finely chopped ham seasoned with a little mustard and pepper.

Small tumbler of pepper sauce.

Large slice of peach cake, made with canned peaches.

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Moulded farina cream.

Chicken sandwiches.

Stewed apples.

Ginger cakes.

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Baked bean sandwiches.

Boston brown bread and butter.

Blanc mange.

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Four well-buttered slices of graham bread, filled with a mixture of chopped chicken and pecan nuts, seasoned with salt and pepper and a little onion.

Centre of a stalk of celery.

Two apples.

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Thin slices of bread and butter

filled with a thin layer of carefully broiled herring.

Tumbler of chopped cabbage, seasoned with onion, salt, and pepper.

Swiss cheese sandwich.

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Cold ox tongue, sliced thin.

Brown bread and butter sandwiches.

Olives.

Baked apples.

Sand cakes.

Stuffed eggs.

Bread and butter sandwiches.

Nuts and fruit moulded in lemon

jelly.

Four slices of well-buttered rye

bread, filled with chopped, cold

corned beef, seasoned with

horseradish.

Saucer of stewed prunes.

Cinnamon bun.

Small pot of baked beans, cold.

Tiny bottle of tomato catsup.

Four slices of brown bread, well

buttered.

Baked apple.

Slice of gingerbread.

Four slices of well-buttered bread,

filled with a thick layer of

chopped, boiled beef, seasoned

with horseradish and pepper.

Two bananas.

Cold broiled mutton chops, nicely

seasoned, wrapped in waxed

One bread and butter sandwich.

Small pot of pepper hash.

Two slices of bread and butter,

with thick filling of jam or

jelly.

Two white bread and butter sandwiches well-buttered, and filled

with finely seasoned, cold, roast

beef.

Quarter-pound of dates stuffed

with peanuts.

Chicken salad.

Lettuce sandwiches.

Fruit jelly.

Chocolate drop cakes.

Roast fowl, in aspic jelly.

Lettuce with mayonnaise dressing.

Nut sandwiches.

Honey cakes.

Chicken sandwiches.

Celery.

Olives.

Baked custard.

Little sponge cakes.

Four slices of whole wheat bread,

well-buttered, filled with slices

of hard-boiled eggs, seasoned

with salt and pepper.

Two oranges.

Two slices of well-buttered bread,

filled with a thick layer of

chopped, lean beefsteak, sea-

soned with salt and pepper.

A cup of potato salad.

Square of apple cake.

Four slices of w’ell-buttered white

bread, filled with a thick filling

of broiled salmon.

The best of a bunch of celery.

A cottage cheese sandwich.

Thin slices of turkey or chicken.

Cranberry jelly.

Cheese and nut sandwiches.

Sausage sandwiches.

Potato salad.

Apple sauce.

Molasses cookies.

Slices of beef loaf.

Whole wheat bread, buttered.

Baked banana.

Tiny angel food.

# XXII.-CANDY AND CONFECTIONS

THE basis for all bon-bons is a fondant made by adher-

ing strictly to the rules we shall give, or from an uncooked

French cream, which is satisfactory when time is at a

premium, or if it should be a rainy day, for it has been dis-

astrously proven that no candy mixture is a success on a damp

day.

Fondant

Two cupfuls of granulated sugar, two-thirds of a cupful

of hot water, and one-third of a teaspoonful of cream of tartar.

Place on the back of the stove and stir until thoroughly dis-

solved. Take a damp cloth and carefully wash away all grains

from the side of the pan. Boil over a quick fire until a little

tried in cold waterforms a soft ball. Remove the mixture from

the fire and let it stand until partly cool. Then beat until a

creamy substance resembling lard has been formed. When

the mixture is too stiff to beat longer, knead with the fingers

for several minutes. Pack the fondant away in an earthen

dish and cover with wax paper. If the fondant should be

grainy after beating, add more water, dissolve, and cook as

before. Care should be used not to jar the pan while the

mixture is cooking.

French Cream

The white of one egg. An equal quantity of cold water.

Stir in confectioners’ sugar until stiff enough to make into

shape with the fingers. For walnut creams, make the French

cream into balls about the size of walnuts, press upon each

a walnut carefully picked from the shell, making balls flat on

top and bottom. For nut creams, chop almonds, hickory

nuts, or walnuts fine. Make the French cream and before

adding all of the sugar, while cream is quite soft stir into it

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the nuts, then form into balls, bars, or squares. Three or four

kinds of nuts may be mixed together. Dates may be stuffed

with this mixture, and any number of fruit combinations can

be made. Roll bits of cream into balls, then dip in plain hot

melted chocolate for chocolate creams.

Sweet Chocolate Coating

Melt over hot water a piece of plain cream fondant about

the size of two eggs, and a tablespoonful of bitter chocolate,

adding a teaspoonful or more of hot water until right con-

sistency. Keep water under pot boiling hot and dip creams.

This makes the coating sweet and shiny, and dries in a short

time.

Chocolate Penochie Walnuts

Dip walnut meat halves in melted chocolate as described

in the preceding recipe, and set aside until the chocolate has

become hard. Into a saucepan put one cupful of light brown

sugar, one-half cupful of rich cream, and the same amount of

maple syrup. Put over the fire and stir constantly until it

comes to a boil to prevent curdling. Let it boil until it will

make a soft ball when tested in cold water. Remove from the

fire and beat to a soft cream. Take small portions of the

cream and use it to join two halves together, having the filling

at least an eighth of an inch thick. The work of filling must

be done quickly, and the cream must be beaten to just the right

degree. If beaten too long the filling will be hard and crumbly.

It must be kept in a warm place while using it.

Chocolate Cocoanut Balls

COOK two cupfuls of granulated sugar and one cupful of

thin cream until the syrup will form a soft ball when dropped

into water. Add one cupful of freshly grated cocoanut; stir

until creamy and form in small balls. Melt one-eighth of a

pound of unsweetened chocolate over hot water, adding to it

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one tablespoonful of thin sugar syrup. Add one cupful of

fondant to the mixture, and stir over hot water until of a creamy

consistency; dip the cocoanut balls in this.

Chocolate Almonds

Use for these the regular confectioners’ chocolate if you

can get it. Melt the desired amount of chocolate by putting

it into a small bowl or pan and placing that in a larger bowl

or pan of boiling water. When the chocolate is thoroughly

melted, dip the almond-meat into it and drop with a fork on

paraffin paper. It will take some time for the chocolate to

harden, and for that reason they should be made twenty-four

hours before using.

Chocolate Bon-bons

Put through the food chopper a few stewed prunes and a

handful each of candied cherries and pecan nuts. Into this

mixture work powdered sugar until a stiff paste has been

formed. Flavor slightly with almond. Mould into small

square blocks and put away to harden for three hours, then

dip in chocolate melted over hot water. Use a two-tined fork

or a hatpin for dipping. Lay on brown paper and set in a cold

place till ready to use.

Plain Fudge

Plain fudge is the basis of all other varieties and should

be mastered first. This is an unfailing rule: Two cupfuls

of granulated sugar, one-half cupful of milk, a piece of butter

size of an English walnut, two teaspoonfuls of vanilla. . Put

milk, butter, and sugar in a granite saucepan, cook briskly

until the mixture “balls” in the fingers when dropped in ice

water. Stir slowly. Add the flavoring when taken off the

fire, beat steadily until thick, add nuts, marshmallows, or

candied fruit. Pour into greased pans, mark into squares.

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Chocolate fudge is made by adding a square of chocolate while

cooking; and maple fudge, by using brown instead of white

sugar.

Fairy Fudge

One pound granulated sugar, one-half cupful cream, two

tablespoonfuls butter, one-half pound marshmallows, one

teaspoonful almond extract, and one cupful of almonds,

blanched and cut in thin strips. Place the sugar, cream, and

butter in a saucepan and cook to the medium ball stage.

Remove from the fire and add the marshmallows cut in pieces.

Cover closely and let stand until the marshmallows are melted,

then add the extract and almonds and beat until it begins to

thicken. Pour into a shallow, greased pan, and when cold

cut in squares.

Opera Fudge

Three cupfuls sugar, three-fourths cupful water, one cupful strained honey, whites two eggs, one-half teaspoonful

cream tartar, one teaspoonful almond extract, one cupful

blanched almonds, roasted and coarsely chopped. Place the

sugar, water, and honey in a saucepan, and boil until it will

spin a stiff thread, let stand to cool five minutes. Beat the

eggs to a froth, then add the cream of tartar, and beat until

stiff. Then pour the cooled syrup on the eggs, beating all

the time. Beat until it begins to stiffen, then add the

almonds and extract. Pour into an oiled jelly-cake tin, and

when cold cut into squares.

Maple Puffs

One pound maple sugar, one pound brown sugar, one tea-

spoonful cream of tartar, one cupful of water, whites of three

eggs, two cupfuls coarsely chopped English walnuts, one cupful candied cherries cut fine, one-fourth cupful candied orange

peel. Place the sugars, water, and cream of tartar in a sauce-

pan and cook to the firm ball stage. Beat the whites of the

eggs until stiff. When the syrup is cooked remove from the

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fire, and let stand five minutes, then pour it slowly over the

eggs, beating all the time, using a wire egg beater. When

the mixture begins to thicken add the other ingredients and

beat until the mixture will hold its shape. Then shape in

egg-shape puffs on paraffin paper and let them stand until

cool.

Sublimated Penochi

Take two cupfuls of “C” sugar and one cupful each of

maple syrup and rich cream, put all together in a heavy por-

celain lined saucepan, set on the stove and stir constantly,

to prevent curdling, until the boiling point is reached. After

that stir only occasionally until it begins to thicken, when

it must be stirred often to prevent its burning. Let it boil

until a little dropped in cold water will make a soft ball.

Remove from the fire and beat vigorously, until the mass be-

gins to cream, then add the chopped meats from two pounds

of English walnuts and stir till quite thick. Pour into but-

tered plates and mark into squares. This makes a most delec-

table confection.

Peanut Brittle

One cupful white sugar. One cupful peanuts, chopped.

Put the sugar into a smoking-hot iron frying-pan, no water.

Stir and stir until dissolved, add the peanuts and turn im-

mediately into a buttered tin. Cut into squares.

Brown Sugar Candy

Two and one-half cupfuls dark-brown sugar. One-half

cupful milk or cream, a little butter, one-half cupful chopped

walnuts. When done, beat until creamy after taking from fire.

Chocolate Candy

One cupful sugar. One-half cupful molasses. One-half

cupful milk. One-half cupful butter. One-quarter cake

chocolate. Boil twenty minutes. Pour into pans to cool.

Mark in squares.

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Maple Creams

Take one-half as much water as maple sugar. Cook

without stirring, and when almost done put in a small piece

of butter. When it begins to harden take it off the fire and

stir rapidly until it becomes a waxy substance. Then divide

into balls, and if you wish, enclose each ball between two

halves of English walnuts. Set to cool.

New York Butterscotch

One cupful of molasses, one cupful of sugar, one and one-

half cupfuls of butter; boil until it quickly crisps when dropped

into cold water. Pour out in a large buttered tin, and when

nearly cool mark off into squares. The fact that so much

butter is used gives it a particularly delicious flavor.

Walnut Molasses Candy

Put into a large saucepan one pint of New Orleans mo-

lasses, one cupful of brown or maple sugar, one tablespoonful

of butter, one tablespoonful of vinegar. Mix and stir until

they boil. Boil slowly until the syrup hardens when dropped

into ice water. Take from the fire and pour it over black wal-

nuts that have been put in a greased shallow pan. When

partly cooled cut into bars.

Nut Crackle

Cover the bottom of a greased shallow pan thickly with

mixed nuts — almonds, pecans, English walnuts, and peanuts.

Put one pound of granulated sugar into a saucepan over the

fire and stir until it is melted, being careful not to allow it to

burn. Pour at once over the nuts and stand aside to cool.

Corn Caramels

One cupful com syrup, one cupful milk, two cupfuls sugar,

one-half cupful chopped filberts, butter size of walnut. Boil

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Atlas Fancy Flow Is Absolutely Guaranteed

the syrup, milk, and sugar until it hardens on a spoon, then

take from fire and stir until cold, adding the chopped nuts.

Pour on buttered platters.

Cocoanut Fudge

Three pounds white sugar, one pint milk, butter size of

an egg, one cocoanut grated fine, or desiccated cocoanut may

be used; two teaspoonfuls lemon. Boil slowly until stiff, thin

to a cream, pour into shallow pans, and when partly cold cut

in squares.

Marshmallow Candy

Three cupfuls of light brown sugar and one-half cupful

of milk. Boil slowly, but do not stir. Boil until it forms a

soft ball in cold water. Remove from the fire and beat in one-

half pound of marshmallows and one cupful of coarsely chopped

English walnuts. Beat until thick and creamy, spread in a

buttered tin and mark in squares before cold.

Coffee Caramels

In an agate saucepan put one pound of brown sugar, one

cupful of strong coffee, one tablespoonful of butter, and one-

half of a cupful of cream. Boil together without stirring

until a little dropped into cold water is quite brittle. Pour

into greased pans and when cooled mark off in squares with a

knife. If desired grainy,stir for a moment until the candy looks

cloudy, then pour out quickly.

Honey Candy

One pint of white sugar, water enough to dissolve it, and

four tablespoonfuls of honey; boil until it becomes brittle

on being dropped into cold water; pull when cooling.

Molasses Candy

One cupful molasses. Two cupfuls sugar. One table-

spoonful vinegrr. Vanilla. Small piece butter. Boil ten

minutes, then cool enough to pull.

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Cream Candy

Two cupfuls sugar. One-half cupful vinegar. One-half

cupful water. Boil until crisp in water, and pull. Flavor

with vanilla, lemon, or strawberry.

Molasses Fudge

One cupful milk. Two cupfuls sugar. One cupful

molasses. Two squares chocolate. Butter size of an egg.

Vanilla. Cook until crisp. Beat until it sugars.

Honey Candy

One quart honey, one small teacupful of granulated sugar,

butter size of an egg, two tablespoonfuls strong vinegar. Boil

until it will harden when dropped into cold water, then stir in

one small teaspoonful of baking soda. Pour into buttered

plates to cool. Without the vinegar and soda it can be pulled

or worked a long time, and is just the thing for an old-fashioned

candy-pull, as it is not sticky and yet is soft enough to pull

nicely.

Honey Popcorn Balls

Take one pint extracted honey, put it into an iron frying-

pan and boil until very thick, then stir in freshly popped corn,

and when cool mould into balls. These will especially delight

the children.

Russian Taffy

Three cupfuls light-brown sugar, one-half cupful con-

densed cream, butter size large walnut. Boil until it will form

a soft ball in cold water. Nuts can be added. When done,

pour into buttered pans; cut into squares when cold.

Sugared Popcorn

Put into an iron kettle one tablespoonful of butter, three

tablespoonfuls of water, and one cupful of v’hite sugar; boil

until ready to candy, then throw in three quarts of nicely

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popped corn; stir vigorously until the sugar is evenly dis-

tributed over the com; take the kettle from the fire and stir

until it cools a little; in this way each kernel is kept separate

and coated with the sugar.

Sponge Candy

One cupful of table syrup. One cupful of granulated

sugar. Let boil until it cracks when dropped in cold water.

Take two teaspoonfuls of baking soda, rubbed smooth, stir

soda quickly into candy. After removing candy from fire,

when tfiick, turn out on buttered platter and let cool.

Fluffy Ruffles Candy

Two cupfuls of granulated sugar, one-half cupful of glu-

cose, and one-half cupful of water. Mix together and boil

until it will crack when put in cold water. Have the whites of

two eggs beaten stiff, and pour the boiling syrup into them.

Beat hard until the mixture is very stiff, but not too stiff to pour.

Just before pouring into the pan beat in three-quarters of a

cupful of shelled and chopped English walnuts. Have the

pan buttered, and if the mixture does not spread easily, press

out flat with the spoon. Mark in squares while soft.

Peppermint Patties

Add half a pint of water to one pound of granulated simar

stir until the sugar is dissolved; add six drops of the besfoii

of peppermint, and boil for five minutes. Take from the fire

stir just enough to make the syrup slightly cloudy. Pour at

once into tiny greased patty-pans. To have peppermint drops

just right, pour the mixture quickly; do not dip it out, or the

whole mass will granulate and harden.

Orange Sections Glace

SELECT ripe oranges; peel them and divide in sections

being careful not to break the membrane. Place the sections

in a warm place for several hours, until the outside is dry.

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Boil one pound of granulated sugar and one cupful of water

without stirring, until a little, when dropped in cold water,

will snap. Remove the syrup from the fire and set the pan

in another containing hot water. Drop the fruit sections one

by one into the hot syrup, remove them with an oiled fork, and

lay them on oiled paper or a plate. A second dipping after the

first coat hardens greatly improves the appearance of the fruit.

Work rapidly and do not disturb the syrup more than is

necessary. Canned cherries and pineapple wedges can be pre-

pared in the same way. Drain and dry them thoroughly before

dipping. Be careful not to pierce the fruit.

Cream Raisins

Put into a saucepan one and one-half cupfuls of granulated

sugar, three-quarters of a cupful of thin cream and one tea-

spoonful of butter. Cook until very thick, which will take

about ten minutes, set aside to cool slightly. While the cream

is cooling rub large, plump raisins between the thumb and

finger until the seeds are freed from the pulp, cut a gash in the

side of each, and with a sharp-pointed knife remove the seeds.

Add half a cupful of chopped nut meats to the sugar paste,

which should be not quite lukewarm, and beat it to a cream.

Fill one-half of the raisins with a tiny “bean” of cream and

enclose each in another raisin to cover the opening, then dust

them with confectioners’ sugar.

Stuffed Prunes

Take fine large prunes, soak over night in sherry, remove

the pit, insert half a Brazil nut or any preferred nut, and half

a marshmallow; roll in sugar.

Candied Fruit

Select any firm, rather underripe fruit,—pineapple, grapes,

peaches, small pears, plums, cherries, apricots, etc. Make a

syrup of two cupfuls of water and two cupfuls of granulated

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sugar. Cook the fruit slowly in this until it can be pierced

with a straw. Lay fruit in a sieve to drain, a single layer at

a time. Dry carefully, sift lightly •with powdered sugar, and

lay on a plate in a warm oven until thoroughly dry.

Chestnut Glace

The familiar chestnut glac6 is made by boiling two cupfuls

of sugar, one cupful of water, and a pinch of cream of tartar

to the caramel stage; that is, until it takes on a slight amber

tinge. Dip the whole nuts, already shelled and blanched, into

the hot syrup, using for the purpose a hat pin or a very sharp

wooden skewer. Put on a paraffin paper to dry.

Orange Strips

Cut orange peel into strips with scissors. Place in cold

water and boil t-wenty minutes. Change water, boil twenty

minutes. Change water again and boil tw’enty minutes,

making three boilings. To a cupful of orange add a cupful of

sugar. Water to cover, boil till it hairs. Roll in granulated

sugar. Place on platter to dry. Serve with sugar tongs.

Stuffed Dates

Take large, fresh dates, removing the stones, laying in

the cavity a quarter of a large walnut, or a small blanched

almond. Roll the dates so prepared in powdered sugar

Candied ginger and halves of marshmallows make a goad’

filling for dates. 6

Stuffed Figs

Get large, plump, preserved figs. Split in two with a

sharp knife. Have walnuts, almonds, Brazil nuts, hazelnuts

or any preferred variety, chopped fine. Two or three dif-

ferent kinds can be used together. Lay half a teaspoonful on

the meaty side of the half-fig. Fold the fig over the nuts, and

roll in powdered sugar.

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Stuffed Raisins

Use large fat raisins and small blanched almonds, remove

seeds, insert nut, roll in sugar.

Salted Peanuts

Take the raw nuts and remove the shell and brown inner

covering. Melt a tablespoonful of good butter in an agateware

pan, or pie plate. The nuts should just cover the bottom of

the plate, Sprinkle with salt, and place in a moderate oven.

Watch carefully, stirring the nuts from time to time, so that all

parts of them will come in contact with the butter and salt.

When lightly browned and crisped on the outside they are

done.

Mexican Candy

Two cupfuls brown sugar, one cupful granulated sugar,

one tablespoonful butter, pinch of salt, one teaspoonful vanilla

extract, and one-half cupful of thick cream. One pound

pecans, coarsely chopped. Place the sugar, butter, salt, and

cream in a saucepan, cook and stir until the mixture is

melted. Then lower the heat and cook until it reaches the

soft ball stage. Do not stir the mixture while at the boiling

point. Remove from the fire and let stand ten minutes, then

beat until it begins to thicken slightly, then add the vanilla

and nuts, and immediately pour out on a greased platter. Make

the mixture into flat round cakes about two inches in diameter.

Place a whole pecan in the centre of each cake. To have this

perfect, care must be taken, first, not to cook too long; second,

not to beat it before it is sufficiently cool, and third, not to beat

one single time after you can see that it is beginning to grain.

Candied Almonds

Blanch almonds, make a syrup of one cupful of brown

sugar, one quarter of a cupful of wader, brown the nuts in this,

and serve as a bon-bon.

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Adas Fancy Flour Makes Splendid Cakes and Pastry

GERMAN CHRISTMAS CANDIES

Ginger Jump

Melt about a cupful of fondant in a double boiler or in a

jar or cup over boiling water. Stir into it one-third cupful of

candied ginger cut into small pieces. Pour the mixture into

a square shallow pan, and when it is firm cut into strips with

a sharp knife. Chopped figs, candied orange peel, or nuts, are

good to use in place of the ginger.

Marzipan

Blanch a pound of the best almonds and pound them

nearly to a powder. In the absence of a mortar, a chopping

bowl and an old-fashioned potato masher will answer the pur-

pose. Add three-quarters of a pound of confectioners’ sugar

and a few drops of orange-flower water or of orange juice.

Beat all together until a smooth paste is formed. Dust a little

powdered sugar on a bread board, and roll out the paste,

shaping it as you please. Brush it with fine sugar wet with

a little orange water, and bake a very light brown in a slow

oven. From the same paste small pieces may be rolled with

the hand into round balls and dipped in cinnamon mixed with

light-brown sugar. The flavor of this marzipan is much like

that which is sold at holiday time for about a dollar a pound.

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XXIII.—JELLIES, JAMS, PRESERVES,

AND MARMALADES

T

HE general rule for successful jelly-making is to strain

the juice through a flannel bag, using as much sugar as

juice. The juice is to be boiled alone for ten minutes,

sugar which has been heated is to be added, and boiled ten

minutes longer. The glasses are to be covered with paraffin.

Crab-Apple Jelly

Boil, halve, and quarter crab-apples. Strain through the

jelly bag, add pint for pint of sugar, boil twenty minutes.

Pour hot into glasses, seal when cold.

Red Pepper Jelly for Cold Meats

Chop ripe red peppers, put into a granite kettle, inside

another kettle of cold water over a very hot fire. Let it boil

till the juice is extracted. To every pint of juice allow a

pound of sugar. Boil till thick. Seal in small cheese jars.

Currant Jelly

The currants must not be over-ripe. Put in water and

cook until fruit is soft. Drain through a bag. Allow a pound

of sugar to a pint of juice. Boil twenty minutes. Pour into

jelly glasses. Seal when cool.

Strawberry Jelly

Stem, wash, and mash the berries, drain in a jelly bag or

press through a piece of cheesecloth. To each pint allow one

pound of sugar. Put the juice over the fire, bring to boiling

point, boil for fifteen minutes; add the sugar; stir until the

sugar is dissolved; boil for five minutes and begin to try. Put

a little in a saucer, and stand it on the ice; if it forms a jelly-

like crust on the surface fill it into tumblers.

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Atlas Fancy Flour Makes Wholesome Bread

Kumquat Jelly

iJ cupfuls kumquat juice.

i cupful sugar.

4 tablespoonfuls sauterne.

2 tablespoonfuls orange curagoa.

IJ tablespoonfuls granulated gelatin.

2 tablespoonfuls cold water.

A few grains salt.

Pick over and wipe a box of kumquats; slice three-fourths

of them, remove seeds; cover with cold water, bring to the

boiling point, and cook slowly thirty minutes; strain; there

should be one and one-half cups of juice. Add sugar, wine,

and curajoa. Soak the gelatin in cold water half an hour,

add to kumquat mixture, and again reheat to boiling point;

add salt. Strain, pour into small fancy moulds, and chill

thoroughly. Unmould on serving dish and garnish with the

remaining kumquats cut in halves lengthwise, and cooked in a

rich syrup until tender, then drained, and dipped in coarse

granulated sugar. Use some of the foliage for decorating dish,

if in good condition. Excellent with game or cold meats.

Quick Aspic Jelly

Strain one quart can of Julienne or *consommé* soup, add

one bay leaf, one teaspoonful of tarragon vinegar, one sprig

of parsley, simmer ten minutes. Cover one tablespoonful

of granulated gelatin with one-half cupful of cold water.

Let it stand half an hour, add to the soup, and strain through

cloth, adding two tablespoonfuls of sherry. Chicken aspic

is made by using one quart of chicken soup; likewise tomato

aspic by using tomato soup, straining each can most carefuly

and omitting the sherry.

Aspic Jelly

Tnis is fine for garnishing cold ham, tongue, turkey, or

chicken. Four tablespoonfuls each, carrot, onion, and celery,

cut in small cubes; four sprays parsley, four sprigs thyme, two

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spring marjoram, six cloves, one teaspoon peppercorns, one

bay leaf, one and three-quarters cups white wine, two boxes

gelatin, two quarts of chicken stock for vegetables and white

meats, or two quarts brown stock for dark meats, the juice of

two small lemons, whites of four eggs. Put vegetables, sea-

soning, and wine, except one-fourth of a cup, into a large sauce-

pan; cook ten minutes and strain, reserving the liquor. To

the stock add gelatin and lemon juice. Heat to boiling point,

add strained liquid, season to taste with salt and cayenne.

Beat whites of eggs slightly, and dilute with one-fourth cup

white wine, add one cup of the hot liquid, stirring constantly.

Add this mixture slowly to stock, and continue stirring until

boiling point is reached. Reduce heat and let stand thirty

minutes. Place a fine sieve over a bowl, lay in it two thick-

nesses of cheesecloth previously wet in hot water, strain mix-

ture through it or through a jelly bag. The basis of aspic jelly

is always meat stock. It is chiefly used in the preparation of

elaborate entrées, where game, chicken, fish or vegetables

are to be served moulded in jelly. When preparing this jelly

use as much liquid as the vessel which is to contain bird, ham,

vegetable, etc., will hold. Gelatin is held in high favor by

food specialists when used with beef juice (aspic jelly is then

formed), eggs, cream, milk or any strong nourishment. When

using the aspic as covering, have it just about as soft as thick

cream, and pour it with a spoon over the object to be coated.

Aspic Border

One quart aspic jelly.

White of one hard-boiled egg.

2 slices of cooked beef.

2 slices of cooked carrot.

Put a tin border mould in a pan, and surround it with

broken ice. Into the border, pour the liquid jelly to the depth

of about three-quarters of an inch. Let this harden; then

with a small fancy cutter, stamp out some pieces from the

vegetables and white of egg. Decorate the congealed jelly

with this. Wet the decorations with three tablespoonfuls of

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liquid jelly, and let this stand for half an hour, that the decor-

ations may become fixed. Now gently pour the remainder

of the jelly into the mould. Set away for five or six hours

(twenty-four would be better.) When the dish is to be served,

dip the mould into tepid water for a few seconds; then see

that the jelly comes away from the sides. Place a flat dish

over the mould, and invert the dish and mould simultaneously.

Wait a few seconds before lifting the mould. This border

may be filled with any kind of salad, with boned birds, or with

any kind of cold meat, cut in dainty pieces, and served with

mayonnaise dressing.

Raspberry Jam

Place six pounds of raspberries in a pan with one and one-

half pints of currant jelly, boil twenty minutes, skim, add four

pounds of sugar, boil an hour. Skim carefully, pour into hot

jars, seal with paraffin.

Apricot Jam

Pare and stone the apricots, sprinkle with powdered sugar,

using one pound of sugar to every pound and one-half of the

fruit. Let it stand for twelve hours. Blanch the pits, put

with the apricots and sugar, simmer one hour, take out, and

boil the syrup fifteen minutes longer, skim carefully, put the

fruit in jars, pour over the hot syrup, and seal.

Currant Jam

Wash, stem, and mash the currants. Take pound for

pound of fruit and sugar. Put the currants and one quarter of

the sugar into a granite kettle, stir, and when it comes to a

boil, add the rest of the sugar. Let it boil till very thick.

Orange Jam

Slice and remove the seed from one dozen oranges, pour

over three quarts of water, and let them stand over night.

In the morning add six pounds of sugar. Cook until thick.

Seal in empty cheese jars with paraffin.

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ATLAS FLOUR COOK BOOK

Grape Jam

Pulp and seed Concord grapes, weigh them and allow three-

quarters of a pound of sugar to every pound of the fruit. Put

pulp and juice in a preserving kettle, and cook them steadily

for half an hour after they come to a boil. Stir often.

Add the sugar, cook twenty minutes more, and put into small

jars. Seal. If there is more juice than is needed for the jam,

dip it out before adding the sugar, and make it into jelly, allow-

ing a pound of sugar to each pint of juice.

Blueberry Jam

Wash and drain blueberries. To every pound of berries,

add one-half pound of sugar, and one-half a navel orange sliced

thin, rind and all. Cook till thick, stirring to prevent burning.

English Gooseberry Preserves

Five pounds seeded gooseberries, one and one-half pounds

raisins, five pounds sugar (crushed loaf sugar preferred), three

oranges, the juice and rind. Put the berries, raisins, and peel

through a meat grinder, add sugar and orange juice, and cook

like jam — about four hours’ slow cooking. Do not strain the

fruit.

Yellow Tomato Preserves

Peel the tomatoes, and to each pound add a pound of

sugar and let stand over night. Take the tomatoes out of the

sugar and boil the syrup, removing the scum. Put in the toma-

toes and boil gently twenty minutes; remove the fruit again

and boil until the syrup thickens. On cooling put the fruit

into jars and pour the syrup over.

Preserved Grapes

A delicious preserve can be made of California grapes.

Cut each grape open with a knife and extract the seeds; add

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sugar to the fruit, pound for pound; cook slowly for half an

hour or longer until the syrup and pulp of the grape are per-

fectly clear and transparent. ,

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Rhubarb and Fig Preserves

For this take three pounds of rhubarb, two and one-half

pounds of sugar, half a pound of figs, and two ounces of candied

peel, half orange and half lemon; wipe the rhubarb,cut it into

inch lengths, and place on a large dish. Chop finely the figs

and candied peel and scatter them over the rhubarb; lay on

this the sugar, and let stand till next day. Boil the preserve

slowly for an hour, or longer if necessary, with addition of a

small piece of ginger for last half-hour.

Citron Preserves

Peel, slice them and cut into small pieces. Cover with

weak salt water and let stand twelve hours; soak in water.

Boil in clear water an hour or more, drain well. To each

quart of melon use a half-pint of whole raisins and a pint of

sugar. Melt the sugar by adding sufficient water to moisten

well and place on the fire, stirring so as not to let burn.

When a syrup is formed, add fruits and boil until well done,

say two hours. Either use spices or flavor by slicing lemons

in a half-hour before done. Add ground ginger also.

Tutti-Frutti Preserves

Place in a stone jar one pint of brandy and add the

fresh fruits then in season. Use a quart of each variety of

fruit, carefully prepared and mixed with an equal quantity of

sugar. The best fruits for this use are those of bright flavors

such as strawberries, raspberries, peaches, and pineapples.

Blackberries are objectionable on account of their coarse seeds.

Stir the preserve daily until all the fruits have been added.

There should be enough of the syrup to keep the fruits well

moistened.

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Red Watermelon Preserves

Dice the red part, use half as much sugar as melon; to

every six pounds of melon put the juice and rind of two lemons.

Cook in a granite kettle, test on a saucer, and when thick as pre-

serves seal up in hot pint jars. It is delicious and a beautiful

red color.

Preserved Pineapple

Cut the fruit into slices, then peel and cut into small dice-

shaped pieces, and weigh. For six pounds of fruit place four

pounds of sugar with one quart water over the fire, cook a few

minutes, removing all black scum, then add the fruit, cover, -

and cook slowly forty-five minutes, then fill scalding hot into

jars, close, and set in a cool place.

Tutti-Frutti Paste

Take equal quantities of apples, pears, and plums, cut

into bits, stir until tender, then strain through a fine sieve.

Weigh, and allow weight for weight or measure for measure of

sugar. Cook for three hours in a granite kettle. Stir con-

stantly. When very thick turn into shallow pan or dishes,

cover with paraffin. Slice or cut into squares when ready to

use.

Orange Marmalade

One dozen fine navel oranges; weigh them. Slice very

thin, skin and all. Two pints of water to one pound of oranges.

Soak twenty-four hours. Boil gently, uncovered, until a fork

will easily penetrate the skins. Remove from the stove, and let

cool. Measure again, and to each pint add one and one-

quarter pounds of sugar. Cook one and three-quarter hours,

without stirring. Then add the juice of five lemons.

Amber Marmalade

Shave one orange, one lemon, and one grapefruit very

thin, rejecting nothing but seeds and cores. Measure the

fruit, and add to it three times the quantity of water. Let it

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stand in an earthen dish over night, and next morning boil for

ten minutes only. Stand another night, and the second morn-

ing add pint for pint of sugar, and boil steadily till it jellies.

This rule is supposed to make twelve glasses. Stir very lit-

tle ; requires two hours’ cooking.

Lemon Marmalade

Scrub well one dozen lemons with a brush and cold water,

rinse and dry. Then, with a sharp knife, cut into thin slices.

Remove the pips as the fruit is sliced, drop them into a small

bowl and cover with cold water. Weigh the fruit, and for each

pound add three cupfuls and a half of cold water, and let stand

over night. Turn into a large agate pan, add the water from

the pips, pressing hard. Boil slowly for one hour, add one

pound of sugar for each pound as previously weighed, and con-

tinue to boil slowly until it will jelly when dropped on a cold

saucer. Put up in glasses or small pots.

Peach Marmalade

Place the peaches in a wire basket, and plunge into boiling

water, then into cold water to make the skins come off easily.

Weigh the peaches after they have been pared and pitted, and

allow three-fourths of a pound of sugar to a pound of fruit.

Crack one-fourth of the pits; cut them in small pieces, and

steep slowly for fifteen minutes in a cup of water, then strain.

Mash the fruit, and heatslowly,stirring and mashing constantly;

cook forty-five minutes, add the warm sugar, skimming well,

boil five minutes longer, then add the juice of one lemon to

every three pounds of fruit and the water in which the kernels

were steeped, and boil the whole ten minutes longer; then test.

Crab-Apple Marmalade

Core, but do not peel, the apples. Put the fruit on to cook

in a very little water, and boil slowly until well broken, then

press it through a colander. Weigh the pulp and place it on

the fire, and boil until quite thick. Allow three-fourths of a

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ATLAS FLOUR COOK BOOK

pound of sugar to every pound of fruit, and the juice of three

lemons to every three pounds of fruit; add these to the pulp

and boil forty-five minutes longer, and then test. Apple mar-

malade should be a trifle stiffer than peach marmalade.

; Rhubarb Marmalade

I Five pounds of rhubarb cut into cubes, one can of grated

pineapple will do if a fresh one is not obtainable; five pounds

of sugar. If fresh pineapple is used, cook one hour with the

rhubarb and sugar. If canned add it fifteen minutes before

it is done. Pour into jars and seal.

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XXIV.—RELISHES, PICKLES, ETC.

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AKE your own chili sauces, relishes, and pickles; do

not depend upon concoctions where acids take\* the

place of vinegar. There is no doubt that all these

manufactured articles are much more pure than they were

several years ago, but there is a delightfully “ homey” taste to

what you make yourself. The housewife surely has a right

to take an honest pride in the shelvesladen with pickles, sauces,

etc., which will add such a variety to her menus, and make

possible most palatable dishes of which no one knows the se-

cret but herself.

Chili Sauce

Peel four quarts of half-ripe tomatoes, halve crosswise,

and take out the seeds. Drain on a sieve and chop fine. Chop

two onions and two red peppers. Add to the tomatoes with

half a cup of grated horseradish, half a cup of salt, one cup of

mustard seed, one tablespoon of white pepper, one cup of sugar,

one tablespoon of ground cinnamon, half a tablespoon each of

ground mace and cloves, and one quart of vinegar. Cook

steadily with frequent stirring for one or two hours, and bottle

hot.

Baltimore Relish

Chop fine one small head of crisp white cabbage; there

should be two cupfuls. To this add two finely chopped green

peppers, mix thoroughly, cover, and set aside in a cool place.

When ready to serve add one teaspoonful celery seed, one tea-

spoonful salt, one-half teaspoonful mustard seed, four table-

spoonfuls either white or brown sugar, and three tablespoonfuls

vinegar, diluted with one tablespoonful cold water. Toss all

lightly with a fork to mix well. Cut a slice from the blossom

ends of as many lemons as desired; scoop out the pulp (latter

may be used for lemon ice or lemonade); cut a thin slice from

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ATLAS FLOUR COOK BOOK

the stem end, so that the cup will keep its place. Pink the top

edge, chill them in ice water, drain and dry them, and fill each

with the relish. Serve with fish course on small plates, on a

dainty lace paper doily.

Pickled Prunes

Two pounds steamed prunes; drain and boil in syrup

made of half cup each vinegar and sugar, one-fourth teaspoon

each cloves, cinnamon, and allspice; can, and set away until

ready to use.

Beet Relish

One quart cooked and chopped beets, one quart chopped

cabbage, one large cupful celery, one-half cupful horseradish,

one cupful granulated sugar, one tablespoonful salt, one-half

teaspoonful black pepper, one-half teaspoonful red pepper,

cover with vinegar.

Spiced Grapes

Use wild grapes if possible for this relish, and do not have

them quite ripe. Wash them, put in a preserving kettle, with

just enough water to keep them from burning. When soft,

press through a sieve, discarding the stones and skins. To ten

pounds of the pulp add five pounds of sugar, one tablespoonful

of ground cinnamon, two teaspoonfuls of cloves, one teaspoonful of allspice, one grated nutmeg, and two quarts of vinegar.

Boil till it is as thick as catsup, then bottle.

Pepper Chili Sauce

Boil about a dozen red chili peppers in a quart of water

until done. Rub through a colander. Brown two tablespoon-

fuls of flour, pour the chili over it, and add salt and vinegar to

taste. Serve with meat.

Cold Catsup

Peel one peck of sound, ripe tomatoes, without scalding

them; chop fine and strain, rejecting the juice. Mix one cup

each of chopped onions and celery, one cupful of sugar, one-

fourth cup of salt, one cupful of white mustard seed, one table-

spoonful each of ground cloves, cinnamon, and black pepper,

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Allas Fancy Flour Is Made From Washed Wheat

and four red peppers, chopped hue. Stir all together, add three

pints of cider vinegar, stir again, and seal. This keeps well.

Stuffed Peaches

Take medium-sized peaches, wash, and take out the

stones. Cover with salt water and let stand overnight. In

the morning fill the centre with grated horseradish, a little

celery seed, and a small piece of ginger root. Tie each peach

with a string, and pack in jars. Turn over them heated vinegar

with sugar and spices to taste. Seal in jars, and do not open

till Thanksgiving. Fine to serve with turkey.

Stuffed Pickled Peppers

Take large, sweet green peppers, cut a small slit in the side

of each, and carefully scoop out the seeds. Make a strong

brine and put the peppers to soak in it, changing the brine

three or four times. For a filling, chop red cabbage, onions,

green tomatoes, small cucumbers, green grapes, beans, okra,

carrots, green peppers and a few strips of horseradish. Mix

these ingredients thoroughly,seasoning well with mustard seed,

celery seed, and a little curry powder. Rub the inside of the

peppers with a mixed spice made of ground cinnamon, cloves

and allspice; then fill with the stuffing. Sew up the opening,

put the peppers in a stone jar, and cover with a strong spiced

vinegar. Allow them to stand at least a month, to become well

seasoned before using. The same recipe may be used to stuff

tiny unripened watermelons or muskmelons. These are known

then as mango pickles and are very nice.

Corn Relish

Cover two pounds of corn meal carefully with a fluid com-

posed of one part of vinegar and three parts water, add one

tablespoonful brown sugar, and boil until the fluid is nearly

evaporated, strain off the balance of the fluid, and set the corn

meal out to cool; then take a cupful of brandy and add half a

lemon; after the com meal is cooled pour this fluid over it and

let it stand over night.

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ATLAS FLOUR COOK BOOK

Piccalilli Sauce

One peck of green tomatoes, two red peppers, twelve

onions, one-half pint of salt, one-half pint grated horseradish,

three quarts of vinegar; spices can be added if liked. Chop all

very fine, add the salt, and mix well. Let this stand over night.

In the morning drain off the liquid, then add the vinegar and

horseradish, put into a kettle, and cool slowly for four hours,

stirring often. Put into jars while hot, and seal.

Cucumber Relish for Fish

Make a small quantity of strong lemon jelly, using but

little sugar, add to it the pulp of one grated cucumber, and set

in fish-shaped moulds.

Jellied Relish for Fish

Line fluted moulds with pimentos; press close to the flutings

of the mould, and trim even with the tops of the moulds. Soften

one-fourth a two-ounce package of gelatin in one-fourth a cup

of cold water, and dissolve by setting the dish in hot water.

Chop exceedingly fine a slice of mild onion, two green peppers

or pimentos, and enough cabbage to make one pint. Mix onefourth of a cup each of vinegar and brown sugar, half a tea-

spoonful each of salt, celery seed, and mustard seed, and stir

into the prepared vegetables with the dissolved gelatin. Mix

thoroughly and turn into the prepared moulds. This will keep

in good condition for several days.

Pickled Cherries

To every quart of cherries allow a coffee-cupful of vinegar,

one-half cupful of sugar, one dozen whole cloves, half a dozen

blades of mace; put the vinegar and sugar on to heat with the

spices, boil five minutes, turn out into a covered stoneware

vessel, and let it get perfectly cold. Strain out the spices, fill

small jar three-fourths full with cherries, then fill up with cold

vinegar. Cork or seal tightly. Leave the stems on the

cherries.

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Atlas Fancy Flour Makes Splendid Cakes and Pastry

Cucumber Sauce

Pare and slice thin in slaw-cutter three dozen cucumbers.

Add eight large onions cut fine, and one and one-half cups of

salt; tie ina bag and drain over night. Then add one ounce

of ground black pepper, two ounces of black mustard seed,

one ounce of celery seed. Put in jars, and cover with pure cider

vinegar.

Pickled Watermelon Rind

To each quart of the best vinegar add three pounds of the

best brown sugar, four ounces of stick cinnamon, and two

ounces of cloves. Bruise the spices, tie in a muslin bag, and boil

with the vinegar for five minutes. Then pour over the rind,

letting it stand twenty-four hours. Remove the liquid and,

after heating it, pour it over the rind again, let stand another

twenty-four hours, after which boil all together for a short time.

Green Tomato Pickle

Slice one peck of green tomatoes, and one quart of onions.

At night put a layer of each in a stone jar and sprinkle with

salt, cover with another layer and more salt, alternating till the

tomatoes and onions have been used up. Let this stand till

morning, drain away the brine, then cover the sliced vegetables

with vinegar, adding two ounces of black pepper, one of all-

spice, and three ounces of ground mustard. Let the mixture

simmerfor ten minutes,then put away in jars, covering it closely.

Spiced Currants

Five pounds of red currants, washed and picked from the

stems, three pounds of sugar, one pint of cider vinegar, one

tablespoonful each of powdered cloves and cinnamon. Stew

gently for three hours.

Spiced Peaches

To nine pounds of whole peaches, add five pounds of sugar

and one pint of the best cider vinegar. Stick two whole cloves

in each peach, prick with a fork; and stew till tender. Let

them stand twenty-four hours, pour off the syrup, boil it up

once, and pour over the peaches. Put up in fruit jars.

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# XXV.—MENUS FOR ALL OCCASIONS

What to have for breakfast, for luncheon, for dinner, seven days in the week is the question over which many a housekeeper, particularly one who is “just

beginning the journey,” grows bewildered, weary, sometimes — dare we say it ? — cross.

This chapter of menus is meant to be a helpful answer to this oft-repeated query, for while many a menu may not be used exactly, surely in the many given there will be suggestions which will make the task of planning twenty-one meals each week seem less formidable.

## Breakfasts

|  |  |
| --- | --- |
| Seven Breakfasts  Fruit.  Wheatlet with sugar and cream.  Broiled beefsteak.  Doughnuts.  Coffee. | Oatmeal with sugar and cream.  Broiled chops.  Creamed potatoes.  Muffins.  Coffee. |
| Grapefruit.  Finnan Haddie cakes.  Buckwheat cakes with maple syrup.  Coffee. | Rice cooked with sultana raisins and cream.  Scrambled eggs.  Lyonnaise potatoes.  Corn-meal muffins.  Coffee or tea. |
| Creamed fish or oysters.  Mashed potato cakes, baked.  Buttered toast.  Coffee.  Cocoa. | Corn meal mush.  Eggs fried in olive oil.  New potatoes, baked.  Baking-powder biscuits. |
| Fruit.  Dropped eggs on toast.  Graham gems.  Coffee | Sunday Breakfast  Orange or grapefruit.  Oatmeal with cream.  Chicken a la Maryland  Boiled eggs.  Corn cake.  Coffee. |
| Easter Breakfast  Grape fruit.  Cracked Wheat with cream.  Shirred eggs.  Creamed potatoes.  Whol-wheat bread.  Coffee. | Southern Christmas Breakfast  Malaga grapes.  Florida oranges.  Oatflake and cream.  Hot rolls.  Fried oysters.  Waffles.  Big hominy.  Cream toast.  Potato chips.  Fried sausage.  Coffee. |

## Luncheon Menus

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| Four Practical Luncheons  Chicken bouillon.  Halibut soufiU.  Sweetbread rolls and mushroom  pat ios.  Potato croquettes.  Asparagus salad.  Lemon ice.  Small cakes.  Coffee. | Grapefruit cocktail.  Purte of tomato.  Chicken patties, sweet potato cro-  quettes.  Macaroon ice cream, w’ith ladyfingers.  Coffee. |
| Grapefruit with cherries.  Bouillon.  Broiled lamb chops, with potato  balls.  Bread-and-butter sandwiches.  Olives.  Nut-and-cclery salad.  Cheese.  Ice-cream.  Fancy cakes.  Coffee.  Bon-bons. | Clam bouillon, with whipped  cream.  Sweetbread patties, with green  peas.  Chicken in aspic.  Creamed potatoes, with parsley.  Asparagus salad, with French  dressing.  Vanilla parfait in cantaloupe shell.  Angel food.  Iced chocolate. |
| Three Elaborate Luncheons  Grapefruit.  Cream of pea soup.  Steamed cod, with Hollandaise  sauce.  Potato balls.  Cucumbers.  Entire wheat bread.  Fillet of pork, with apple garnish-  ing.  Macaroni.  Spinach.  Parker House rolls.  Cider *frappé*.  Orange omelet.  Celery-and-nut salad, with mayon-  naise dressing.  Neufchatel cheese and crackers.  Frozen Pudding.  Small cakes.  Almonds.  Olives.  Coffee. | Blue Points.  Bouillon.  Breadsticks.  Smelts, with tartare sauce.  French chops.  Rolls.  Peas and potato balls.  Lemon ice.  Sweetbread patties.  Tomato jelly, with mayonnaise  dressing.  Cheese and crackers.  Nesselrode pudding.  Cakes.  Bon-bons.  Olives.  Coffee. |
| Grapes.  Consommé with crofttons.  Whitefish.  Potato garnish.  Tomato sauce.  Crown roast of lamb.  Peas, with potato souffle.  Rolls.  Mint sherbet.  Egg salad.  Crackers and cheese.  Caramel ice-cream.  Nut-cake.  Olives.  Almonds.  Bon-bons.  Coffee. | Company Luncheon  Little neck clam cocktails.  Julienne soup.  Sweetbreads, broiled, with fresh  mushrooms.  Birds roasted.  Fried celery.  Salad of lettuce and tomatoes.  garnished with red peppers and  French dressing.  Cheese balls of cream cheese and  nuts.  Strawberry mousse.  Peppermints.  Coffee or chocolate. |
| A Spring Luncheon  Bouillon.  Smelts, tartare sauce.  Puffed potatoes.  Sweetbread croquettes, tomato  sauce.  Macedoine salad.  Neufchatel cheese.  Fruit ices.  Bon-bons. | .Simple Summer Lunches  Fried chicken, with corn cakes  and cream gravy.  Sliced ham garnished with par-  Sley.  Salad of tomatoes and cucumbers.  Biscuits.  Vanilla ice-cream.  Basket of mixed cakes..  Iced tea. |
| Sweetbreads, with green peas.  Tongue.  Thinly sliced bread.  Iced coffee, whipped cream.  Tomato salad, mayonnaise dressing.  Pistachio ice-cream.  Red raspberries, with little cakes.  Bon-bons. | Cream-of-spinach soup.  Fried fillets of fish, with tartare  sauce.  Rolls.  Grapefruit salad, with French  dressing.  Half-cups of coffee. |
| Summer Luncheon  Strawberries in green leaves.  Iced bouillon.  CroOton sticks.  Cold veal loaf and cold sliced  chicken.  Orange omelet.  Asparagus-and-shrimp salad.  Cheese balls.  Dolly Varden cream.  Small cakes.  Iced tea. | Buffet Luncheon for  New Year’s Day  Consommé.  Sandwiches, three varieties.  Lobster or chicken salad.  Cold turkey.  Cranberry ice.  Cakes.  Frozen egg-nog.  Coffee. |
| A Winter Luncheon  Bouillon.  Deviled crabs.  Chicken croquettes with French  peas.  Lemon sherbet.  Fried oysters, chili sauce.  Mayonnaise of celery.  Nesselrode pudding.  Coffee. |  |

## Dinners

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| Plain Dinners  Consommé.  Roast beef, with Yorkshire pudding.  Browned potatoes.  String beans.  Asparagus salad.  Cheese.  Crackers.  Fruit.  Coffee. | Caviare Canapés.  Chicken soup.  Slices of ox tongue, heated in toma-  to sauce and served with hominy.  Mashed potatoes.  Tomatoes, w ith chopped red pep-  pers, French dressing.  Frozen cherries.  Coffee. |
| Cream-of-com soup.  Olives and salted nuts.  Roast duck.  Mashed potatoes.  Baked squash.  Sliced oranges, French dressing  Mince-pie.  Vanilla ice-cream.  Coffee.  Candied ginger. | Company Dinner  Grapefruit halves, with fresh strawberries in the centre.  Cream-of-spinach soup made with  veal stock.  Fresh mushrooms with cream,  cooked under glass bells.  Fillet of beef, with green peas.  Salad of asparagus, with French  dressing.  Meringue shells filled with pistache ice-cream.  Coffee. |
| Company Sunday Dinner  Oysters on the half shell.  Roast turkey, with bread dressing.  Cranberry jelly.  Riced potatoes.  Giblet gravy.  Mashed turnip.  Celery.  Olives.  Lettuce-and-tomato salad.  Saltines.  Mince-pie.  Oranges.  Bananas.  Grapes.  Coffee. | Company Sunday Dinner  Blue Points.  Horseradish.  Sliced lemon.  Tomato bouillon.  Stuffed celery.  Olives.  Crab meat, scalloped.  Crown roast of lamb.  Green peas.  Carrots.  Latticed potatoes.  Sweetbreads and mushroom patties.  Fruit cup.  Asparagus salad.  Cheese.  Wafers.  Coffee. |
| A Spring Dinner  Clam broth.  Broiled spring chicken, with new  potatoes.  Peas and asparagus.  Tomato salad, French dressing.  Strawberry short-cake.  Camembert cheese.  Wafers.  Coffee. | Lenten Dinners  Cream-of-rice soup, crodtons.  Halibut cutlets.  Jellied relish for fish.  Mashed potatoes.  Boiled parsnips, buttered.  Crackers.  Cheese.  Coffee. |
| Slices of fish, baked with oysters.  Hollandaise sauce.  Potatoes on the half shell.  Cauliflower au gratin.  Lettuce, French dressing.  Steamed chocolate pudding.  Coffee. | Boiled salmon, egg sauce.  Boiled potatoes.  Boiled onions, buttered.  Beet salad.  Marshmallow pudding.  Coffee. |
| Clam broth.  Rice-and-cheese croquettes.  Stewed tomatoes.  Sliced oranges and bananas.  Cookies.  Half-cups of coffee. | Easter Dinner  Consommt.  Shad roe croquettes, Hollandaise  sauce.  Rolls.  Roasted capon, giblet sauce.  Grape jelly.  Mashed potatoes, stewed celery.  Lettuce, French dressing.  Peach ice-cream.  Cakes.  Wafers.  Cheese.  Coffee. |
| Fourth of July Dinner  Little neck clams.  Soup la Julienne.  Radishes, salted almonds, olives.  Fried chicken.  Green peas, string beans.  New potatoes in cream.  Pineapple sherbet.  Tomato salad, cheese straws.  Assorted cakes.  Cherry biscuit.  Cheese.  Wafers.  Coffee. | Thanksgiving Dinner  Oysters on the half shell.  Consommé,  Olives.  Pickles, salted almonds.  Roast turkey, oyster dressing.  Cranberries.  Celery.  Asparagus and mashed potatoes.  Sweet potatoes.  Frozen egg-nog.  Lettuce salad, French dressing.  Mince-pie, pumpkin-pie.  Cheese and wafers.  Fruit  Coffee. |
| Puritan Thanksgiving  Dinner  Clam chowder  Fillets of cod, egg sauce.  Roast turkey stuffed with oysters.  Onion sauce.  Cranberry jelly.  Mashed potatoes.  Succotash.  Chicken salad.  Mince-pie.  Pumpkin-pie.  Coffee. | Southern Christmas Dinner  Chicken gumbo soup.  Cider.  Roast goose with stuffing.  Mashed potatoes, apple sauce.  Gravy.  Buttered cauliflower.  Canned corn.  Pickled pears.  Mushrooms on toast.  Mince-pie, apple-pic.  Vanilla ice-crcam, macaroons.  Oranges, grapes, apples, nuts, and  raisins.  Chocolates.  Coffee. |
| Christmas Dinners  Blue Points on half shell.  Bouillon.  Boiled salmon, sauce Hollandaise.  Salted almonds and celery.  Roast turkey, cranberry sauce.  Mashed potatoes.  Egg-nog.  Lettuce salad, French dressing.  Plum-pudding, burning brandy.  Mince-pie.  Vanilla ice-cream.  Cake.  Nuts and raisins.  Fruit.  Cheese.  Coffee. | Grapefruit cocktail.  Consommé.  Celery, olives, salted Pecan nuts.  Boiled halibut, egg sauce.  Potato balls, boiled, sprinkled  with melted butter and chopped parsley.  Timbale cases, with oysters in brown sauce.  Roast goose, apple sauce.  Mashed potatoes, boiled onions,  with Hollandaise sauce.  Fruit salad.  Christmas plum-pudding, hard sauce.  Apples, kumquats, Tangerine  oranges.  Christmas candies.  Coffee. |

## Tea Table Suggestions

Do not plan for more than one dish cooked over the alcohol flame if a chafing dish is used, but have plenty of accessories and something to drink. Each of the following suggestive menus contains one dish cooked over alcohol, while the simple desserts may have been made early in the day and set away in the refrigerator till needed.

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| Sunday Night Suppers  Lobster wiggle.  Bread and butter folds.  Fruit fillip.  Coffee.  Vanilla wafers. | Frizzled beef.  Toasted sandwiches.  Lemon jelly.  Tea.  Sponge cake. |
| Lamb terrapin.  Finger rolls,  Baked apples with cream.  Spice cookies.  Chocolate. | Raw oysters.  Welsh rarebit.  Toast.  Almonds.  Olives.  Coffee. |
| Fruit relish.  Fried oysters, bread sticks.  Cold slaw.  Cranberry jelly.  Celery. | Potato balls.  Chicken salad.  Olives.  Cheese straws.  Coffee.  Salted almonds. |
| Oyster cocktail.  Crackers.  Olives, celery.  Creamed chicken, rolls.  Tomato jelly, mayonnaise dressing.  Wafers.  Cream cheese, water thins.  Coffee. | Boiled tongue.  Italian spaghetti.  Potatoes on the half shell.  Hot corn bread.  Cucumber salad.  Strawberry ice-cream.  Cookies.  Coffee. |
| Easter Tea  Cold chicken.  Cress salad.  Brown bread sandwiches.  Lemon jelly.  Wafers. | Christmas High Tea or  Supper  Oyster soup, olives.  Chicken salad.  Baking powder biscuit.  Orange marmalade.  Coffee.  Christmas cakes. |
| For Stag Suppers  Blue Points on the half-shell.  Devilled crabs, sauce tartare.  Broiled alive lobster, parsley sauce.  Roman punch.  Fried oysters, pepper sauce.  Lettuce or cucumber salad.  Wafers, cheese.  Coffee. | Clam cocktails.  Welsh rarebit.  Olive and caviare sandwiches.  Coffee.  Beer. |
| Card Party Refreshments  Fruit in melon shells.  Sliced veal loaf.  Tomato salad.  Sandwiches.  Grape sherbet.  Coffee. | Chicken salad in salad rolls.  Ice-cream in forms.  Coffee. |
| Fruit salad served in cantaloupes.  Sweet sandwiches.  Coffee. | Ham salad.  Sandwiches.  Claret cup. |
| Frozen fruits.  Cakes.  Bon-bons. | Manhattan salad.  Hot cheese salad.  Coffee. |
| Creamed chicken.  Pepper sandwiches.  Coffee. | Cold chicken.  Celery mayonnaise.  Rolls.  Punch.  Ices and cakes.  Coffee. |
| Toasted sandwiches.  Coffee. | Lobster, Newberg.  Bread-and-olive sandwiches.  Chicken, canned peas, and cucumber salad, mayonnaise dressing.  Rolls.  Coffee.  Orange sherbet.  Marshmallow cake. |
| Cream cheese and herring *canapé*.  Brown bread and butter sandwiches.  Pickes or olives.  Manhattan salad.  Rolls.  Coffee.  Marshmallow cake.  Fruit cup.  Blood orange sherbet with pineapple, apricots, etc.  Halibut cutlets, tartare sauce.  Peas.  Rolls.  Lobster salad.  Coffee parfait in glasses.  Macaroons.  Lady-fingers. | Scalloped oysters in ramakins.  Olives.  Tiny baking powder biscuit, served hot.  Cold roast chicken, sliced thin.  Egg salad sandwiches, with mayonnaise and lettuce.  Coffee.  Maple ice-cream.  Angel food. |
| Three Buffet Suffer Menus  Pressed chicken or veal in squares on cress.  Sandwiches of white grapes and nuts.  Pickles, chopped.  Fruit salad on white lettuce leaves.  Cheese, crackers.  Ice-cream or ices.  Cake.  Coffee or chololatc. | Creamed chicken patties.  Tiny hot rolls.  Brandied peaches or sweet watermelon pickle.  Cucumber salad served on lettuce leaves or cress.  Chopped smoked tongue sandwiches.  Ice cream served in sherbet glasses.  Assorted cakes.  Coffee or chocolate |
| Chicken salad served in tomatoes hollowed or in cucumber boats.  Cheese wafers.  Stuffed olives.  Tiny pickles, squares of jelly.  Strawberries.  Vanilla ice-cream.  Chocolate cake.  Coffee or chocolate.  Fruit punch served through the evening. |  |
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## Wedding Menus

The essentials at any wedding feast are salad, coffee, cake, and a frozen sweet. If the ceremony is at noon, and there are few guests, a breakfast is usually served, making it a merry little feast.

If there are many guests they are seated at small tables, each having a floral decoration, fruits glaces, bon-bons, salted nuts, etc.

A table is reserved for the bride and bridegroom and the immediate bridal party. The menu begins with fruit, then a bouillon, or *consommé* in cups, fish, often served in ramakins, croquettes or patties, birds on toast, hot rolls or biscuit buttered, olives, nuts, an ice or ice-cream, in individual moulds, wedding cake, small cakes, bon-bons, coffee, liquors as desired.

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| Afternoon or Evening  Weddings  Veal croquettes.  Hot finger-rolls.  Olives.  Salted nuts.  Individual moulds of ice-cream.  Cake.  Coffee.  Chocolate. | Chicken salad.  Two kinds of sandwiches.  Ice-cream, plain or fancy.  Cake.  Coffee.  Chocolate.  Frappé. |
| Simple Wedding Breakfast  Bouillon.  Creamed oyster or chicken patties.  Plain sandwiches.  Lobster or chicken salad.  Ice-cream.  Cake.  Bon-bons.  Coffee.  Chocolate. | For Parties for Children  under Ten Years of Age  Chicken sandwiches.  Cocoa with a marshmallow on top.  Vanilla ice-cream.  Angel food or sunshine cake.  Peppermint candy. |
| Whole-wheat bread sandwiches with chopped pecan nut filling.  Cocoa.  Fancy crackers.  Chocolate ice-cream.  Sponge cakes. | Creamed chicken in ramakins.  Plain sandwiches.  Cup custard.  Ladyfingers. |

# XXVI.—THE KITCHEN TIME-TABLE, WEIGHTS, AND MEASURES

FOR inexperienced cooks the following tables will be

helpful; but one’s judgment must be exercised in their

use, and family preferences consulted, especially in

regard to meats.