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197
FATS 354
STAR 64
NUTFAT-DIG 67
EMULSIFYR N 69
MALT-EXT-DIASTAS 134
CASOPSAG 144
RICE 145
POPCORN 152
V. G. 196
VINEGAR 273
MALTEX 396

CHST-408
MALTEXT 135
396

198
321

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GUIDE

FOR

NUT COOKERY

TOGETHER WITH A BRIEF HISTORY OF NUTS
AND THEIR FOOD VALUES

BY

MRS. ALMEDA LAMBERT

ILLUSTRATED

JOSEPH LAMBERT & COMPANY
BATTLE CREEK, MICHIGAN
1899

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CONTENTS.

	Page.
Introduction	5
Nuts and Their History	7
Foods	59
Combinations of Foods	61
Nuts: Their Properties and Food Values	64
Nut Butter	70
Nut Meal	76
Sausages	79
Nut Oil	82
Nutmeatose, Nutora, Etc	84
Nutmeato	91
Malt Extract	134
Grains	143
Unleavened Breads	156
Yeast Breads	168
Sandwiches	183
Crackers	188
Fruit	194
Fresh Fruit	208
To Can Fruit	213
Cooked Fruit	222
Dried Fruits	225
Fruit Juices	228
Jellies	233
Legumes	246
Vegetables	253

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SOUPS..... 290
GRAVIES..... 311
PIES..... 320
PUDDINGS..... 333
SAUCES FOR PUDDINGS..... 344
FILLINGS..... 350
CAKES..... 354
ICING..... 376
DRINKS..... 381
SALADS..... 384
TOASTS..... 391
FOOD FOR THE SICK..... 400
CREAMS, ICES, ETC..... 411
TO BLANCH NUTS..... 415
TO SALT NUTS..... 417
CONFECTIONERY..... 419
MENUS..... 425
COMPOSITION OF FOODS..... 434

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INTRODUCTION.

FOR nearly six thousand years, one of the choicest, most healthful, and most nutritious articles of food that was assigned by the Creator for man's diet, has been but little used, at least by the civilized portion of the world.

This long-neglected article of diet some call "shell fruit," but the common name is "nuts." "And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree yielding seed; to you it shall be for meat." Nuts, which are only the shelled fruit of a tree or seeds of a plant, are certainly included in man's original bill of fare.

It is indeed strange that man should so lightly esteem and refuse to partake of these choice, God-given viands, which, judiciously used with grains and fruits, would supply all nature's requirements, and turn from the healthful diet to that which is less wholesome and more liable to disease — such as flesh meats of all kinds. The probable reason for this is, first, they are usually eaten as desserts after one has already eaten a sufficient amount, or they are eaten as titbits between meals, and then, if indigestion follows, the nuts get the credit. Secondly, they are somewhat hard of mastication, and very few people of this generation have teeth sound enough to masticate them sufficiently for easy digestion.

Historians and travelers tell us that the natives of Africa and British Guiana, also the North American Indians, use nuts as one of the principal articles of their diet. Missionaries

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who have lately returned from these lands, inform us that the natives still use nuts in the preparation of their foods; and that with their crude utensils, they can grind and emulsify nuts nearly as well as the more modern perfected machinery.

A little over fifteen years ago, the German army began experimenting quite extensively on the use of peanuts as an article of diet for the army, and at the present time, there are annually many thousand tons of peanuts exported from this country to Germany and France. They extract the oil and make the residue into flour or meal, and apportion it to the soldiers. It is made into soups and other foods, and considered very nutritious.

In the last few years, there has been a great awakening in regard to healthful living, and great strides have been made in the methods of emulsifying nuts into a paste or butter,—a convenient form for cooking purposes and much easier to digest. But the majority of those who have adopted nut butter, use it instead of the dairy product only to spread on bread. It is the object of the author to place before the public a book treating upon the use of nuts as shortening, seasoning, etc., to be used in every way in which milk, cream, butter, or lard can be used, and fully to take their place.

To the best of the author's knowledge, there has hitherto been no book which treats upon this subject. The recipes are those which have been carefully tested by the author or some of her friends.

Perfection is not claimed in this work, but it is sincerely hoped that this book is only a forerunner of other and better works on this subject, and that further experiments will bring out other and more valuable recipes.

MRS. ALMEDA LAMBERT,
Battle Creek, Mich.

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NUTS AND THEIR HISTORY.

ALMONDS.

THE name of this nut is supposed to be derived from the word *amysso*, meaning to lacerate, on account of the prominent, sharp, knife-like margin of one edge of the nut. The English name is from the Latin *amandola* and from the Greek *amaygdale*. The almond tree is a tropical evergreen, and was originally a native of Barbary and Morocco, but is now widely cultivated throughout the warmer temperate zones of the Old World, and also in California and in the southern United States.

Botanically it belongs to the Rose family, *Rosaceæ*. In most of our modern botanical works, it is classed as a sub-section of Prunus, the plum. The plum, peach, and almond are generally considered to be only varieties of one species. Our cultivated peaches and nectarines are undoubtedly descendants of the wild almond tree. However, they differ greatly in the size and color of the blossoms as well as the shape and size of the leaf. The almond blossoms are usually somewhat larger than the blossoms of the peach, and of a pale rose color, appearing in early spring before or with the unfolding leaves. The leaves are three or four inches long, tapering and finely serrate. The fruit of the almond, like the peach, is covered with a soft, velvety down; but the pulpy envelope becomes dry and fibrous at maturity, cracking open and allowing the rough, deeply pitted, and wrinkled nut to drop out, while in the peach, the pulpy envelope becomes soft, juicy, and edible. The plum is only a peach with a smooth skin.

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"As with most of the long-cultivated fruit and nut trees, very little is known of the early history or origin of the almond, and even its native country has not been positively determined, although it is supposed to be indigenous to northern Africa, and the mountainous regions of Asia. Theophrastus, who wrote the history of plants three centuries before the Christian era, mentions the almond as the only tree in Greece that produces blossoms before the leaves."

The almond thrives throughout the Mediterranean countries both in Europe and Africa, and has long been extensively cultivated. It forms an important article of commerce, immense quantities being exported from Spain, mostly from Valencia, while the so-called Jordan almond comes from Malaga, as very few are raised in the valley of the Jordan.

The almond ranks high in nutritive value, and is highly esteemed for culinary purposes, being employed in the preparation of numerous dainty and appetizing dishes for the table. In the countries where the almond is grown, it is considered a dainty dish to serve in the half-open green husks; in this state, the kernels are just passing from the milky stage, and are more easily digested than they are when fully ripe. But those found in the markets are fully matured, and have been thoroughly dried before shipping; most of them are already shelled, as labor is much cheaper in those countries where they grow, and the shipping expense to this country is less.

The sweet almond contains fifty-three per cent. of fats, twenty-three and five-tenths per cent. of albuminous elements, seven and eight-tenths per cent. of starch, and three per cent. of salts, making a total nutritive value of eighty-seven and three-tenths per cent.

The rough brown skin which covers the kernel of the almond is bitter, and somewhat irritating to the stomach. This should be removed by blanching.

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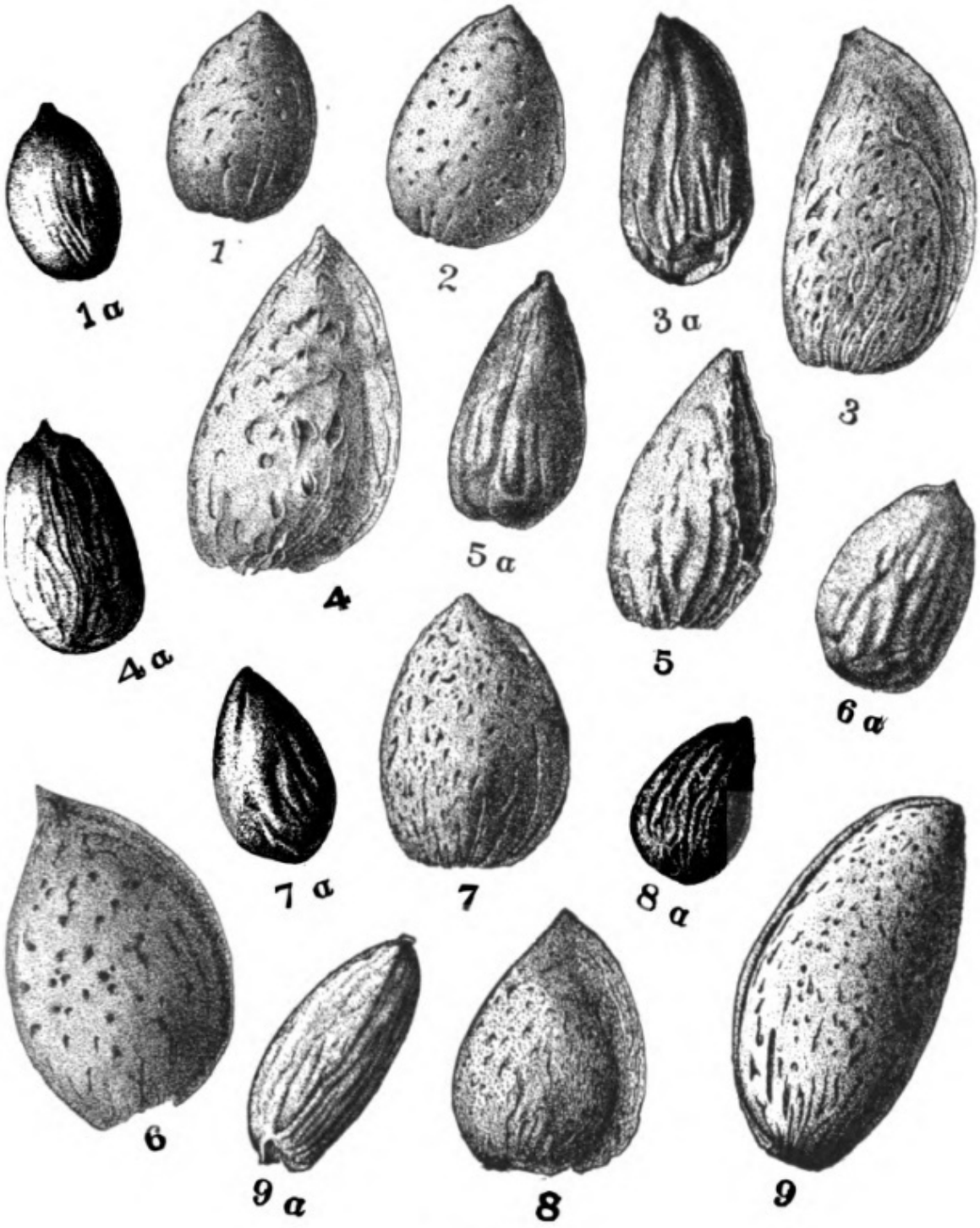

ALMONDS.

1. Languedoc; 1a. Languedoc Kernel; 2. Languedoc with Double Kernel; 3. Ne Plus Ultra; 3a. Ne Plus Ultra Kernel; 4. IXL; 4a. IXL Kernel; 5. La Prima; 5a. La Prima Kernel; 6. Nonpareil; 6a. Nonpareil Kernel; 7. Golden State; 7a. Golden State Kernel; 8. Bitter; 8a. Bitter Kernel; 9. Jordan; 9a. Jordan Kernel.

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When formed into an emulsion, they are considered an excellent medicine for persons suffering with diabetes and pulmonary disorders. Almond oil is a standard article in the stock of druggists, entering into the composition of various kinds of powders, paste, syrups, and cosmetics. But the most important use is to take the place of dairy milk and butter.

Almonds are usually divided into three groups ; the soft, or paper-shelled, the hard-shelled, and the bitter. There are many varieties of each group, although they are generally called by the name of the group to which they belong.

Soft, or Paper-shelled Almonds.— In this group there are many varieties, the most common being the widely known sweet-kerneled, thin-shelled nut. It is one of the oldest in cultivation in European countries. The blossoms are pale rose in color and very large.

Hard-shelled Almonds.— This variety differs from the preceding only in the hardness of its shell and its hardiness to endure the cold. It can be grown where the peach can, and is very productive. Its shell is quite firm and smooth, but deeply pitted. The kernels are fully as large as the paper-shelled, and equally valuable for food.

Most of the names of the different varieties are the names of the country or city from which they were exported. The Sicily almond from Sicily, Valencia almond from Valencia, while the Jordan almond comes from Malaga, a very few being raised in the valley of the Jordan.

Bitter Almonds.— As regards the shell, this class is not distinct from the other two, as some have soft and some have hard shells ; but the kernels are very bitter, and contain a poisonous acid, known as hydrocyanic, or Prussic, acid. Although it is often used as flavoring in confectionery and cake, it is unsafe to do so.

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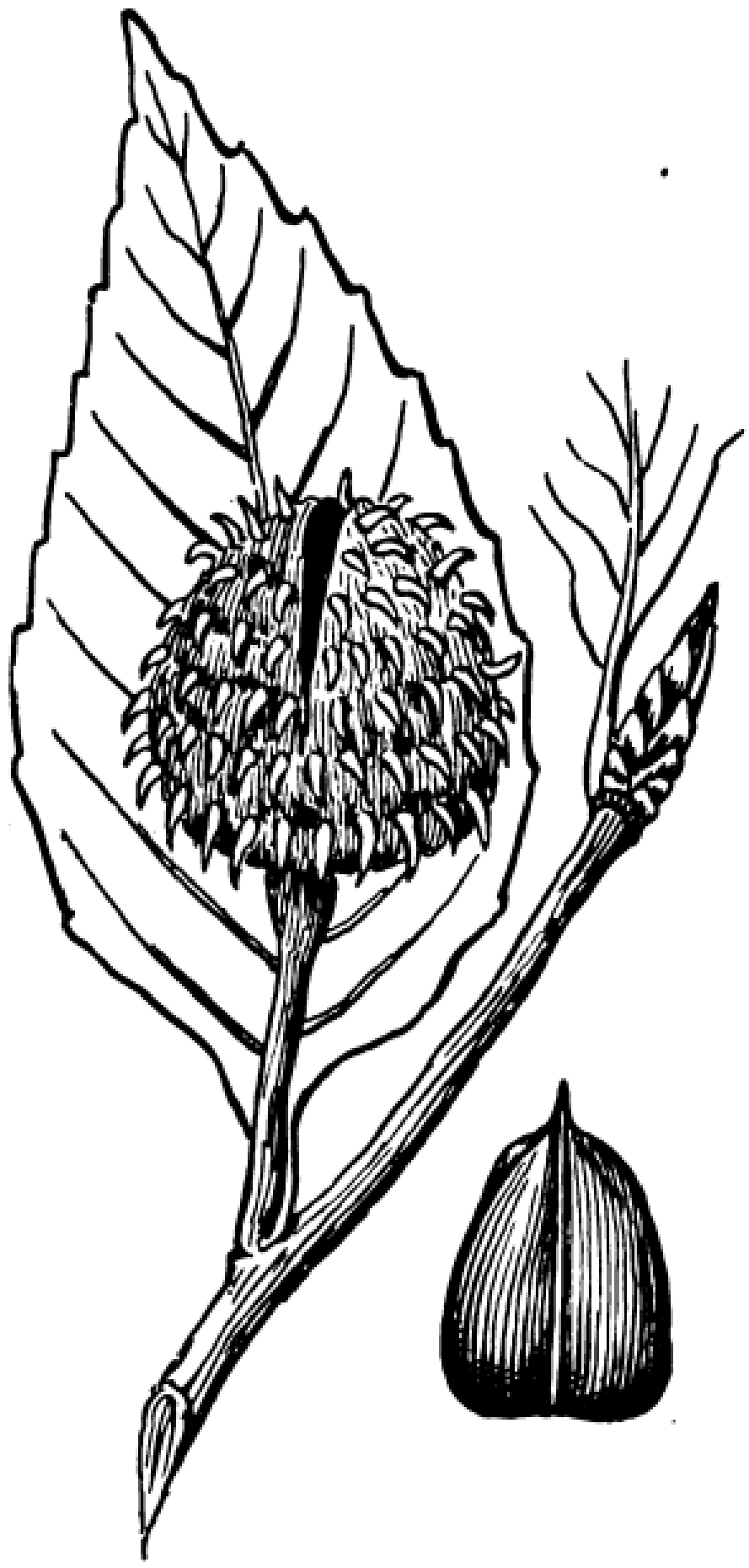
The kernel of the sweet almond varieties does not contain this poison, but it is found in their leaves and bark.

BEECHNUT.



BEECHNUT LEAF, BUR, AND NUT.

The Latin and botanical name for the tree is *fagus*, and was derived from the Greek word *phago*, which means to eat, alluding to the fact that the nuts have been considered good eating by the inhabitants of the countries where the beechnut grows. Botanically, it belongs to the *Cupuliferæ*, or Oak family. The flowers appear in the spring, with the straight-veined and serrate leaves. The calyx of the sterile flowers are bell shaped and five cleft, containing many stamens.

The fertile flowers appear in pairs on the summit of a scaly bracted peduncle. The seed-pod, which at maturity, becomes a prickly, scaly bur, contains a pair of three-sided nuts, whose kernels are tender and sweet flavored. The common beech of Europe is

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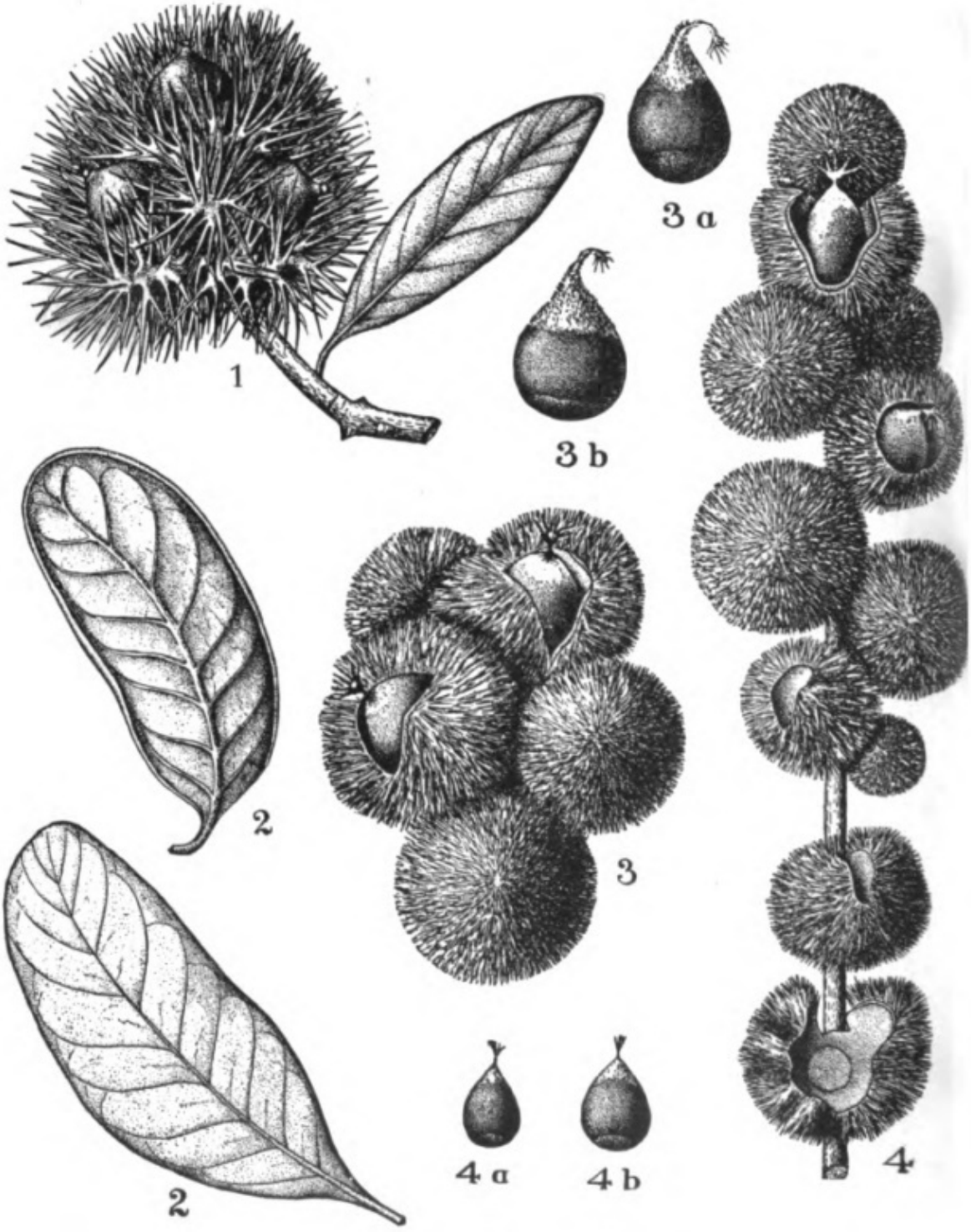

WESTERN CHINKAPIN BEECH.

CHINKAPIN.— 1. Fruiting Cluster; 2, 2. Leaves; 3. Common Form of Fruiting Cluster; 3a, 3b. Nut of Common Chinkapin; 4. Spiked Form of Fruiting Cluster; 4a, 4b. Nut of Spiked Chinkapin.

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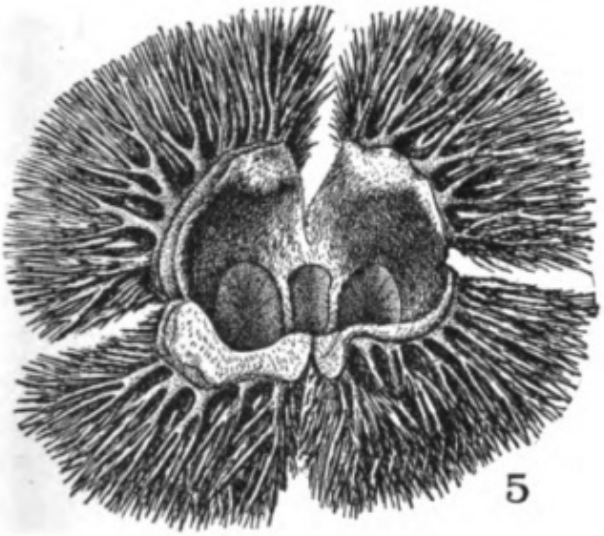

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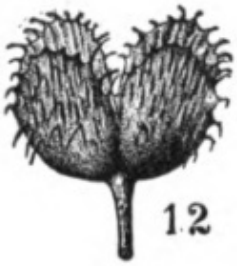

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11

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WESTERN CHINKAPIN BEECH.

CHINKAPIN. — 5. Tree Chinkapin Bur; 6, 7, 8, 9. Nuts of Tree Chinkapin.
BEECH — 10. Twig, Leaf, Bur, and Nut; 11, 12. Beech Burs.

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very similar to the American beech, excepting its leaves are broader, but not so long and pointed. The trees are usually large, with smooth ash-gray bark.

The early writers of Greece and Rome frequently refer to this nut. Vergil and Pliny speak highly of the beechnut as an article of food. Pliny informs us that at the siege of Chios, the besieged inhabitants lived upon the beechnut alone for some time.

There are many species of the bee[illegible], but they are all similar, some having larger leaves and nuts tha[illegible] others. Among them are the following: the Americai[illegible]h, the European beech, and the Evergreen beech. Th[illegible]hnut is quite small, and hard to gather, making it unpro[illegible] to gather them for sale. For this reason very few of the[illegible]re sold in the markets.

The beech-wheat, more commonly [illegible] buckwh[illegible], so named on account of its kernels ha[illegible]e shape of the beechnut. The kernels are small a[illegible]k-brown color, on the outside, and three-sided, but in[illegible]ion it is more like ordinary wheat.

In the forests, the beechnut affords [illegible]r many wild animals and birds. The nut contains considerable oil, and [illegible]y have experimented on extracting it for salads and cooking purposes. Formerly beechnut oil was made in France in [illegible]siderable quantities and used for frying fish and as a [illegible]ssing on salads. The country people of Silesia use it [illegible]stead of butter, and that which remains after the oil is [illegible]ken out, they feed to swine, poultry, and cattle.

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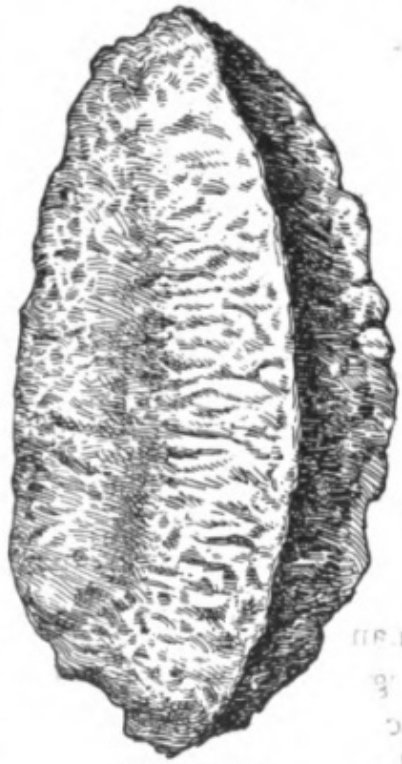
BRAZIL-NUT.

Brazil-nuts are also called Para-nuts and cream nuts. They are the triangular edible seeds of a South American tree, belonging to the Myrtle family *(Bertholletin excessa)*.

The tree attains a height of one hundred to one hundred and fifty feet, and the trunks are three to four feet in diameter. The leaves are broad, smooth, and about two feet long, thick and leathery. The fruit is globular in form and from four to six inches in diameter, with a brittle husk covering a hard, woody shell, which is closely packed with the seeds (nuts), numbering from fifteen to twenty-four. The nuts are about one and one-half to two inches long, having a dark, rough case; kernels are smooth, and very oily, having a rich and delicious flavor.



BRAZIL-NUT.

The Brazil-nut is indigenous to Brazil, Guiana, and Venezuela, and southward to Rio Janeiro. They form immense forests in the valley of the Orinoco and Amazon. There is an inexhaustible supply, the only difficulty is in getting them to the seaport towns. They are principally exported from Para. They are rich in fats, having fifty-seven per cent.

A very superior oil can be obtained from these nuts by pressure, but at the present, their principal use is in desserts and confectionery.

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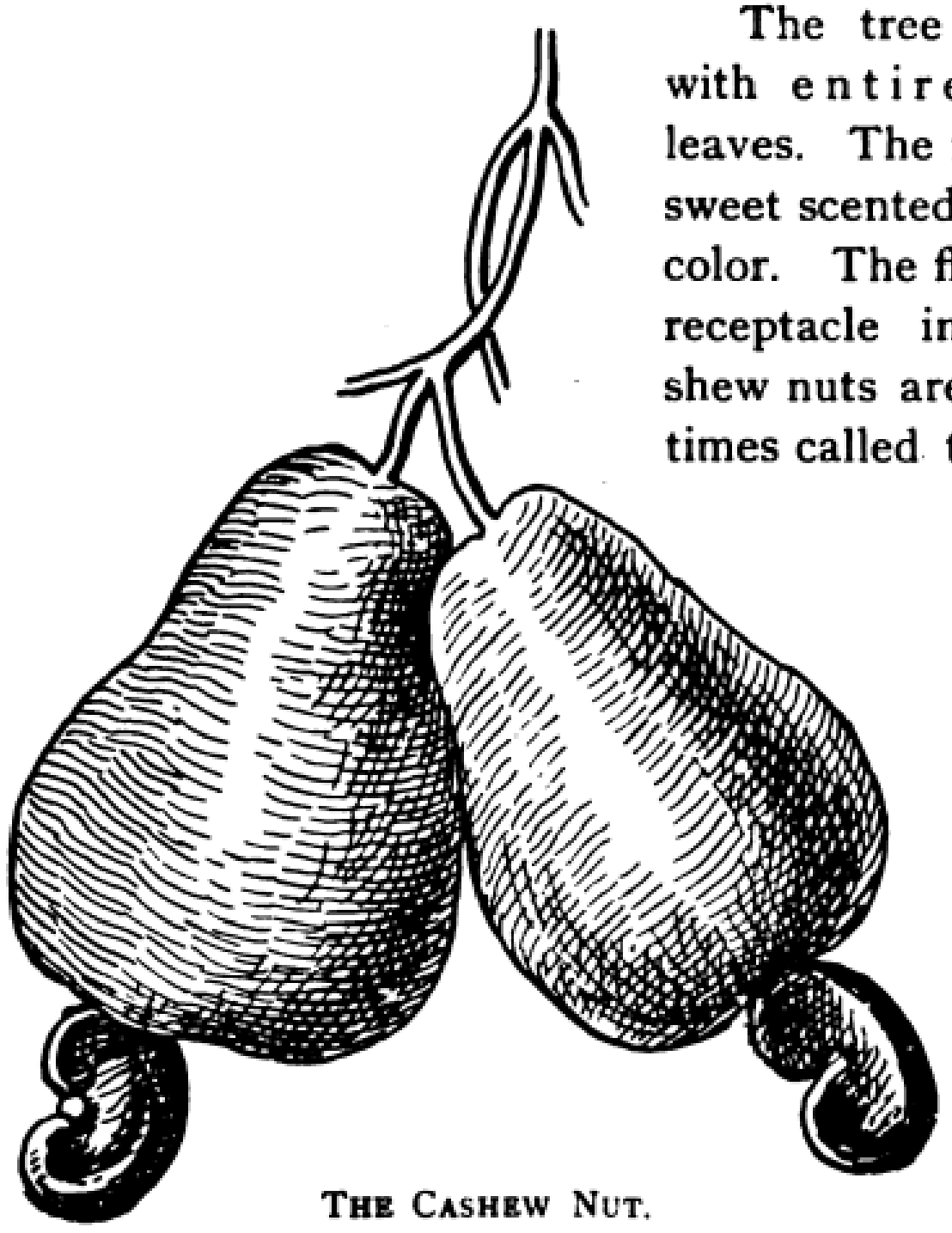
CASHEW NUT.

This is a tropical American shrub or small tree, belonging to the Cashew family, or *Anacardium occidentale*. It is now naturalized in Africa and Asia.



THE CASHEW NUT.

The tree is an evergreen, with entire, feather-veined leaves. The flowers are small, sweet scented, and of a reddish color. The fleshy pear-shaped receptacle in which the cashew nuts are borne, is sometimes called the cashew apple. The fruit is kidney shaped. The nut proper is enclosed in a leathery covering, consisting of two layers, between which is a caustic, oily substance, exceedingly acrid; but this is eliminated by heat, so that when the kernels are roasted they have a pleasant flavor, and are highly esteemed for desserts. Care must be taken in roasting the nuts, as the fumes given off during this operation cause inflammation of the eyes. The nuts also yield an excellent oil.

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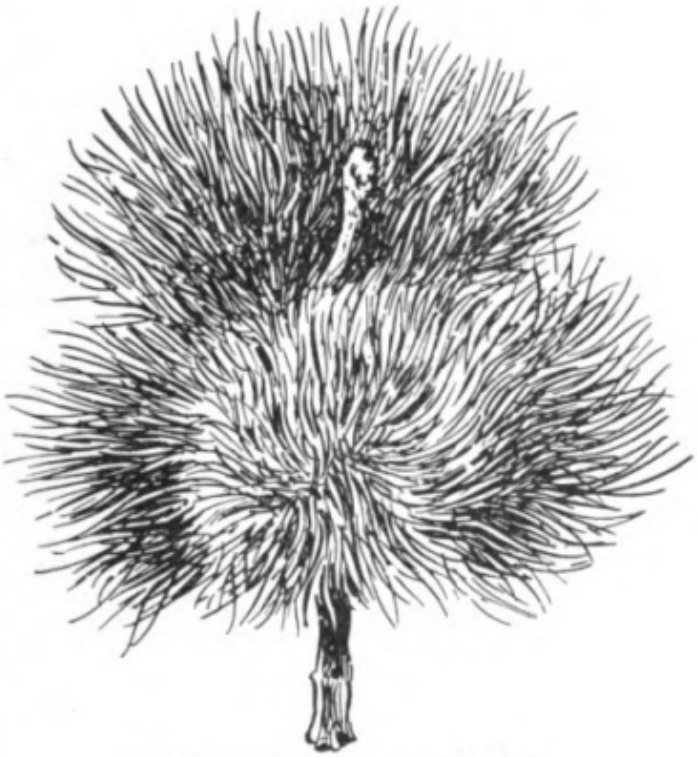
CASTANOPSIS.

The name of this tree was derived from *Castanea*, the chestnut. It is an evergreen tree intermediate between the oak and the chestnut. There are several varieties in the Old World and in the islands of the sea, but only one in this country, and that is on the Pacific Coast.

Where the climate is moist, the castanopsis becomes a large tree from fifty to one hundred feet high, with a trunk from two to three feet in diameter, but in the dry regions of California, it is a mere shrub.



CASTANOPSIS BUR AND KERNEL.

C. S. Sargent, in his work entitled "Woods of the United States," says as follows: "This handsome broad-leaved evergreen tree is indigenous to the elevated regions, from Monterey, Cal., northward to the Columbia River in Oregon.

CASTANOPSIS NUT.

"It is also common in the Sierra Nevadas at elevations of six thousand feet, but in its southern limits rarely below ten thousand feet elevation."

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The leaves are oblong-lanceolate, growing from one to four inches long. The fruit is enclosed in an involucre, or bur, covered with stout, divergent spines from one-half inch to one inch in length. There is usually only one nut in a bur, but several burs grow on one twig.

The nut is small, conical in form, slightly triangular, with a firm, brittle shell, not fibrous like the chestnut or acorn. The kernels are sweet and the flavor excellent. They are greedily eaten by birds as well as squirrels. The nuts do not ripen the first season, but stay on the trees through the winter, and become fully matured about the middle of the next summer.

CHESTNUT.

The chestnut belongs to the Oak family and to the group *Castanea*. The sterile flowers cluster in long catkins, and appear in the axils of the leaves. The fertile flowers are near the base of the last sessile catkin, from one to seven in a cluster, having a calyx from four to six lobed, crowning the three- to seven-celled ovary, which becomes a scaly, prickly bur.

The chestnut is a tall-growing tree. Travelers describe the monarchs of Etna as being trees of immense size The Roman writers who have written on rural affairs, mention the chestnut as a valuable food-producing tree, but Piiny, who describes several varieties of the chestnut, seems to place more value upon the timber than on the nut. There are three principal subdivisions: the European chestnut, the American, and the Chinkapin.

The European variety has long, lanceolate, pointed eaves, smooth on both sides, and much thicker than the leaves of any other variety.

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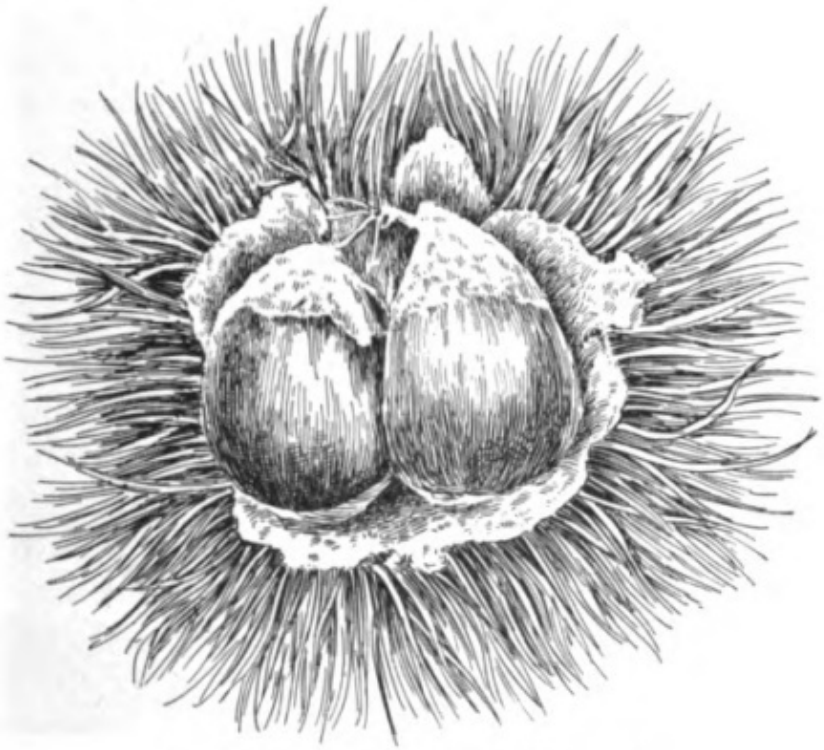
The burs are very large, covered with long, branching spines. The nut shell is thick and tough, and of a dark, mahogany-brown color. This variety is characterized by the kernels being wrapped in a tough skin that is intensely bitter.

There are many varieties of this group, among them the Japan chestnut, the Numbo, the Paragon, Ridgely, Comfort, Cooper, Carson, and many others.



OPEN BUR OF THE RIDGELY CHESTNUT.

The European chestnut has been so frequently and extensively referred to by ancient and modern authors that it would not be at all difficult to fill a large volume with brief extracts from their works. All who have had any experience with it admit its value as food for many wild and domestic animals, as well as for the human race.

The European chestnut is much larger than those indige-

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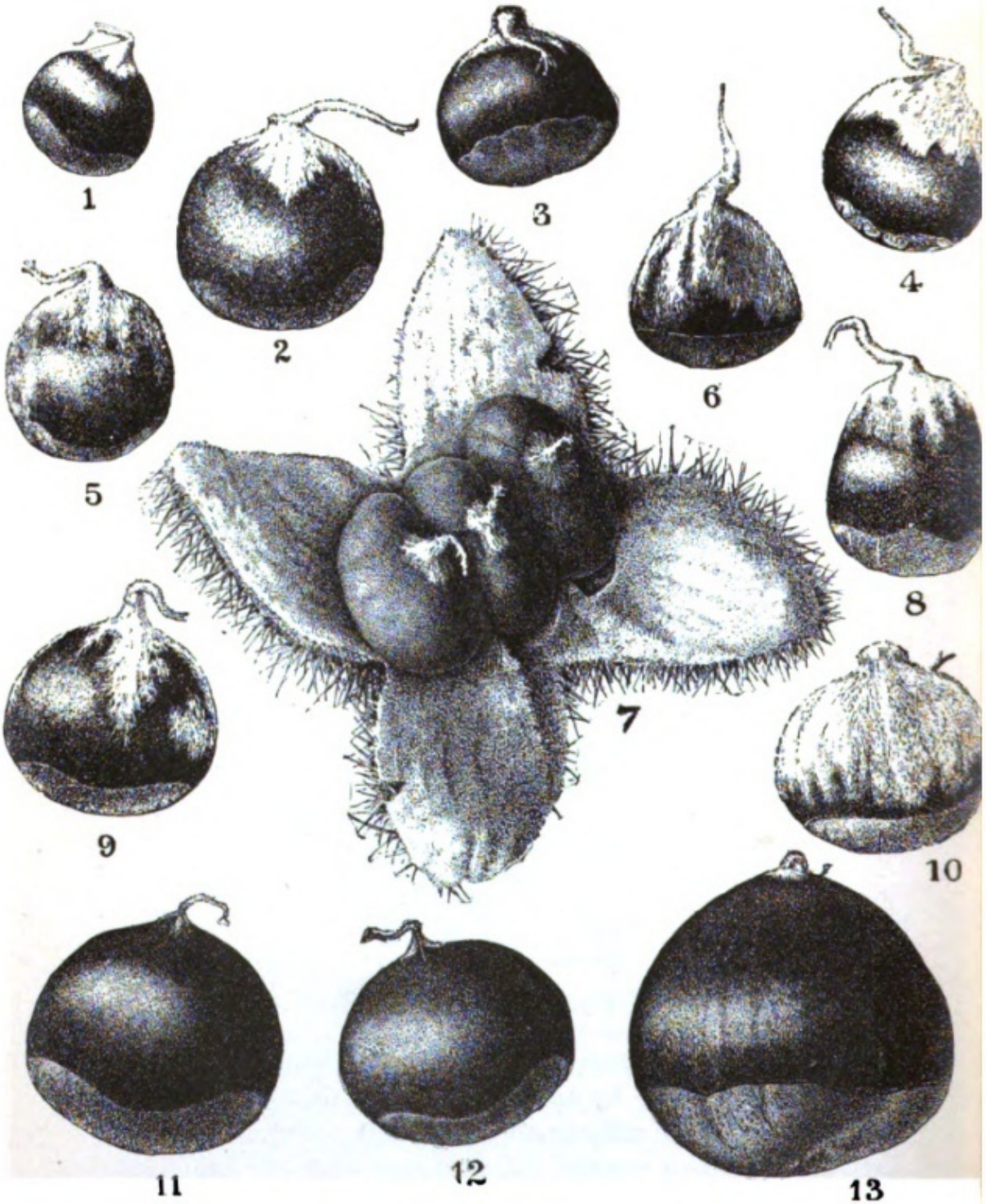

CHESTNUTS.

1. A Small, Wild Form; 2. Murrell; 3. Hulse; 4. Excelsior; 5. Ketcham, 6. Wild Form; 7. Watson; 8. Otto; 9. Dulaney; 10. Griffin; 11. Numbo; 12. Ridgely; 13. Japan Giant.

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nous to America, and many have tried growing them here; but only a few have succeeded in making them grow, though after they are once started they are quite hardy. There are a few nice groves of the Japan, Numbo, and Paragon chestnuts, species of the European variety, growing on Long Island and in New Jersey.

The American chestnut has oblong-lanceolate serrate leaves, smooth on both sides. The bur, which usually contains three nuts, is thickly covered with long, branching spines, becoming woody, and opening by four valves.

The nuts have a dark-brown shell, which is tough and leathery. The kernels are fine grained and sweet. The trees are common in the Middle and Northern States; they grow very large and live to a great age. Some of the varieties of this group are the Burless and the Hathaway.

The Chinkapin is the smallest of the chestnut family; its leaves are broadly oval, coarsely serrate, pale green above, and silvery white below. The burs are in long racemes, covered with long, branching, sharp spines, containing only one, top-shaped, glossy-black nut in each bur. The kernels are sweet. Fuller's Chinkapin, common Chinkapin, and the Bush Chinkapin, are in this group.

The chestnut ranks high in nutritive value, containing eighty-nine per cent. of nutrition,—fourteen and six-tenths per cent. of albuminous element, sixty-nine per cent. of starch, two and four-tenths per cent. of fats, and three and three-tenths per cent. of salts.

As they contain so much starch, they are more easily digested if cooked before being eaten. For more than a thousand years, this nut has been an important article of diet for the poorer class of Southern Europe. In some of the mountain districts, it is almost the staff of life. Chestnuts are not only used in their raw state, but are boiled, roasted,

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and even dried and ground into flour, which is made into a coarse but nutritious kind of bread.

CHUFA (EARTH ALMOND).

Chufa is a grass-like plant, indigenous to the countries bordering on the Mediterranean Sea, and cultivated for its nut-like, sweet tubers, called Chufa or Earth Almonds.

CHUFA NUT.

It belongs to the Sedge family *(Cyperaceæ)*, and botanically is called *Cyperus Esculentus*. The leaves resemble coarse marsh grass. The plant produces small, oblong tubers in abundance, which are rich in fats and very sweet, tasting like the almond, but having a better flavor. An excellent milk may be made from them, which can be used for shortening.

They can be easily grown, by planting them in drills like peas. Seed Chufa can be obtained at Buckbee's seed store, Rockford, Ill. These nuts generally go by the name of Chufus, or Earth Almonds.

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COCOANUT.

The cocoanut is the largest edible nut in our markets, and is very widely known. It is sold in the markets with the outer husk removed, but with long, bristly fibers adhering to the very hard, thick shell lined by the white meat, which surrounds the watery fluid called cocoanut milk. They a.e large in size, ranging from six to twelve inches long, and three to six inches in diameter. They are borne on lofty tree-like palms *(Palmæ* or *Palmaceæ)*, which are natives of Africa, India, and the islands of the Indian and Pacific Oceans. They grow sixty to ninety feet high, and have pinnate leaves from ten to twenty feet long. The nuts hang at the base of the leaves, in clusters of from eighteen to twenty. This tree yields cocoanuts, drink, fuel, and clothing, and is the most useful of all trees, thriving only near the seacoast, or where the sea breezes reach it.

The natives eat this nut in its immature state, when the flesh is soft and very much like a delicious custard. It can be eaten from the shell with a spoon. In this stage it is very easy of digestion; but when it becomes mature, it is quite woody, and hard of digestion. In this country it is principally used for flavoring, and for its oil, in which it is very rich, containing thirty-six per cent. of fats, eight per cent. of albuminous material, and one per cent. of salts.

The oil consists of a peculiar substance called cocinin, a combination of fatty acids and a very small quantity of olein. The cocoanut-oil is liquid at eighty degrees; below this temperature, down to fifty degrees, it is of the consistency of lard; and below that temperature it is quite hard. Under pressure, the oil separates, forming not only a liquid but a solid substance. The solid portion, called "cocoa stearin," is manufactured into a butter called "cocoanut stearin," and

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COCOANUT.

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used for lubricating the skin in giving massages, etc. The stearin is also used for making candles. The cocoanut-oil is utilized in manufacturing toilet and fullers' soaps.

There is a company in the United States that manufactures a butter from the cocoanut which they call "Nutcoa." It is of a clear, whitish color, and is composed wholly of fats. It is better for cooking purposes than for table use, although it is finding its way to the tables of the poorer classes as a substitute for oleomargarin. It is, of course, free from tubercular germs, by which so many of the cattle of this country are afflicted.

In countries where they are indigenous, cocoanuts are used in many ways. The young and tender sprouts are cooked as we would prepare asparagus. A cream is made by grating the cocoanut fine, and rubbing it well with the hands in as warm water as possible. The oily part, perfectly emulsified, rises to the surface, and is poured off, leaving the coarser part to settle to the bottom. Cocoanut cream is excellent on grains, or for seasoning other foods. The oil can be made by grating and rubbing like the above, and then boiling for an hour or more in plenty of water. When cold, the oil will rise and the woody portion will settle to the bottom.

The husk, or fibrous pericarp of the cocoanut, is termed "coir," and is used in various ways. Coir is prepared by soaking the husks for several months in water, and then beating with heavy weights. Coir yarn is imported into America, and is preferable to horse hair for stuffing mattresses, cushions, chairs, and saddles, as it is indestructible and never harbors vermin. It may also be made into very strong, light rope, formerly of great value to seamen, as it floats in water and is unaffected by it. Coir is also made into mats; and the twisted and braided fibers are used by the Polynesians in the place of nails in the construction of houses and canoes.

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The small and immature nuts are grated fine while green, and used for medicinal purposes. A healing salve may be made from the unripe nuts, by mixing with the oil of the ripe nut. The trunks of the trees are used for building purposes.

FILBERT, OR HAZELNUT.

The hazelnut is a bush or small tree, belonging to the Oak family *(Cupuliferæ)*, producing edible nuts of a dark-brown color. The staminate flower appears in the autumn, in cylindrical catkins, remaining on the plant all winter, and becoming fully developed to shed their pollen early in the spring. The pistillate flowers appear very early in the spring, before the leaves, during the warm days of March or April. The bright red stigmas push through the ends of the buds, dropping off as soon as fertilized. The tree may then remain without leaves for several weeks.

COMMON FILBERT AND ITS KERNEL.

All the varieties which have long, fringed husks extending beyond the nut, are filberts; while those whose husks are shorter than the nut, are hazels; this word being derived from the Anglo-Saxon word *hæsel*, meaning a hood or bonnet.

The filbert has been celebrated from ancient times, both in prose and poetry. Vergil says it has been more honored than the vine, the myrtle, or the bay itself. Formerly a forked twig of the hazel was used as a divining-rod for finding hidden treasures, veins of metals, subterranean streams of water, and even pointing out criminals.

There are many varieties; the two principal ones being the American and European filberts. Among the American

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varieties the *Corylus American* (Walters) and *Corylus Rostrata* Aiton are the best. Among the best of the European varieties are the *Corylus Avellana* (Linn), Alba, or white filbert, Cosford, Crispa, Lamberts, Grandis or round, Cobnut, purple-leaved filbert, red filbert, and Spanish filbert.

The hazelnut is very high in nutritive value, and one of

LARGE SEEDLING HAZELNUT.

the very best for general use. It contains seventeen and four-tenths per cent. of albuminous elements, seven and two-tenths per cent. of starch, sixty-two and six-tenths per cent. of fats, and two and five-tenths per cent. of salts, making a total value of eighty-nine and seven-tenths per cent.

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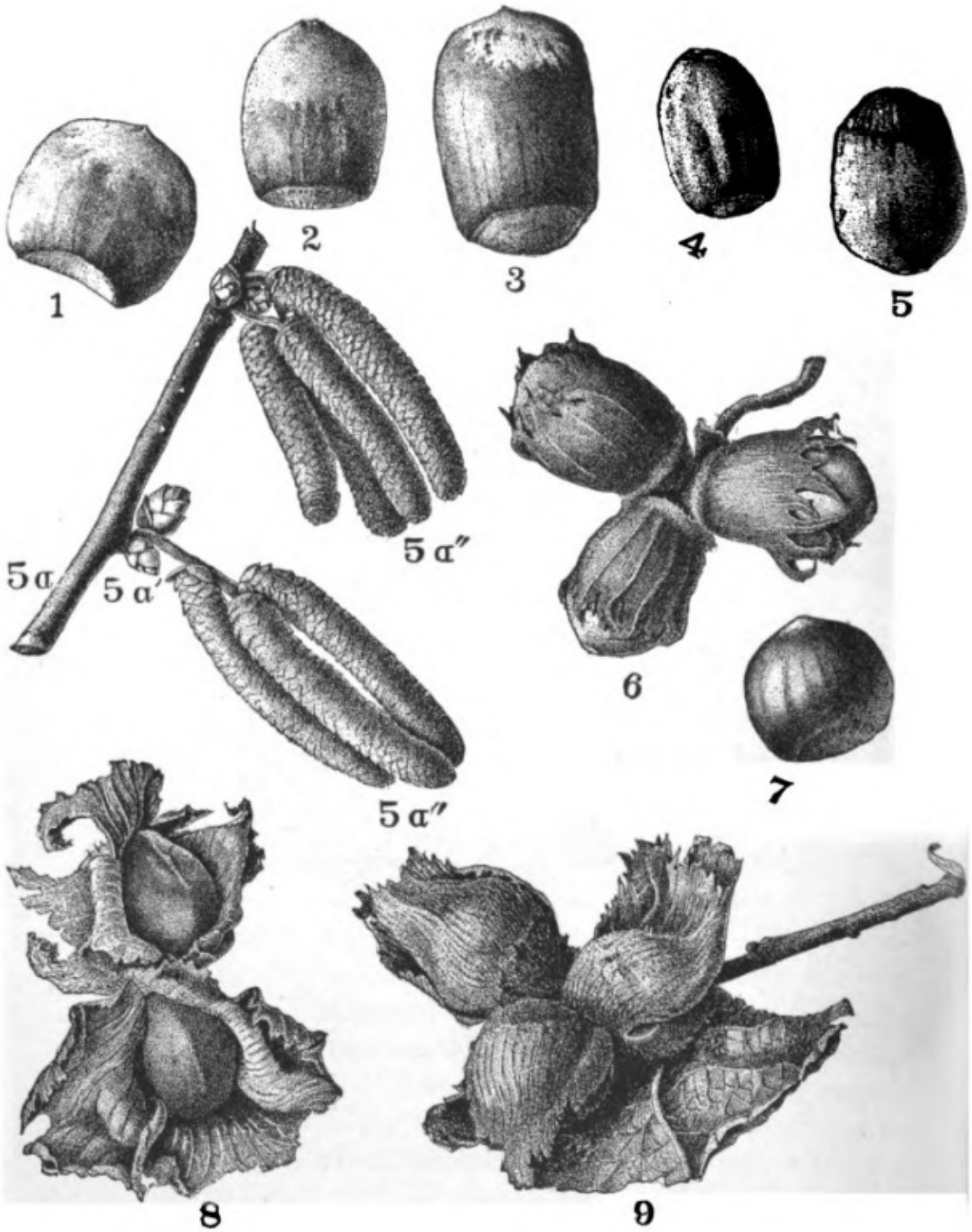

HAZELS.

1, 2, 3, 4. Imported Nuts, derived from Corylus Avellana; 5. A Seedling derived from Corylus Avellana; 5a. Portion of Twig, showing Winter Bud; 5a'. Dormant Pistillate Buds; 5a". Dormant Staminate Catkins; 6, 7. Specimens of Imported Nuts; 8. American Hazel with Open Involucre; 9. American Hazel with Closed Involucre.

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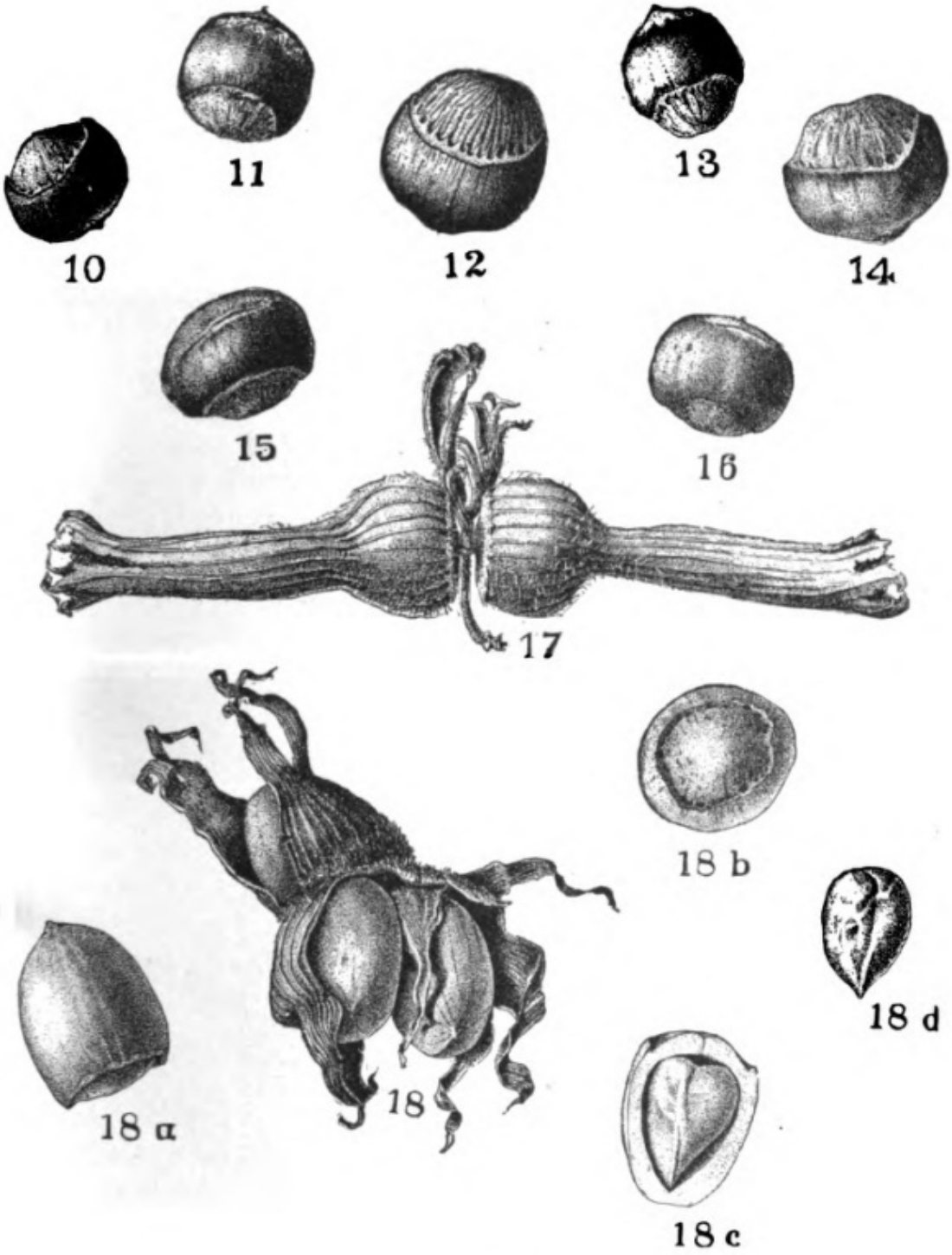

HAZELS.

10, 11, 12, 13, 14, 15, 16. Varying Forms and Sizes; 17. Typical Cluster; 18. Cluster showing Fruiting Habit; 18a. Side view of Nut; 18b. Basal view of Nut; 18c. Section of Nut showing Kernel; 18d. Kernel.

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GROUNDNUT.

The groundnut is a tuber of a widely distributed climbing plant, common in low, wet grounds, almost everywhere, from Canada to Florida, and westward to the Mississippi. This plant is described in most of the botanical works of the present day under the name of *Apios Tuberosa*, and belongs to the Pulse family *(Leguminoscæ)*. It is a perennial twining vine, with pinnate leaves and dense racemes of small, brownish-purple, pea-shaped flowers. The subterranean rootstocks bear long strings of edible tubers, which are round, some as large as walnuts, and some a great deal larger. They are dark-brown on the outside, but white within. When boiled or roasted, they have a rich, farinaceous, nutty flavor.

HICKORY-NUT.

The hickory-nut belongs to the *Juglandaceæ*, or Walnut family, and to the group *Carya*. Of this there are several varieties: The *Carya Olivæformis*, (pecan-nut), *Alba* (shellbark or shagbark), *Sulcata*, (Western shellbark), *Tomentosa* (mockernut, or white heart hickory-nut), *Amara* (bitternut), *Porcina* (or pignut), and the *Aquatica*, or water hickory. Among these, the first two are the most valuable for the nuts, although the other varieties are quite as good for timber.

The sterile flowers are in long, cylindrical catkins, three in a cluster, on a common peduncle; the leaflets are sessile or nearly so, of from five to thirteen leaflets. The nuts are globular, or short oval, sweet, edible, and enclosed in a husk which opens by four valves. The shellbark, or shagbark, is considered the best variety for eating purposes; it is so called on account of the bark of the trunk being shaggy and sepa-

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BRANCH WITH BURS OF NUSSBANNER'S HYBRID HICKORY.

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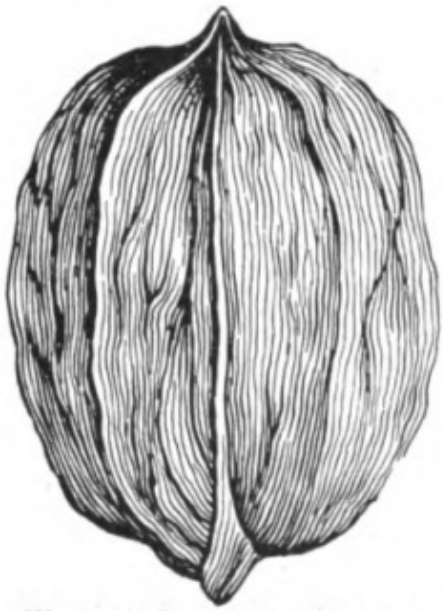
rating in rough strips. The nuts are variable in size, mainly thin-shelled and white; the kernels are large, sweet, and excellent; it is one of the most popular of nuts, the demand being almost unlimited.

The Western shellbark differs from the preceding, in having a lighter-colored wood, the leaves more downy, and the nuts larger, measuring two inches long, and pointed at both ends. The kernels are smaller in proportion to the size of the nut than in the preceding, but are easily removed from the shell.



WESTERN SHELLBARK HICKORY.

The variety known as the Hales hickory has the thinnest shell and plumpest kernels of any of the hickories. The shell is not much thicker than a pecan shell, and has no sharp ridges running from the base to the point as in other varieties.

The mocker hickory-nut and others of similar kinds, have smaller nuts, with thick, hard, shells; though sweet, they are small, and very difficult to remove from the shell, and on this account, they are of little value.

The bitter-nut is similar to those of the above variety, but the kernels are intensely bitter, but when in the milky state are greedily eaten by the squirrels.

The pignut and water hickory also have bitter kernels.

The hickory-nut is strictly an American nut, being found only on the Western continent. The early white settlers found the Indians using the hickory-nut in many ways and storing large quantities of them for winter food, sometimes

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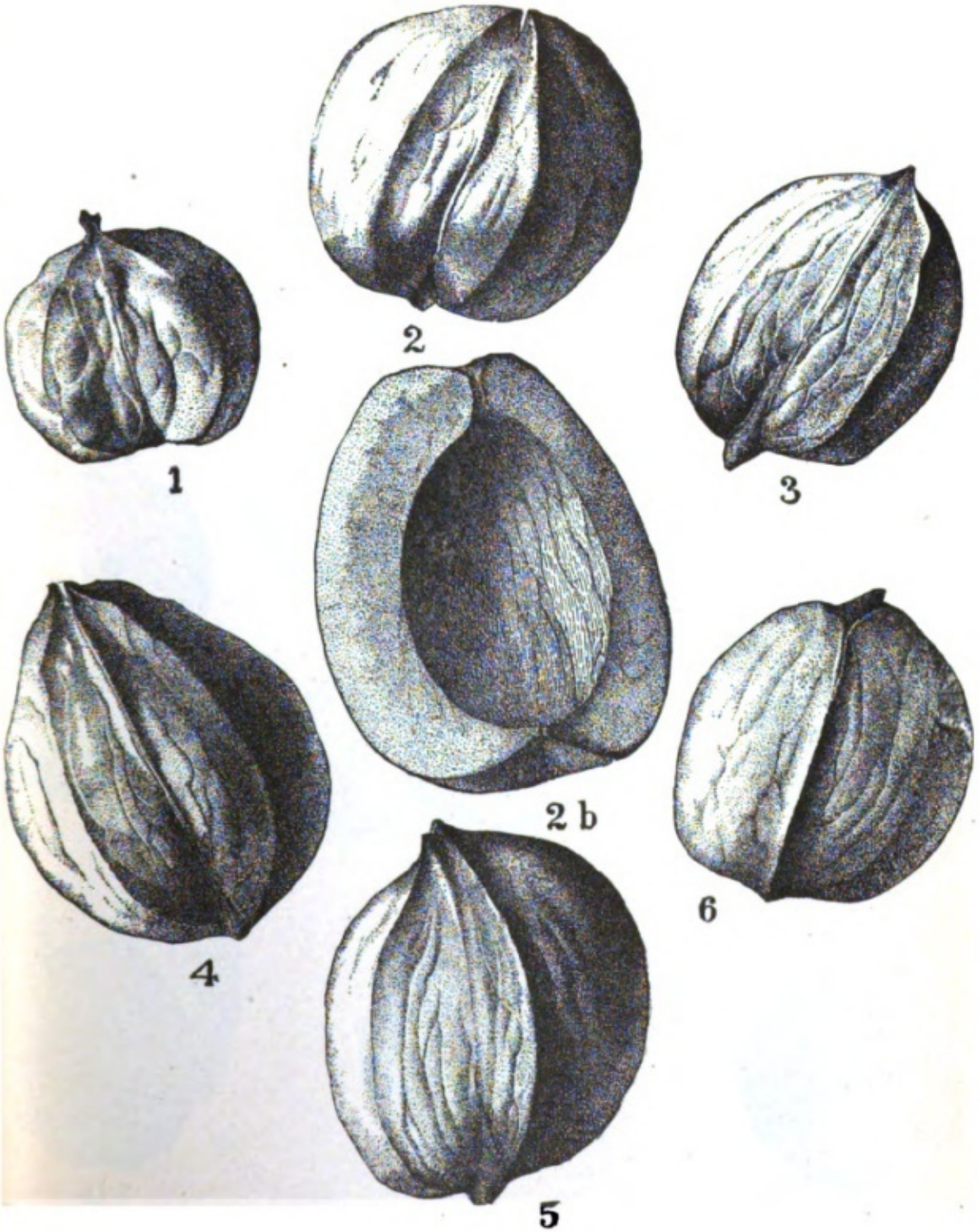

SHELLBARK HICKORIES.

VARIATION IN FORM OF WILD NUTS.—1. Quadrangular; 2. Roundish; 2b. Hull of Roundish; 3. Oval; 4. Long Ovate; 5. Roundish Oblique; 6. Ovate Oblique.

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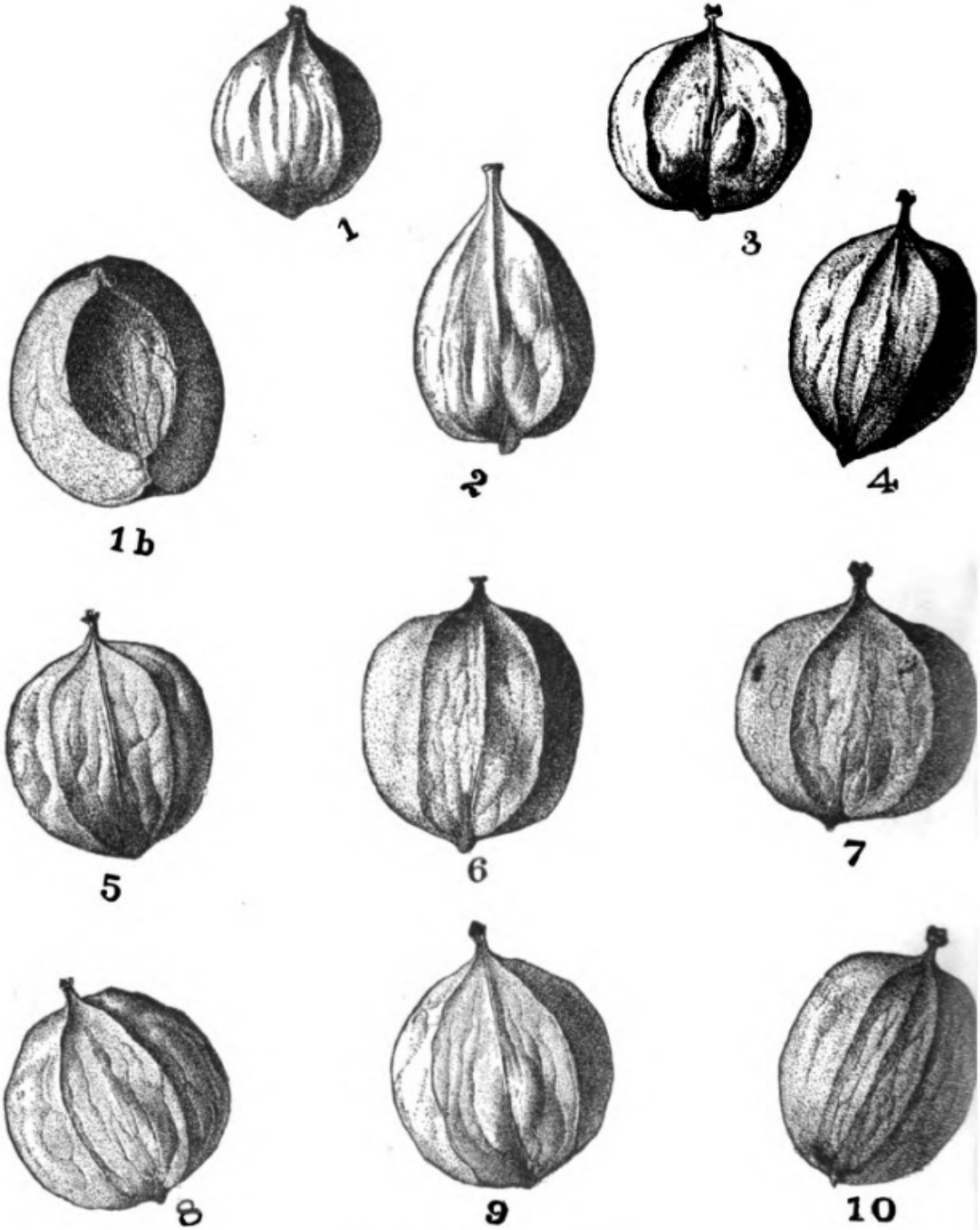

SHAGBARK HICKORIES.

VARIATION IN FORM OF WILD NUTS.— 1. Ovate; 1b. Portion of Hull of Ovate; 2. Long Ovate; 3. Quadrangular; 4. Obovate; 5. Shinar; 6. Meriden; 7. Jackson; 8. Milford; 9. Rice; 10. Woodbourne.

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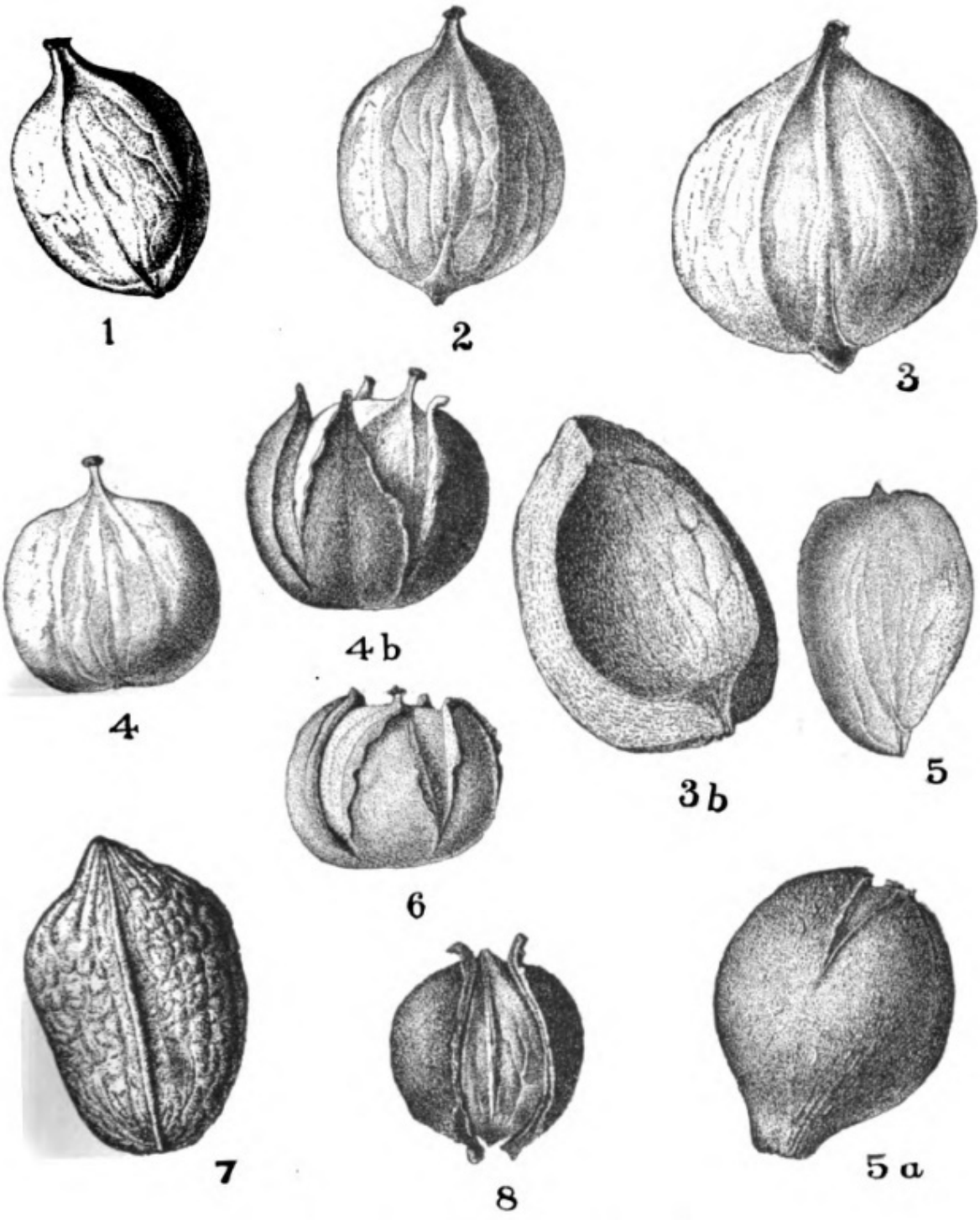

MISCELLANEOUS HICKORIES.

Mocker Nut; Forms of Wild Nut.—1. Oval; 2. Roundish; 3. Roundish Oblique; 3b. Hull of Roundish Oblique. Pig Nut.—4. Bracket; 4b. Nut of Bracket in Hull; 5. Fig-Shaped; 5a. Nut of Fig-Shaped in Hull; 6. Roundish Nut in Hull; 7. Specimen from W. R. Stuart; 8. Nut and portion of Hull of a Water Hickory.

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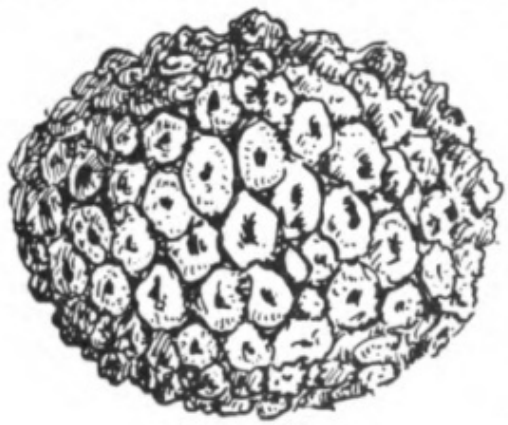
one family having one hundred bushels. They had no mills in which to grind them, but they made them fine by pounding and putting them into boiling water, working them well with a wooden paddle. The oily part of the liquid was preserved and called by a name which signifies "hickory milk." It is rich, sweet, and delicious, the fat being in the form of an emulsion, like cream. The Indians used it in cooking, especially in hominy and corn cakes. As nut foods are coming into such general use, there may come a day in the future when hickory milk will be again in vogue, and be more highly esteemed by the civilized people than it was by the aborigines.

LITCHI (LEECHEE NUT).

The Litchi nut is more of a fruit than a nut. The tree grows in southern China and the Philippine Islands, and belongs to the Soapberry family *(Sapindaceæ)*.



LITCHI NUT.

The tree grows about twenty-five feet high with sturdy twigs and branches; the leaves are composed of seven oblong, pointed leaflets. It is said to be one of the most popular of Oriental fruits. These trees are now on trial in Florida, being introduced in 1886.

In the last few years, this fruit has appeared in the markets of our large cities, in consequence of the increased trade with Oriental countries and facilities for rapid transit across the continent.

The fruit is globular in form about one inch in diameter, with a thin, chocolate-brown colored shell covered with wart-

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like protuberances. When fresh, the shell is filled with a jelly-like pulp of a most delicious sub-acid flavor, but is often rather dry and stale in the nuts before it reaches our markets. It has one smooth, brown seed in the center of the fruit.

PEANUT.

The peanut is the fruit of a trailing plant, botanically called *Arachis hypogæa*, which belongs to the bean family *(Leguminosæ)*. It is known in different localities as the earthnut, groundnut, ground-pea, goober, pindar, jar-nut, and Manila-nut. Strictly speaking, it is not a nut at all, and should more properly be called the ground-pea. The plants are annuals, growing from one to two feet high, with thick, pale-green, hairy stems; some varieties have long, spreading branches. The blossom is at the end of a long, pedicel-like calyx tube, the ovary being at the base; after the blossom drops off, the peduncle or "spike" with the ovary on the end elongates and bends downward, pushing several inches into the ground, where the ovaries develop into a pale yellowish, wrinkled, and slightly curved pod, often contracted in the middle, and containing from one to three seeds. Should the spike not be able to thrust itself into the ground within a few hours after the fall of the flower, it withers and dies. It is therefore very necessary that the ground should be kept as light and porous as possible to insure a good crop.

The "Farmers' Bulletin No. 25," published by the Agricultural Department of the United States, treats upon the culture of peanuts, and names the following varieties: —

"The Virginia running variety of the peanut, being most widely known and most popular with the trade, may be taken as the typical American peanut. Its vines are large, with

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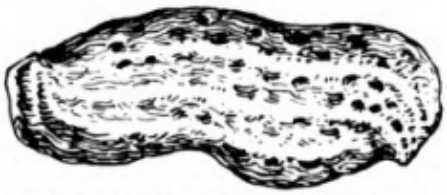
spreading branches, growing flat on the ground and bearing pods over almost their entire length. The pods are large and white, weighing about twenty-two pounds to the bushel.

PEANUT PLANT (VIRGINIA RUNNING VARIETY).

"The Virginia bunch variety grows erect and fruits near the tap-root, but produces pods very closely resembling those above described.

"There are two varieties in Tennessee, the white and red, the white closely resembling the Virginia running variety, and the red producing somewhat smaller pods with kernels having a dark red skin. This variety matures earlier than the white, yields fewer pops, or imperfect pods, has a less spreading habit, and on account of this difference in growth is perhaps somewhat more easily cultivated.



POD OF THE VIRGINIA PEANUT.

KERNELS OF VIRGINIA PEANUT.

"The North Carolina (or African) variety grown in Wilmington section of the State has much smaller pods than those just described, weighing twenty-eight pounds to the bushel; the kernels contain more oil than those of other varieties.

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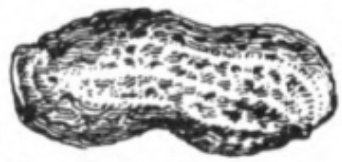
"The Spanish variety has a relatively small, upright vine, forms small pods near the tap-root, and can be planted much closer together than any of the others, thus producing a very heavy crop to the acre. The North Louisiana Station found the Spanish a desirable variety, easily harvested, all of the pods adhering to the vine. It required a much shorter period to mature, and planted as late as July 1, matured a full crop in that latitude before frost. The pods filled out well, forming few if any pops.

"The Georgia red-nut, like the similar variety in Tennessee, has medium-sized vines growing up from the ground and fruiting principally near the tap root, with three or four kernels to the pod.

"These comprise all the varieties cultivated in this country, but in Costa Rica there is a variety with long pods, without divisions, containing four or five seeds, and in the Argentine Republic a large-sized variety with a deep, orange-colored shell. In the Malay Archipelago there are two varieties, called the white and brown, resembling probably the white and red Tennessee varieties, excepting as to size.

"The peanut of India and Africa resembles the North Carolina variety in size, and is raised principally for the oil which is contained in its kernels." The varieties which are usually sold in the markets, appear under the following names: Spanish (shelled) are small and nearly round, having a sweet and mild flavor; they are never sold in the pod, as they are so tight to the peanut that they are hard to break open. This variety is considered the best for butter-making, although some prefer the Virginia.



POD OF SPANISH PEANUT.

SPANISH PEANUT.

"The Virgina (shelled) peanut is larger than the Spanish

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nut, having a stronger peanut flavor, but equally rich in oil. These are usually assorted into three grades, the Nos. 1 and 2, and the Extra Large, Hand-picked. The No. 2 nuts are small, shrivelled, and split; they are therefore difficult to roast and blanch, and make an inferior grade of butter.

"Statistics tell us that there are 4,000,000 bushels of nuts used yearly by Americans, which cost the consumers $10,000,000, and that fully three fourths of this amount was sold to venders of the roasted peanut, either directly or through jobbing houses, and the remainder and poorer grade of the peanuts are sold to confectioners, to be used in the manufacture of peanut candy and cheaper grades of chocolates. A small amount is also sold to be made into oil. Thus, it will be seen that the greatest part of the peanuts that have been used by Americans, has not formed a part of the regular articles of food, but are eaten at odd times.

"The peanut planter makes use of the vine, under the name of peanut hay, which is carefully saved and fed to all kinds of live stock. They also use the thin skins enclosing the kernel, as a fodder. The vines, when plowed under just before blossoming, are an excellent fertilizer, and are considered better than clover to enrich the soil. The peanut has been valued most for the oil which it contains. In the Old World millions of bushels of peanuts are being used annually for the production of oil, which is considered equal to olive-oil, and may be used in every way in which that is employed. This oil forms from thirty to fifty per cent. (by weight) of the shelled nut. It has an agreeable taste and smell and very much resembles the olive-oil, so much so that a great deal of the olive-oil sold in the country is nothing but peanut oil.

"During the years between 1861 and 1865, peanut oil was manufactured by at least four mills in the Southern

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States, and used as a lubricant by railroads for locomotives, by wool and cotton spinners for their spindles, and by housewives instead of lard as shortening in bread and pastry. The cake was eaten by many living in the vicinity of the mills, and was very highly spoken of by those who used it, as a palatable and nutritious food for man."

Thus we see that over thirty years ago, peanuts were not only used as titbits between meals, but also for culinary purposes. But since the invention of machinery for family use, for grinding the nuts into a butter, their use has spread over a greater territory. This is partly due to the fact that the expense is thus lessened, and not only this, but because the nut as it comes from the mill is in a much healthier condition to eat, being easier of digestion than the oil or the raw residue that remains after the oil is taken out. The nut butter can be easily mixed with water, forming an emulsion, and by thinning it sufficiently, it makes an excellent substitute for cream and milk. It can also be made into various nut foods.

The following is a comparison made by Professor König, based on the price in Germany of the following twelve principal foods reduced to units of nutrition: —

	Nutritive Units per Pound.	Cost 1,000 Units in Cents.
Skim-milk	98.2	10.4
Skim-milk cheese	870.0	11.0
Full milk	145.5	11.5
Bacon	1,257.7	15.5
Butter	1,186.3	20.4
Veal	525.9	22.2
Beef	530.9	26.0
Peas	778.6	4.2
Potatoes	138.2	5.1
Rye flour	603.6	6.0
Rice	534.6	10.0
Peanut meal	1,425.0	3.0

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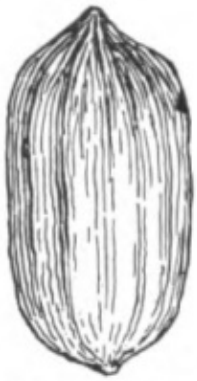
It follows, therefore, that peanut meal is not only the most nutritious, but by far the cheapest of the whole list of food materials.

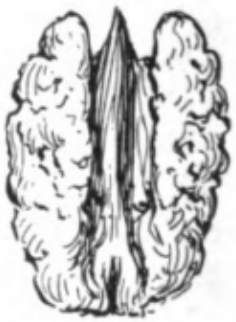
PECANS.

The pecan is a variety of the hickory-nut, growing in the valley of the Mississippi River and its tributaries as far north as Ohio. It is also found very plentifully in Texas. The trees are tall but usually slender, with nearly a smooth bark, the leaves having from thirteen to fifteen leaflets. There are

SHORT OVAL PECAN.



OVAL PECAN NUT.



KERNEL OF PECAN.

many varieties of the pecan varying in size, form, and thickness of shell: the large, long pecan, the oval pecans, and the small oval. Some of the wild varieties receive local names.

Among the cultivated sorts, the Stuart, Risien, Van Deman, Ladyfinger, Early Texas, Georgia Melon, Longfellow, and Ribera are some of the best varieties for eating. The pecan is very nutritious and in composition is very nearly the same as the walnut, to which family it belongs, and is excellent for shortening cakes, making roasts, or in mince pies.

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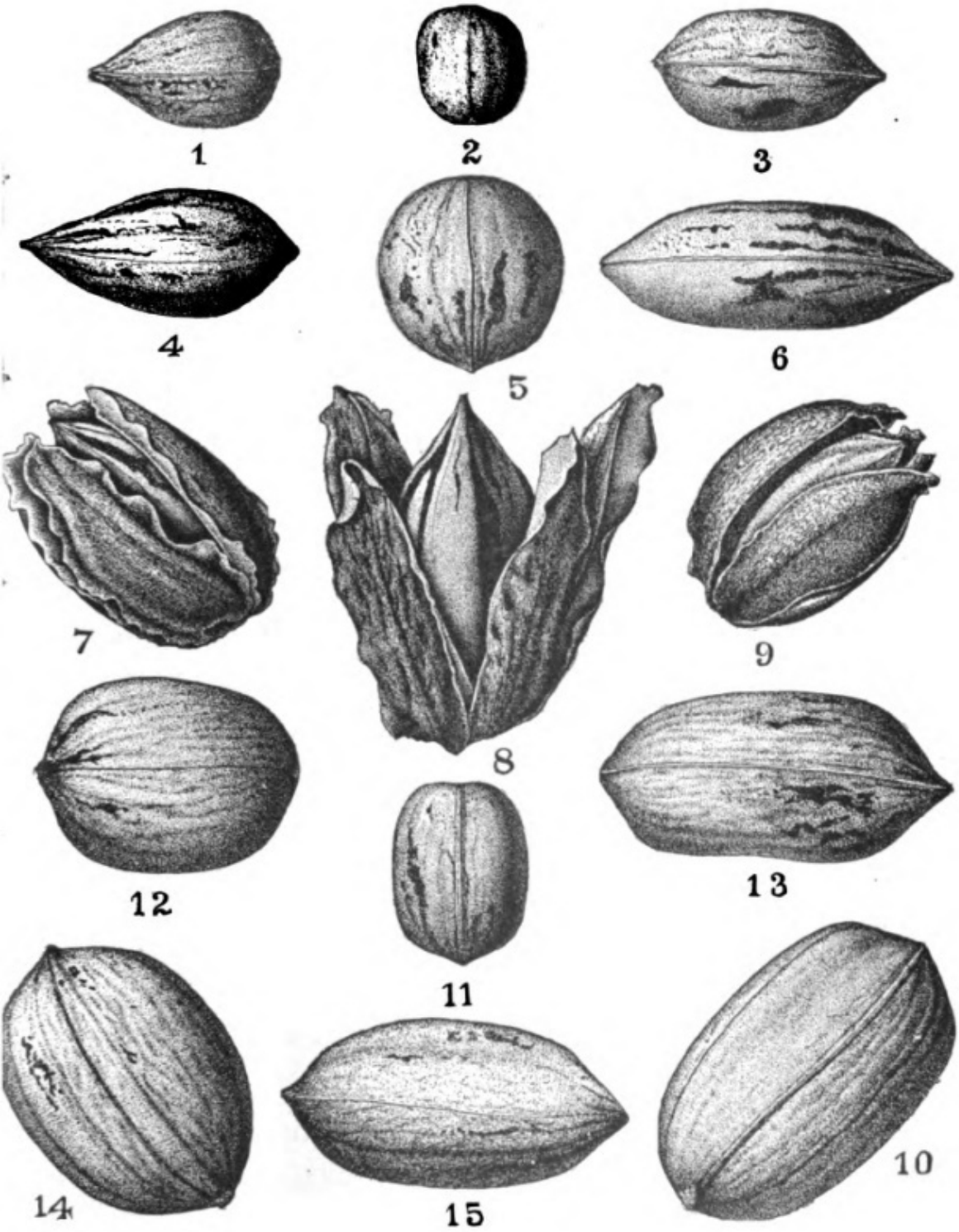

PECANS.

VARIATIONS IN FORM OF WILD NUT.— 1. Round Conical; 2. Roundish Truncate; 3. Olive-Shaped; 4. Long Conical; 5. Globular; 6. Elongated. VARYING CHARACTERISTICS IN DEHISCENCE.— 7. Nut-Retaining; 8. Nut-Releasing; 9. Thick Hulled. DETERIORATION OF SEEDLINGS.— 10. A Large Nut from Texas; 11. A Seedling from No. 10. NAMED VARIETIES.— 12. Post; 13. Biloxi; 14. Risien; 15. Young.

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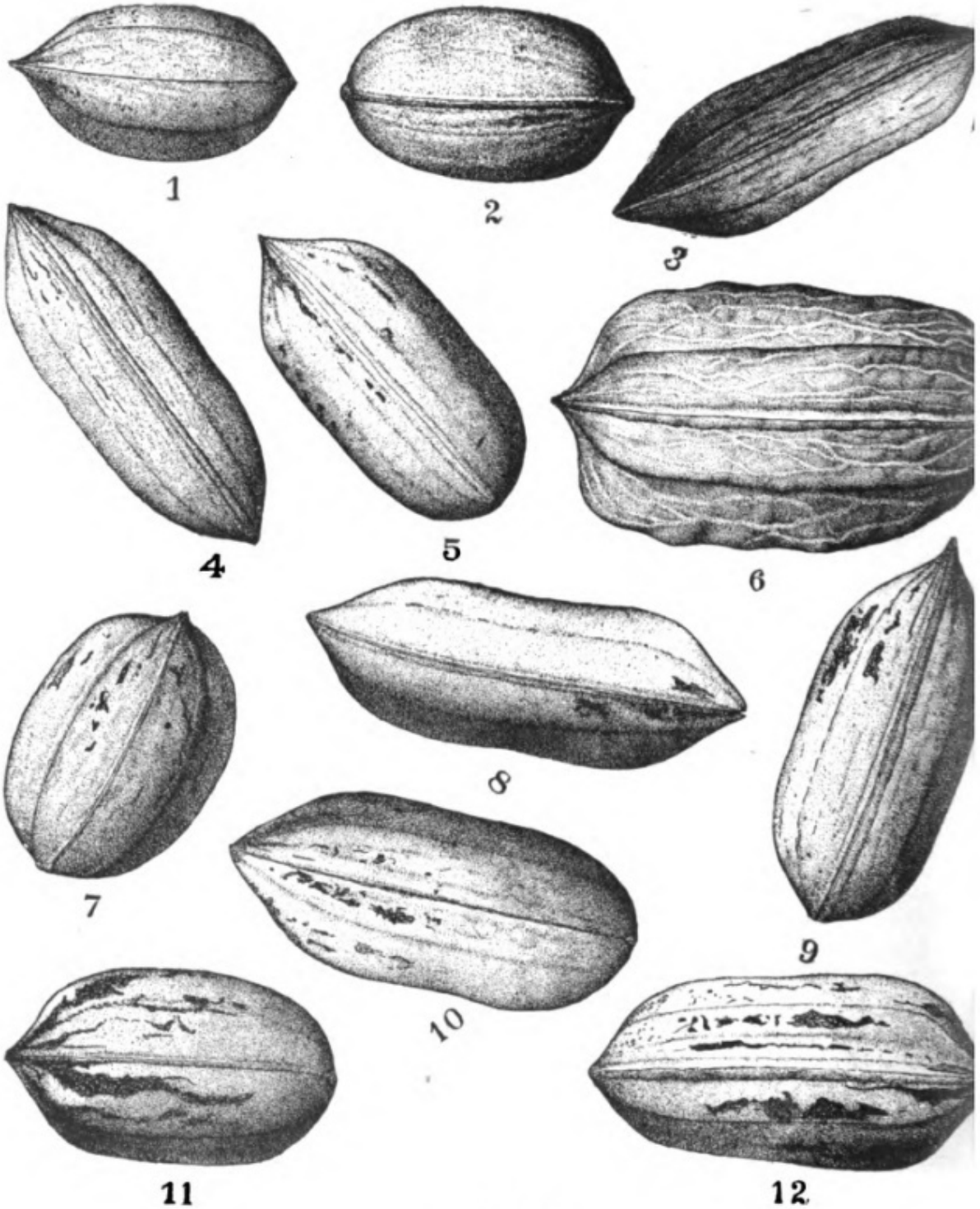

PECANS.

NAMED VARIETIES.—1. Pearl; 2. Idlewild; 3, 4. Faust; 5. Frotscher; 6. McCallister; 7. Jumbo; 8. Centennial; 9. Van Deman; 10. Mammoth; 11. Stuart; 12. Jewett.

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SAPUCAIA-NUT.

This is the Brazilian name of a large forest tree growing in the valley of the Amazon. Botanically it is called *Lecythis Zabucajo* and belongs to the Myrtle family. It is closely allied to the Brazil-nut, but is superior to that in flavor and digestibility. The nuts are produced in an urn-shaped capsule about six inches in diameter, having a circular lid about two inches across, which, when the nut-like seeds inside are ripe, separates from the fruit with a sharp sound giving signal to the monkeys to scramble after the falling nuts. For this reason, they are sometimes called Monkey-pots. The empty seed-vessel is often used for a pot or vase.

SAPUCAIA NUT.

The nuts are packed very closely in the shell and are about one inch in diameter and two or three inches long, with a thin, brown, wrinkled, and twisted shell. The kernel is white, sweet, oily, and has a very nice flavor.

In New York these nuts are sold under the name of Paradise nuts, but this is probably a local name. These nuts are not shipped in very large quantities.

SOUARI-NUT.

This nut is a native of British Guiana, and is the fruit of the *Coryocar Nuciferum*, a magnificent tree growing one hundred feet high, with a trunk two or three feet in diameter. Botanically it belongs to the Tea family, but the nut is very

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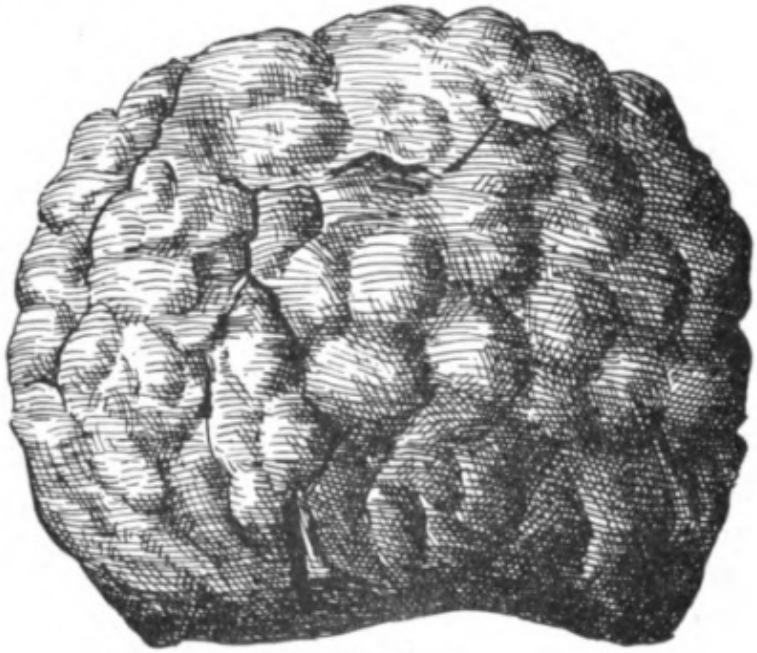
similar to our butternut, which belongs to the Walnut family. They are sometimes called butternuts.

The leaves resemble those of the horse chestnut. The flowers are very large, and have a tube fully a foot long, of a deep purple on the outside and yellow within. It is composed of five thick, fleshy petals and is as showy as our brightest-colored magnolias.



SOUARI NUT.

The flowers are produced in terminal clusters succeeded by a fleshy fruit five or six inches in diameter. The nuts are affixed to a central axis and are of a round subreniform shape, and even flattened to an almost sharp edge on one side. The shell is of a deep brown color, embossed, as it were, with smooth tubercles. They are from two to two and one-half inches in diameter. The kernels are pure white, soft, rich, and oily, with a pleasant flavor. This nut is rarely seen in our market excepting those brought by sailors to our seaport towns.

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PINE-NUT.

The botanical name for the pine is *Pinus*, and is derived from the Latin word *pix picis*, which means the tree that produces pitch. The nut-pines are those trees which produce seed large enough to be conveniently used for food. Of these there are many varieties in this country, as well as in Europe. In Southern Europe and especially in Italy and France, the seeds of the stone-pine (*Pinus Pinea*) have been extensively used as food from the earliest times down to the present day. Nearly all of the ancient authors refer to them as among the valuable products of the country.

Macrobins, in his story of the Saturnalia, speaks of the cones as *Nuces vel Poma Pinea*. These pine-nuts are called Pinoechi in Italy and Sicily, and occasionally a few reach this country, but the Italian name has been corrupted into Pinolas.

There are several species in this country bearing large, edible seeds. Of the twenty-four species of pine found on the Pacific slope and in Arizona, half of them afford seeds that are used for food by the Indians.

The *Pinus edulis* is considered the best flavored of the pine-nuts, so named by the late Dr. Engelmann, because of its large, sweet, and edible seeds. It is a small tree, growing on dry hills in Colorado and southward through New Mexico and western Texas.

In Arizona and Lower California there are two species—*Pinus Parryana* and *Pinus cembroides*, also called Piñons, which bear large nuts. And farther east and north are found the one leaf pine (*Pinus monophylla*), and although the seeds are much smaller than those of *Pinus edulis*, they were formerly gathered in immense quantities by the Indians, to help eke out their often scanty winter store of food.

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MISCELLANEOUS PINES.

1. Mountain Pine; 2. Sugar Pine; 3. White-bark Pine; 4. Single-leaf Pine; 5. Parry Pine; 6. Piñon (Pinus Edulis); 7. Arizona Pine; 8. Yellow Pine; 9. Black Pine; 10. Torrey Pine; 11. Gray-leaf Pine; 12. Big-cone Pine; 13. A Branch of Nut Pine.

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Occasionally a small quantity of pine-nuts are sent to Eastern markets, but they are not often sent unless ordered early in the season.

The pine-trees *Pinus edulis* and *Pinus Monophylla* are perfectly hardy, and worth cultivating for ointment as well as for their nuts.

The pine-nut has a rich, marrowy kernel in a shell that varies in thickness from that of a chestnut to that of a hard-shelled hazelnut. The form and size of the nuts vary greatly in different species, as may be seen on the plate. Pine-nuts are but little known to a majority of the people of the United States, though they are marketed in large quantities in some of the cities of California. Some of them are of good size for confectionary and cooking purposes, and in quality and flavor are so superior that their general introduction will doubtless make them very popular. Pine-nuts are generally harvested by Indians, whose method is to heat the cones until they open, when the nuts are easily rattled out, having been partly roasted in the process.

The nuts are smooth and white, and unlike most nuts there is no skin to remove. They are excellent for shortening, as they are very easy to prepare, perfectly white, almost tasteless, and very rich in fats.

WALNUT.

Juglans is a Latin name contracted from *Jovis glans*, meaning the "nut of Jupiter." It is said that the name was first used by Pliny, a Roman writer of the time of Pompeii.

They are medium-sized deciduous trees, having alternate pinnate leaves of from fifteen to twenty-one leaflets. The seed-pod is two to four celled, but has only one ovule or nut.

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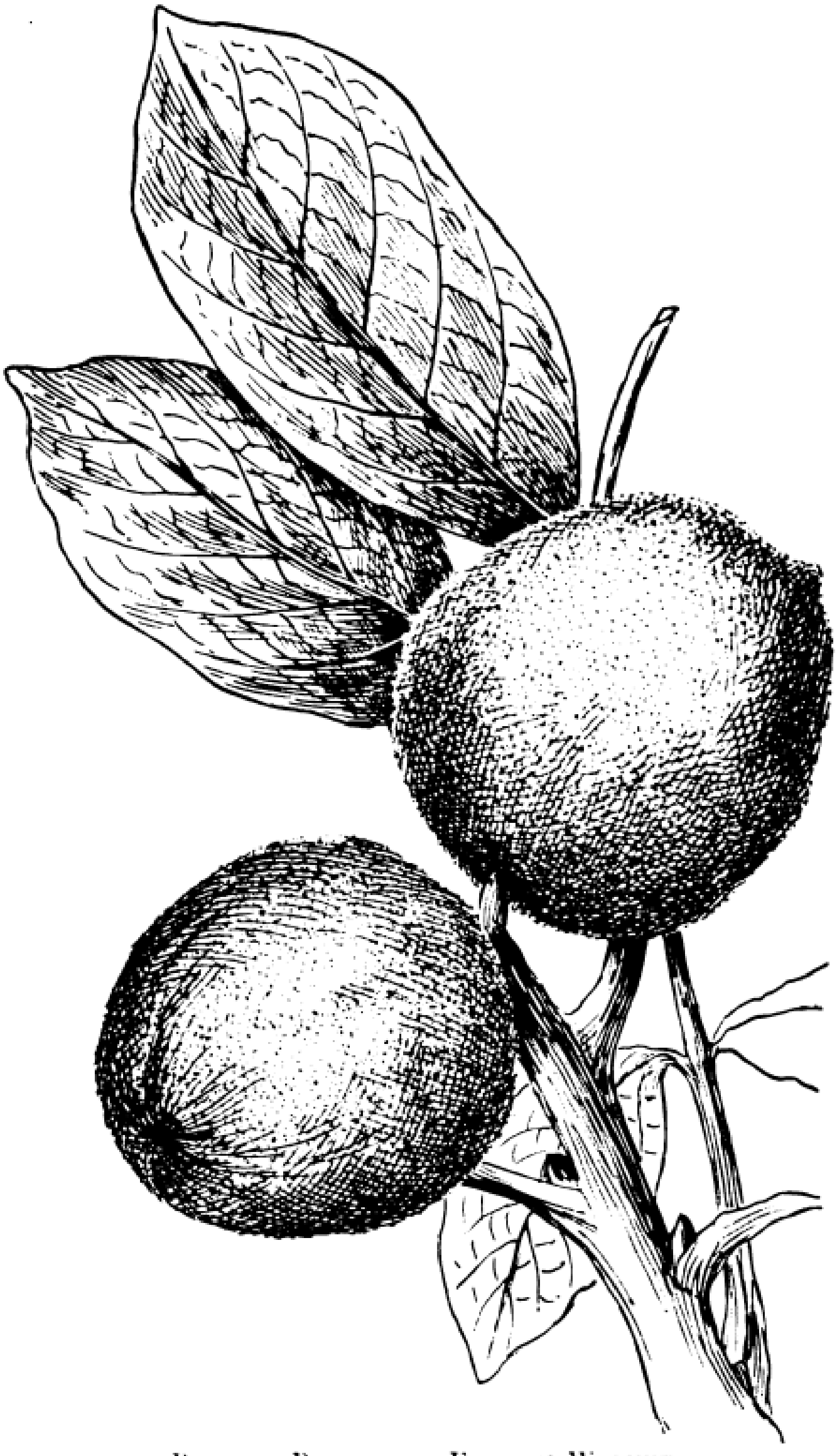

BEARING BRANCH OF ENGLISH WALNUT.

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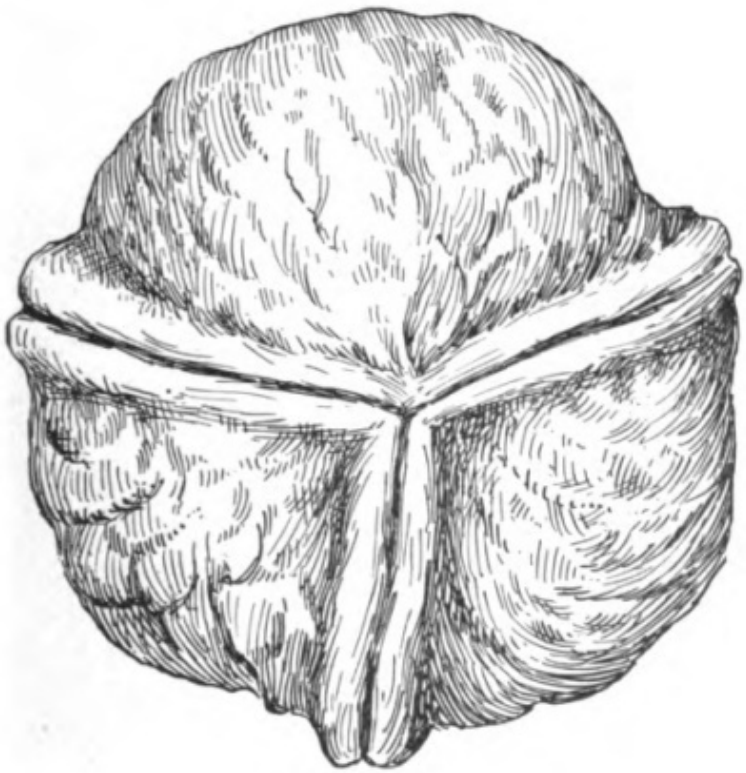
The nuts are round or oblong, with thin husks, which dry up without opening; the shell is either rough and deeply corrugated, or quite smooth; in some species quite thick, and in others quite thin. The kernel is two lobed and united at the apex; it is sweet, rich, and oily.



CHILE WALNUT.

The walnut of commerce is known by various names: English, French, Persian, European, and Italian; also there are the Madeira walnut, Chile walnut, and California walnut, named from the country in which they grow.

There are many species and varieties of walnuts. The principal ones that are natives of the United States are the butternut and the black walnut. Although butternuts differ in many respects,— in the tree, shell of the nut, and even in

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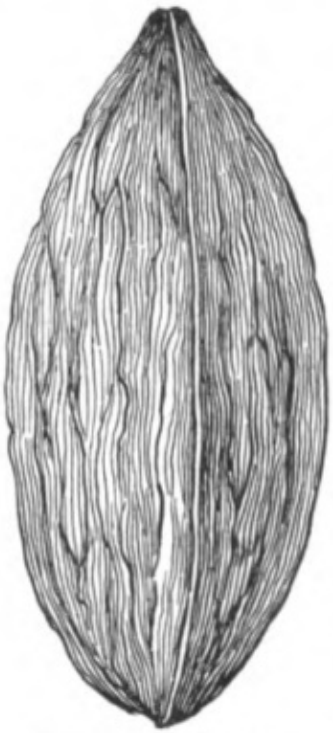
the flavor of the kernel, — yet it is placed by botanists with the walnuts. The nut is covered with a husk which it does not shed, but dries upon the deeply corrugated and very thick shell. The kernels are sweet and very tender, and oily, but are difficult to remove from the shell. For this reason, they are not highly esteemed. In composition, they are similar to the walnut, but contain rather more fat, and are quite as valuable for food when once removed from the shell.



BARTHERE WALNUT.

The black walnut, botanically called *Juglans Nigra*, grows wild. The trees in many parts of the United States are large, with smooth leaflets, which are ovate, lanceolate, and serrate. The fruit is spherical in form, with hard, thick shells, deeply corrugated. The kernels come out quite hard, but in some varieties are much easier to remove than others. When removed from the shell, they sell in market for rather more than the English walnut.

Among the Oriental walnuts, or those indigenous to the Old World, there are also many varieties, as they have been cultivated and improved for so many hundred years. Many of them have been planted in the United States, especially in California, where they will soon be a paying business. The following are some of the best-known varieties: —

The Barthere Walnut. — This is a long nut, pointed at both ends, with a thin shell. The kernel is large and the flavor excellent.

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The Chaberte. —This is an old standard French variety, of oval shape, medium sized, and kernels very full and rich flavored.

The Chile Walnut.—This name is given in a general way to all walnuts coming from South America. The nuts are good sized, thin, but firm shells, with plump kernels, having an excellent flavor. Many of the Chile walnuts have three valves instead of two.

The Gant Walnut.— This is a variety of remarkable size, but the kernel does not correspond to the size of the shell.

The Gibbon's Walnut.— This is a very large variety raised in France many years ago, but it is of little value, as the shell is very thick and the kernel small.

WALNUT KERNEL.

The Mayette Walnut.— A very large variety, with a light-colored shell of moderate thickness. The kernels are plump, readily extracted whole, and very sweet, with a rich, nutty flavor. This is an old standard French variety.

The Mesange or Paper-shelled Walnut.— This nut has the thinnest shell of any variety known. The kernels are plump and quite rich and oily, but they are more apt to be bad, as the shells are so easily broken; and when the kernel is exposed to the air, it readily spoils.

The Parisenne Walnut.—This variety originated in Southern France, but grows well in California. It is a large and broad variety and has a thin, but firm shell; the kernels have an excellent flavor.

The Serotina Walnut.— This is a very popular variety, as it buds late in the spring, escaping the late frosts, and grows so rapidly that it is ripe in the fall, with the other varieties.

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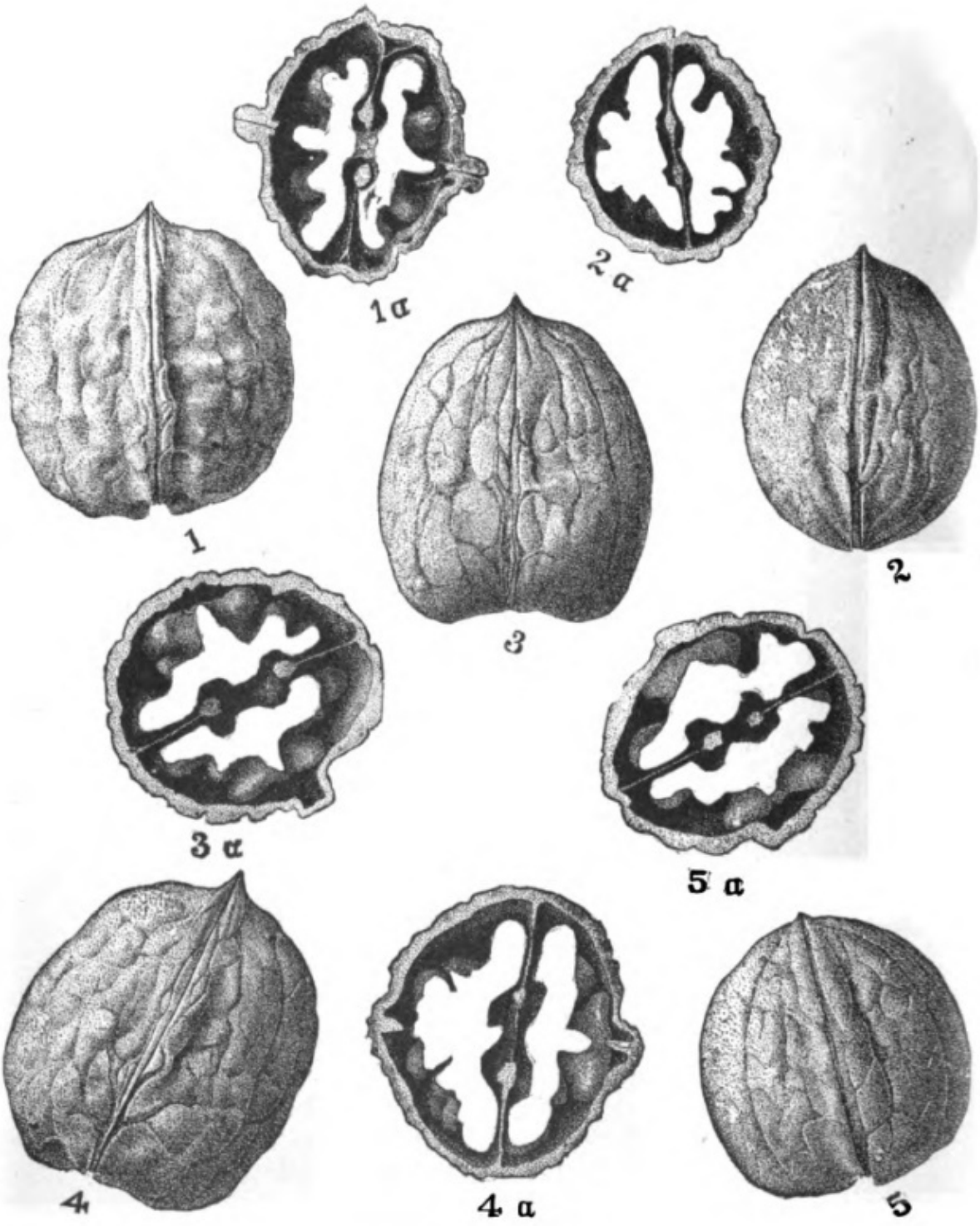

PERSIAN WALNUTS.

1. Mission; 1a. Section of Mission; 2. Procparturiens; 2a. Section of Procparturiens; 3. Mayelle; 3a. Section of Mayelle; 4. Franquette; 4a. Section of Franquette; 5. Chaberte; 5a. Section of Chaberte.

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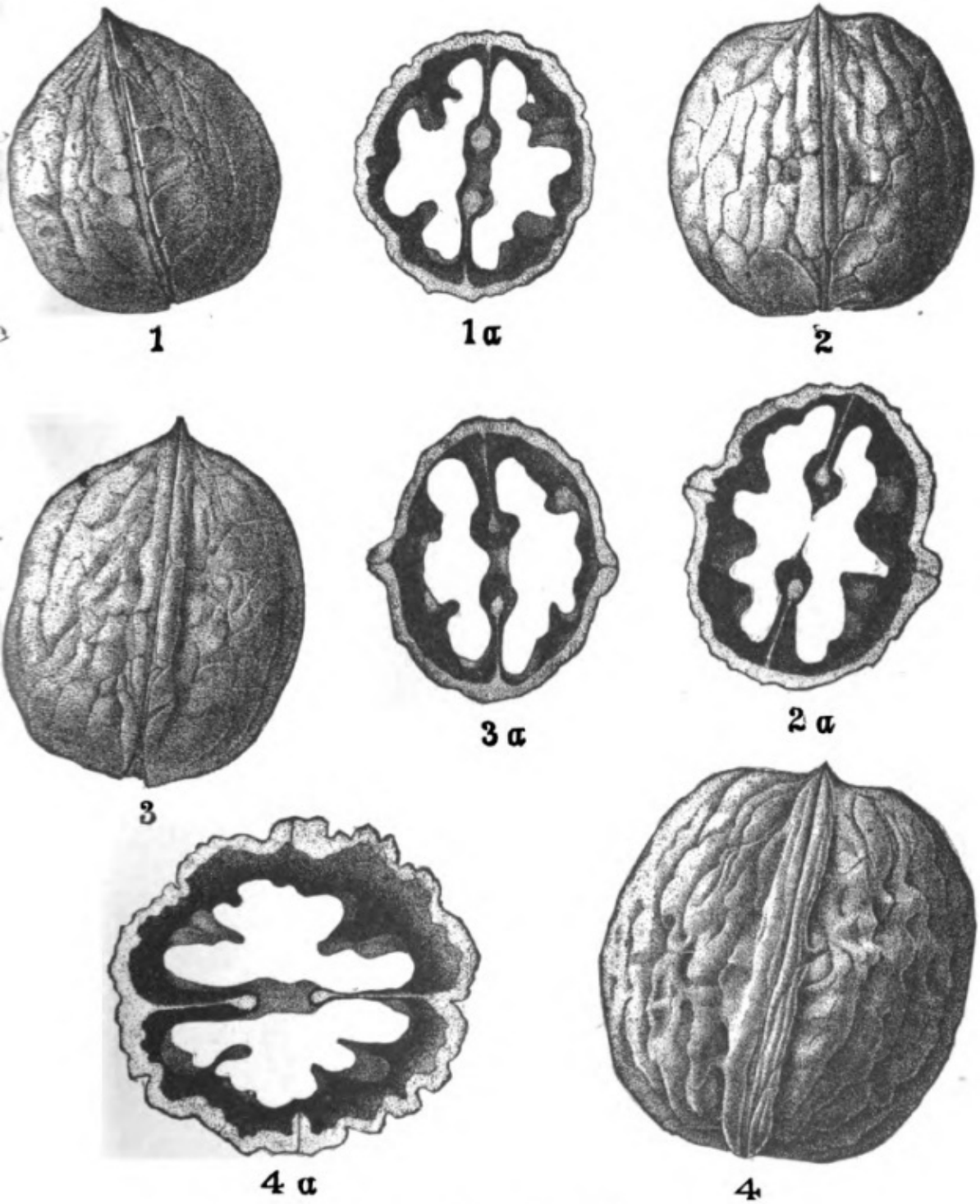

PERSIAN WALNUTS.

1. Cluster; 1a. Section of Cluster; 2. Grand Noblesse; 2a. Section of Grand Noblesse; 3. Ford (soft-shelled); 3a. Section of Ford; 4. Gant; 4a. Section of Gant.

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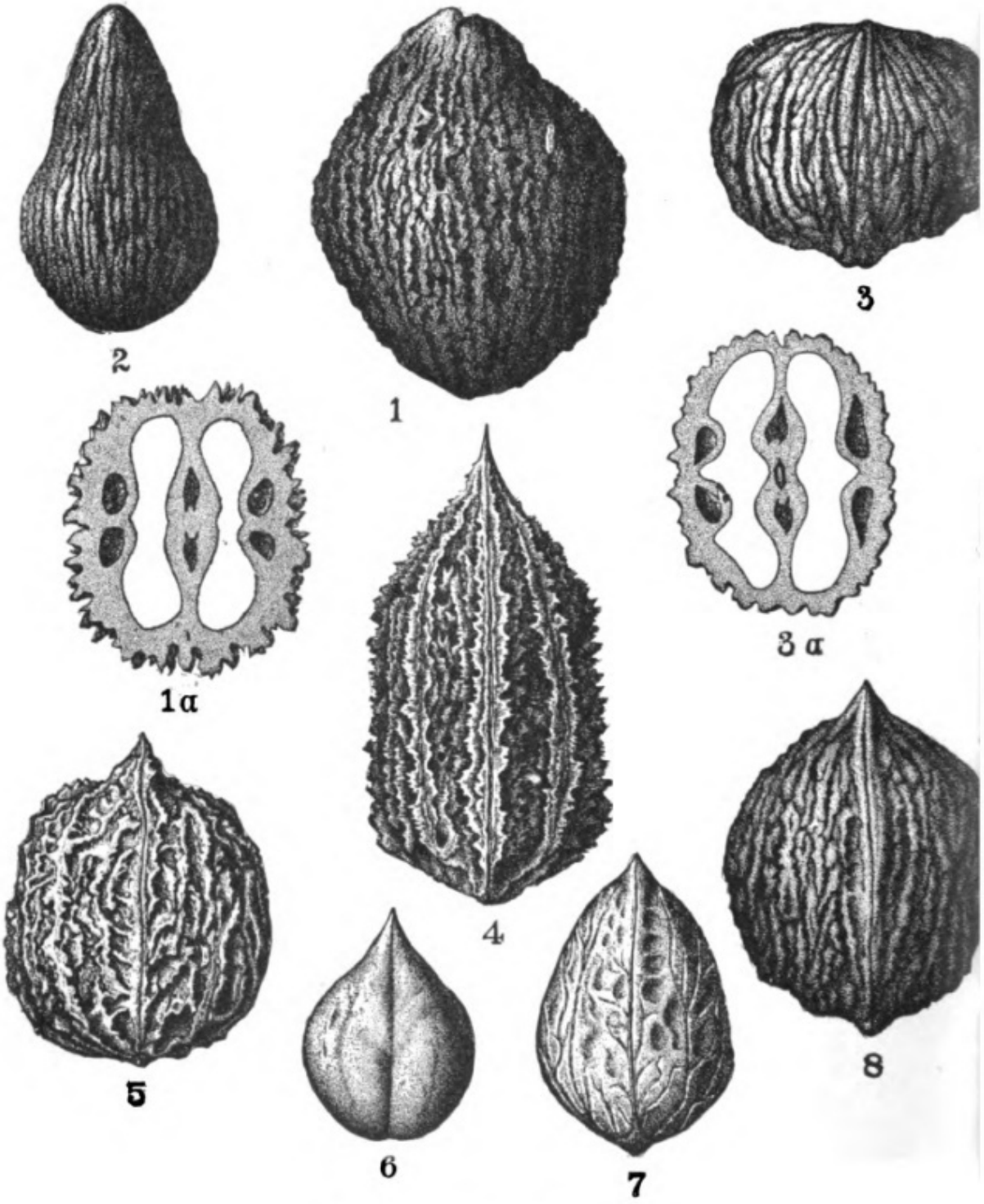

MISCELLANEOUS WALNUTS.

BLACK WALNUT (Juglans Nigra).— 1. Taylor; 1a. Section of Taylor; 2. Peanut; 3. Mirza; 3a. Section of Mirza; 4. Specimen from S. B. Cole. JAPANESE WALNUTS.— 5. *Juglans Mandshurica Maxim;* 6. *Juglans Cordiformis Maxim;* 7. *Juglans Sieboldiana.* HYBRID WALNUT.— 8. Vilmorin.

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It is medium sized, the shell rather hard, but the kernel is plump and well flavored.

Walnuts have been raised and highly valued from very early times. Pliny informs us that the Greeks called the tree Caryon, on account of the strong scent of the foliage. It is claimed by the early writers of Europe that the emperor Vitellius introduced the walnut into Italy. When the planting of walnuts was extended into Gaul (Ancient France), they were called "Gaul nuts," which the English-speaking people corrupted into "walnuts." Walnuts in this age were highly prized and considered appropriate only for the table of the king. They believed that they possessed powerful medical properties, even curing hydrophobia; but the medical fraternity of to-day are of a different opinion. The walnut is very nutritious, both in fats and albumen, making them an excellent nut to use in the preparation of foods. They contain fifteen and eight-tenths per cent. of albuminous elements, thirteen per cent. of starch, fifty-seven and four-tenths per cent. of fats, and two per cent. of salts; making a total nutritive value of eighty-eight and two-tenths per cent.

WATER CHESTNUT.

These are also known as Water Caltrops. They are the seeds of several species of water plants of the genus Trapa, of the Evening Primrose family (*Onagraceæ*).

There are several species of these nuts. In Southern Europe there is a species called Jesuit nut. In China, they are called Ling, and are extensively used as an article of food. In India and Ceylon there is a nut called "Singhara-nut," which is closely allied to the water chestnut, and is probably a variety of the same species. Occasionally some have been imported and sold, but more for curiosities than for eating.

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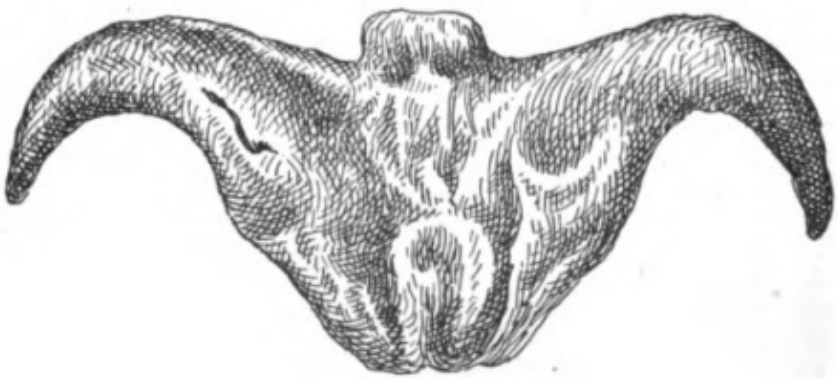
The seeds are of a dark-brown color, and of the form and size shown in the cut, resembling in miniature the skull of an ox, with abbreviated horns. When fresh, the kernels have an agreeable, nutty flavor.



WATER CHESTNUT.

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FOODS.

FOOD is that which taken into the body forms blood, muscles, and brain.

It naturally follows that in order to have good blood and strong muscles, one must partake of good, nutritious food. That which is not converted into blood is not food, and should be left out of the bill of fare.

Pepper and spices, whisky, tobacco, and coffee are not foods,— they can not be made into blood, and therefore should never enter the stomach.

With respect to their use in the body, foods are classified into carbonaceous and nitrogenous elements. The carbonaceous elements are those which furnish heat and force, while the nitrogenous elements produce muscle and brain.

The carbonaceous foods are the starches, sugars, and fats. The system requires six or seven times as much of the carbonaceous as of the nitrogenous element. If more is taken than the system can use at the time, the surplus is stored away in the body in the form of fat.

The nitrogenous foods are first, albumen,— of which the white of an egg is the best example,— secondly, the casein found in milk and legumes, and thirdly, the gluten found in grains. Only about three ounces of nitrogenous material can be used by the system in one day, and if more is eaten, it can not, like the carbonaceous, be laid up in the system for future use, but must be disposed of in the same manner as poison, which puts extra work upon the internal organs.

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It is therefore necessary that the housewife and mother should be careful that the meal contains both elements in as nearly the right proportion as possible. Too much food of either element is harmful. People are more likely to overeat than to eat too little. I have no doubt but that the majority of people would be healthier, fleshier, and have a clearer brain if they would take only two thirds of the amount which they are in the habit of eating. Rapid eating is one of the chief causes of overeating. This evil habit is so customary among Americans that it has become a proverb. The food is not masticated thoroughly, and of course can not be mixed with the saliva, and the starch, instead of being digested by the saliva, is left to ferment in the stomach. The use of condiments is another cause for overeating. The highly spiced foods so please the palate and at the same time deaden the nerves of the stomach, that they can not cry "Enough!" Plain and simple foods, prepared without spices or grease will seldom cause one to overeat. It is not the amount of food we eat that gives us strength and flesh, but the amount we digest, and a moderate meal is much easier for the stomach to digest than an immoderate one.

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COMBINATIONS OF FOODS.

A PERFECT DIET.

A PERFECT diet is one which gives the most strength with the least taxation on the vital forces, and the least encouragement to intemperance.

In the beginning God gave to man a perfect diet — fruits (including nuts), grains, and vegetables. Gen. 1 : 29. And the Lord intends to bring his people back to live upon this original diet.

"We advise you to change your habit of living; but while you do this, we caution you to move understandingly. I am acquainted with families who have changed from a meat diet to one that is impoverished. Their food is so poorly prepared that the stomach loathes it. Here is one reason why some have not been successful in their efforts to simplify their food."— "*Healthful Living*," *par.* 377.

In making a change from a meat to a vegetarian diet, great care should be taken to supply the table with well-cooked articles of food, that the appetite, when not perverted, may relish it. "There should not be many kinds of food at any one meal, but all meals should not be composed of the same kinds of food without variation."— *Ibid.*, *par.* 367.

The best combinations of foods are the following: Fruits and grains; grains, vegetables, and nuts.

It is best to have fruits and grains for breakfast, and grains, vegetables, and nuts for dinner. Grains would include not only all kinds of mushes and gruels made from grains, but

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all kinds of breads, — rolls, sticks, gems, crackers, raised bread and buns, zwieback, granola, and granose. Fruits can be served in a variety of ways, — fresh, stewed, on toasts, fruit juice, and fruit sauces. Nuts may also be used with the breakfast if desired, as nuts combine very well with fruits. Then for dinner, the grains prepared in any of the various ways, with vegetables and nuts, which can be prepared in a hundred different ways, are variety enough.

The supper, if any is taken, should be very light, — a raw apple or some other fruit, or a little hot gruel or rice, — something that will digest quickly.

The general rules for food combinations are the following: —

I. Do not combine fruits with nitrogenous foods.

II. Never combine foods where the time of digestion greatly differs, for example: apples digest in two hours, boiled beets in three hours and forty-five minutes, and potatoes in three hours and thirty minutes. If these were eaten at the same meal, the apple would have to remain in the stomach for one hour and forty-five minutes after it was digested before it could leave the stomach, with the other food; and during that time, if the stomach was weak, fermentation might set in. If the stomach is healthy, the gastric juice will be strong enough to destroy all fermentation germs. For this reason, nothing seems to hurt a healthy stomach, but continued ill treatment will cause it to weaken.

BAD COMBINATIONS.

Milk and sugar, fruits and vegetables, and fruits and nitrogenous foods. "Some use milk and a large amount of sugar on mush, thinking they are carrying out health reform; but the sugar and milk combined are liable to cause

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fermentation in the stomach, and are thus harmful. The free use of sugar in any form tends to clog the system and is not unfrequently a cause of disease." — "*Healthful Living*," *par. 379.*

"Mixed and complicated dishes are injurious to the health of human beings. If we would preserve the best health, we should avoid eating vegetables and fruit at the same meal." — "*Healthful Living*," *par. 376.*

TABLE OF COMBINATIONS.

Good Combinations.	1. Fruits and grains. 2. Grains, vegetables, and nuts.
Fair Combinations.	1. Fruits and nuts. 2. Milk and fruits. 3. Milk and vegetables.
Bad Combinations.	1. Milk and sugar. 2. Fruit and vegetables. 3. Free fats with foods.

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NUTS: THEIR PROPERTIES AND FOOD VALUES.

NUT foods are practically a new thing among the civilized people of the world. Only a few years have elapsed since they have been used at all; but so well are they being received by all classes of people, that the time promises to be near at hand when those who desire to live healthfully, and avoid the diseases caused by meat-eating, can do so by substituting in its place pure, nutritious, and healthful nuts.

That nuts can fully take the place of meat can be proved by analysis, which shows that they actually contain more of the nutritious elements of beefsteak than beefsteak itself. The following is a comparison between the two:—

	Albuminous Elements.	Carbonaceous.	Total Nutriment.
Peanuts	28%	46%	87%
Beef	19%	4%	28%

"When we feed on flesh, the juices of what we eat pass into the circulation, a feverish condition is created, because the animals are diseased, and by partaking of their flesh, we plant the seeds of disease in our own tissue and blood. Then when exposed to the changes in a malarious atmosphere, to prevailing epidemics, and contagious diseases, these are more sensibly felt, for the system is not in a condition to resist disease. The practise of eating largely of meat is causing diseases of all kinds,—cancers, tumors, scrofula, tuberculosis, and other like affections."—"*Healthful Living.*"

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Eminent physicians are being aroused by the increase of disease in the land, and health boards have been established which are doing all they can in the line of educating and enlightening the people upon these subjects, and warning them to be careful in contagious diseases that they destroy all germs by thorough disinfection. They are also more than ever cautioning the people about their water and milk supply. So much has been said about the diseases of animals in the last few years that a great many people would be glad to give up eating the flesh and using the products of animals if they could get something to fill their place. Some who have conscientiously entered into a reform on diet, rejecting flesh, animal fats, and butter, have sat down to a table so impoverished that the food upon it is scarcely sufficient in nutrition to hold the body and soul together; so they finally lose their conscientiousness in the matter and go back to meat-eating, because the old adage is true which says, "The conscience is never strengthened by an empty stomach." "Something must be prepared to take the place of meat, and these foods must be well-prepared so that meat will not be desired."—"*Healthful Living*," *par. 440*.

And this is just what nut foods will do, not only as far as nutrition is concerned, but they will also render food more palatable, much like the taste of meats, without having their injurious effects.

A meal composed of potatoes, beans, and rolled oats, with no other seasoning than a little salt, although it be thoroughly cooked and perfectly hygienic, and having all the elements that the body needs, would not be a palatable meal for one who has been in the habit of living upon a highly seasoned meat diet, and accustomed to having vegetables served dripping with grease, and full of pepper and salt; and there are very few who have the moral backbone to live upon a plain

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diet. But if they will persevere, the appetite, which has been perverted, will become so changed that they will relish the very foods which they once loathed. This would certainly be the case if the healthful diet was persisted in long enough. But the majority must be educated away from meat, by preparing dishes that so closely resemble the taste of meat dishes that the meat will not be missed. By using nuts for seasonings, we have the fats, and to some extent the flavor, of meat, and there is no harm in using a little of the more simple seasoning, as a little salt, sage, celery, parsley, onion, vanilla, and rose-water.

A roast made of walnut or butternut meal, bread-crumbs, water, a little salt, sage, and onion juice, with perhaps the addition of some beans, peas, or lentils, would be far superior to roast beef; and a mince pie made of pecan meal, apples, citron, raisins, and a little sugar, would fully take the place of, and be far more healthful than, a pie made of stale meats, black with spices, and seasoned with wine or brandy. A cake raised with air, shortened with nuts, and flavored with vanilla, would be better than one raised with baking-powder or soda, and oily with animal fats.

Thus one might go through the whole catalogue of foods, and make a substitute for nearly every hurtful dish, that would be healthful and at the same time palatable, by the use of nuts in some form.

It is not necessary to be confined to one kind of nut; all of them are useful in some form. The piñon, or pine-nut, is excellent for seasoning foods, and would probably be much cheaper than peanuts in Arizona, New Mexico, southern California, and other countries where the pine-nut grows. In countries where the pecan and hickory-nut are plentiful, these can be used. They do not make quite so nice a butter to spread on the bread as the peanut or almond, but they are

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equally as good in seasoning and shortening, and in cake making are far superior.

Nuts are usually described as a fruit, consisting of a kernel, or seed, enclosed in a hard, woody, or leathery shell that does not open when ripe. They are usually the fruit of shrubs or trees, but the tubers of some plants are also called nuts, on account of their resemblance to the nuts in taste, and their richness in fats.

Of all the foods which nature gives to man, the nut contains the most fats, and that in a form which is much easier of digestion than animal fats, such as lard, tallow, and butter. The reason for this is that the fats of animals are free fats, and will not mix with water, while the fats of nuts freely mix with water and form an emulsion very much resembling cream.

Fats are very essential in the system to give the body its beautiful form by filling up unsightly cavities and forming cushions.

Nuts also contain other nutritious elements, such as albumen, sugar, and salts. In fact they are one of the most nutritious foods, and *the* one that most fully takes the place of meat in the system. When the legumes and grains are used quite extensively, there is no lack in the system; but if the diet is white bread, vegetables, and fruits, there is a lack of the nitrogenous elements; and nuts, instead of meat, should be used to make up this deficiency. That the Creator never intended man to eat meat is clear from the fact that it was not mentioned in the original bill of fare (Gen. 1 : 29); and not until after the flood was he permitted to partake of flesh, and then, that only of certain kinds of animals. Fats and blood were strictly forbidden. "But the flesh with the life thereof, which is the blood thereof, shall ye not eat." Gen. 9 : 40. "It shall be a perpetual statute for your generations

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throughout all your dwellings, that ye eat neither fat nor blood." Lev. 3 : 17. "And the Lord spake unto Moses, saying, Speak unto the children of Israel, saying, Ye shall eat no manner of fat, of ox, or of sheep, or of goat." Lev. 7 : 22, 23.

The Lord did not lay down these rules for ancient Israel and all succeeding generations to be arbitrary or to show his authority, but for the reasons given in Deut. 12 : 25 : "Thou shalt not eat it ; that it may go well with thee, and with thy children after thee, when thou shalt do that which is right in the sight of the Lord."

The fat of animals is more likely to be diseased than other portions of the body ; for it is not used in exercise as are the muscles. But the blood, which passes through the body, washing out all its poison, is undoubtedly itself the most poisonous part, and to use these poisonous substances as articles of food could work nothing but disease. The Lord, who saw all things from the beginning, foresaw the result of using such articles of food, and would save man from the consequences.

It was only on account of the hardness of men's hearts that God permitted them to eat flesh ; but in the beginning it was not so. God designed that man should live only upon the pure, healthful things of earth, — that which would best sustain and build up the brain and body of man.

The purest and most easily digested of all meats is the meat of nuts. In nutritive value, they far exceed all flesh-meats. Beefsteak, for example, has 19 per cent. of nitrogenous material and 4 per cent. of carbonaceous, total, 28 per cent. ; while the peanut has 28 per cent. of nitrogenous and 46 per cent. of carbonaceous, total 79 per cent. nutritive. That is, one pound of peanuts is equal in nutritive value to more than two and one-half pounds of beefsteak.

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Nuts contain but little starch, excepting the chestnut, which has 70 per cent., and the walnut, which has 14 per cent. of starch; but the other kinds of nuts have very little. For this reason, they are adapted to people that are suffering from hyperpepsia, who are usually unable to digest starch. For such persons a diet of nuts with digested starch, as is found in malt extract, is very beneficial. Malt can be combined with any of the nuts, either after they are made into butter or in the meal.

Nuts are more digestible if they are first emulsified, as very few can masticate them fine enough to be acted upon by the digestive juices. The question of emulsifying nuts has been practically settled in the last few years by the invention of machinery for that purpose, both for family and factory use. It is sincerely hoped and believed that the time is not far distant when nuts will fully take the place of animal flesh, fats, and products.

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NUT BUTTER.

THE production of nut butter is a very simple process. The peanut and almond are the nuts that are chiefly used for this purpose; but the Brazil-nuts make a very fine butter. All of the nuts can be ground, but as they can not be blanched, they do not make a nice looking butter. The Spanish peanut has proved the most satisfactory for butter making, although some people prefer the Virginia variety. The first essential thing is to have a nut-grinding mill.

PEANUT BUTTER.

The first step is to roast the peanuts to a nice brown, being careful not to over-brown or scorch them, as too much cooking spoils the flavor. They can be roasted in an ordinary oven, but can be better done in a peanut roaster made especially for this purpose. As soon as they are roasted and cool, the skins or bran should be removed by rubbing them in the hands, or what is better, a coarse bag; or take a square piece of cloth and fold the edges together, forming a bag of it. The chaff can then be removed by the use of an ordinary fan, or by pouring from one dish to another where the wind is blowing. The process of removing the skins is called blanching. Next look them over carefully, remove all defective nuts and foreign substances, and they are ready for grinding. If a fine, oily butter is desired, adjust the mill quite closely, and place in the oven to warm. Feed the mill slowly, turn rapidly, and always use freshly roasted nuts; after they have stood a day or two they will

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not grind well nor make oily butter. If the butter is kept in a cool place in a covered dish, and no moisture allowed to come in contact with it, it will keep several weeks; and if put in sealed jars or cans, will keep indefinitely.

RAW PEANUT BUTTER.

Heat the peanuts just sufficiently to remove the skins, but do not allow them to get brown; prepare them as described in a former recipe, and grind in a nut mill. Although the raw peanut butter is not as palatable as the roasted butter, it is considered more healthful and easier of digestion. It is also preferable to use in making soups and puddings, in cooking grains, and in seasoning vegetables. Food seasoned with this butter does not have that objectionable taste that the roasted peanut butter imparts; and if it is properly used, the peanut taste is almost entirely eliminated.

ALMOND BUTTER.

Almond butter is more difficult to make than peanut butter because the skins can not be so easily removed. Roasting does not loosen the skins of the almond as it does of the peanut. They have to be soaked in boiling water from two to five minutes; then the skins become loose and can be pinched off by pressing on the nut with the thumb and finger; the skin will crack and the kernel pop out. But by this process the nuts have soaked up some water and become tough. They must then be dried in the oven until quite crisp, but the oven must not be hot, or they will brown. Then run them through a loosely adjusted mill or a sausage grinder, and place on a cloth stretched over the stove until perfectly dry; then grind them in the nut-butter mill, quite tightly adjusted. This makes excellent butter if the almonds are first-class, and sweet.

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BRAZIL-NUT BUTTER.

It is cheapest and best to buy the nuts already shelled, then with a sharp knife cut off all the brown, woody skin that adheres to them, and grind them through the mill. They may have to be broken up before putting in the mill. This butter is very good, but not so cheap as peanut butter, excepting in the countries where this nut grows.

PEANUT CREAM.

For making cream, the peanuts should not be roasted so much as for making butter. They should have a light straw color. Then grind them very fine, and to a tablespoonful of nut butter add 1½ cups of water, adding a little at a time, and beating until it is smooth.

PEANUT MILK.

Make like the peanut cream, only add more water. The amount of nut butter to be used depends upon the richness of the milk desired.

RAW PEANUT MILK AND CREAM.

Put the peanuts in the oven or peanut roaster, and let them stay until they are hot, but not the least browned; the skins will then be loose enough to blanch quite easily. Pick out those that will not blanch without extra effort, and save them to roast. They can be put with raw nuts, as it will take just as long to roast them after they have been once cooled, as it will to roast those that have not been heated. Look the raw nuts over carefully, as every speck or dark spot will show in the unroasted nuts. Grind them to a meal; if they are ground until buttery and oily, it is hard to get the milk out. Then to 2 cups of the meal add 3 cups of

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lukewarm or cold water; beat well with a spoon for four or five minutes, then line an earthen pan or bowl with two thicknesses of cheese-cloth, and pour in the mixture; fold the edges of the cloth together, and squeeze out the milk. It will look like dairy milk. The last will look quite thick, and some of the finest part of the pulp will go through, but that will do no harm as it will settle to the bottom when left to stand. The cream will also rise to the top. If the nuts are properly ground, the cream should be from one half to three fourths of an inch thick on a dish where the milk was three inches deep. It is richer than dairy cream, and can be used for all purposes for which dairy cream is used in seasonings and shortenings.

This cream diluted with water to the consistency of milk, and a very little salt and sugar added, makes a milk which tastes like, and closely resembles, dairy milk. The residue can be made into nut meal by steaming and then drying, or made into nutmeatose, sausages, etc. Raw peanuts are considered beneficial in some forms of dyspepsia. The milk, if cooked in a double boiler for two or three hours, has none of the raw taste left; but the cream, if cooked for any length of time, becomes oily. The raw taste is not noticeable when used in cake, crisps, rolls, or pie crust. The housewife will find this recipe invaluable.

ALMOND MILK.

Dissolve 1 tablespoonful of almond butter in 1 pint of warm water, adding a little at a time.

HICKORY MILK.

Crack the hickory-nuts and pick out the kernels; grind them through the mill, being careful not to grind them too fine or they will be oily. Then to each heaping cupful

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of the nut meal add 1½ cups of lukewarm water and beat thoroughly, rubbing the mixture against the side of the dish with the back of the spoon. Then line a large bowl with two thicknesses of clean, strong cheese-cloth, pour in the nuts, and squeeze out the milk. After the milk is taken out, the remainder can be made into sausages or gravy.

PINE-NUT MILK.

Grind the pine-nuts through the mill, and then add about 1½ cups of water to 1 cup of the butter or meal; beat well and press all the milk through a cloth. The remainder — that is, the part that is left in the cloth — can be used in making sausages, soups, or in roasts. The milk can be used in vegetables or in making gravies, while the cream that rises on top is excellent for making crisps, rolls, cakes, and pie crust.

CHUFAS MILK.

Select good, fresh chufas, wash them well in several waters, and grind quite fine; then pour over them hot water enough to wet well, but not to make them too watery; rub well, pressing them against the dish, with the spoon, and pour into a jelly-bag made of two thicknesses of cheese-cloth. Then press with the hands to squeeze out the milk.

COCOANUT MILK.

Select a cocoanut that has milk in it, cut a hole in the eye of the nut, and let out the milk. Then break the nut with a hammer, remove the meat, and with a sharp knife peel off the hard, brown, woody coat, being careful to take as thin a peeling as possible, as the most of the oil is next to the skin. Then grate through a cocoanut-shredder, or on any grater, or grind through the mill, then for each cocoanut,

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add 2 cups of boiling water, and with a tablespoon beat and work for ten or fifteen minutes. Place a clean new cheese-cloth over a large bowl, and pour the cocoanut into it. Work well with the hands, and squeeze out all the milk possible, then empty the cloth into a stew-pan, pour boiling water over it the same as before, work well again, and squeeze through the cloth the second time. You will then have all the milk that can be taken out, but the cocoanut can be cooked in water for twenty or thirty minutes and then strained, and the water used for making pie, the same as in cocoanut-pie recipe.

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NUT MEAL.

PEANUT MEAL.

HEAT the nuts sufficiently to remove the skins; but do not brown them. Blanch and look over. Boil until real tender, taking care to have them quite dry when done. Drain off all the water possible, and put them through a vegetable press, or colander. Put on tins suspended over the stove, or in a very slow oven with the door open. Do not brown the nuts—only dry them. When perfectly dry, grind through the mill loosely adjusted. If it is not fine enough, let it dry out some more, tighten the mill a little, and grind again; and if it is desired very fine, rub through a flour sieve.

PEANUT MEAL NO. 2.

A very rich meal can be made by grinding the raw peanuts after the hulls have been removed, being careful not to get it too fine, or it will be oily. Then steam the raw meal in a steam-cooker for three or four hours. Remove from the steamer, and spread on tins to dry. When perfectly dry, grind through the mill. It will not be so light a meal as that made from boiled peanuts, but seems to be richer in fats. If this meal is ground through a tightly adjusted mill, it makes an excellent butter, and can be eaten by those who can not assimilate the roasted peanut butter.

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ALMOND MEAL.

Blanch the almonds the same as directed for making almond butter. Then dry them in the oven or where it is real warm, taking care not to scorch. When very dry, chop fine by putting through a meat-chopper or mill; return to the oven, and dry very slowly and thoroughly. When cold, grind through the meat-chopper again or through a loosely adjusted nut-butter mill.

PINE-NUT MEAL.

This is the easiest of all meals to make, as the nuts need no hulling or drying before grinding. All that is necessary is to grind them through the nut-butter mill, being careful not to grind fine enough to make them oily; or they may be crushed with a bottle on a plate or platter. They are very tender, and can be easily crushed between the fingers.

WALNUT MEAL.

The walnut is rather oily, and if ground through the nut-butter mill is likely to become oily, unless the mill is quite loosely adjusted. They make better meal if run through a meat-chopper. For ordinary purposes they can be chopped with the skins on; but if desired, the skins may be removed by placing the walnut kernels in the oven for a few minutes until they become hot. When cold, the skins may be easily rubbed off, and then chopped or ground.

FILBERT MEAL.

The filbert kernel is quite hard, and can be reduced to a meal only by grinding through a nut-butter mill, or a meat-chopper that cuts very fine. The skins may be removed by heating the kernels in the oven until they are very hot but

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not roasted. Remove from the oven, and when cool, rub between the hands or on a blanching sieve, and the skins will come off. Grind through the nut-butter mill.

BUTTERNUT MEAL.

Crack the nuts on the end, and remove as whole as possible. Place in a hot oven for a few minutes until they become hot, then cool them, and the skins will rub off easily. Chop through a meat-chopper or crush fine with a glass rolling-pin on a marble slab. If a marble slab and glass rolling-pin are not at hand, use a large plate or platter and a round bottle. They may be used without removing the skins, and are just as well for cake, as the skins give it a spicy flavor.

HICKORY, PECAN, AND OTHER NUTS

Can be made into meal the same as walnuts. They are usually used with the skins on, as they are quite difficult to remove.

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SAUSAGES.

HICKORY-NUT SAUSAGE.

TO 1 cup of hickory-nut meal, add 1 egg, a pinch each of salt and sage, and 2 teaspoonfuls of gluten. Mix well, adding the well-beaten egg the last, form into round cakes with the hands, and bake until brown. Serve hot on a platter, with a hickory-nut gravy poured over. This can be made from what is left after the milk has been extracted, but less gluten will be required.

PEANUT SAUSAGES.

Take 1 tablespoonful peanut butter, 3 tablespoonfuls gluten or dry bread-crumbs, a little salt, sage, and parsley. The parsley should be minced very fine. Dissolve the nut butter in 2 tablespoonfuls of water, add the gluten, sage, salt, and parsley, mix well together, and form into small cakes with the hands. Place on an oiled tin, and bake in the oven, or cook on top of the stove; cook on both sides. When done, place in a platter and pour over them Peanut Gravy No. 1. (See Index.)

PINE-NUT SAUSAGES.

Take 4 tablespoonfuls of finely ground *zwieola*, 2 tablespoonfuls of pine-nut meal, ½ cup water, a little sage, celery, and salt. Pour the water on the *zwieola*, and let it soak for ten or fifteen minutes; then add the other ingredients and mix well; if too dry, add more water, but be careful and have it as dry as can be handled well; form with the hands

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into small cakes, and bake on oiled tins. When done, place in a platter, and pour over them the following gravy :—

Take 1 cup boiling water, 1 tablespoonful pine-nut meal, and 1 tablespoonful white flour rubbed smooth in a little cold water.

Stir the flour into the hot water, add the meal and salt, and a little grated onion, let it boil for a few minutes, and pour over the sausage.

FILBERT SAUSAGE.

Take 4 tablespoonfuls zwieola and soak in ¾ cup of cold water for a few minutes, then add 2 tablespoonfuls of filbert meal, a pinch of sifted sage, 1 teaspoonful of grated onion, salt to taste; mix well, and if too dry, add a little more water, but as little as possible and have it stick together. Make into small cakes with the hands, place on an oiled tin, and bake in the oven or cook on top of the stove, and turn over when brown on one side. When done, place on a platter, and pour over them a gravy made of filbert meal as follows: —

Take 1 cup water, 1 heaping tablespoonful filbert meal, and 1 tablespoonful white flour, a little grated onion, and a little salt.

Heat the water to boiling; dissolve the meal in a little warm water, put in the flour and salt, and rub it smooth, then stir all into the boiling water, and cook for a few minutes.

PECAN SAUSAGE.

Take 3 tablespoonfuls of finely ground zwieola and soak in ½ cup water until quite soft, but not mushy; then add 2 small tablespoonfuls of pecan meal, a pinch of sage, and a little grated onion; salt to taste. Mix all together and form

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into round pancakes about one-half inch thick. The mixture should be as thick as can be handled conveniently. Put them on oiled tins, and bake in the oven or on top of the stove until nicely browned on both sides. Place in a platter and pour over them a gravy made of pecans. (See Pecan Gravy.)

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NUT OIL.

NUT OIL NO. 1.

PREPARE cocoanut the same as for making cocoanut cream; then grind it through a nut-butter mill until it is quite fine. To 1 cup of this add 5 or 6 cups of water, and boil in a kettle for an hour; then set in a cool place, and the oil will rise to the top, and will become hard like tallow if the temperature is not higher than fifty degrees above zero. The sediment will settle to the bottom, leaving the oil white and clear, retaining a delicate cocoanut flavor.

NUT OIL NO. 2.

Take 2 cups of medium-brown peanut butter; add to it 1 scant cup of malt extract; mix well, and knead like bread until it is very oily; then grind it through the nut-butter mill, and squeeze out what oil you can with the hands, and grind it through the mill the second time. Squeeze again thoroughly. This ought easily to make one cup of oil.

The remainder can be used in making malt food. (See directions for making malt food.)

Oil can be extracted from butter made from other nuts by the foregoing method.

If there is any sediment or particles of the nuts in the oil, let it stand, and they will settle, when the top can be poured off, and will be clear, nice oil.

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NUT OIL NO. 3.

Take 2 cups of peanut butter, or the butter made from any nuts; add to it 1 cup of scrghum (or any thick) molasses; mix and knead until it is very oily, and finish the same as Nut Oil No. 2.

NUT OIL NO. 4.

When making fruitosia, the sweetness of the fruit will start the oil, and after it is ground through the mill, some of the oil may be pressed out, and the food will then be rich enough. In an ordinary family this will furnish oil enough for oiling pans, etc.

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NUTMEATOSE, NUTORA, ETC.

IN order to have these foods a perfect success, care must be taken to have them well cooked. They are better if cooked in sealed cans, and under a high pressure of steam, as they will then be quite solid, and can be stewed without crumbling. The higher temperature used, and the longer they are cooked, the more solid the foods will be, and less starch and other ingredients will be required with the nuts. When it can be afforded, we advise getting a good steam-cooker, as better results can be obtained. The Ideal steam-cooker can not be too highly recommended. But they are very good if cooked in a common baking-powder can ; or any can or pail will do which has straight sides and a tight cover, with an opening the full size of the can, so when the food is cold it can be easily taken out of the can. These foods may be cooked in a bag made of thick, firm white muslin, which should be well scalded before using, and when filled, tied with a stout twine.

An economical way of obtaining sealed cans is to unsolder all the fruit and vegetable cans which you may purchase of your grocer,— unsoldering the little cap which covers the opening. This can be done with any hot iron. After the cans are cleansed, and filled with the nut mixture, the little cap can be soldered on again. Cans can not be used but once this way ; but the contents will keep well if thoroughly cooked.

If an ordinary steamer is used, more time will be required for cooking, as it is not possible to get the ordinary steamer

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so tight but that some of the steam will escape. If these foods are to be kept for any length of time, they must be put into sealed cans, and cooked for about five hours.

They can be cooked in a double boiler, also in a covered kettle of water; if the can or pail is not sealed, too much water should not be used. The cover of the dish should be tied on or weighted, and the water should not be deep enough to cover the dish.

For those who desire a change, there is a wide field open before them; by using different kinds of nuts, and combining them with all the different kinds of grains, vegetables, and seasonings, hundreds of various foods can be made. A little effort and experience is all that is necessary.

NUTORA OF PEANUTS.

Take 2 cups of raw nut butter or nut meal, add 1 cup of water, and salt to taste; beat with an egg beater for five minutes or more, then put into cans, and cook three or four hours. If 1 cup more of water and 1 cup of corn-starch are added, it will not be so rich and oily.

PEANUTS AND STARCH NUTORA.

Take 2 cups of raw nut butter, 1 cup of water, salt to taste; add 4 heaping tablespoonfuls of corn-starch. Dissolve the starch in the water, and add the other ingredients; mix thoroughly, and beat well with a spoon for several minutes, then place in cans, and cook in a steam-cooker or steamer for three or four hours.

The corn-starch makes it more solid.

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NUTORA WITH PEANUTS AND EGGS.

Take 2 cups of raw peanut butter, 1 cup of water, the white of 1 egg, and salt to taste. Add the water to the butter, a little at a time, until it is smooth. It should be thin enough to beat with an egg beater; if it is not, add more water, and beat for five minutes. Then take the white of 1 egg, and beat to a stiff froth; add it to the nut butter, and beat again for a few minutes; put it in cans, and cook for three hours.

PEANUT AND ALMOND NUTORA.

Take 1 cup of almond butter, made from good, sweet almonds, 2 cups of raw peanut butter, salt to taste, and 1½ cups of water, or enough so it can be beaten, but it must be as stiff as possible. When thoroughly mixed, beat with an egg beater for five minutes or longer, and cook in cans for three hours or longer. This makes it very rich; if it is not desired so rich, add 1½ cups more of water and 1½ cups of corn-starch.

PEANUT AND PINE-NUT NUTORA.

Take 2 cups of raw peanut butter, 1 cup of pine-nut butter, 3 cups of water, and salt to taste. Dissolve the butter with the water, adding a little at a time; then add salt to suit the taste, and beat with an egg beater for a few minutes; place in cans, and cook in the steamer for three or four hours. If the cans are sealed, they can be cooked in a kettle of water. If you desire it to be thick and firm like cheese, a little corn-starch or flour can be added — about 6 tablespoonfuls.

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PINE-NUT NUTORA NO. 1.

Take 1 cup of ground pine-nuts, 1 cup of beans or peas, 1 cup of water, salt to taste. Add the water, nut meal, and salt, and beat with an egg beater for five minutes or longer. Then add the peas or beans, mix thoroughly, put into cans, and cook for two hours or longer.

PINE-NUT NUTORA NO. 2.

Take 1 cup of roasted pine-nut butter, 1 cup of raw pea-nut butter, 2 cups of water, 1 cup of corn-starch, or white flour. Dissolve the starch in a little of the water, pour it on the butter, and as soon as it is worked in, add the rest of the water, a little at a time, until all is smooth; add the salt, beat for a few minutes, and put into cans; this can be cooked in common baking-powder cans, but it will keep only a few days. If cooked in sealed cans for five hours, it will keep for any length of time before it is opened; after opening, it will spoil in a few days, unless kept very cold. This is a very good substitute for meat; the roasted pine-nuts give it a meaty flavor.

PINE-NUT NUTORA NO. 3.

Take 2 cups of roasted pine-nut butter, 2 cups of water, 1 cup of corn-starch or white flour, 2 teaspoonfuls of salt. Add the corn-starch and salt to the butter, and dissolve in a little water, adding a little at a time; beat for five minutes, and cook in cans, or it may be cooked in a bag made of good, thick muslin. If the nutora is for making hash, or cooking, it is best to be made real solid, then do not give much room for swelling. Tie the bag tight, and steam, or it may be boiled if desired. It will not need to cook more than an hour. When done, rip the bag open, roll the contents,

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which should be solid, on a tin, brush with nut cream, and set in the oven to brown; serve hot or cold. This tastes almost like meat.

ALMOND NUTORA NO. 1.

Take some good sweet almonds,— if any bitter almonds are used, it spoils the flavor,— blanch them, and put them in the oven to roast to a nice straw color. When perfectly cold, grind through a nut-butter mill. Take 1 cup of this roasted almond butter, 2 cups of water, 1 cup of raw peanut butter, 1 cup of corn-starch or white flour, and 2 teaspoonfuls of salt. Dissolve the butter and starch in the water, and add the other ingredients; then beat for five minutes, pour into cans, and steam for four hours. This has a nice meaty flavor.

ALMOND NUTORA NO. 2.

Take 2 cups of almond butter made from the roasted almonds, 2 cups of water, 2½ teaspoonfuls of salt, 1 cup of corn-starch. Mix all the ingredients thoroughly, and cook in cans or in a bag for two hours. The roasting of the nuts gives it a more meaty flavor, and is very good.

ONION NUTORA.

Take 2 cups of raw peanut butter, 2 tablespoonfuls of grated onions, 2 cups of water, 2 teaspoonfuls of salt, and 1 cup of corn-starch. Dissolve the butter and starch with the water, add the other ingredients, and beat thoroughly. Pour into tin cans, and cook for three hours.

TOMATO NUTORA.

Take 2 cups of raw peanut butter, 1 cup of corn-starch or flour, 2 cups of tomato juice, 2 teaspoonfuls of salt. Dissolve the butter and starch in the tomato juice, add the salt,

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and beat for five minutes. Then pour into cans, and steam for four or five hours.

The tomato gives the nutora a nice salmon color, as well as an excellent flavor. It is very good to use in making mock salmon salad, etc.

PECAN NUTORA.

Take 1 cup of pecan butter, 1¼ cups of raw peanut butter, 2 cups of water, 2 teaspoonfuls of salt, 1 cup of corn-starch or flour. Add the salt to the water, and dissolve the starch and butter in the water, adding a little water at a time to keep it from getting lumpy. Beat for five minutes, and pour into cans. Steam for four or five minutes.

PRUNE NUTORA.

Cook the prunes until they are tender and quite dry. Rub them through a colander; to 1 cup of sifted prunes add 1 cup of raw peanut butter, 1½ cups of water, 1 cup of corn-starch, a little salt and sugar to suit the taste. Mix the ingredients by first dissolving the butter and starch in the water, and adding the rest. Beat for five minutes, and steam in cans for three hours.

BANANA NUTORA.

Take good, ripe bananas, peel them, and mash with a silver fork. Then to 2 cups of the mashed bananas, add 1 cup of raw peanut butter, 1 cup of water, ½ cup of sugar, ½ cup of corn-starch, and a little salt. Mix all together well, and beat for five or ten minutes. Pour into cans, and steam for three hours.

This changes its color if exposed to the air for any great length of time. Therefore keep it well covered until needed.

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NUT CHEESE.

Take 1 cup of nut butter, 2 cups of water, ½ cup of flour (Pillsbury's or Gold Medal). Rub the butter perfectly smooth by adding the water slowly, then add the flour, and lastly the salt. Pour into tin cans with a tight-fitting cover, and steam in a steam-cooker or in a kettle of water with something in the bottom of the kettle to set them on. Cook from two to three hours. This can be varied by adding sage, celery salt, or caraway seed ground fine.

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NUTMEATO.

NUTMEATO NO. 1.

TAKE 2½ cups of strong coffee made from cereal coffee, 2 cups of nut butter, 1 cup of corn-starch, and 1 teaspoonful of salt. Combine the ingredients by mixing the corn-starch, butter, and salt first; then put in the coffee by adding a little at a time, and mixing until smooth. Put into a can or dish with tight-fitting cover, and cook in a closed steamer or kettle for from three to five hours. Sealed cans give better results, and may be used if desired. The contents of the cans will be firm, and when cool, may be cut into slices and served as cheese or meat. Use lentil dressing as a gravy with the nutmeato.

NUTMEATO NO. 2.

Take 1 cup of nut butter, 1 cup of strained stewed tomatoes, ½ cup of water, ½ cup of corn-starch or browned flour, and salt to suit the taste. Proceed as in No. 1.

NUTMEATO NO. 3.

Take 2 cups of nut butter, 1½ cups of water, 3 tablespoonfuls of corn-starch, ¾ teaspoonful of sage, and 1 teaspoonful of salt. Prepare the same as the other recipes.

NUTMEATO NO. 4.

Take 2 cups of butter, 2 cups of water, 1 cup of cooked navy or lima beans, rubbed through a colander, 2 tablespoonfuls of corn-starch, and 1 level teaspoonful of salt. Cook as directed in the above recipes.

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NUTMEATO NO. 5.

Take 2 cups of nut butter, 2 cups of water, whites of 4 eggs, and 1 teaspoonful of salt. Cook as in the former recipes.

NUTMEATO NO. 6.

It is a recognized fact that nut butter when once emulsified for the table will not "keep over," but is likely to ferment unless the temperature is low. However, no waste need occur, for it may be so preserved as to be ready for use in the preparation of palatable dishes by the following methods: Add to it three times as much water as has already been used, and stir in enough white flour to make it of the consistency of rich cream. Put in a baking dish broad enough so the cream will not be more than two inches deep, and bake until quite firm. It is good to use for sandwiches, sliced as cold meat, and in other recipes.

NUTMEATO ROAST NO 1.

Take 1 pint of *z*wieola or toasted bread-crumbs, 1 pint of water, ½ pint of strained tomatoes, and ½ pound of nutmeato, made fine by being put through a colander or meat-chopper. Flavor with finely sifted sage. Mix all thoroughly together, add salt to taste, and bake in shallow pans until brown.

NUTMEATO ROAST NO. 2.

Cut 1 pound of nutmeatose into pieces, and boil until very tender; then drain and mash. To 2 cups of *z*wieola, add the water in which the nutmeatose has been boiled, and enough more hot water to make the *z*wieola of the consistency of mush. Season to suit taste with salt and sage. Add this to the mashed nutmeatose, mixing well; put into an oiled

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pudding dish and bake for about an hour. Slice and serve either warm or cold. Toasted bread-crumbs may be used instead of zwieola.

MOCK NUTMEATO ROAST.

Boil 2 cups of lentils for several hours. Run through a colander. Grind 1 cup of roasted peanuts, and add them to the lentils. To 2 cups zwieola or toasted bread-crumbs, add sufficient hot water to make it of the consistency of mush. Season to suit taste with salt and sage. Mix all the ingredients, place in an oiled pudding dish, bake, and serve same as nutmeato roast. Beans may be substituted for lentils if the latter can not be obtained.

NUTMEATO HASH.

Chop together 3 parts cold baked potatoes, 1 part nutmeato, and 1 part tomatoes until thoroughly mixed. Flavor with finely sifted sage, if desired, and season with salt. Bake till brown. Leave out tomatoes if preferred.

NUTMEATO STEW.

Cut nutmeato into small cubes, place in the inner part of a double cooker, cover well with water, and cook two or three hours. Just before serving, thicken the liquid with browned flour, and season with salt. Strained tomatoes may be used instead of water, and are preferred by many. Prolonged cooking produces the best results.

NUTMEATO AND POTATO STEW.

Stew together 2 parts potatoes, coarsely and irregularly cut, and 1 part nutmeato cut into cubes, until potatoes are done. It may be flavored with celery or onions, which

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should be added just long enough before the stew is cooked to extract the flavor. Salt just before it is done. Strained tomatoes may be used instead of water if preferred.

NUTMEATO GRAVY.

In 1 quart of boiling salted water put nearly 1 pint of cubes cut from nutmeato. In fifteen or twenty minutes thicken with browned or plain flour.

RICE WITH NUTMEATO.

Cook rice in boiling salted water, having it of the consistency desired. Cut a portion of nutmeato into cubes, and distribute it evenly through the rice. Cook slowly and stew without stirring again.

MACARONI WITH NUTMEATO.

Break macaroni into inch lengths and drop gradually into just enough boiling salted water so that it will be of the right consistency to serve. Cut nutmeato into cubes or slices and stir them in when the macaroni begins to be tender. Care must be taken that the macaroni does not burn or fasten to the bottom.

BAKED NUTMEATO HASH.

Take 2 cups of chopped cold boiled potatoes, 1 of chopped nutmeato, and 1 grated onion; salt to taste. Put in an oiled baking dish, and add 1 tablespoonful of water, and bake one-half hour in moderate oven. The above may be flavored with celery salt if desired.

NUTMEATO STEAK.

Take nutmeato that has been cooked in cans about three inches in diameter. Remove from can by cutting around edge of the can, and pressing on the bottom, cut off into slices

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one-half inch thick, being careful not to break in pieces. Place on tins and toast in the oven. When toasted, place on meat platter, and pour over it a nut gravy made according to recipe No. 1.

NUTGRANO NO. 1.

Take 2 cups of oatmeal, or chopped oats, 1 cup of raw peanut butter, salt to suit the taste, and 3 cups of hot water. Mix well, adding a little water at a time, until it is all smooth. Beat for a few minutes, and cook in cans the same as nutmeatose for four or five hours.

This can be spread on the bread, and makes a fine substitute for butter.

If the water is set on the stove and the grains stirred in and allowed to thicken some before the other ingredients are added, it will not be so liable to settle to the bottom in cooking.

NUTGRANO NO. 2.

Take 3 cups of pearl barley, 1 cup of roasted pine-nut butter, 8 cups of water, and 2 teaspoonfuls of salt. Roast the pine-nuts by baking them in the oven until they are of a light-brown color. When they are cold, grind them to a butter, using 1 cupful of it. Add the other ingredients; mix and cook in cans in a steam-cooker for five hours.

It is best to cook the barley in the water for a few minutes before adding the other ingredients. This will prevent it from settling to the bottom.

NUTGRANO NO. 3.

Take 2 cups of white corn-meal (the yellow will do), 1 cup of roasted almond butter, made by roasting the blanched almonds in the oven until they are of a straw color, and when

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cold, grinding them to a butter, adding 2 teaspoonfuls of salt. Mix all thoroughly with 5 cups of water, and cook like the foregoing recipe.

NUTGRANO NO. 4.

Make like the above, only use 2 cups of wheaten grits instead of corn-meal, and use only 4½ cups of hot water. Cook the grits in the water for a few minutes before adding the rest.

NUTGRANO NO. 5.

Take 2 cups of crystal wheat, 1 cup of roasted pine-nut butter, 8 cups of water, and salt to taste. Mix, and cook in cans for four or five hours. First cook the grain with the water for a few minutes.

NUTGRANO NO. 6.

Take 3 cups of rolled oats, 1 cup of almond meal, 3½ cups of water, and 1 teaspoonful of salt. Mix well, and cook like the preceding recipes.

NUTGRANO NO. 7.

Take 2 cups of farina, 1½ cups of pecan meal, 8½ cups of water, and 2 teaspoonfuls of salt. Mix well, and cook like preceding recipes.

NUTGRANO NO. 8.

Take 2 cups of wheaten grits, 1 cup of raw peanut butter, 4 cups of water, and salt to taste. Mix well and cook like the above.

NUTGRANO NO. 9.

Take 2 cups of zwieola, 2 cups of roasted peanut butter, 6 cups of water, and salt to taste. Mix all well and cook like the other recipes.

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By combining different nuts with different grains many kinds of nutgrano may be made.

NUTGRANO NO. 10.

Take 1 cup of roasted peanut butter, 1½ cups of granose, and 1¾ cups of water, salt to taste. Take granose flakes, and heat them in the oven, and rub with the hands until quite fine. Stir 1½ cups of this into the butter, which has been diluted with the water, add the salt, and sage if desired. Put into cans and cook the same as in the above recipes.

The above can also be made with raw peanut butter by using 2 cups of water.

NUTMEATOSE NO. 1.

Take 2 cups of peanut butter, 2½ cups of water, 3 tablespoonfuls of No. 3 gluten, and 1 teaspoonful of salt. Mix all the ingredients together very thoroughly, and cook in cans. (Sealed cans are preferable.) Cook from three to five hours.

NUTMEATOSE NO. 2.

Make like the foregoing recipe, and add 2 heaping teaspoonfuls of ground sage, or 1 small white onion grated fine. Both onion and sage may be added if desired.

NUTMEATOSE NO. 3.

Take 1 cup of nut butter, 1 cup of sifted red kidney beans, 1½ cups of water, 2 tablespoonfuls of corn-starch, and 1 teaspoonful of salt. Cook the beans until tender, and rub them through a colander. To 1 cup of this sifted pulp add the other ingredients; mix thoroughly, and cook like the preceding recipe.

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NUTMEATOSE NO. 4.

Take 1 cup of nut butter, 1 cup of sifted Scotch peas, 1½ cups of water, two tablespoonfuls of corn-starch, and 1 teaspoonful of salt.

First cook the peas as directed elsewhere, then sift through a colander, and use 1 cup after they are sifted; add the other ingredients, and cook the same as in Nutmeatose No. 1.

NUTMEATOSE NO. 5.

Make like the preceding recipe, only use 1 cup of sifted lentils in the place of the Scotch peas.

NUTMEATOSE NO. 6.

Make like recipe No. 4, only use 1 cup of cooked split peas in the place of the Scotch peas, and leave out the starch.

NUTMEATOSE NO. 7.

Take 2 cups of chestnut meal, made by first removing them from the shell, then blanching them by pouring on boiling water and letting them stand a few minutes in it, and then grinding in a meat-chopper, or they may be dried and ground in a hand grist-mill or coffee-mill. To this add 1 cup of raw peanut butter, 2 cups of water, and salt to taste. Mix well, and cook as in Nutmeatose No. 1.

FRUTOSE.

Take ½ cup peanut butter, ½ cup of almond butter, and 1 dozen medium-sized bananas. Peel the bananas, and mash them through a vegetable press, or mash with a silver fork. Then add the nut butter, and beat until well mixed and smooth. Pour into cans with tight cover, or what is better,

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into tin cans and seal them; then cook in steam-cooker for two or three hours. When done, it will be thick, so it can be cut into slices like nutmeato or cheese. If desired, a little sugar may be added, but it is very palatable without it.

FRUITOSIA.

Take ½ cup peanut butter, ¼ cup of almond meal, ¼ cup of walnut meal, or the same of filbert meal, 1 cup of ground figs, 1 cup of chopped dates, ½ cup of white seedless raisins, ground. Look over the raisins, wash and dry again, then grind them through the nut mill or meat-chopper, or chop in a bowl. Do the same with the dates. Wash the figs; then dry, and grind through the nut mill. Have the mill quite tightly adjusted and it will grind the seeds up fine. Then add the nut butter and nut meal, which should be made first. Mix all together thoroughly, and grind through the mill a second time.

FRUITOSIA NO. 2.

Take 1 cup of peanut meal, and add ¼ cup of ground prunes. Mix very thoroughly, and grind through the mill. Press into a square tin, and cut into caramels; if desired, they may be wrapped in oiled paper.

FRUITOSIA NO. 3.

Take 1 pound of dried pears, and ½ pound of fine nut meal of any nut, or a mixture of the meal of different nuts; ¼ pound of almond meal and ¼ pound of pine-nut meal makes a very nice compound.

Select nice dried pears; wash, and dry by placing in a warm place. When perfectly dry, grind them through the mill, mix with the nut-meal, and grind again. It is then ready to press into square tins, and cut into caramels.

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FRUITOSIA NO. 4.

Select good evaporated peaches or apricots, wash well, and place on tins in a warm oven until perfectly dry. Then grind through a nut mill, mix with the fruit an equal quantity of peanut meal, and grind through the mill a second time. Press into square tins and cut into caramels.

Other dried fruit may be used in the same way, but fresh fruits can not be used, as the water in the fruit will cause the nuts to spoil in a very few days.

BUTTER FOR TABLE.

Put one half the amount of butter required for a meal into a bowl, and dilute with an equal quantity of water, adding a little at a time, and beating it thoroughly with a fork until it is perfectly smooth and light. An egg beater, wire potato-masher, or whip are excellent utensils for this purpose. Enough water should be used to make it of the proper consistency to spread nicely. A little salt can be added if desired, or the salt may be sprinkled on after it is spread upon the bread.

Some prefer to use it without the addition of water; but in this form it is quite sticky, and adheres to the mouth, and has a strong peanut taste.

By using the water these objections are removed, and a sweet, savory taste is imparted.

If any is left, it should be kept in a cool place, as it spoils easily after water has been added.

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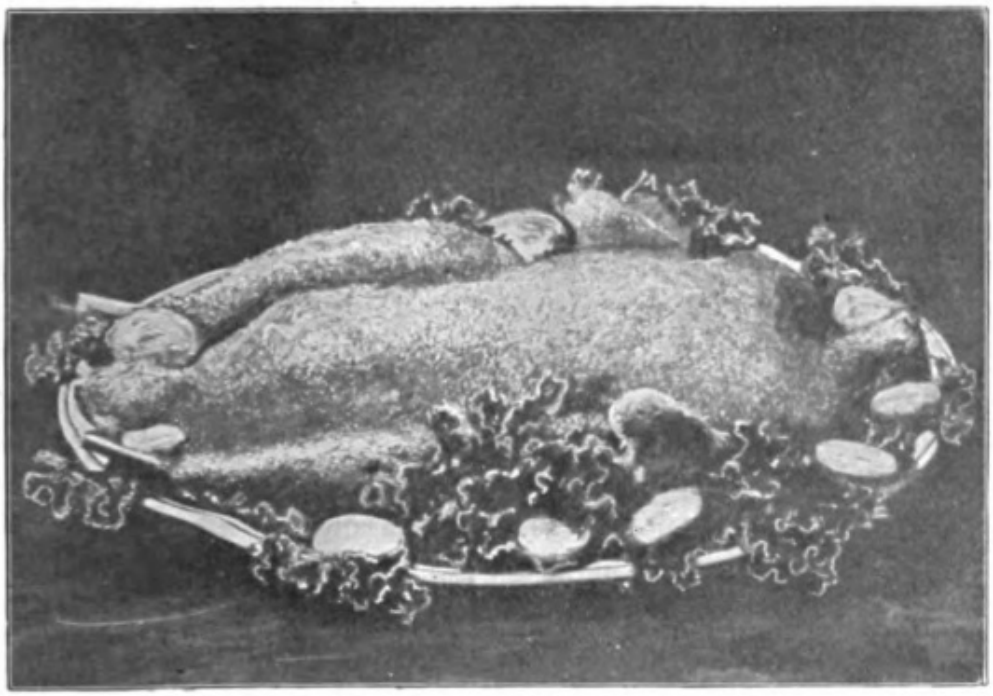
ROAST GOOSE.

Take 6 tablespoonfuls of zwieola, pour over it 2½ cups of water, and let it soak for fifteen minutes. Then add 4 hard-boiled eggs, which have been sifted through a fine sieve, and the yolks of 3 eggs, and the white of 1. Save the whites of the other 2 eggs for the basting. Mix well; take out about



BAKED GOOSE.

one third of the mixture and put in another bowl, and to the remaining two thirds, add 4 tablespoonfuls of pecan meal, 2 tablespoonfuls of roasted pine-nut butter, 1 heaping teaspoonful sage, and 2 heaping teaspoonfuls of grated onion, and salt to suit the taste. Mix well. Use this mixture for making the back and legs of the goose. Then to the one third that was taken out, add 2 tablespoonfuls of nut meal made from toasted almonds, 1 tablespoonful of blanched filbert meal,

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and 1 tablespoonful roasted pine-nut meal, a little salt, a little sage, and 1 teaspoonful of onion juice; this mixture is to make the breast and wings of the goose. Take some good, strong macaroni, break it into desired lengths for the bones. Place some of the pecan mixture on a well-oiled tin or sheet of iron, on which you wish to bake it, and shape it into the form of a goose lying on its back. Press into it a stick of macaroni running the whole length, for the backbone. Then build it up with the mixture, pressing it down well. Oil the hands, and form the legs, pressing a stick of macaroni into the center, and have it long enough to reach the whole length of the leg, covering it up at the upper end, but letting it stick out about an inch at the other to represent the drumstick of a goose leg. Then with the almond mixture form the breast of the goose, making it quite high, but not so high and full as that of a chicken. The neck and lower part of the body should be made of the pecan mixture, to represent the dark meat of the fowl. Press the legs on to the body, using a little of the white of an egg to stick them on with. It is also best to insert some pieces of macaroni, running it through the leg just below the leg bone, and into the body, covering up the end of it with a little of the dark mixture. This will help to hold the legs in position while it is baking. Make the wings of the almond mixture, fastening them to the body in the same way that the legs were. Then with a knife, smooth the surface of the goose, and brush it over with a soft cloth wet in peanut oil, and place it in the oven to bake. The oven should be of a moderate temperature, and it should bake for one hour; then remove from the oven, and spread with a mixture of 1 egg well beaten and 1 tablespoonful of almond butter. Return to the oven, and let it bake until it is nicely browned. Take from the oven, and slide it carefully on to the platter on which it is to be served. Garnish to suit the

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taste and convenience; the one in the accompanying cut is garnished with parsley and sliced yolks of hard-boiled eggs. A gravy should be served with it made of 1 heaping tablespoonful of roasted pine-nut butter, 1 heaping tablespoonful of white flour, 1 pint of water, and a little salt.

TURKEY LEGS.

Take ½ cup of water, 2 hard-boiled eggs, 2 tablespoonfuls of pecan meal, 1 teaspoonful peanut butter, a little sage and salt, 2 tablespoonfuls of zwieola, and 2 tablespoonfuls of gluten. Boil the eggs until the yolks are dry and mealy, and then rub both the whites and yolks through a fine wire sieve. Mix with it the nut meal and butter, rubbing until smooth; then add a very little water. Pour ½ cup of water over the zwieola, let it soak for a few minutes; add the other mixture, beating well, and lastly add the gluten. It should be stiff enough to handle well. Take a large, heaping tablespoonful, press it around the piece of macaroni, which should be four or five inches long, forming it in the shape of a turkey leg, leaving an inch or more of the macaroni to stick out to represent the bone. Roll in beaten egg, and bake on an oiled tin until a nice brown. This makes a pretty dish, and is very palatable. Serve with a pecan gravy with egg.

CHICKEN LEGS.

First prepare the meat of the mock chicken by mixing 2 tablespoonfuls of pecan meal, 1 tablespoonful nut butter, and ¼ cup of hickory cream, 2 tablespoonfuls of zwieola, 2 tablespoonfuls of gluten, ½ cup of water. Put the water on the zwieola, and let it soak a few minutes, then add the other ingredients. It should be just moist enough to form well. Then take 1 large tablespoonful, and roll it in the hands;

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have ready some pieces of macaroni about five inches long, and press one into the mixture, leaving out an inch or more to represent the bone of the chicken leg, having the macaroni in the center for the bone. Roll in beaten egg, place on an oiled tin, and bake in a moderate oven until nicely browned, which will take about one hour. If a little sage or onion is added, it improves the taste very much.

ROAST TURKEY.

To make a good-sized turkey, take 20 heaping tablespoonfuls of *zwieola*, 20 tablespoonfuls of No. 3 gluten, 8 tablespoonfuls of pecan meal, 8 tablespoonfuls of roasted almond meal, 8 tablespoonfuls of black walnut meal, 2 tablespoonfuls of peanut butter, 3 heaping teaspoonfuls of ground sage, 2 tablespoonfuls of grated onion, 2 teaspoonfuls of salt, 6 hard-boiled eggs, and 3 raw eggs. Put the *zwieola* in a large pan and pour over it 5 cups of hot water, and let it soak for fifteen minutes; then put the hard-boiled eggs through a sieve and add them to the *zwieola*; add also the nut butter dissolved in water, beat the eggs and add them to the mixture with the other ingredients. Mix all very thoroughly; if it is so dry that it is crumbly, add more water, being careful not to get it too soft or it will not hold in shape well. A piece of sheet iron is nice to bake it on, as it can be more easily slipped off. Oil it with nut oil, and place on top of it a thick piece of muslin saturated with oil; upon this cloth form a turkey, making the breast full and high, and leaving a little piece for the neck. Press it together with the hands, oiling them with nut oil to keep them from sticking. Then take a large tablespoonful of the mixture into one hand, and press into the center of it a large-sized stick of macaroni, which is long enough to protrude about two inches, after run-

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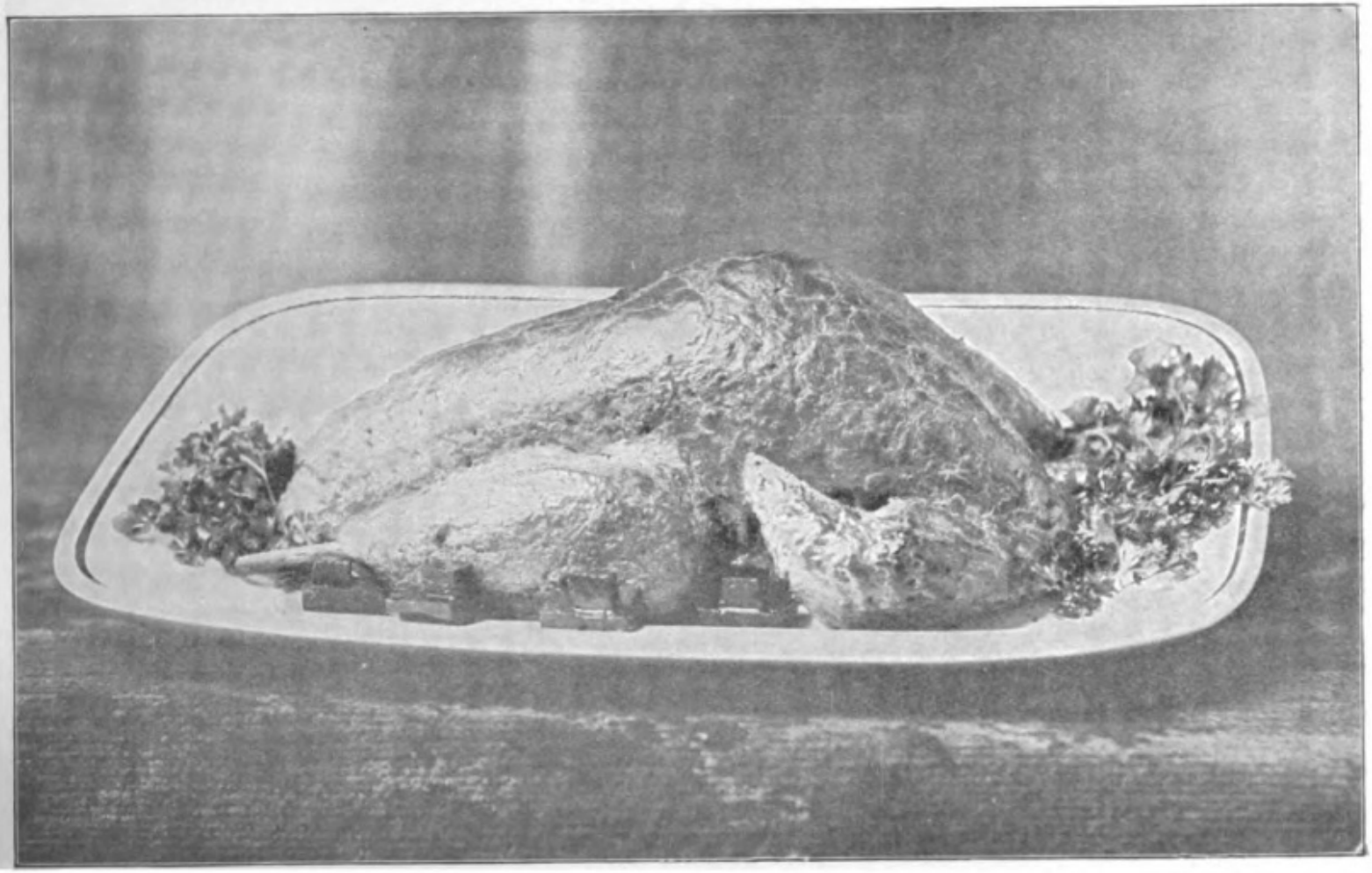

ROAST TURKEY.

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ning the length of the leg; with the hands oiled, shape it into the form of a turkey leg, using the white of an egg to make it stick to the body, and secure it by sticking pieces of macaroni through the leg, just below the bone, into the body, carefully covering the end of the macaroni with a little of the mixture. Form the wings and attach them to the body in the same way in which the legs were secured. When the fowl is all formed and smooth, brush it over with a cloth dipped in nut oil, then bring up the cloth around the turkey and pin it together tight enough to hold the wings and legs in position. Then place in the oven and bake for an hour and a half. Remove from the oven, unpin the cloth, and with the shears cut off as much of it as possible without moving the turkey; spread the turkey with a mixture of beaten egg and roasted almond butter with a little salt added. Return to the oven and bake to a nice brown. Again remove from the oven and slide it into the platter on which it is to be served. The garnishing, in the cut, is cubes of cranberry jelly and parsley.

NUT LOBSTER.

Take 1 pound of pine-nuts, wash and put them in the oven, and roast to a light-brown color; then grind or mash them to a butter. To 1½ cups of this butter take 1½ cups of water, 1 cup of corn-starch, 1 heaping teaspoonful of salt, and 1 heaping tablespoonful of granola; mix all together thoroughly, put into a basin and steam for one hour, then bake until nicely browned on top. Cut in slices and serve.

BAKED TROUT.

Take 1 cup of raw peanut butter, 1 cup of tomato squeezed through a cheese-cloth, 1 cup of corn-starch, and 1 heaping teaspoonful of salt; mix all together very thor-

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oughly and beat for five minutes. Make a bag of thick muslin, cutting it out the shape of a fish, and sew it up on a machine, having the stitch quite short, so the mixture will not work through. Leave a hole in the end of the tail large enough to insert a small funnel, and pour the mixture into the funnel, letting it run down into the bag. The above mixture is sufficient to make a trout eight inches long. When full, tie it with a stout twine, lay it on a tin so the back will be up, and steam in a steam-cooker for one hour. Remove from the cooker, and with the shears or sharp knife rip the bag open from the head to the tail, and carefully pull it off from the fish. Take a raw potato and cut it into quite thin slices lengthwise; cut one of the slices in the shape of a fish's tail-fin, cutting ridges in it to represent the bones, and slightly notch it on the end. Cut a slash in the tail of the fish and insert the fin, using a little of the white of an egg, and fastening it with two pins, which, after the fish is baked, should be removed. With another slice of potato form the back fin, and cut a slash in the back long enough to insert the potato fin; also insert small slices of potato made to represent the gills and the fins near the gills. Then with a little charcoal and water (part of a charcoal tablet will do) rub the head and back with it, making the head almost black, and the back quite a dark drab, but growing lighter down on the sides. With a sharp knife cut a mouth and some small round holes for the eyes, filling the cavities of the eyes with cranberry jelly cut round; also stick some small round pieces of the jelly on the sides of the fish to represent the red spots of a trout. Then beat the white of an egg just enough to break it, but not enough to make it frothy; baste the fish with this, being careful not to move the jelly, but be sure and cover each piece with egg, so it will not melt when heated in the oven. Place in the oven for the egg to set and the

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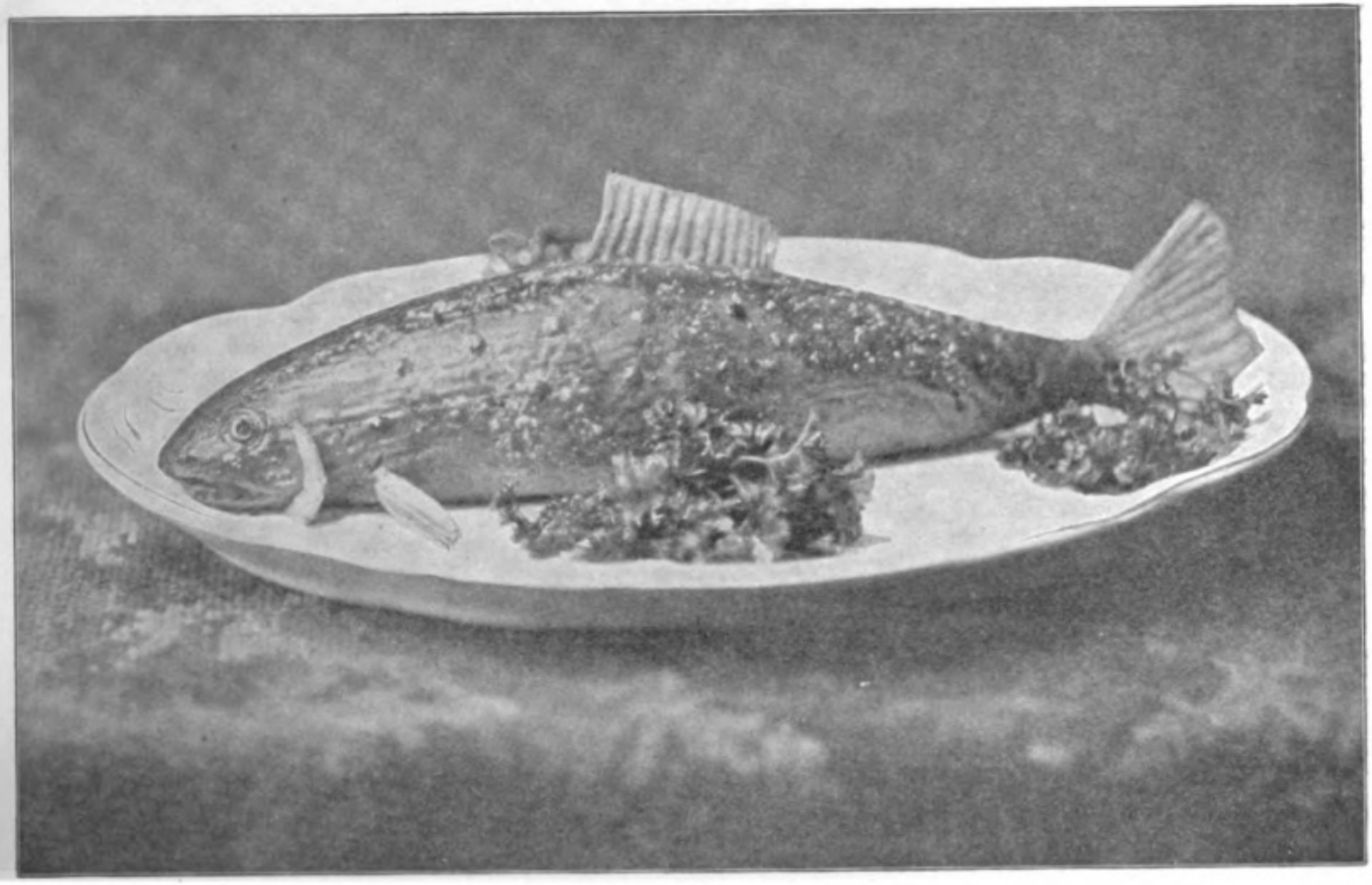

BAKED TROUT.

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potato fins to slightly brown. When done, put on a platter, garnish with parsley, and serve with mashed potatoes.

MOCK FISH STUFFED AND BAKED.

Take 6 cups of water; 1½ cups of white corn grits or white corn-meal; 1 teaspoonful of salt.

When the water boils, add the salt and stir in the grits, continuing to stir until it boils; let it boil gently for a few minutes, and then place in a steam-cooker, and steam for three or four hours. Make a stuffing of 2 tablespoonfuls of zwieola, 1 tablespoonful gluten No 3, 2 tablespoonfuls pecan meal, and 1 tablespoonful peanut butter, 1 tablespoonful almond butter, 1 hard-boiled egg, ¼ teaspoonful sage, 1 teaspoonful grated onion, ¼ teaspoonful salt; add just a little water until the mixture makes a stiff batter. Mix thoroughly. When the corn grits are done, oil a bake tin and put some of the cooked grits on it, spreading them in the form of a fish, making it as long as can be easily served on the platter you intend to serve it on. Then put some of the dressing the whole length of the fish. Make a little trough in the dressing, and put in the yolks of two eggs, chopped and seasoned with celery salt, then cover the egg with the dressing paste, and cover that with the cooked grits. Form more perfectly into the shape of a fish, and spread with a diluted nut butter, using the slices of the white of egg for the gills and mouth, and filberts for the eyes. Press in a row of blanched Jordan almonds down the center of the back to represent the dorsal fins, also use the almonds to make the tail. Lard it across the back (see cut) by sticking in pine-nuts. Bake in a moderate oven for half an hour; if it browns too fast on top, cover with a brown paper, until ten minutes before taking from the oven. Garnish with parsley and curled celery, bank the sides

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with potato balls made by cutting them from raw potatoes with a scoop made for the purpose, or make balls of mashed potatoes. Roll them in pine-nut butter and bake in the oven until nicely browned. To make the curled celery, take some nice crisp celery, split it into four parts from both ends, leaving about one inch in the center to hold it. Place it into ice-cold water for twenty minutes and it will be curled nicely. If the water is not very cold, leave it in longer.

SAUCE FOR BAKED FISH.

Take 1 cup of raw nut milk, 1 level tablespoonful of white flour, 1 egg, a little celery, and a pinch of salt. Heat the milk in a double boiler, when boiling, stir in the flour, which should be rubbed smooth in a little cold water, and let it cook for fifteen or twenty minutes. Then add the well-beaten egg, the celery, and the salt ; stir until the egg is set, but not curdled. If desired, a hard-boiled egg cut into small pieces may be added just before serving. Serve a ladleful on one side of each portion of fish. Lemon or tomato juice may be added if a sour gravy is desired.

MOCK TURKEY.

Take 3 cups of sifted lentils, 1 cup of walnut butter, 1 pound of zwieback moistened with water, 3 heaping teaspoonfuls of powdered sage, 1 cup of gluten, and 2 teaspoonfuls of salt. Add 2 eggs. Form into loaf or turkey. The walnuts should be the black walnuts, as they give it more of a turkey flavor. The whole-wheat zwieback is best, but the white will do. Beat the eggs well, and mix all the ingredients together, adding enough water to the zwieback to moisten it before adding the other ingredients. If formed into a turkey, it should be real stiff, but it does not require to be so stiff when cooked in a loaf.

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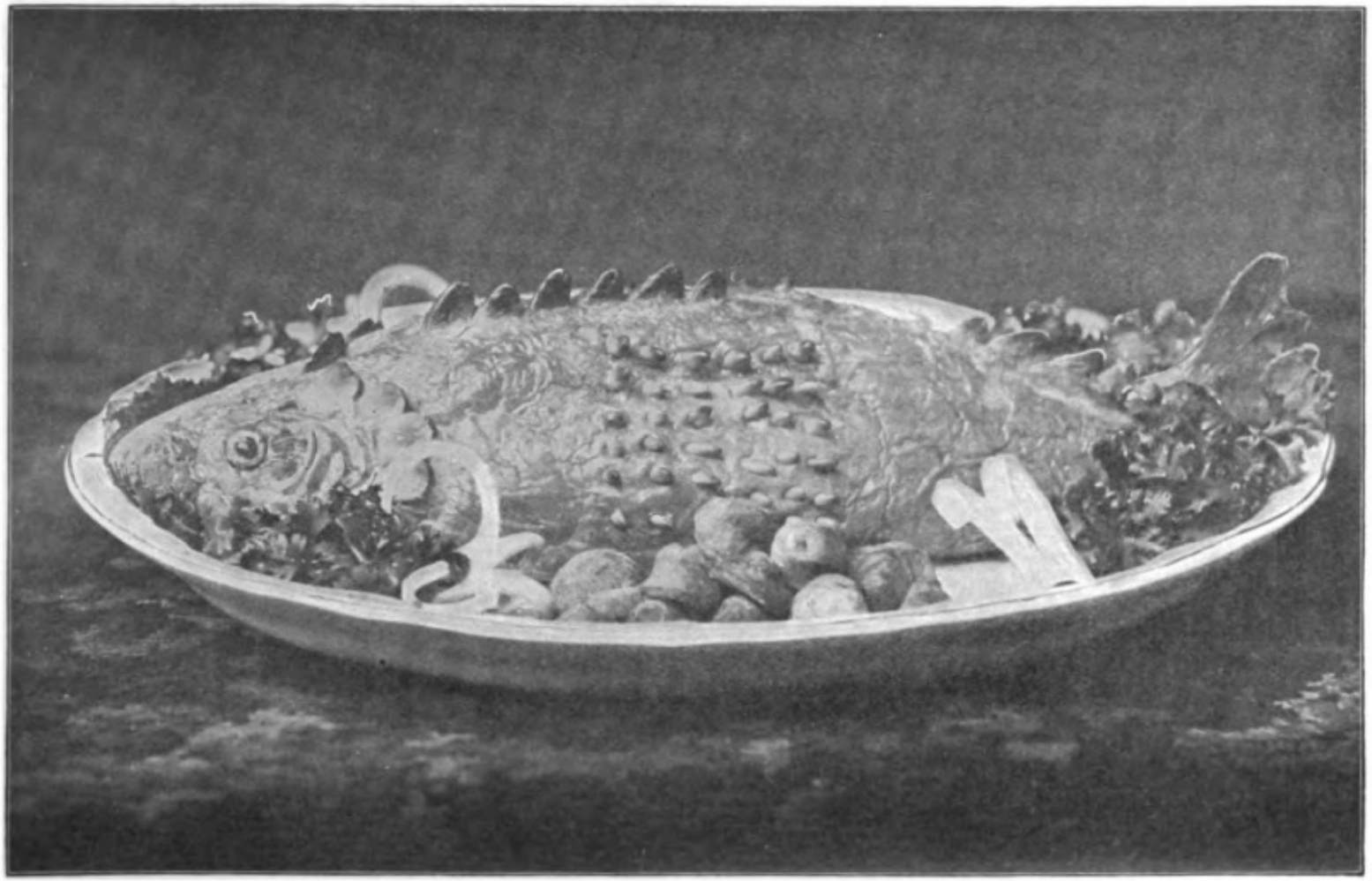

WHITE FISH STUFFED AND BAKED. [113]

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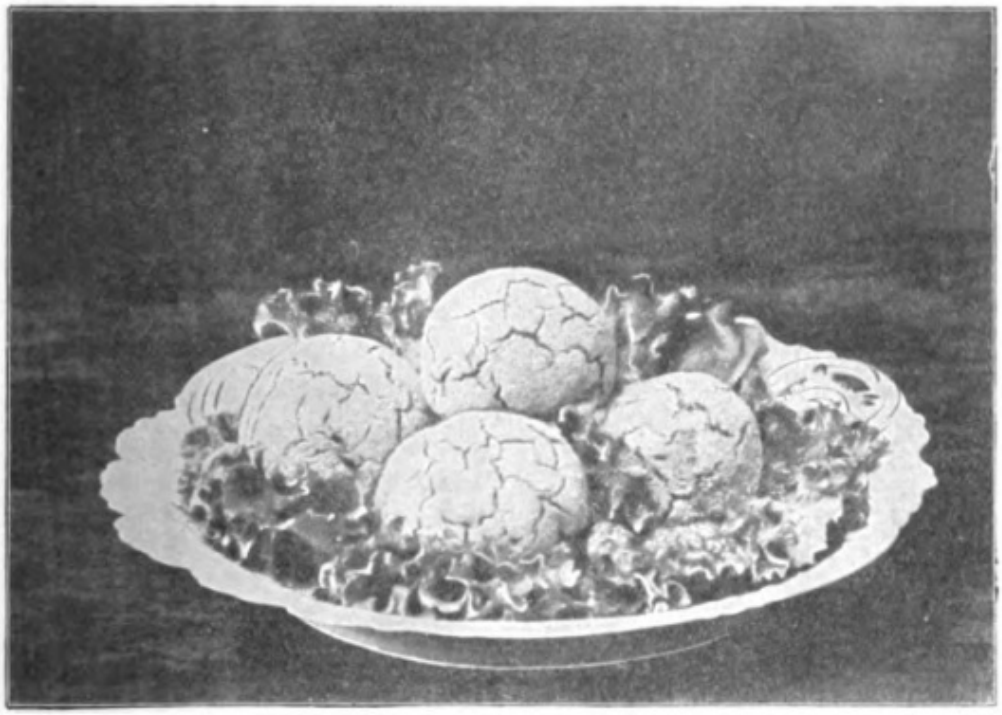
MOCK FISH-BALLS.

Take 1 pound of nutora chopped fine, 1 cup of almond meal, 3 cups of white bread-crumbs soaked in ½ cup of water (perhaps more water will have to be added if the bread is dry, but use as little as possible), 1 cup of shredded cocoanut, 1 beaten egg, and salt to taste ; add a little celery salt if desired ; mix all thoroughly and form into balls with the hands. Roll



MOCK FISH-BALLS.

in beaten egg and then in fine bread-crumbs, and bake a nice brown. When done, wash some fresh lettuce leaves, wipe them dry with a cloth, being careful not to bruise them, arrange on a plate, and pile the balls upon them, as is shown in the cut. In serving, put a lettuce leaf on an individual dish, and place a ball upon it. If a gravy is served with it, it should be a white gravy made of almond nut or raw peanut milk, flavored with celery or onion.

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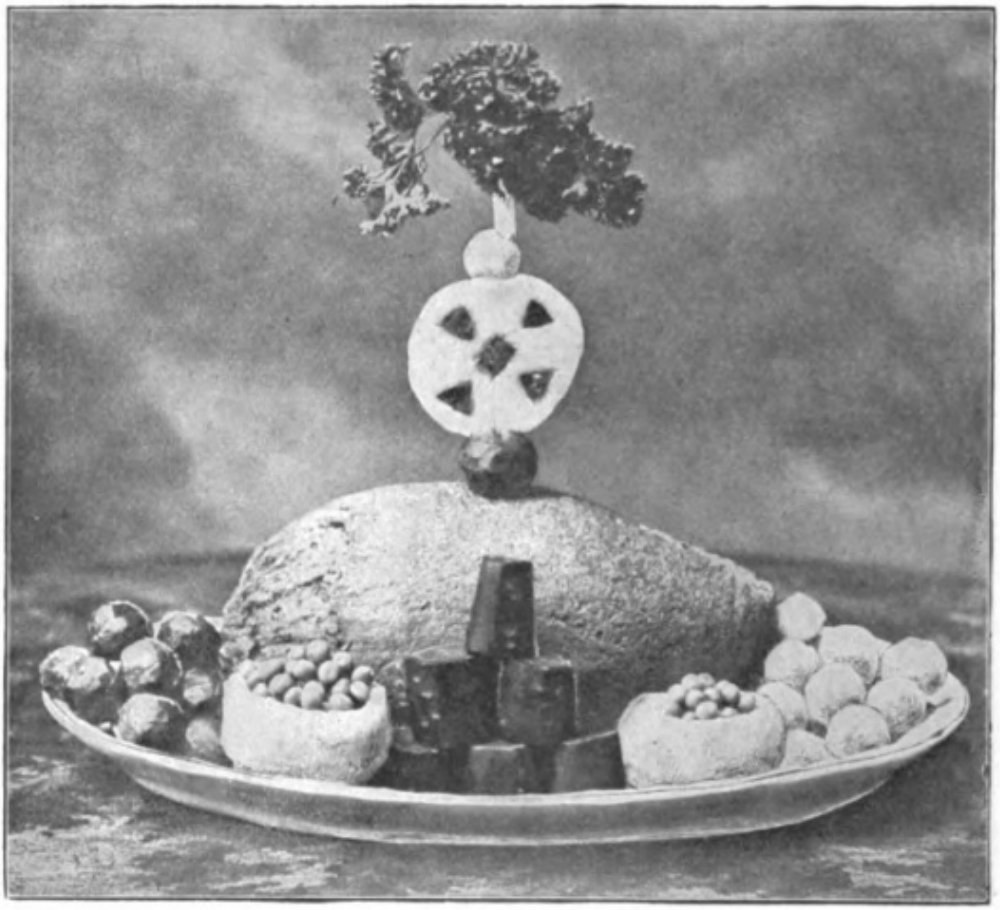
VEGETABLE NUT ROAST.

Put to soak overnight 4 cups of red kidney beans. In the morning cook in plenty of water until they are tender, then put them through a colander, and put with them two-thirds as



VEGETABLE NUT ROAST.

much nut butter as beans; then add 2 teaspoonfuls of sage, 2 teaspoonfuls of celery salt, 1 onion grated fine, 2 teaspoonfuls of salt, 2 heaping tablespoonfuls of pecan meal, 2 heaping tablespoonfuls of roasted almond meal, 4 heaping tablespoonfuls of zwieola and 4 of gluten, and 6 hard-boiled eggs

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which have been pressed through a sieve. Mix all together thoroughly; and if there is not enough water to mix well, add cold water, being careful that you do not get it too moist. Have ready a bag made of thick muslin cut and sewed so it will be round on the bottom end of the bag, and round out through the middle, so that the roast, after being cooked in it, will be the shape of a nice ham. Pour boiling water over the bag and wring out; then fill with the mixture; tie with stout twine, leaving only a little room for swelling, as the more room that is left for swelling, the less firm the roast will be, and it wants to be firm enough to slice well. Then place it in the top of a steam-cooker, or it can be laid in an ordinary steamer, and cook for three hours. Then remove from the steamer, and with a sharp knife or the shears, rip down one side of the roast, pull back the bag, and let the roast roll out on an oiled tin or dripping-pan; then with some peanut oil and a piece of clean muslin, brush the roast over the top with the oil and set in the oven until it has a beautiful brown crust. Then carefully remove to a platter and garnish as desired. In the accompanying cut it is garnished with vegetables which can be prepared the day before. The round balls at the ends are made of potatoes and beets, the beets being at one end and the potatoes at the other end of the roast. Next to them are cups cut out of cooked turnips. They are filled with canned peas, and the central garnish is made from cooked carrots cut into cylindrical shapes of even lengths. The ornamental skewer or *hatelet* in the center of the roast is made by running a knitting-needle through a beet ball, then through a slice of turnip which has had a square piece cut out from the center, and four half square pieces around that, with pieces of beet inserted in their places, then a potato ball, and lastly a small piece of macaroni in which are 2 leaves of parsley.

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The skewer must not be made until just before serving, but the other garnish may be fixed the day before and then placed in the steamer in time to get warm before arranging on the platter; a part of the garnish may be served with a slice of the roast if desired, or it can be left undisturbed. A gravy should accompany the roast to the table; it may be made in the following manner: 2 tablespoonfuls of filbert meal, 1 of peanut butter, 1 teaspoonful of onion juice, salt to taste, and a heaping tablespoonful of white flour. Mix all well together with ½ cup of water, and stir into 3 cups of boiling water. Cook for three minutes, pour into a gravy-boat, and place on one side of the carver's plate. This will make a good-sized roast, sufficient for twelve people.

MOCK SALMON.

Take 2 cups of nut butter, 1 cup of tomato juice without the pulp, 1 teaspoonful of salt, 1 cup of water, 1 tablespoonful of corn-starch. Mix thoroughly; cook in cans.

DEVILED NUTS NO. 1.

Take 1 cup peanut meal, 1 cup bread-crumbs, ½ cup nut cream, ½ teaspoonful grated onion, 2 hard-boiled eggs, 1 tablespoonful chopped parsley, salt to taste. Mix the meal and bread-crumbs, add the eggs, the yolks and whites pressed through a sieve, also the parsley and salt, and lastly the nut cream; place in the oven and brown.

DEVILED NUTS NO. 2.

Yolks of 6 eggs boiled hard and sifted through a sieve, 1½ cups of walnut meal, 1 teaspoonful of grated onion, 1 raw egg yolk, and a little nut cream and salt, 3 cups of dry bread-crumbs.

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RED BEAN ROAST.

Take 1 can or 2 cups of red kidney bean pulp, ½ cup of liquid (milk or water), 1 cup of rolled English walnuts, or ¼ cup of black walnuts, 1 teaspoonful of sage, 1 of salt. Mix together thoroughly, and bake.

CRYSTAL WHEAT ROAST.

Take 1 cup of crystal wheat, 1 cup of boiling water ; steam fifteen minutes ; then stir into it 1 cup of nut butter after moistening it with enough water to make it creamy ; salt, and bake in moderate oven twenty minutes, or steam twenty minutes. Then cool, and turn out of the pan, basting it with nut butter, and brown it in the oven.

A sauce to be served with it is made of 1 pint of strained tomatoes, ½ tablespoonful of nut butter, juice of half a lemon, and a little salt.

Sift the hard-boiled yolks in with the bread-crumbs and nut meal, add salt and onion, then the raw yolk of an egg, and enough nut cream to make it somewhat mushy.

ESCALLOPED MOCK SALMON.

Steam 1 cup of browned rice twenty minutes. Place in a baking pan a layer of the mock salmon cut in small pieces, then a layer of the browned rice, and so on, until the pan is filled. Cover the top with a generous sprinkling of pine-nut meal, after pouring in a little boiling water to moisten it. Bake in a moderate oven.

BREAD DRESSING.

Cut stale bread into inch cubes. Emulsify enough nut butter to make the dressing as rich as you desire ; add to it enough water to moisten the bread well. Put into this the

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sage and salt to make desirable seasoning, and pour over the bread. Bake in a shallow pan until well done and brown.

SAVORY LENTILS.

Soak a portion of lentils overnight, skim them from this water, and put in cold water, raising gradually to boiling-point. When thoroughly tender, pass them through a reasonably fine colander. To one part of this add an equal measure of fine, toasted bread-crumbs, also salt and sage, onion or some other herb as taste may dictate. Moisten the whole with a quantity of very thin emulsified butter. When all are combined, the consistency should be such that if left to stand a few minutes, it will become even over the top. Bake until quite firm and brown.

A NUT CHEESE NEST.

Take 1½ cups of raw peanut butter, 1 cup of corn-meal (white), 3½ cups of water, and ½ cup of lemon-juice. Mix all the ingredients thoroughly and cook the same as nutmeato. When thoroughly cold, crumble into very fine pieces and heap upon a large, round plate. Make a cavity in the top of the mock cottage cheese, and place in it the yolks of 4 hard-boiled eggs. Around the edge of the cheese, put a row of parsley as shown in the accompanying cut, or some may prefer watercress.

MOCK CHICKEN CROQUETTES.

Take 1½ pounds or 1½ pints of nutmeato chopped quite fine; add nearly as much mashed potato, 4 tablespoonfuls of zwieola which has been soaked for fifteen minutes in ½ cup of warm water, and 4 tablespoonfuls of gluten, 2 teaspoonfuls of sage, 2 teaspoonfuls of onion grated, salt to suit the

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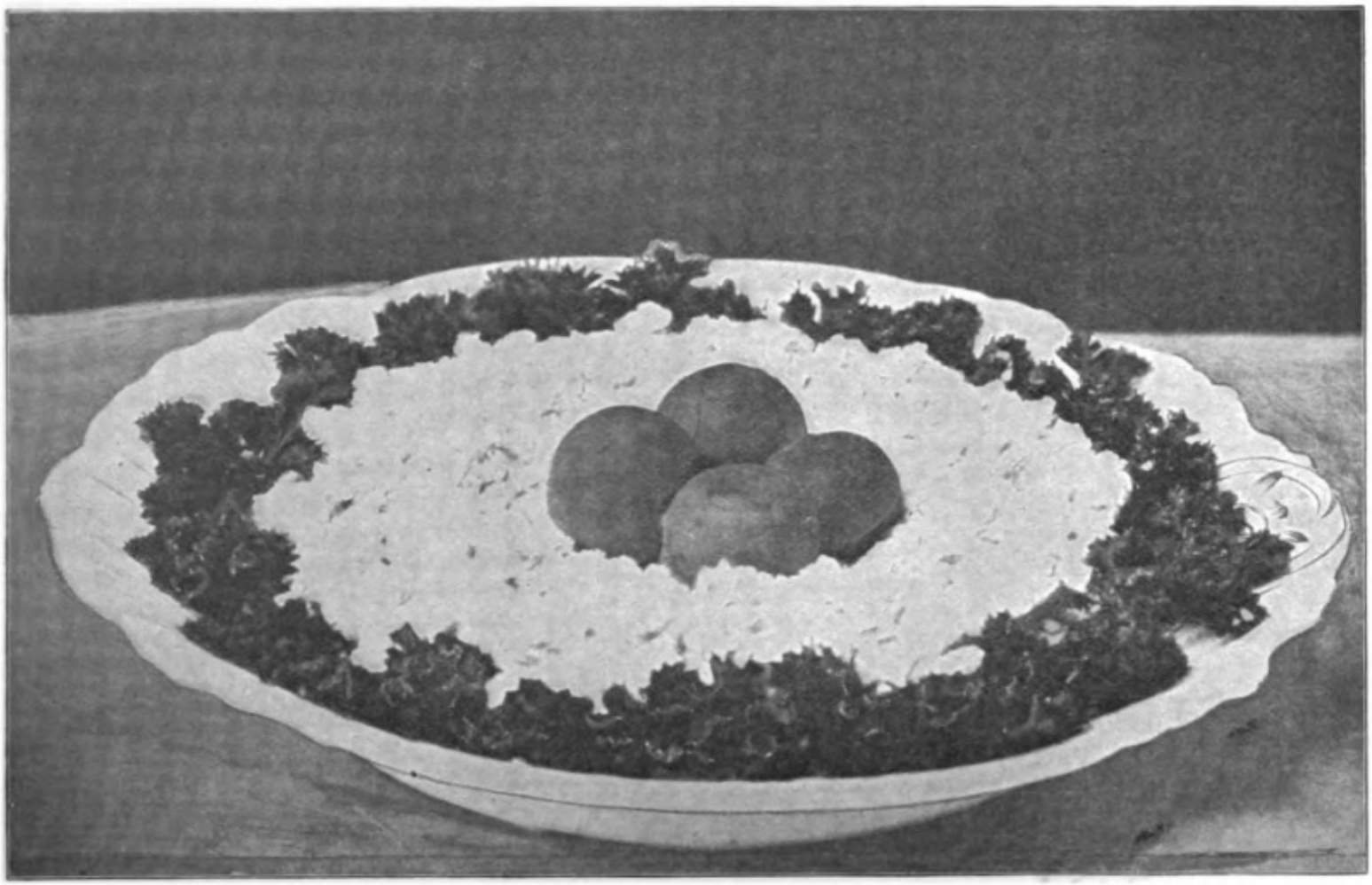

NUT CHEESE NEST.

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taste, 4 hard-boiled eggs put through a sieve, and 1 raw egg. Mix the sifted eggs with the zwieola, and work till smooth; then add the other ingredients, and mix all very thoroughly. Take a large tablespoonful, and work in the hands quickly, handling with care, and form into cylinder-shaped croquettes, making the ends as square across as pos-

MOCK CHICKEN CROQUETTES

sible ; then roll them in a beaten egg and then in gluten, or what is better, fine cracker-crumbs ; crisps or rolls that are perfectly dry and ground fine are also nice, and give them more of a meaty flavor. Bake on well-oiled tins for an hour or more. The above amount will make twenty good-sized croquettes. In serving, they can be arranged as in the accompanying cut, which represents them garnished with sprigs of parsley, or if a smaller quantity is desired, they may

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be made into funnel shapes by molding in an ice-cream mold or a small funnel with the hole stopped up with a piece of raw turnip or potato. Then when baked, they are nice served on a plate covered with curly lettuce leaves; serve a lettuce leaf with each croquette, placing the croquette upon the leaf.

MOCK FRIED OYSTERS.

Scrape some parsnips and cut slantwise to get the oval-shaped slice. Let them stand in cold water for half an hour. Then put into a saucepan, putting on plenty of cold water, and let it get boiling hot, and drain. Cover them with boiling water, and add 1 teaspoonful of salt, 2 teaspoonfuls of nut meal, cook until tender, and drain. When cold, dip the slices into a mixture of egg and nut cream whipped together, and then in roasted pine-nut butter, rubbed with an equal quantity of corn-meal. Place on oiled tins and bake in a quick oven.

EGG BUTTER.

Take 1 pint of raw nut milk, and cook it for three hours in a double boiler, stirring it quite often to keep it from getting lumpy. Then to 1 cup of the cooked milk to which has been added 1 teaspoonful of salt, add 1 level tablespoonful of white flour, which has been rubbed smooth in a little cold water, and let it cook in the double boiler for fifteen or twenty minutes, that the flour may be well cooked; then add the well-beaten yolk of 1 egg, and if desired, a little thick, raw peanut cream may also be added to give it more richness. Do not cook but a minute after the egg and cream are added, and stir it constantly or the egg will curdle. Pour while hot into a mold (a wooden butter-mold will do if it is tight). Wet the mold with cold water, and set in a cool place until perfectly cold clear through; then turn it upon the

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butter-dish, and it is ready for use. Some prefer it rather than the diluted nut butter. It very much resembles butter, and slices and spreads easily. Try it.

CUTLETS OF POTATO.

Take a can of nutmeato, — one that is about four inches in diameter makes the best size; slice it crosswise into slices about half an inch thick. Cut the slices into halves, and then

CUTLETS ON POTATOES.

with a sharp knife trim them to the shape of a meat cutlet. Macaroni is used in this instance for the rib bones, pressing it into the nutmeato. Dip first in a batter of egg, water, and flour, and then lay it in a platter of meal, made by rubbing together pine-nut butter and corn-meal, half and half, turning it until enough adheres to coat it over thoroughly. Place on

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a baking pan and brown in the oven. Have ready some nicely boiled potatoes, mashed and beaten to a foam, adding a little salt and nut cream, if desired. Heap them upon the center of a large platter, leaving them in a loose fluffy way. Then take the cutlets from the oven and set them up around the potatoes, as shown in the accompanying cut. Serve very hot.

MOCK OYSTER PATTIES.

Make a pastry dough by using 1 cup of fine almond meal or pine-nut meal, 1 cup of white flour, and enough cold water to mix. Mix the meal and flour, pour on the water a little at a time, and stir into crumbs, removing them to the board as fast as they form, and then press together and roll out half an inch thick. Cut out the patties with a scalloped cooky-cutter, and with a small round cutter placed in the center of the patty, cut half-way through the dough. Place on oiled tins, and bake in the oven the same as biscuits. When taken from the oven, remove the crust on the central part of the patty with a fork, saving it as a cover. Then with a fork remove all the inside, leaving only a good thick crust.

Have ready some vegetable oysters which have been well prepared and sliced slantwise, so as to give them more of an oyster shape. To 4 medium-sized oysters cut in this way, add 1 heaping tablespoonful of rolled oats, a pinch of salt, and enough water to cover them. Put into a basin, and cook in a steamer for two hours. The oatmeal will give them the slimy appearance of real oysters. When done, take out the nicest looking oysters on a plate, and put the rest through a wire sieve for the gravy. Partly fill the patties with the gravy, and then finish filling with the oysters. The gravy may be seasoned with roasted almond or pine-nut butter; then place the piece of round crust that was taken off, back

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on for a lid, and serve hot. The crumbs taken from the inside may be used to thicken the soup or gravy if it is too thin.

GREEN PEA PATTIES.

Take green peas, or canned peas will do. Make the patties the same as for oyster patties. After removing the inside of the patties, fill with the peas about two-thirds full, and pour over them the juice of the peas thickened with the crumbs; put on the lid, and serve hot.

NUTMEATO PATTIES.

Make a puff-paste and cut into patties as directed for mock oyster patties. Cut some nutmeato into small cubes, cover with water, and cook for two hours in a double boiler; then thicken the juice with a little white flour, add the nutmeato and fill the patties; put on the lid, heat in the oven, and serve hot in individual dishes.

MOCK CHIP BEEF.

Take plain nutmeato, slice it (or chip it) quite thin, let it stand overnight in an open dish covered with a cheese-cloth to keep off the dust. The outside will become somewhat dry and oily. In the morning broil on toasters or a toasting fork. Place in a dish of hot water, and gently simmer for half an hour; then drain off the water, turn the nutmeato upon a hot platter, return the water to the stove, and thicken with a little white flour rubbed smooth in a little cold water; add salt to suit the taste, and pour over the meat. This may be served as chip beef, or it may be placed upon toast.

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MALT EXTRACT.

MALT is any grain artificially germinated, so as to induce certain changes in the construction of the seed. Barley is the variety of grain usually employed for making malt. The barley is first screened, and then poured into a large vat; after which it is covered with six inches of water, the blasted kernels and foreign substance being skimmed off. It is left in this water from forty to fifty hours, taking less time in summer than in winter. The barley is then taken from the vat and thickly spread upon a floor where it is left to continue sprouting until it reaches a certain point, where the maltser knows from experience that the starch of the grain has been changed to soluble sugar and dextrin. These changes are effected by a peculiar nitrogenous ferment called "diastase," which exists in the grain, but is increased in amount during the sprouting process. The barley is then kiln-dried and ground to a flour. Diastase is obtained by making a paste of the malted grain and water, and kept at a temperature of 76° for a few minutes, when the water is then pressed out, filtered, and placed in a warm bath at 170°. At this temperature the foreign nitrogenous matter coagulates, which is afterward separated by filtration. The filtered liquid is quite pure diastase, and is evaporated at a low temperature, until it is dry. Diastase is not only soluble itself, but it has the power of dissolving starch, and is converted into soluble gum, to which is given the name "dextrin," and finally into grape-sugar, so called because, on analysis, it closely resembles the sugar which naturally exists in the grape.

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Diastase is so powerful that 1 part of it will convert 2,000 parts of starch to grape-sugar. For this reason it is extensively used in the preparation of farinaceous foods for infants, and in the form of malt extract it possesses considerable reputation in pharmacy, being recommended by physicians for patients who have lost the power of digesting starch, as the digestion of starch changes it to sugar or dextrin, and the malt extract produces the same result. Malt extract is very sweet, and has the consistency of honey; it blends nicely with nuts, and may also be eaten on grains and bread. It is one of the greatest fat-producing food elements made, and is especially recommended to persons who find themselves losing in flesh from any cause, and is equally well adapted to persons of all ages. It is, however, a very concentrated food, and care should be taken not to eat of it too freely.

MALTED BUTTER.

Take 2 cups of butter, 1 cup of malt, and mix thoroughly. When desired to be used on bread, mix in water till of the consistency to spread. A little salt may be added to suit taste.

MALTED NUT CARAMELS NO. 1.

Take 2 cups of nut butter, 1 cup of malt extract, ½ cup of No. 3 gluten. A little salt may be added if desired. Thoroughly mix ingredients, and mold into squares or any desired shape. Let it stand twenty-four hours. This preparation will keep well if each piece is wrapped in oiled paper. Where the gluten can not be easily procured, browned flour may be substituted. The caramels, if dissolved in hot water, make a palatable and nutritious drink, and many prefer to take them in this way.

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MALTED NUT CARAMELS NO. 2.

Take 3 cups of peanut meal, or 2 cups of butter, 1 ⅓ cups of malt extract, ½ cup of almond meal, and ½ teaspoonful of salt. Mix thoroughly, and mold. The following in weight will produce the same as the above: 17 ounces of peanut meal, 19 ounces of malt extract, 3 ounces of almond meal, ⅛ ounce of salt.

MALTED NUT CARAMELS NO. 3.

Take 2 cups of pecan meal, 1 scant cup of malt extract, and ¼ cup of No. 3 gluten meal. Mix well together, and press into a square tin. After it has stood twenty-four hours, it can be cut into squares, and wrapped in tissue paper if desired.

MALTED NUT CARAMELS NO. 4.

Take 1 cup of ground pine-nuts, a little salt, ½ cup of malt extract, and ½ cup of No. 3 gluten. (See index for directions.) Mix all together but do not work more than is necessary, or the oil will start. Press it into square tins, and when it has stood twenty-four hours, cut into one-inch squares. If preferred, it can be wrapped in tissue paper.

MALTED NUT CARAMELS NO. 5.

Take 1 cup of filbert meal, ½ cup of malt, 1 tablespoonful of gluten, and a little salt. Mix all together thoroughly and press in a square tin. Cut in squares after it has stood for twenty-four hours, and if it is desired, it can be wrapped in tissue paper. This is very good, and is relished by those who do not like peanuts.

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MALTED NUT CARAMELS NO. 6.

Take 3 cups of peanut meal No. 2, 1 cup of malt extract, a pinch of salt; mix well, and mold in square tins. After they have stood for several hours, they can be cut into caramels, and if desired, wrapped in oiled paper.

NUT FLAKES.

Take any of the malted caramels, Nos. 1, 2, and 6 are very nice. Roll them out very thin, as thin as paper if possible. A clean clothes-wringer will roll them thinner than they can be rolled with a rolling-pin. Then place in a warm oven and dry, being careful not to scorch them, as the malt scorches easily.

MALTED PEANUTS.

Take 1½ cups of peanut meal, ½ cup of malt extract, a small pinch of salt; rub all together, and dry in the oven or where it is warm, being careful not to scorch it. The malt scorches very easily. When perfectly dry, grind through the mill to a meal, and it is ready to eat. When mixed with malt the peanut dries more easily than any other nut.

MALTED ALMONDS.

Take 1½ cups of almond meal and ½ cup of malt; rub together thoroughly, and dry on tins in a warm oven or suspended over the stove. When very dry, grind to a meal.

MALTED BRAZIL-NUTS.

The Brazil-nuts may be blanched first by heating in the oven, when the skins will rub off. Then grind them to a meal. To 1½ cups of the meal add ½ cup of malt extract; mix well and dry. When thoroughly dried, grind to a meal.

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MALTED PINE-NUTS.

Take 1½ cups of pine-nut meal, ½ cup of malt extract, and mix together very thoroughly. Put in a warm place, and let it get perfectly dry. It will take longer to dry than it does the peanut. Then grind through the mill to a meal.

MALTED FILBERTS.

Blanch the filberts by heating in the oven, and rubbing off the skin; then grind to a meal. To 1½ cups of the meal add ½ cup of malt extract; mix well, let it dry in a warm place, and when well dried, grind to a meal.

MALTED WALNUTS.

Take walnut meal that has been made from the blanched walnuts, using 1½ cups of the meal to ½ cup of malt extract; a very little salt improves the taste. Mix well, and dry in tins in a warm oven. When perfectly dry, grind to a meal.

The pecan, hickory, and butternut may be malted in the same way.

MALTED CREAM.

Take 1 cup of cocoanut cream and 1 cup of malt extract; mix very thoroughly, and it is ready to serve. It is excellent to eat on bread, granose, or grains, and also serves as a sauce for puddings.

Raw peanut cream or the cream of any nuts may be substituted for the cocoanut if desired. The nut butter diluted to the consistency of cream and mixed with equal quantity of malt also makes a very nice dressing.

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MALTED NUT OIL.

Take 1 cup of pure malt extract and thoroughly mix with it 1 tablespoonful of peanut oil or the oil of any nuts desired. Warm the oil and malt on the stove and work well, until thoroughly blended; or eighty per cent. malt, twenty per cent. nut oil, and a little sugar of milk may be added to give a pleasant grainy flavor.

MALT FOOD.

Take equal parts of malt extract and water, mix well, and let boil; stir in a little gluten to thicken.

MALT GEMS.

Take 2 cups of water, 2 heaping tablespoonfuls of nut butter, 1 tablespoonful of malt extract, 2 eggs well beaten, ½ cup of corn-meal, 2 cups of white flour, ½ cup of graham flour, and a little salt. Have the water very cold, and dissolve the butter with the water, adding a little at a time; then add the malt. Beat in the flour until it is smooth, and lastly add the eggs, which should be very well beaten. Bake in hot gem irons for nearly an hour, the oven being quite hot.

MALTED SWEET POTATOES.

Bake the sweet potatoes as usual; then peel and cut into slices or into any shapes desired, and dip into a solution of ½ cup malt, 1 teaspoonful nut butter, and salt to taste; mix well, and when the pieces of potato are dipped into it, place them on oiled tins, and bake in the oven. When nicely browned, serve hot.

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MALTED BAKED APPLE.

Select good tart apples, remove the cores with a new clothes-pin, and then fill the cavities with a filling made by diluting nut butter with sassafras tea sweetened with malt. Bake in a moderate oven, until done, being careful not to overbake them.

SWEET POTATO PONE.

Peel and grate sweet potatoes enough to make a quart, grating as quickly as possible that they may not become discolored. Add to them 1½ cups of nut cream, 1 tablespoonful of malt, the juice and a little of the grated rind of 1 orange, and a little salt. Mix well, and pour into a pudding dish. Bake for one hour, or until the potato is done and it is nicely browned on top.

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GRAINS.

GRAINS are the most nutritious of all foods, and if properly cooked and masticated, they are easily digested. The grains are all similar in composition, varying in the relative amounts of the various elements, such as gluten, albumen, casein, and fibrin. They also contain a certain amount of starch, which is converted into dextrin, or sugar, fatty matters, and also mineral matter and cellulose. The total nutritive value of the grain foods is nearly three times that of meat. Grains approach more closely than other foods the proper standard of proportion of the food elements. We are told that the system requires six parts of carbonaceous to one part of nitrogenous material. Wheat contains exactly the correct proportion of the food elements. Bread made from the ground whole-wheat kernel is rightly called "the staff of life;" for one could live upon it without other foods, for an indefinite length of time, without injury to the body, as it contains all the elements needed in the body and that, too, in the right proportion.

But even these most nutritious of foods can be cooked and eaten in such a way as to be wholly unfit for the stomach.

The following are some of the errors made in cooking and eating grains: —

First. Not cooking them long enough. Many people think grains can be cooked in twenty or thirty minutes. This is a fatal mistake, and one that has ruined many a stomach. Grains consist largely of starch in the form of little cells; each cell is enclosed in a tough, fibrous coat, which the saliva

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or the gastric juice does not affect. By prolonged cooking, the starch in the cells expands and bursts the cells; then it can be acted upon by the saliva, which changes it to dextrin, or sugar. The gastric juice digests only the nitrogenous material, so when the starch is not digested by the saliva, it is apt to ferment in the stomach.

Second. Not masticating them thoroughly. Because the grains are softened by cooking and do not need to be masticated in order to render them fine, they are often swallowed without being thoroughly mixed with the saliva. This is a very injurious habit. When we consider the fact that mastication is the *only* step in the whole process of digestion and assimilation given by the all-wise Creator to man to perform, it seems that it ought to be given more time than many give to it in this age of hurry.

Third. Grains are often put in bad company. The custom of eating sugar and cream or milk on grains is a very injurious one, for the sugar combined with milk very readily ferments and causes a sour stomach. Either milk or sugar would not be so bad alone, but a dressing of nut cream, fruit-juice, or some sauces such as fig sauce, would be much more wholesome.

RECIPES FOR THE COOKING OF GRAINS.

CRACKED WHEAT.

Put 1 quart of water in the inner cup of a double boiler. When hot, stir into it 1 cup of cracked wheat, adding a little salt if desired. Let it cook rapidly until the kernels cease to settle when lifted from the stove; then place in the outer boiler, in which the water should be boiling. Cook four or five hours or longer. Serve hot with nut cream or any fruit sauce desired.

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CRACKED WHEAT AND NUTS.

When 1 quart of cracked wheat is nearly done and a little moist (add water if too dry), sprinkle 1 cup of chopped nuts over it, and close the kettle carefully, and let it steam for twenty or thirty minutes.

Mix the chopped nuts with the wheat as you pour it out into the dish. Pecans or walnuts are particularly good in this dish.

ROLLED WHEAT.

Have boiling 3 cups of water in the inner part of the double boiler. Salt to taste, and stir in 1 cup of rolled wheat. When thickened, place in the outer boiler, in which the water should be boiling, and cook three hours. The addition of raisins is very good. The raisins should be well steamed, and added just before serving. Stewed apples or other fruits, either fresh or stewed, may be added in the same way.

GRAHAM MUSH.

Heat 1 quart of water in the inner cup of a double boiler. When boiling, stir in 2 cups of graham flour which has been moistened with 1 pint of warm water, stirring in slowly. When thickened, put in the outer boiler, and cook one hour. The above may be varied by adding stoned dates just before serving, or steamed raisins or figs chopped in small pieces; or fruit may be added, such as baked sour apples with the skins and core removed, peaches, huckleberries, etc.

GRAHAM GRITS.

This is a product of the wheat kernel, in which the germ of the wheat and the outer layer of the wheat kernel are ground into a granular form. As this preparation takes the

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most nutritious part of the wheat kernel, it is an excellent food, having the elements in good proportion.

TO COOK GRAHAM GRITS.

Heat 3½ cups of water in the inner part of the double boiler. When boiling, salt to taste, and stir in slowly 1 cup of graham or wheaten grits. Let boil for a few minutes until thickened, and place in the outer boiler, partly filled with boiling water. Cook for three hours or longer. It does not hurt it to cook all night.

FARINA.

Heat 1 quart of nut milk, or water if preferred, in the inner cup of the double boiler. When boiling, stir in 5 tablespoonfuls of farina, moistened with a little cold water. Let it boil until it thickens, then place in the outer boiler, and cook for one hour. If cooked in water, it should be served with nut cream or something which contains nitrogenous material as the farina is made from the central part of the wheat kernel, and consists principally of starch.

OATS.

In nutritive value, the oat ranks next to wheat. It is rich in fats as well as bone- and muscle-making material. It is therefore an excellent article for food if properly prepared; but, like other grains, it has too often been served in an underdone state. It is somewhat harder of digestion than wheat, but is considered by some as excellent for some forms of dyspepsia.

OATMEAL MUSH.

Pour into the inner part of the double boiler 1 quart of water. When hot, stir into it 1 cup of rolled oats, and let it boil rapidly until it thickens; then set in the outer part of the

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double boiler; the water in it should be boiling. Cook three hours or more. It will not hurt them to cook all night, and may be cooked on a coal stove all night, and be ready for breakfast. If desired, salt may be added to the water before adding the rolled oats.

OATMEAL GRUEL.

An excellent gruel may be made by sifting the cooked rolled oats through a sieve and adding water to make of the right consistency. A little salt and nut butter may be added if desired, or a little dairy cream or milk. This gruel is excellent for children and invalids.

BARLEY.

Barley is not so nutritious as wheat, and is more difficult to digest. Pearl barley is the most common form in which it is used.

To Cook Pearl Barley. — Take 1 quart of cold water in the inner part of a double boiler, salt to taste, and add 1 cup of pearl barley. Place in the outer boiler, and let come to the boiling-point slowly. Cook for four or five hours, and serve the same as cracked wheat.

PEARL BARLEY AND NUTS.

Soak 1 cup of pearl barley, and 1 cup of blanched raw peanuts overnight. In the morning cook the barley in a double boiler and the peanuts in a kettle. (See directions for cooking peanuts.) When the peanuts are done, and have only a little water, pour them in with the barley, carefully fold them in, and let them continue to cook for an hour or more.

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RICE.

Rice is a grain very easy of digestion. It is very rich in starch, but lacking in the nitrogenous elements, therefore it should be eaten with some foods that have an excess of that element, as nuts, legumes, eggs, or milk.

STEAMED RICE.

Look over and thoroughly wash the rice. To 1 cup of rice add 2 cups of water, and 2 cups of nut milk; salt to taste. Place in a steamer, and steam one hour, stirring occasionally with a fork, lifting it up to keep it from being soggy. Serve hot with cream or any sauce desired.

BROWNED RICE.

Put a quantity of rice in the Family Peanut Roaster (4 or 5 pounds can be roasted at a time if desired), and place over a wood- or gas-stove. If the latter is used, it will take constant but slow turning; it is not necessary that it should be turned fast. Watch closely. When done, it should be of a yellowish-brown color. Use 1 cup of rice to 2 cups of water. Add a little salt. Steam the same as the above recipe. When done, each kernel should be separate, dry, and mealy. It is very palatable eaten without a dressing, but can be eaten with nut cream or with a fruit sauce if desired.

BROWNED RICE SOUFFLE.

Take 1 cup of browned rice, steam it in 3 cups of water for twenty-five minutes. When cold, add 1 cup of sifted tomato pulp. Beat 4 eggs, the whites and yolks separately, add the yolks first, and fold in the stiffly beaten whites last, turn into an oiled pan, and bake in a quick oven for twenty minutes. Serve immediately.

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GOLDEN RICE.

Take 1 cup of rice, 2½ cups water, and ½ cup nut cream; mix well, and steam for forty-five minutes. Then add 1 egg, which should be well beaten, and steam just long enough to set the egg. Serve on a flaring platter or large plate with poached egg on top.

RYE.

In nutritive value, rye is nearly equal to wheat, but has a taste not relished by some.

ROLLED RYE.—Put 3 cups of water in the inner cup of a double boiler. When boiling, add salt to taste, and stir in slowly 1 cup of rolled rye. Let it boil until it thickens, and then place in the outer boiler, and cook for three hours or more.

RYE MUSH.

Heat 3 cups of water to boiling in the inner dish of a double boiler, add salt to taste, and stir into it 1 cup of rye graham flour moistened with 1 cup of warm water. Stir until thickened, then place in the outer boiler, the water in which should be boiling. Cook for one hour or more.

MACARONI.

This is a wheat product ; the outer skin or bran is rejected, but the glutinous part of the wheat is saved. When properly cooked, it is nutritious and palatable ; it serves as a basis for a variety of soups as well as other dishes.

TO BOIL MACARONI.—Take 1 cupful of macaroni which has been broken into pieces one inch in length. Drop them into boiling hot, salted water, and cook until tender, which will take from thirty to forty-five minutes. When tender,

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drain off the water in which it was cooked, and serve with almond cream and sugar. A little vanilla may be added to the cream if desired.

MACARONI WITH TOMATO SAUCE.

Cook the macaroni as in the preceding recipe, and cover with the following gravy: Heat 1 pint of nut milk to boiling. Salt to taste, and thicken with 1 level tablespoonful of white flour. Lastly add ½ cup of strained tomatoes. Pour over the macaroni and serve hot. Less nut milk and more tomato may be added if desired.

MACARONI WITH ZWIEOLA.

Boil the macaroni in salted water until tender; drain, and place a layer of it in a pudding dish. Sprinkle over it a little zwieola, and add another layer of macaroni, and so on, having a sprinkling of zwieola on top. Cover it with nut cream and, if desired, 1 egg may be added to the cream. Place in the oven, and bake.

MACARONI WITH EGG SAUCE.

Cook the macaroni as in the recipe for boiled macaroni; drain, and pour over it the following sauce: Heat 1 pint of nut milk to boiling. Take 1 teaspoonful of white flour, and dissolve in a little cold water, add the yolk of 1 egg and a little salt. Beat well, and stir into the nut milk, which should be boiling gently. Pour over the macaroni, mix, and serve hot.

MACARONI WITH CORN.

Boil 1 cup of macaroni which has been broken into inch lengths, in boiling, salted water until tender. Drain and add to it 1 cup of corn cut from the cob or 1 cup of canned

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corn, a little salt, 2 tablespoonfuls of zwicola, 1 egg well beaten, and 1½ cups of nut milk. Mix thoroughly, and bake in a granite pudding dish.

MACARONI WITH NUTMEATO.

Boil the macaroni as in the recipe for boiled macaroni, then drain and put a layer of it in the bottom of a pudding dish, then put over it a layer of nutmeato which has been grated or put through a sieve or vegetable press, then a sprinkle of minced parsley leaves, then another layer of macaroni, and so on, finishing with nutmeato on top. Pour over it enough nut milk to moisten it, and bake in the oven.

CORN.

Corn contains about three times as much fatty matter as the other grains. It is not so easily digested as wheat, and is not a suitable diet for some stomachs. Corn contains 9.7 per cent. of albuminous elements, 69.5 per cent. of starch, 3.8 per cent. of free fats, and 1.3 per cent. of salts, making a total nutritive value of 84.3 per cent. Corn should be cooked a long time in order to make it more digestible.

CORN MUSH.

Mix thoroughly together 2 cups of corn-meal, 2 tablespoonfuls of white flour, and 1 pint of warm water. Turn this mixture very slowly into 1 quart of boiling water, stirring constantly, and being careful that it does not cease boiling. Cook in a double boiler three or four hours. The common idea that corn-meal mush can be made in a few minutes is what has ruined many a stomach, and made many life-long dyspeptics.

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CORN-MEAL AND WALNUTS.

Into 4 cups of boiling water stir 1 cup of corn-meal; continue stirring until it is smooth and quite thick. Then add 1 cup of walnut meal, and pour it into a well-oiled bake-pan, and steam it for six hours. Then place in the oven a few minutes to brown on top. Cut it in slices, and serve with a nut gravy.

POP-CORN.

Pop-corn is the smallest of the maize family, and contains more oil than the other varieties. When oils are heated to a certain degree of temperature, they turn into gas, which, although very light, occupies a great deal more space than the oil. As it can not escape through the hull of the kernel, the pressure finally becomes so great that it bursts the kernel, and the explosion also bursts the starch cells, and makes it easy of digestion. For this reason, pop-corn forms an excellent food. Ground pop-corn is excellent eaten with nut milk, and can be used in making mushes and puddings.

POP-CORN POPPED.

Shell the corn from the cob, and remove the chaff in the wind by pouring from one dish to another. Then place in Family Peanut Roaster, and set over a gasoline burner or gas-stove, and turn the crank until the corn is popped.

HOMINY AND NUTS.

When hulled corn or hominy is nearly done, stir into it 1 cup of nut meal to each quart of the hominy. The meal made from any nuts may be used, or a mixture of several kinds of nuts.

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PEANUTS AND HOMINY.

Soak together equal quantities of hominy and blanched peanuts in water overnight. Put on the stove early in the morning in the same water, and when they have boiled an hour or two, or until the water begins to thicken, put them in a double boiler, and let them cook eight or nine hours.

BROWNED MUSH.

Take mush that is left from the previous day and cut into slices about one-half inch thick ; dip first in a beaten egg to which has been added 1 tablespoonful of nut milk, then roll in a mixture of corn-meal, pine-nut butter, and a little salt, thoroughly mixed. Place on a tin, and bake in a quick oven.

NUT HASH.

Any cold cereal, as rice, barley, hominy, grits, etc., chopped with an equal quantity of hazelnut meal, and a little water added, cooked in the oven for an hour, makes a good change. Use Brazil-nuts with rice or sago, almonds with tapioca or pearl barley, pecans with hominy or grits.

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UNLEAVENED BREADS.

UNLEAVENED breads are those made light without the use of yeast, baking-powder, or soda. Since they are the most healthful of all breads, it would be of benefit to mankind if they were in more general use.

The principle in making these breads is to incorporate as much air as possible into the dough, that when it is baking the air may be expanded by the heat, and cause the bread to be light and porous.

Bread which is raised with baking-powder or soda should never be eaten, as it is alkali, and destroys the effect of the gastric juice, thus preventing it from doing its work of digesting the food. Unleavened breads are better than breads raised by yeast; for they contain no yeast germs. The strong stomach can destroy these germs, but in the weak stomach there is danger of their increasing, and causing fermentation.

THE NUT-BUTTER MILL AS A KNEADER.

In making the unfermented breads, it will be found of great advantage to run the dough through the nut-butter mill twice or more, instead of kneading by hand as directed in the recipes. At first thought, it may seem that it would be a more tedious process; but experience will demonstrate that a half-hour with the mill will produce a much finer-grained and a more tender bread than the same time spent in kneading by hand.

For this work, adjust the mill more loosely than for grinding nuts.

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WATER GEMS.

Take ½ cup of nut meal, 1 cup of ice-cold water, and whole-wheat or graham flour sufficient to make a batter. Beat thoroughly for from five to ten minutes. Bake in hot gem irons in a quick oven.

GRAHAM GEMS.

Beat together very thoroughly 1 pint of any kind of nut milk, the yolk of 1 egg, and a pinch of salt. Then add 2¼ cups of graham flour, adding a little at a time, and beating in order to incorporate as much air as possible into the mixture. When light and foamy, fold in the well-beaten white of the egg. Turn into gem irons which have been heated, and bake in a rather quick oven for from forty to sixty minutes. Part whole-wheat or white flour may be used instead of all graham if preferred.

RAW PEANUT-BUTTER GEMS.

Take ½ cup of raw peanut butter, 1½ cups of cold water, 2 entire eggs, enough whole-wheat flour to make batter that will just pour readily. Dissolve the butter in the water, and place in a round-bottomed dish. Add to it the yolks of the eggs. Then beat the whites of the eggs until they are very stiff, and set in a cool place until the rest is ready. With an egg beater beat the milk and yolks until frothy; then add the flour a little at a time, beating continuously with a spoon or the egg beater used like a spoon, until the mixture is of the desired thickness. Then fold in the whites of the eggs. Do not beat, as that will allow the air to escape from the whites; but put the spoon down by the edge of the dish, and bring it up through the center. Pour into warm and well-oiled gem

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irons, and bake in a hot oven. The oven should bake well from the top, so that a slight crust will form to keep in the air. Bake three fourths of an hour.

CORN GEMS.

Take 1 egg, 1½ cups of any kind of nut milk, ¼ cup of sugar, 1 cup of white flour, and ½ cup of yellow corn-meal. Beat the yolk of the egg, the sugar, and nut milk together, Mix the corn-meal and flour, and add a little at a time, beating constantly for five or ten minutes. The colder the material, the more foamy and light it will become. Then add the stiffly beaten white of the egg, and bake in gem irons in a moderately hot oven.

SALLY LUNN.

Take 2 eggs, 2 cups of cold nut cream (the colder the materials, the lighter the gems will be), to which add ½ cup of sugar and 2½ cups of graham flour. Beat yolks of eggs, cream, sugar, and salt together ; add the flour slowly, beating continuously. Then beat vigorously for five or ten minutes, until it becomes real light and full of air bubbles. Then add the stiffly beaten whites of the eggs, and bake as other gems.

WHOLE-WHEAT GEMS.

Put the yolk of 1 egg into a large bowl or round-bottomed pan. Add to it 1½ cups of any kind of nut milk, beating thoroughly until foamy with air bubbles, after which add a small quantity at a time, of whole-wheat flour, beating continuously, until 2 cups have been put in. Continue the beating for ten minutes more after the last of the flour has been added. After it has been beaten as directed, add the stiffly

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beaten white of the egg. Do not beat after egg has been added, but turn at once into heated gem irons, and bake in a moderate oven for one hour. If properly made, they will be as light as bread made with yeast.

FILBERT GEMS.

Take 1 pound of filberts in the shell, remove kernels from shells, and grind to a meal. Beat 3 eggs thoroughly, add 3 cups of water, and beat in 3 cups of whole-wheat or graham flour, after which fold in the filbert meal, and bake in very hot gem irons in a quick oven.

CREAM PUFFS.

Take 1 cup of raw peanut cream, 1 cup of very cold water, 2 eggs, 2½ cups of whole-wheat flour, and a little salt. Beat the yolks of the eggs, the water, cream, and salt together; then add the flour, slowly beating for about ten minutes; then add the stiffly beaten whites of the 2 eggs, folding them in, and bake in gem irons in a quick oven for nearly an hour. The cream from any nuts may be used.

DELICATE PUFFS.

Take 1 cup of very thick hickory-nut cream and 1 cup of real cold water, or two cups of thin cream; also 2 eggs, ½ cup of sugar, 2½ cups of whole-wheat flour, and a little salt. Beat the liquid, sugar, salt, and the yolks of the eggs together; then add the flour slowly, beating all the time. After the flour is in, continue beating for five or ten minutes, until it becomes light, and full of air bubbles. Then fold in the whites of the eggs, which should be beaten to a very stiff froth. Bake in hot gem irons for forty-five minutes.

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CORN PUFFS.

Take ½ cup of yellow corn-meal, 1 cup of fresh mashed potatoes, ½ cup of nut milk, 1 egg, and a little salt. Pour the milk over the corn-meal. Add the potatoes, and mix thoroughly. Fold in the egg, which has been well beaten beforehand. Bake in gem irons in a quick oven.

CORN-MEAL MUFFINS.

Take 1 pint of warm nut milk, 1 teaspoonful of salt, 1 cup of white flour, 1 heaping tablespoonful of sugar, and ½ cake of yeast. Grate or break the yeast-cake up fine. Mix it with the other ingredients, and add enough Indian meal to make a thick batter. Let rise overnight. In the morning add a little peanut oil; let rise again, and pour into gem irons only half full. Let rise a few minutes and bake.

RAISED WAFFLE BATTER.

Take 1 quart of sifted flour, 1½ pints of warm nut milk, ½ yeast-cake, 1 teaspoonful of salt, ½ tablespoonful of nutcoa. Mix all together, and let rise overnight. In the morning add 2 or 3 well-beaten eggs, and beat into the batter. Let stand a short time, and pour into well-oiled, hot gem irons, and bake.

WHOLE-WHEAT PUFFS.

Take 2 cups of whole-wheat flour, 1½ cups of nut milk (very cold), 2 eggs, ½ teaspoonful of salt. Make a batter of the flour, milk, and salt, and beat for ten minutes. Then beat the eggs, the whites and yolks separately, and fold in. Pour into well-oiled, warm gem irons, and bake one hour.

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GRAHAM PUFFS.

Take 1½ cups of graham flour, 1 cup of white flour, 2 teaspoonfuls of sugar, 1 teaspoonful of salt, 1 large cup of nut milk, and 3 eggs. Make a batter with the flour, milk (cold), salt, and sugar. Beat the yolks until thick and creamy, and beat the whites until stiff and crumbly. Fold the yolks into the batter; then fold in the whites. Pour into warm, well-oiled gem irons, and bake one hour.

MILK GEMS.

Cook some raw peanut milk in a double boiler for two hours, and then set it in a cool place until morning. Then take 1½ cups of the milk, 1 egg, a little salt, and enough flour to make a gem batter; put the yolk of the egg in the milk, beat well, and add the flour (whole-wheat preferable), beating it thoroughly for five or ten minutes; then add the stiffly beaten white. Pour into hot gem irons and bake nearly an hour.

SWEET POTATO GEMS.

Take 1½ cups of mashed sweet potato, sift thoroughly through a sieve or colander, add 4 tablespoonfuls of flour, a little salt, 1 tablespoonful of nut cream, and 1 tablespoonful of malt or sugar; mix well, and add 2 cups of nut milk; beat, pour into gem irons, and bake. If the gem irons are not available, bake in the form of cakes on a griddle.

BEATEN BISCUIT.

Take 1 cup of water, 1 cup of raw peanut cream, ½ teaspoonful of salt, and as much flour (whole-wheat) as can be kneaded in. Mix all together well, knead it very stiff, roll it out a little, sprinkle with flour, fold over, and beat with a

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wooden potato masher or hammer, beating around the edges first, so as to keep in all the air possible. Continue this process until the dough is very elastic, and will give a sharp sound if a piece is broken off quickly. The same result will be obtained if the dough is pulled like taffy candy, instead of beating it, and it makes much less noise. When the dough is elastic, cut into small pieces about the size of a walnut, and roll into a round biscuit, then with the thumb and finger press a hole through the center of the biscuit; this will give it a chance to expand more, making the biscuit light. Place on perforated tins, and bake in a moderate oven for one hour.

RAW-BUTTER ROLLS NO. 1.

Take $2\frac{1}{2}$ cups of flour (seconds), $\frac{1}{3}$ cup of raw nut butter, $\frac{2}{3}$ cup of water, and a pinch of salt. Sift and measure the flour. Dissolve the butter in the water, working until it is smooth and creamy. Add the salt, and pour into the flour a little at a time, working it with a spoon or the hand as in making a suds of water and soap. This will make it foamy, and introduce more air into the mixture. When part of the cream has been wet with the flour, remove to the cake-board, and pour in more cream on the flour, and "suds" as before. When all the cream has been used, put the pieces together and knead thoroughly for ten minutes, after which roll it out into a roll as smooth as possible, and about an inch in diameter. Cut into any lengths desired, and bake in a moderately hot oven until thoroughly baked, which may require nearly an hour.

ROLLS NO. 2.

The following recipe can be varied by using whole-wheat, graham, or pastry flour; also, if preferred, a mixture of different kinds, as half graham and half white flour, which is better than all graham. Whole-wheat is considered the best.

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To 1 cup of best whole-wheat flour, take ⅔ of a cup of peanut meal, and about ½ cup of water — enough to make a very stiff dough. Knead for ten or fifteen minutes, until the dough will make a snapping sound when a piece is pulled out quickly. Then roll with the hands until about three fourths of an inch in diameter; cut into desired lengths, and bake on roll bakers in a moderate oven for one hour.

ROLLS NO. 3.

To 1 cup of flour, take ½ cup of almond meal, and nearly ½ cup of water, which ought to make a very stiff dough. Knead for ten or fifteen minutes, form into rolls about ¾ of an inch in diameter, cut into desired lengths, and bake on roll bakers, in an oven moderately heated, until thoroughly baked. Nearly an hour will be required.

Almond butter or peanut butter may be used, if desired, in place of almond meal.

ROLLS NO. 4.

To 1 cup of raw peanut cream (use care not to have it too thick; and if it should be too rich, add an equal quantity of water), add a pinch of salt, and enough whole-wheat flour to make a very stiff dough. Knead until the dough becomes quite elastic, and will make a snapping sound when a piece of dough is quickly pulled off. The more stiffly the dough is kneaded and worked, the better the quality of the rolls will be.

ROLLS NO. 5.

Take ½ cup of cocoanut cream, ½ cup of cold water, a pinch of salt, and sufficient whole-wheat flour to make a very stiff dough. Whole-wheat flour is more nutritious than the white, as it contains more gluten, salts, and phosphate.

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Lighter and crisper rolls can be made by its use. Knead the mixture until it becomes very elastic, and make into rolls about three fourths of an inch thick, and cut two inches long. They are better if baked on roll bakers, as the heat can reach them equally from all sides.

ROLLS NO. 6.

To ½ cup of cream taken from chufa milk, add ½ a cup of water, and a quantity of whole-wheat flour sufficient to make a stiff dough. Make the same as Rolls No. 4.

These are delicious, and also inexpensive, as chufas may be raised in nearly all sections of this country. See article on "Chufa."

ROLLS NO. 7.

Take ½ cup of pine-nut meal, 1 cup of white or whole-wheat flour, a little salt, and enough cold water to make a very stiff dough. For further directions, see Rolls No. 1.

ROLLS NO. 8.

Any shortening most convenient and cheap may be used. Where pecans and hickory-nuts are plentiful, they may be used in the form of meal or milk and cream.

Take 1 cup of rich hickory-nut or pecan milk, 1 cup of flour, and a small amount of salt. Knead thoroughly. If the dough does not become real stiff, add more flour.

NUT ROLLS.

Take 2 cups of any cold cooked cereals, and add ⅔ cup of nut meal. Mix thoroughly, and knead on a board until smooth and firm, using white or whole-wheat flour. Form into rolls about the size of the finger and bake on roll bakers in a moderately hot oven.

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NUT CRISPS NO. 1.

Make dough as for Rolls No. 2 or No. 3. Roll out as thin as brown paper, cut into squares, and bake on perforated tins or roll baker until done.

CRISPS NO. 2.

Any dough used in the various kinds of rolls is suitable for making crisps. The dough made from the cream is excellent.

HICKORY-NUT CRISPS.

Take 1½ cups of whole-wheat or graham flour, and thoroughly mix into it ½ cup of hickory-nut meal. Add salt, and sufficient water to knead easily. Roll out as thin as brown paper, perforate the dough by means of a fork, in order to avoid blistering, and bake in a quick oven. Watch them closely to prevent burning.

NUT STICKS.

Make a dough similar to that for Rolls No. 2 or No. 3, and roll with the hands until it is about the size of a lead-pencil. Cut in lengths six inches long, and bake in the oven until a light brown.

STICKS.

Any dough made for rolls will be equally good for sticks. The cream dough is especially good.

ZWIEBACK.

To make good *zwieback*, the bread from which it is made should be very light and porous. It should not be new bread or bread that is moist, as that kind of bread makes very hard and tough *zwieback*. Bread that is several days old, and that

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has been in a place where it will dry out is the best for zwieola. Either graham or white can be used. Cut into slices about one half or two thirds of an inch thick ; place in a warming oven on a roll baker, or in the oven with the door open, so that it will thoroughly dry out before toasting. Then the doors may be closed. It should be toasted to a light brown. The slices can be cut one inch thick if desired, but the thinner it is the more brittle it will be.

UNLEAVENED BISCUIT.

Take 4 eggs, 4 tablespoonfuls of nut butter, 4 cups of granose flakes, salt to taste. Beat whites and yolks separately, and to the yolks add the nut butter and salt ; beat to cream, fold in the stiffly beaten whites ; last of all, quickly fold in the granose flakes, not waiting for every flake to be moistened. Drop in spoonfuls on oiled tins ; bake fifteen minutes, or until lightly brown ; ½ cup of sugar may be used if desired.

NO. 1 GLUTEN.

Take 5 cups of water, 13 cups white flour (Pillsbury's Best is one of the best grades of flour to make this, as it contains more gluten than some grades.) Mix the water and the flour into a loaf, knead for ten minutes, and then put in a pan and cover with water. Let it stand an hour or more, then begin to work with the hands, washing out the starch. Wash thoroughly through several waters until the water is clear; then wiping the gluten with a clean, dry cloth, cut into pieces like small biscuit, and bake in a moderately hot oven, being careful not to brown them too much, as that will make the gluten dark. Keep it where it is warm until it is thoroughly dried through, and grind through the mill. This will

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be No. 1 Gluten, and usually costs fifty cents a pound. The water in which it was washed can be left in a pan (earthen) overnight; then turn off the water, and the starch which is in the bottom can be dried and used in making nutmeato, and for other purposes, instead of corn-starch.

NO. 3 GLUTEN.

Take 1 cup of No. 1 Gluten, 2 cups white flour, enough cold water to make a very stiff dough, and as little water as possible. Roll into thin crackers, bake in a moderate oven (but not brown), break into pieces, and grind in the mill. A grain mill is best, as it will make it finer.

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YEAST BREADS.

HOP YEAST.

PLACE 1 handful of hops in a cheese-cloth bag, and boil in 2 quarts of water for fifteen minutes; then remove the bag, and pour the boiling tea over 1 pint of white flour, to which has been added 1 tablespoonful of salt, pouring slowly at first in order to have it smooth and free from lumps. If at all lumpy, strain, and when lukewarm, add 1 cup of liquid yeast or ½ cake of compressed yeast, and set in a warm place to rise. When light, put in glass cans, and keep in a cool place.

FRUIT YEAST.

Take 1 cup of raisins, wash them well, and put them to soak in 1½ pints of warm water, keeping them in a warm place for two or three days, or until fermentation takes place, which can be told by the bubbles on top of the water. Then make a potato yeast by boiling 4 good-sized potatoes until tender; mash fine, or sift through a colander or vegetable press. Add 1 teaspoonful of salt, 1 tablespoonful of sugar, and when cooled to blood-heat, add enough of the raisin water to make of the right consistency, which will be about 2 cupfuls. Let it rise until light, and then put in clean glass cans, and keep in a cool place. It is better to be a few days old before using.

POTATO YEAST.

Peel 4 good-sized potatoes, boil, and mash them. Add to them 2 tablespoonfuls of sugar, ½ tablespoonful of salt, 1½ cups of water, and sift through a sieve to remove all lumps.

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When lukewarm, add ½ cup of good yeast, and let stand until well risen; then put into sterilized glass cans, and keep in a cool place.

QUICK YEAST BREAD.

The potato yeast is the best for bread making, as the bread keeps moist longer, and there is no danger of injuring the flavor of the bread by using too much. A fine-grained and very sweet bread may be made by raising the dough only once, thereby saving time, trouble, and what is far better, the sweet flavor and nutrition of the bread. But in order to have this bread successful, the yeast must be good and lively.

To make 3 loaves, take 3 quarts of flour, 1 small tablespoonful of salt, 1 quart of milk-warm water, 1 pint of potato yeast or 1 cake of compressed yeast. Sift the flour into the bread pan, and form a hollow in the center; put in the salt and pour in the water, constantly stirring with one hand until a thin batter is formed; then add the yeast, and mix thoroughly until a stiff dough is formed. Then take out on the bread board, and knead thoroughly for twenty minutes or more, flouring the board to keep it from sticking. Form into loaves, put into well-oiled pans, rub over the top a little peanut oil, and let it rise until about twice its first size. Then put in a moderate oven and bake one hour. The loaves should not crust over for the first twenty minutes, and during this time they should rise to double the size of the loaf that was put in the oven. The pan should be deep enough to retain them in shape; then the temperature of the oven should be raised to six hundred degrees for about twenty minutes; but the last twenty minutes should be quite moderate.

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YEAST BREAD NO. 1.

Dissolve 1 cake of compressed yeast in 1 pint of warm water, or 1 cup of good liquid yeast; and thicken with white flour (like Pillsbury's Best) to make a medium stiff batter. Set this sponge at nine o'clock in the evening, in a dish large enough to have plenty of room to rise. It should be kept at a temperature of about sixty degrees. If kept too warm, it will be apt to fall before morning. In the morning add 1 pint of warm water in which has been dissolved 1 heaping tablespoonful of nut butter. Almond butter is preferable, as it will not make the bread yellow; if peanut butter is used, the peanuts of which it is made should not be roasted very brown,—only a straw color. Add also 1 tablespoonful of sugar and 1 teaspoonful of salt. Mix thoroughly with the sponge, and lift it up, working in the flour and pulling it at the same time. Do not add enough flour to make it very stiff; but pull it until it is very elastic and the hand becomes clean of the dough. Then set it to rise the second time. When light, mold into loaves, kneading as little as possible. Flour them, and put into oiled tins. The loaves should be as soft as can be lifted into the tins. Let stand in a warm place until twice their original size, and bake in a moderate oven. The loaves should not crust over for the first twenty minutes; then it should have a hotter fire for twenty minutes; and then a more moderate fire for the last twenty minutes. It should bake one hour.

GRAHAM BREAD.

It is always best to set the sponge with white flour, for the graham flour is more likely to sour, as it contains more gluten. When both kinds of bread are to be made, some of the white sponge may be taken for making the graham bread.

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To 1 pint of the sponge, add 1 pint of warm water, 1 teaspoonful of salt, and 1 of malt extract. Add enough graham flour to make a rather stiff dough. Pull or knead for half an hour. Form into loaves, oil with nut oil, and when they have risen to twice their original size, place in the oven and bake for one hour. The oven should be moderate for the first twenty minutes, to give the bread a chance to rise before a crust forms; then the oven should be hot for twenty minutes, that all the yeast germs may be killed; and then moderated at the last, so to not burn the crust. When done, remove from the tins, and set in a draft, on a tin or a plate, until cool.

STEAMED GRAHAM BREAD.

Take 3½ cups of graham flour, 2 cups of corn-meal, 3 cups of nut milk, 1 cup of malt extract, 1 teaspoonful of salt. Mix the nut milk, salt, and malt together; then mix the corn-meal and flour, and stir into the liquid. Put into basins or baking-powder cans, and steam for two and one-half hours. Then brown in the oven for fifteen minutes.

SALT-RISING BREAD.

Take a perfectly clean bowl, and one that has not had any acid substance like cooked fruit in it. Put in it 1 cup of warm water, ½ teaspoonful of salt, 1 teaspoonful of corn-meal, 1 drop of ginger extract, and enough white flour to make a medium thick batter. Beat it very thoroughly, and set the bowl in a pan of warm water to secure a uniformity of temperature. It will rise in about five hours, sometimes more quickly. Much depends upon the flour. When it is light, take a pint of quite warm water, and add enough flour to make a rather stiff sponge. When lukewarm, add the rising, stirring it in well. If kept in a warm place, it ought

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to be light in one or two hours. When light, knead into loaves. It requires much less kneading than yeast bread. When the loaves have risen to twice their original size, bake in a moderate oven for nearly an hour.

BROWN BREAD.

Select good wheat from the granary or grist-mill, wash it, and remove all foreign substances. Soak it overnight. Put it in a cloth sack, and steam it until plump, but not soft. Spread thin on tins, and roast in the oven until well dried, and somewhat brown. Grind through the mill, not making an effort to have it very fine. It should be rather coarse.

To 1 quart of caramel-cereal coffee, add 2 level tablespoonfuls of nut butter. When boiling, stir into it ½ cup of rye flour, ½ cup of corn-meal, ⅓ cup of sugar, and a pinch of salt, all of which have been well sifted together. When again boiling, remove from the fire, and stir into it enough of the prepared wheat to make a very stiff substance. Compactly press into an oiled pan, cover, and steam three hours. Dry in the oven a few minutes, and serve hot.

STEAMED BROWN BREAD.

Take 1 cup of malt extract, 1 pint (2 cups) of nut cream (raw peanut). This must be quite thin cream. If thick cream is used, use half water. Take 1 cup of white flour, 2 cups of corn-meal. Heat the thin cream in the double boiler until it is hot; but it is not necessary to cook it. Then add the corn-meal and malt, and lastly mix in the white flour. Steam for three hours, and then place in the oven to brown for a little while. The cream of any nuts may be used, or the cream made from the diluted nut butter. Sugar may be used instead of malt if desired.

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STEAMED YEAST BREAD.

The great objection to yeast bread is the yeast germ which it contains. In baking, the cooking process can not be continued long enough to kill all the germs; but by steaming the bread instead of baking it, the cooking can be continued for two or three hours, or even longer. Any yeast breads may be steamed. After removing from the steamer, place in the oven to brown.

Breads cooked in this way are very light, and much sweeter than when baked.

MUSH BREAD.

Take 4 cups of hot water, put in the inner cup of a double boiler, and set on the stove until it boils. Then stir in 1 cup of corn-meal, adding a little salt if desired. Let it boil until it thickens, and then place in the outer part of a double boiler, and cook for two hours. Pour the mush while hot over 1 quart of graham flour, and mix well. When cool, add 1 pint of sponge, ½ cup of malt extract, and 1 teaspoonful of salt. Mix thoroughly, adding more flour if needed, and knead ten or fifteen minutes. Make into loaves, having only one loaf in a pan, and let rise. Bake in a moderate oven. This recipe will make two loaves.

CHESTNUT BREAD.

Make a sponge as for white bread, using good white flour. When perfectly light, add a little salt and enough of chestnut flour to knead well. After kneading it thoroughly, form into loaves, put into well-oiled tins, and let it rise until twice its first size, and bake in a moderate oven for one hour.

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RAISED BISCUITS (LIGHT).

Take 1 quart of sifted flour, 1 pint of warm nut milk, ½ cake of yeast, 1 teaspoonful of salt. Set at nine o'clock at night. In the morning push it down with a spoon. When light again, pull for ten minutes, using as little flour as possible. Make it into small biscuits; place on an oiled pan a little distance apart. When very light, bake fifteen or twenty minutes.

PARKER-HOUSE BISCUIT.

Take 1 quart of sifted flour, 1 pint of warm nut milk, 1 tablespoonful of white sugar, 1 teaspoonful of salt, nutcoa one half the size of an egg, and ½ cake of yeast. Sift the flour in the bread pan, add the sugar, and peanut oil which has been beaten together to a cream; then add the warm nut milk and the yeast dissolved in the milk. Add salt. Do not stir, but let rise until evening, then mix all together, and knead for twenty or twenty-five minutes. Let rise overnight. In the morning form into biscuits, and when perfectly light, bake fifteen or twenty minutes.

RAISED BISCUIT.

Take ½ of a compressed yeast-cake, and dissolve in 1 pint of warm (but not hot) water. Add a pinch of salt, and white flour enough to make a stiff batter. Put in a warm place to rise. When light, add more flour to make a stiff dough, and a little sugar if desired, and let rise again. When light the second time, work in 1 cup of peanut oil. Make into biscuits of desired size, and let rise until very light; then bake in a moderate oven. Seedless raisins may be added if desired.

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BREAKFAST BUNS.

Take 3 cups of nut milk, ½ cup of sugar, 1 teaspoonful of salt, 1 cake of yeast, and flour sufficient to make a stiff batter. Let it rise overnight. In the morning take ½ cup of almond or peanut meal, or ¼ cup of peanut oil; mix thoroughly with the batter, pulling it for ten minutes. Beat 2 eggs, the whites and yolks separately. Add them to the batter. Finish like preceding recipe.

STEAMED BUNS.

Make the buns the same as other buns for baking, but steam them in the steam-cooker for two hours. The long cooking kills the yeast germ, and makes them easier of digestion. They should be put in an oven and browned after being taken from the steamer. They are most excellent if the sponge is set with thin raw peanut cream; and when made into buns, knead in some whole nuts, such as hickory-nuts, pecans, walnuts, butternuts, or any kind of fruit desired, as raisins or currants.

RAISED POTATO ROLLS.

Take 1 pint of mashed potatoes, 1 pint of nut cream, 1 compressed yeast-cake (1 ounce), 1 teaspoonful of salt, and flour enough to make a moderately stiff batter. Mix the potatoes, cream, yeast, and salt, and then add the flour. Cover the bread pan, and put in a warm place to rise. If too hot, the sponge will scald; therefore the pan should never be put where the hand can not be held with comfort. When the sponge is light, add more flour to make it stiff enough to knead without sticking to the hands and board. Knead for ten or fifteen minutes, then roll it out about half an inch thick, and cut with a biscuit cutter. Lay two together, and

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put them in an oiled baking pan, and let them rise to twice their height. Then brush the tops with peanut oil, and bake in a moderate oven about twenty minutes.

Sweet potatoes mashed may be substituted for the Irish potatoes if desired.

VERY FINE BUNS.

Take 4 cups of white flour, ½ cup of sugar, 1 cup of nut cream made from almond butter or cocoanut cream, 2 eggs, ¼ cake of compressed yeast, and ¼ pound of seedless raisins. Make a batter of the milk, yeast, and enough of the flour to make it quite thick. Set it in a warm place, and when perfectly light, add the salt, sugar, and the eggs, which should be well beaten. Flour the raisins before adding, and knead in the flour. More flour may have to be added, unless the Minnesota spring-wheat flour is used. Knead well, and form into small buns. Set in a warm place to rise. When very light, brush the top with a little nut milk to give it a glossy appearance, or sprinkle sugar over the top; and bake in a moderate oven.

RAISED CORN-MEAL CAKE.

Take 2 cupfuls of corn-meal; 2 cupfuls of flour, ½ cake of dry yeast or 1 gill of liquid yeast, 1 tablespoonful of flour, 1 teaspoonful of salt, and warm water enough to make a thick batter. Rise overnight, and bake in shallow pans.

SHORTCAKES.

To 1 pint of warm water, add from ⅓ to ½ cake of compressed yeast or its equivalent in some other kind. Use sifted flour sufficient to make a stiff sponge. It will rise in three or four hours if kept at a temperature of eighty-five degrees. When it is well risen, add 1 tablespoonful of nut

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butter, a little sugar, and enough more flour to make a dough as soft as can be conveniently handled and rolled. It should be rolled in layers not more than one half an inch thick, two of which may be baked on the same tin, if a trifle of fat of some kind be applied to the top of the lower one to prevent their sticking together. Let them rise until very light, and bake until well done. If the top crust seems rather hard, moisten it with a wet cloth in milk or a thin emulsion of nut butter. Turn the upper one over on to a plate, and spread it with the prepared fruit, which may be berries of any kind, sweetened to suit the taste. Put the other crust on top, covering it with a layer of the fruit. It may be served hot or cold. If plenty of fruit be used, there will be no need of cream or any other dressing.

Shortcakes may be prepared the year round by using canned fruit or stewed dried fruit. If this be in large form like plums, peaches, etc., it is better to put it through a colander before using. It will many times be found advantageous to combine acid fruit with one naturally sweet, thus saving the use of dyspepsia-producing cane-sugar.

APPLE SHORTCAKE.

Take 1 cup of some good white bread sponge, add the yolk of 1 egg and $\frac{1}{4}$ cup of thick raw peanut cream. Mix well together, and add enough flour to roll out well. Roll out a little less than one half an inch thick, and place on an oiled tin. Put on the top some tart apples which have been pared, cored, and cut into eighths. Set in a warm place, and let it rise. When light, cook in the steam-cooker for one hour; then remove, sprinkle with sugar, or cover with a meringue made of the white of 1 egg, 1 tablespoonful of sugar, and beaten to a stiff froth. Put it on roughly, so it

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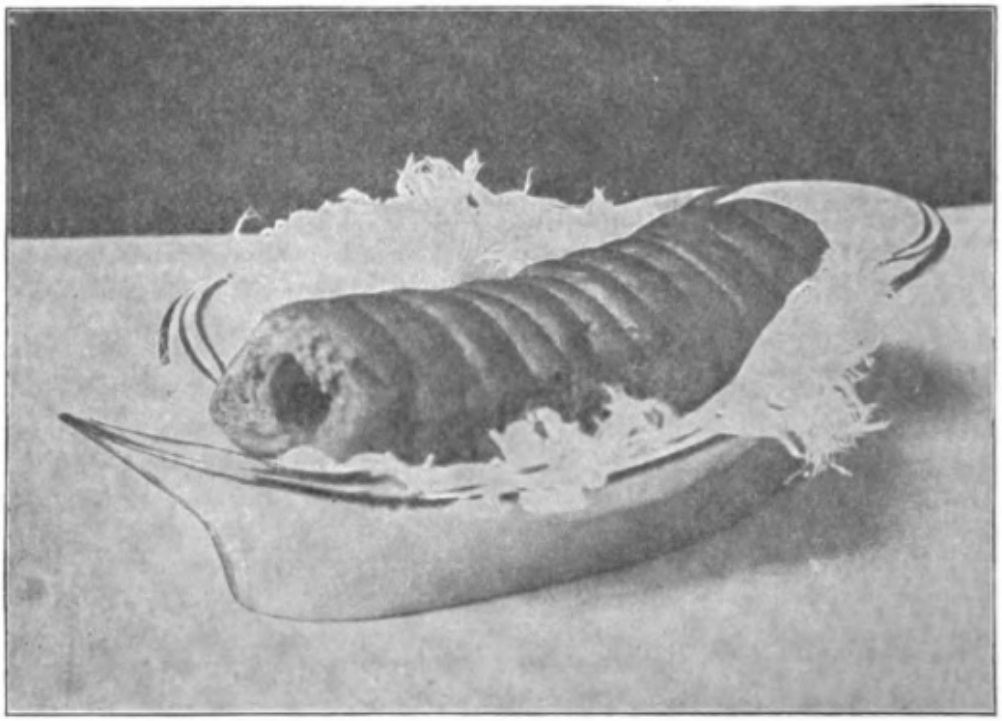
will be in little piles and bare places where the apple will show through. Place in the oven, and brown slightly. Serve with a cream made from cocoanut.

RAISED CANNELONS.

Take 1 cup of bread sponge, and add ¼ cup of thick raw nut cream and 1 egg. Work well together, and add flour to roll out well until about one fourth of an inch thick; then cut



RAISED CANNELON.

into strips nearly an inch wide. Select a small, round stick the size of a small broom handle, wash until clean, dry, and wrap it in an oiled paper. Then take the strips of dough and wind them around the stick, twisting as you wind them, taking pains to have them come close together and uniform in size. Make the cannelons from five to seven inches long,

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leaving enough of the stick exposed so it can be easily pulled out when the cannelon is cooked. When all is ready, oil the outside, and place them on an oiled tin or tins far enough apart so they will not touch ; cover with a clean napkin, and let them rise until real light. Then place in a steam-cooker, having the water in the cooker cool when the dough is put in, so they will cook slowly at first, and give them a chance to rise. Steam for one hour or longer if desired. Then remove from the steamer, and put in the oven until of a nice yellow brown ; remove from the oven, and take out the stick while the cannelon is still warm. When cold, wrap the cannelons in a bread-cloth, and put in the bread-box or stone jar. They should stand twenty-four hours before serving. When ready to serve, fill the holes with a cream made from 2 cups of thin cocoanut cream, the whites of 2 eggs, ½ cup sugar, a pinch of salt, and 2 tablespoonfuls of corn-starch. Heat the cocoanut milk in a double boiler, stirring it quite often to keep it from separating. When hot, add salt, sugar, and the corn-starch dissolved in a little thin cream. Let it cook for ten minutes, stirring quite often ; then add the eggs, which should be beaten well ; stir in well, and let it cook for a minute. Remove from the stove. When about cool, or before it stiffens, fill the cannelons. Let them get cold, and they are ready to serve.

The cannelons may be filled with jelly or any cream desired.

OYSTER SOUP AND DUMPLINGS.

Take 1 pint of raw peanut milk, and cook in a double boiler for two hours, stirring occasionally to keep it from being lumpy or from separating. At the same time the soup is put on, prepare some vegetable oysters by scraping, and cutting in diagonal, crosswise slices in such a way that the

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slices will be larger and more the shape of an oyster. Place them in one side of a granite basin, and put the smaller parts of the oysters and the little ones on the other side of the dish. Put into a steam-cooker, and cook for one hour. When done, drop the large slices into the soup, and the little ones and small ends should be sifted through a wire sieve or a colander and then added to the soup. Add salt, and more water if it is too thick.

Have ready some raised dumplings. If the sponge is set early in the morning, they will be ready to put in the steam-cooker about half past ten. Take 1 cup of any good white bread sponge, add $\frac{1}{4}$ cup of quite thick raw peanut cream, and 1 egg (the egg may be omitted). Work all together, and add flour to form into very small biscuits. Place them far apart on an oiled tin. Put them in a warm place to rise. When more than twice their original size, put in the steam-cooker and cook for one and one-half or two hours. Cooking does not hurt them. When the soup is ready, put the dumplings into the soup, and let them stew together for ten or twenty minutes. The soup should not be too thick.

This is very nice.

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SANDWICHES.

NUT-BUTTER SANDWICHES.

SPREAD thin slices of bread, with nut butter. Chop some dates, figs, or seedless raisins into a fine mass, and spread upon the buttered bread, placing upon this, buttered side down, another slice of bread. Crackers, wafers, or other kinds of bread may be substituted. The sandwich would be more dainty if the fruit were steamed.

DATE OR FIG SANDWICHES.

Steam fruit fifteen minutes after scalding with boiling water. Grind into a pulp, or else place them, as they are, upon slices of bread generously spread with nut butter. These, when laid closely in a baking dish, moistened with boiling water, and baked, make an excellent pudding, which should be served with cream, grape wine, or a sauce made of lemons or oranges.

ROLLED NUT-BUTTER SANDWICHES.

Cut lengthwise slices from a loaf of good, fresh bread. Spread each slice with peanut butter, or any other kind desired; sprinkle on a little salt, and squeeze upon the slices a little lemon-juice. Celery salt may also be added. On top of these arrange some very crisp lettuce leaves, allowing the curly edges to extend beyond the edges of the bread.

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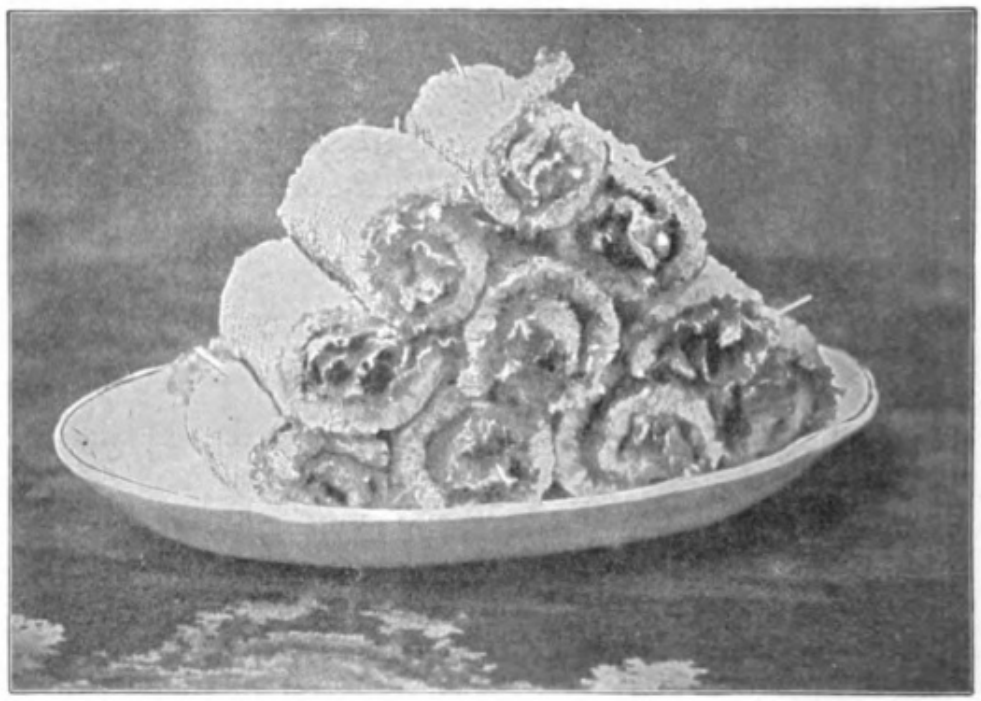
Cut a piece of paper the size of the slice, or slightly larger, place the bread upon it, and by the aid of the paper roll the slice up, taking care not to roll in the paper, too. After having rolled the bread, encircle it with the paper, and tie it, allowing it to stand for a time, until it becomes pressed into shape, when the paper may be removed, and the sandwich fastened with two wooden toothpicks. Serve upon a plate or platter garnished with lettuce leaves.



ROLLED SANDWICHES.

ROLLED CABBAGE SANDWICHES.

Cut bread as directed in previous recipe, and spread with nut butter, sprinkling with salt. Take a good, firm head of cabbage which is white and tender, shave it off into thin slices, and put upon the bread, allowing ends of cabbage to

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project beyond the edges of the bread. Prepare for serving in the same manner as in the foregoing recipe, fastening with toothpicks.

ROLLED NUTMEATO SANDWICHES.

In making these sandwiches, be careful not to have the bread too long, or the slices too thick, or the roll may be too large. Rolled sandwiches should not be too large to be readily eaten by biting through from the end. Cut the nutmeato very thin, and place it on top of the bread, already spread sparingly with nut butter and sprinkled with salt. Carefully roll, and fasten by means of toothpicks.

SWEET NUT SANDWICHES.

Take good figs, thoroughly wash, and grind through the nut mill, adjusting quite closely. Add enough hot water to the ground figs to make them spread easily. Then to 1 cup of this mixture, add 1 tablespoonful of nut butter made from walnuts, hickory-nuts, or pecans. Mix well, and spread upon thin slices of brown bread cut into squares. See index for Brown Bread.

NUTMEATO AND EGG SANDWICHES.

Take 1 cup of grated nutmeato, 2 hard-boiled eggs, salt, and celery salt to suit the taste. Sift the eggs through a fine wire sieve, add the grated nutmeato, and rub smooth with the back of a spoon. Add salt and celery salt. If too dry, moisten with a small quantity of nut milk. Cut the brown bread into quite thin slices, and with a cooky-cutter just large enough to take in all the slices excepting the crust, cut them into round pieces, and spread with the mixture. The slices should afterward be put together, two and two, in order to complete the sandwiches.

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NUTORA SANDWICHES.

Cut the bread as directed in the previous recipe, and spread with nutora. Sift celery salt on top. A little lemon-juice may be added; but this makes the sandwich more difficult to digest. A very thin slice of nutmeato may also be put between the slices of bread.

NUTMEATO SANDWICHES.

Take suitable pieces of moist bread, or buns cut into thin slices, and spread with nut butter diluted with water sufficiently to spread readily. Sprinkle with salt, and place upon the whole a very thin slice of nutmeato. Season well with celery salt. Place on the slices some tender pieces of lettuce, arranging so that the curly edges of lettuce will extend beyond the bread. Butter another slice of bread, and put on top. With each sandwich serve a quarter of a lemon. Cut lemons into quarters by cutting from stem to blow end. Then, with the thumb at one end and the forefinger at the other, squeeze the juice out upon the nutmeato after lifting off the top slice of bread, just before eating. If preferred, the juice may be put upon the nutmeato before serving the sandwiches.

EGG SANDWICHES.

Chop together two hard-boiled eggs, 1 teaspoonful parsley, a sprinkle of celery salt, 1 teaspoonful of fresh almond meal, 1 teaspoonful of lemon-juice, and 1 teaspoonful of crisp celery. Spread on slices of bread, cut any shape desired, and serve. If the eggs are sifted through a sieve, instead of chopping, the mixture is much easier to spread.

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BUTTERNUT SANDWICHES.

Spread slices of bread with salad dressing as given below, sprinkle with chopped butternuts, place two slices together, and cut any shape desired.

DRESSING. — Boil together ½ cup of diluted lemon-juice, 1 teaspoonful sugar, some salt, ½ cup nut cream. Beat separately the white and yolk of 1 egg; after which mix together and pour the boiling mixture over them, whipping them all the while. Heat in a double boiler, stirring until it changes to a creamy consistency.

GREEN SANDWICHES.

Chop parsley very fine, and stir it into the dressing given in preceding recipe. Spread upon the slices of bread, and lay between each sandwich a crisp lettuce leaf.

HOT APPLE SANDWICHES.

Take 1 cup good apple sauce, salt it slightly, sweeten to taste, and add a teaspoonful of raw nut meal which has previously been slightly roasted in an oven. Spread upon thin slices of graham bread, put the slices together, two and two, and serve hot. Other breads may be substituted for the graham.

Experiment on other combinations of nuts, fruits, and grains used as fillings for sandwiches. The result may be something far surpassing any printed recipes.

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CRACKERS.

CRACKERS can never be very successfully made in the private family, as it requires machinery to knead them hard enough, and also to roll them out; but if one can not afford to buy crackers, very good ones can be made by following out the recipes here given.

In making crackers, knead in all the flour possible, and knead a long time. A man has better success than a woman, in making crackers, as strength is required to knead thoroughly and roll out the dough thin. Any shortening desired can be used. To make a good white cracker, the almond, pine-nut, or some of the cream of nuts, must be used. Raw peanut cream or cocoanut cream makes a very excellent cracker. Crackers should be thoroughly baked until they are dry all through. Allow them to cool before using.

WHITE CRACKERS.

Take 1 pound of white flour (4 cups), ½ cup of almond butter, and ¾ of a cup of water. Dissolve almond butter by adding a little of the water at a time, and working well until all of the water is used. Add a little salt, and all the flour that can be kneaded in,—about 4 cups, although much depends upon the grade of flour used. Roll out until it is about an eighth of an inch thick, and then cut into squares, rounds, or diamonds, as desired; bake in a moderate oven until thoroughly done through, and slightly browned on top.

Any nut butter may be used instead of the almond butter. These crackers are excellent for soups.

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WHITE CRACKERS NO. 2.

Take 1 pound of white flour (4 cups), 1 teaspoonful of salt, and 1 cup of raw peanut cream (see index). The cream should not be too thick, or the crackers will be too short and rich. Knead in all the flour possible, and continue kneading for a long time. Roll out to a thickness of about one-eighth inch, and cut into any desired shape.

Other kinds of cream may be substituted for the peanut cream,— as cocoanut cream, hickory cream, chufa cream, or pine-nut cream.

GRAHAM CRACKERS.

Take 1 pound (4 cups) graham flour, or, if preferable, 1 $\frac{1}{3}$ cups of graham flour and 2 $\frac{2}{3}$ cups of white flour; $\frac{3}{4}$ of a cup of water, $\frac{1}{4}$ cup sugar, 1 teaspoonful salt, and 1 $\frac{1}{4}$ cups of nut meal. Put together the sugar, salt, nut meal, and water. Mix the two kinds of flour well, kneading in all the flour possible. Work thoroughly for ten minutes, and roll one fifth of an inch thick. Cut into any shape desired, and bake.

Any nut meal may be used, as almond, peanut, pine-nut, or hickory-nut.

OATMEAL CRACKERS.

Take 1 pound of oatmeal (not the rolled oats), 1 $\frac{3}{4}$ cups of water, $\frac{1}{4}$ cup of sugar, 1 $\frac{1}{4}$ cups of nut meal, and 1 teaspoonful of salt. Mix the water, salt, sugar, and nut meal together, and knead in all the oatmeal possible. If desired, one-third white flour and two-thirds oatmeal may be used. Any nut meal may be utilized, as peanut, almond, pine-nut, or Brazil-nut.

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OATMEAL CRACKERS NO. 2.

Take 1 pound of rolled oats, 1 cup of white flour, 1¼ cups of cold water, ¼ cup of sugar, and 1¼ cups of nut meal. Mix the flour, rolled oats, and nut meal together, adding the salt and sugar to the water. Knead the water into the flour, working thoroughly, and making the dough very stiff. Finish the same as other crackers.

OATMEAL CRACKERS NO. 3.

Take 2 cups of rolled oats, 1 cup of white flour, ½ cup of raw peanut cream, ¼ of a cup of cold water, ¼ of a cup of sugar, and a small quantity of salt. Mix cream, water, sugar, and salt together. Mix the flour and rolled oats, and stir into the water and cream, kneading in all the flour possible. Finish the same as other crackers.

The cream of other nuts may be substituted for raw peanut cream, if preferable.

FRUIT CRACKERS.

Make a dough as directed for Rolls No. 2 or No. 3 (see index). Divide the dough into halves, and roll out each half until a little less than a quarter of an inch thick. Spread one half of the dough with raisins which have been seeded and ground through the mill; then place the corresponding half of the dough on top. Press together with a rolling-pin, rolling quite hard, and perforate part way through, at frequent intervals, with a fork. Cut into squares, or any desired shape, and bake in a moderately heated oven until of a light-brown color.

Ground figs or dates may be used in place of ground seeded raisins, if preferred.

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FRUIT CRACKERS NO. 2.

Make a dough as for white crackers. Cut the dough into equal parts, and roll out a little less than a quarter of an inch thick. Spread one part with seeded raisins which have been ground through the mill, or ground figs or dates, after which place the other piece of dough upon the fruit. Press together with a rolling-pin, and perforate part way through, short distances apart, with a fork. Cut into squares, and bake in a moderately hot oven.

CROUTONS.

Something which requires mastication should always be eaten with soup. A very palatable as well as economical article is prepared as follows: Cut stale bread into cubes of convenient size, place on tins, and toast in the oven until light brown.

CORN BREAD WITH EGGS.

Chop ½ cup of nut butter, either almond or peanut, with 1 quart of corn-meal. Add 1 teaspoonful of salt, 1 quart of cold nut milk, and the yolks of 4 eggs. Beat all to a smooth batter; then fold in the stiffly beaten whites of 4 eggs, pour into an oiled baking pan, and bake in a moderate oven for half an hour, or until a knitting-needle run into the thickest part can be withdrawn clean. The batter can also be baked in gem irons or oiled earthen cups.

GRANOSE WITH HONEY.

Take some granose and heat in the oven until nice and crisp, then take some honey in a spoon and slowly let it drip over the granose, tossing it up at the same time. Serve dry; it has a taste like popcorn balls.

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Malt extract may be used in this recipe instead of the honey, also any kind of fruit juice — cranberry juice being especially nice.

ZWIEOLA AND HOT CREAM.

Put the *z*wieola into individual dishes, and pour over it a thin peanut cream with a little sugar and a very little salt added. The cream should be hot to make it nice. Serve as a breakfast dish.

RICE CAKES.

Take 1 cup of cold cooked rice, ½ cup of nut milk, 1 egg, salt to taste. Beat the rice, milk, and yolk of the egg until they bubble, then fold in the stiffly-beaten whites, and bake immediately in cakes on a soapstone griddle. Serve like any griddle-cake.

The soapstone is the best for those who wish to make griddle-cakes without using grease of any kind.

PANCAKES.

Take ½ cup of corn-meal, 1½ cups of white flour, 2 cups of nut milk, salt to suit the taste, and 4 eggs. Mix the corn-meal and flour, add the salt and water, and beat thoroughly. Separate the eggs, beat the yolks until thick, beat the whites to a stiff froth, and fold into the batter. Drop a spoonful on a very hot soapstone, and spread it around with the spoon; when browned on one side, turn. Serve hot with maple syrup. Cakes can be baked on a common cake griddle without grease by rubbing the griddle each time with salt. It will give a nice brown coat without the objectionable grease and smoke, which is so annoying.

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YEAST PANCAKES.

Set a sponge at night of 1 pint of water, ½ cake of compressed yeast, or ½ cup of liquid yeast, and white or buckwheat flour enough to make a thick batter. Cover, and put it where it will keep warm. In the morning it will be light and foamy; add salt, and if too thick, add warm water enough to make it of the right consistency; beat it in well, and set where it will have a temperature of eighty degrees. In an hour they will be ready to bake. Bake on a soapstone, or they can be baked on an ordinary pancake griddle by rubbing the griddle, after each baking, with salt and then brushing all the salt to one end. When baked in this way, there is no smoke, and the cakes are not greasy, but they have a nice brown coat.

POTATO CAKES.

Take cold mashed potatoes left over from the previous day, form into small cakes with the hands, roll in nut meal, and brown on the soapstone.

POPOVERS.

Take 2 cups of nut milk, 2 cups of whole-wheat flour, 1 teaspoonful of salt, and the yolks of 2 eggs. Beat the yolks until they are thick; stir the flour into the milk, and then add the beaten yolks of the eggs. Lastly add the whites of the eggs, which have been beaten to a stiff froth. Bake in hot, oiled gem irons. If these are not at hand, earthen cups set in a pan, and put in the oven until hot, will answer; then remove, oil, pour the batter into the cups, but only about one third or one half full, then return to a quick oven, and bake. When nicely browned, serve with nut butter or some nice malt extract.

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FRUIT.

FRUITS consist chiefly of water, and for this reason are scarcely ever looked upon as nutrients. They contain a small amount of nitrogenous elements and agreeable acids, which are very useful in keeping the vital machinery in good working order. That they contain more nutriment than is generally supposed is proved by the fact that the natives of some countries live almost wholly upon fruit. The Arab, as well as his camel, lives principally upon dates. In some countries the inhabitants live almost exclusively upon bananas. Undoubtedly fruit was the principal article of food eaten by Adam and Eve while they remained in the Garden of Eden.

The large amount of water that fruits contain makes them an excellent article of food for summer, when the system requires more liquid, especially in dry countries where the water supply is scarce or impure. The water of fruits is absolutely pure, having been distilled by heaven's own process, and then canned and sealed by a skin that is impervious to germs. There is no danger of contamination from drinking it, as long as the skin is not punctured in any way. The juices of the watermelon, orange, lemon, and lime are among the best for drinking, and can be taken at any time, as they contain no nutriment excepting a little sugar; but the juice only should be taken, as the pulp, or cellulose, of fruit is indigestible.

But some fruits are very valuable as nutrients, and it is possible to live entirely upon them; among these are the prune, apple, date, fig, banana, and raisin.

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Another very important element of fruits is their acids, which are valuable on account of their influence upon certain functions of the body; for example, upon the kidneys, acting as a natural diuretic; and also as a natural laxative, though not having the same effect as a laxative medicine, for fruit only produces a natural condition, and if the system is already in a natural condition, it has no effect. Perhaps the most important point in the use of fruits is the effect their acids have upon germs. It has been proved by repeated experiments and analysis that germs will not grow in fruit juice; therefore, the juices of fruits are natural disinfectants.

This does not apply to the juice of the lemon, lime, and orange alone, but the acids of *all* fruits are disinfectants to a certain extent, some more than others. The juice of one lemon in two glasses of water, if left standing fifteen or twenty minutes, will thoroughly disinfect it. Thus fruit can be of great assistance to travelers, as the water on cars and in waiting-rooms is often so impure that it would be dangerous to partake of it.

Three different kinds of acids are found in fruits: citric acid, malic acid, and tartaric acid. Citric acid is found in lemons, limes, grapes, and oranges; and malic acid is found in almost all acid fruits, but more abundantly in apples, cherries, plums, and pears. Tartaric acid is found in considerable quantities in the grape, and is present in small quantities in other fruits. In canned grapes, it is often found condensed in small chunks in the bottom of the can. In pie-plant, there is a poisonous acid called oxalic acid; for this reason pie-plant is unsafe to use; people have been made seriously ill by eating its leaves for greens. A very small per cent. of oxalic acid is also found in the tomato; for this reason it is not so good a food as some fruits, although it contains such a small amount that it is not usually felt.

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The acids of fruits are digestible; that is, they change when entering the system, so that they do not have the effect that common acids do. Another element of fruits is the sugar which they contain. Some fruits contain a great deal more than others. Figs, dates, and raisins contain the most; but grapes, cherries, currants, and apples contain quite a percentage, although the acid hides it from the taste in some of the fruits, as is the case in the cherry and currant. Some fruits, as the plum, apricot, and peach, contain very little sugar.

The sugar which is found in fruits is the sweetest of all sugars, and in its natural state, when eaten with the fruit, is easy of digestion, being just what the system requires. Honey, which is nothing but the sugar of fruits, because it is taken from the blossoms, would be a much better and sweeter sugar than cane-sugar, if it were not adulterated. Sometimes bee keepers feed their bees upon a cheap grade of molasses, poor sugar, etc.; and sometimes when the blossoms of wholesome plants and trees are scarce, bees will gather honey from the flowers of weeds, or tobacco plants, and even collect the honey dew from oak leaves, which is only a secretion of an insect. If the pure honey from flowers could be obtained, it would be better than cane-sugar; but even then it would contain some of the pollen of the flowers and some germs.

There is another constituent of fruits, which, although it does not add to the nutritive value, holds the juices and determines the shape of the fruit, and that is the cellulose or woody fiber. In some fruits, this is very thin and easily broken up, as in the strawberry, but in others, it is quite tough, woody, and indigestible, as in the orange. It is better to reject the cellulose of such fruits. For sick people and those having weak stomachs, fruit juice is best, and can often be eaten where the fruit can not.

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The use of fruit for curing disease is by no means a new idea. Pliny, the Roman naturalist, who perished in the eruption that destroyed Pompeii, mentions the grape-cure in his day. At the present time, the grape-cure is used quite extensively in France, Switzerland, and Germany, and has been tried to some extent in California. But curative properties are not peculiar to the grape alone, as there are the strawberry-cure, the peach-cure, the cherry-cure, and the apple-cure.

The reasons why fruit is so beneficial in cases of disease, are as follows: First, because they are disinfectants, clearing out the germs from the stomach and alimentary canal; second, they break up the waste substances so they can be eliminated by the kidneys.

Fruits are of great value in the treatment of fevers, sick headache, nervous headache, biliousness, Bright's disease, obesity, consumption, and intestinal disorders. Fruits are eaten with greater benefit, if eaten alone. If other foods are eaten at the same meal, great care should be taken in the combination. Fruit and vegetables do not combine well; fruits and eggs do not unless the eggs are raw; neither do very acid fruits combine well with grains, as the acids, if in too great a quantity, hinder the digestion of starch.

Fruits contain an abundance of water, a meager supply of albumen, sugar, acid, and cellulose; but no fats, except in the olive, and only a very small amount of starch, except in the green fruit. But fats, while nearly absent in fruits, are just what nuts can supply. In cold climates especially, the fats are very essential for producing heat in the body. The system can get along better without starch than fats. Nuts and fruits therefore make an ideal diet.

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APPLES.

The apple is the fleshy fruit of a tree belonging to the rose family *(Rosaceæ)*. The calyx of the flower becomes thick, pulpy, and edible at maturity, enclosing the seed-pod with seeds.

The apple has been cultivated and highly valued as a food from very early times. The Greeks and the Romans used the apple very extensively. Apples may be eaten raw, stewed, or baked. If they are eaten raw, they should be ripe and mellow, and care should be taken to masticate them thoroughly.

BANANAS.

The banana is the fruit of a large, herbaceous plant, closely related to the plantain, and cultivated in most tropical countries for its fruit, which grows in clusters of more than a hundred finger-shaped berries, upon a very large spike, or stem. When ripe, the rind encloses a nutritious and seedless pulp, which forms the principal article of diet of the natives, and is largely exported to cooler climates.

The United States imported 15,000,000 bunches during the year 1897, valued at $20,000,000.

Bananas are very nutritious, a pound of good, ripe bananas being almost equal in nutriment to a pound of beefsteak. Bananas contain about five per cent. of albuminous elements, and twenty per cent. of carbonaceous.

The banana can be dried and made into flour; in this form, it has about twenty per cent. of albumen. The ripe banana contains only a small percentage of starch, and that is very easy of digestion. The unripe banana contains more starch, and should be cooked before being eaten.

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CHERRIES.

The cherry is the fruit of a small tree or shrub belonging to the genus *Prunus*. The fruit is smooth and bloomless, enclosing a small, smooth seed. There are many varieties of the cherry, both of the wild and the tame. The sour cherry contains about nine per cent. of sugar, but this is almost entirely disguised by the acid which it contains. The sweet cherry contains about eleven per cent. of sugar. An eminent physician once cured a patient who had chronic diarrhea, by a diet of ripe cherries. This treatment was continued for several weeks.

CRANBERRIES.

The cranberry is the fruit of a small, slender vine growing in marshy places. The fruit is round or oblong and of a bright red color. The flesh is quite hard and firm, and is covered with a thick, waxy skin, which is germ- and water-proof. For this reason, they are long keepers; freezing spoils them if they are allowed to thaw, but if they are kept frozen until used, they are just as good. The skin is quite hard of digestion, and those having weak stomachs, would better reject them. The cranberry is quite acid, containing two and three-tenths per cent. It is not a very nutritious fruit, having a nutritive value of only four and one-tenth per cent.

The juice of the cranberry is excellent in cases of fever, diluted with water and used as a drink. It is also good in coloring puddings, frostings, soups, etc.

CURRANTS.

This fruit is indigenous to America, Europe, and Asia. It probably derives its name from Corinth, where it was grown extensively. It is a small, round fruit, red, white, and

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sometimes black, growing in long clusters, or racemes, on low, thornless, scraggly shrubs. The fruit is quite sour, containing two and two-tenths per cent. of acid ; but it also contains six and four-tenths per cent. of sugar, so that it is very palatable eaten in the raw state without the addition of sugar. The juice of the currant makes a very pleasant drink, when diluted with water, and one that is very beneficial in cases of fever. It is also excellent for making jelly, as it contains considerable pectose. or the jelly-producing element of fruit.

DATES.

The date is the fruit of the date-palm ; the name is derived from *dactyl*, so named from its shape. Botanically, it is called *Phœnix dactylifera*, and it grows plentifully in the dry regions of Asia and Africa. The trees have lofty trunks with terminal feathery foliage. The fruit is borne at the base of the leaves, each tree yielding from one hundred to three hundred pounds.

What rice is to the inhabitants of some portions of Asia, dates are to the people of Africa. It forms the chief article of food in nearly all Africa north of the equator, as well as in Arabia. The Arab not only eats them himself, but feeds them to his camel and his horse. The date-palm not only furnishes the fruit, but the tree supplies building material and clothing to the native. The sap of the tree is very sweet, and is often made into a sugar ; but it is sometimes unwisely allowed to ferment, and is then called date wine.

The fruit of the date is very palatable and nutritious. In its dried state, as it is obtained in the market of this country, it contains a total nutritive value of sixty-seven per cent. ; of this fifty-eight per cent. is sugar, and nine per cent. is

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albumen. On account of its sweetness, it is good to use with acid fruits, and it may also be used with good effect in sweetening cakes and puddings instead of sugar.

FIGS.

The fig is the fruit of a tree botanically called *Ficus Carica*. The trees are small, with large, green leaves, and pear-shaped fruit, which in color varies from a dark purple to a yellowish tinge. When ripe, the cultivated fig has a soft, sweet pulp, filled with very small seeds, and is much esteemed for food, both when it is fresh and when dried or preserved. It has been used for food from very ancient times, perhaps from the time of Adam, and is frequently mentioned throughout the sacred writings.

It is also used in the preparation of laxatives. In our markets, it is sold only in its dried state; but even when dried, it is excellent for puddings and sauces; it also combines well with nuts. It contains fifty per cent. of sugar, and four per cent. of albumen.

GRAPES.

The grape is the fruit of a vine belonging to the genus *Vitis*, of the Vine family *Vitaceæ*. It has long tendrils that aid it in climbing trellises; its leaves are large and glossy green. The flowers are very small and fragrant, appearing in the spring before the leaves. The fruit is borne in large clusters, varying in size and color, as well as in the amount of nutritive elements which they contain. Some grapes contain as high as twenty-two per cent. of sugar, and others very much less. The same is also true of the albuminous elements. One pound of the Malaga grapes is said to contain as much albumen as an egg, and about fifteen per cent. of

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sugar. From this we see that the grape is nutritious, although the greater part of it is water; this fact, however, makes it better for a summer food and more desirable for fever patients.

The grape-cure has been in use for many hundred years, and is considered very beneficial in some forms of dyspepsia. When a diet of grapes only is used, three or four meals in a day are not too many. The raisin, which is a sweet variety of dried grape, is very nutritious and useful in preparing many foods. They are excellent if ground and mixed with nut butter.

GOOSEBERRIES.

The gooseberry is the fruit of a shrub belonging to the same genus as the currant. The bush is a thorny shrub, and in its wild state yields a prickly berry; but the fruit of the cultivated sort is smooth and luscious. They are generally used in their green state, when they contain malic and citric acids, and have a nutritive value of five or six per cent. The juice when diluted with water makes an excellent drink for summer.

HUCKLEBERRIES.

The huckleberry is the fruit of a small bush or shrub belonging to the Heath family (*Ericaceæ*). They are also called whortleberries and blueberries. There are several species, the two principal ones in this country being the high-bush and the low-bush huckleberry. There is not much difference in the fruit of the two kinds. The berry is almost black, sometimes covered with a light-blue powder. The inside is light colored, and contains many small seeds. It is quite mild in flavor, and is excellent for those who can not eat acid foods.

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