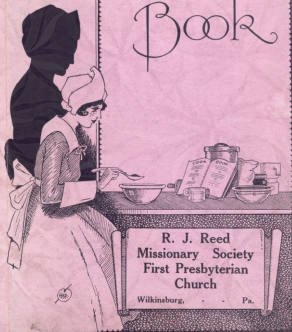
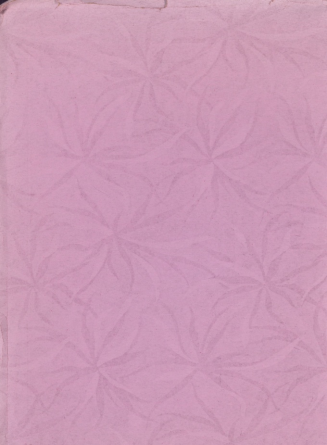


Cook Book



R. J. Reed
Missionary Society
First Presbyterian
Church

Wilkinsburg, . . . Pa.



NOT
in
B X



MORE and more we are convinced that digestion is one of the great secrets of life and happiness, and that character, virtue and all moral qualities are powerfully affected by soups, meats and palatable desserts. The home is the balance wheel of society and the state, and so home making is after all the highest of all professions, the real masterpiece of every woman. ¶It is an incontrovertible fact that the best food for any family, is that which is prepared in the home. The better hotels and restaurants when they wish to make a particularly strong claim for the quality of their food advertise, "Home Cooked Meals." ¶Through the proper preparation of food, it is within the power of every mother to raise a family of red-checked, rugged and mentally alert youngsters, who will have a decided advantage in their start in life over children less fortunate. ¶Improperly prepared foods WILL, NOT nourish children, or adults for that matter, sufficiently to provide the energy necessary for work and life. ¶Poor food STUNTS the physical, as well as mental growth, and there can be no progress when good food is absent.

"What you are tomorrow depends upon what you eat today"



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"Physicians tell us that food eaten in a cheerful environment is much more easily digested than where the surroundings are drab and unpleasant.

THE SETTING OF THE TABLE

The set table should appear balanced.

Place dishes and serving silver for convenience.

The silver, china, linen and glass put in place for one person at the beginning of a meal are called a "cover."

Silver, linen and dishes should be placed one inch from the edge of the table.

The silver is placed from the outside in toward the plate in the order in which it will be used.

Place knife at right of plate with cutting edge toward plate.

Forks at left of plate, tines up.

Water glass to be placed at tip of knife, bread and butter plate at tip of fork.

Napkin should be placed at the left of fork.

ORDER OF SERVICE

At a formal dinner the host sits at the head of the table, the hostess directly opposite. If the guest of honor is a man, he is seated at the right of the hostess; if a woman at the right of the host. Serve hostess first and continue toward the right. The next course is served toward the left, the next to the right again, alternating so that no side is always served last. If two waitresses are serving, as is customary with the formal dinner, one serves from the hostess to the right, the other from the host to the right.

DIRECTIONS FOR SERVICE

INDIVIDUAL SERVICE: A large group of people may be served quickly by means of individual service. A small portion of everything belonging to one complete course is tastefully arranged on individual plates in the kitchen, and served to each person.

BUFFET SERVICE: To serve large numbers at a buffet luncheon or informal supper a long, narrow table is placed at one side of the dining room. The table is covered with an attractive luncheon cloth with a basket or bowl of flowers for a centerpiece. On this arrange food on platters or bowls for serving.

If desired, one hot dish and one hot drink may be served to the guests, otherwise they help themselves.

The fowl, ham or other meat is usually carved in the kitchen and brought to the table for serving.

The silverware is rolled in a napkin and placed on the buffet ready for the guests. If small tables in the dining or living room are used, they are decorated and set as for any other service.

STYLES OF SERVICE


The **Russian** style is most commonly used for formal dinners and luncheons. In this case the food is served individually from the kitchen, the only food permissible on the table being relishes, olives or celery. It is customary for one waitress to serve eight people. Arrange individual plates in the kitchen, or guests may help themselves from service trays or platters passed by the waitress.

According to **English** mode the host or hostess, or both, serve all the food, a course at a time. This conveys a feeling of hospitality that is not approached in the more formal Russian style.

SPECIAL MENUS

1		5	
Washington's Birthday		Girls' Lunch	
Olives	Cherry Cocktail	Orange Biscuit	Butter
	Salted Nuts	Butter Scotch Cookies	
Fried Chicken	Oyster Bloque	Cocoa	Coffee
	Cream Gravy		
	French Peas	6	
	Sweet Potatoes (Southern Style)	June Luncheon	
White Grape Salad	Beaten Biscuit	Tomato Bouillon	Crisp Wafers
Washington Pie	Fruit Cake	Eggs Radishes	
Fruit Punch	Coffee	Cranberry Jelly Rolls	
		Chicken Patties	Peas
		Pineapple Dessert	Angel Food Cake
		Coffee	Ice Tea
2		7	
Child's Birthday Supper		Christmas Dinner	
Egg Balls	Rolls in Tissue Paper	Fruit Cocktail	Celery
Chopped Chicken Sandwiches		Roast Turkey or Goose	Gravy
Plain Bread and Butter Sandwiches		Oyster Stuffing	
Tiny Sponge Cakes		Mashed Potatoes	String Beans
Ice Cream	Wafers	Baked Squash	
Mints	Salted Almonds	Stuffed Tomato Salad	Mince Pie
	Cocoa	Fruit Cake	Coffee
			Candy
3		8	
Thanksgiving Dinner		Young Ladies' Lunch	
Cream of Tomato Soup	Crackers	Chicken Sandwiches	
Roast Turkey or Chicken		Olives and Sweet Pickles	
Gravy and Giblet Dressing		Pineapple Sherbet	White Cake
Cranberry Jelly		Orange Punch	
Candied Sweet Potatoes			
Mashed White Turnips			
Pickles and Olives	Wildert Salad		
Plum Pudding	Pumpkin Pie		
Coffee	Nuts		
4		9	
Menu for Home Wedding		St. Patrick's Day Lunch	
Julienne Soup	Chicken à la King	Murphy's with Emeralds (Peas)	
Duchess Potatoes	Peas	Brown Bread Sandwiches	
	Rolls	Ice Cream (Shamrock)	Cake
Lobster Salad	Cheese Straws	Shamrock Punch	Mint Punch
Mint Ice	Macaroni	Coffee	Tea

Canapes



"Now good digestion wait on appetite, and health on both."

CAVLAR CANAPES

To a Russian caviar, add half as much lemon juice. Spread on toast and garnish with stuffed olives or pickles. Sift over with riced hard boiled eggs. Dot with pearl onions.

CHICKEN CANAPES

Sprinkle mustard over buttered toast and cover with minced chicken. Garnish with stuffed olives, capers or minced truffle.

LOBSTER CANAPES

Cut bread in circular pieces and saute in butter. Soften finely chopped, well seasoned lobster meat to a paste with creamed butter and Worcestershire sauce. Make mounds of this mixture on the rounds of bread and garnish with olives.

CHEESE CANAPES

One cup grated cheese to six slices bread. Salt and pepper to taste. Sprinkle cheese over bread cut in any shape desired. Toast until cheese is melted. Serve hot.

TOMATO AND BACON CANAPES

Cut bread in circular pieces. Toast and butter. Place a layer of sliced tomatoes and strips of fried bacon on each piece. Spread with a little mayonnaise and garnish with cross strips of red and green peppers.

SARDINE CANAPES

Shape slices of bread with a circular fluted cutter, saute in butter and spread each piece with sardine butter which is made by mashing the sardines with a fork and mixing with creamed butter. Season with lemon juice and cayenne. Garnish each canape with finely chopped egg white and tiny shreds of pimentos. In the center of each put half of a stuffed olive.

Good Menus for Winter

Breakfast

Elbow Macaroni and Eggs
Toast
Coffee

Luncheon

Spaghetti with Oysters
Stuffed Onions
French Cauliflower
Coffee

Dinner

Spaghetti Chicken Livers
and Mushrooms
Cory Fritters
Spinach
Egg Noodle Pudding

Breakfast

Egg Noodles with Prones
Ginger Biscuits
Coffee

Luncheon

Egg Noodle Soup
Spaghetti with Tuna Fish
Lettuce
Chocolate Layer Cake
Tea

Dinner

Noodles, Sausages and Sauerkraut
Lettuce Hearts with
Chiffonade Dressing
Elbow Macaroni Apple Pudding
Coffee

Breakfast

Spaghetti with
Sausage and Fried Apples
Breakfast Muffins
Milk

Luncheon

Macaroni with Bird's Nest
Lima Beans
Marbled Turnips
Plain Sugar Cookies
Coffee

Dinner

Marbled Steak
Spaghetti Deviled
Tomato Cauliflower Souffle
Meat Pie
Coffee

Breakfast

Bananas with Lemon Juice
Cereal
Egg Noodle Pie
Coffee

Luncheon

Elbow Macaroni
Kidney and Cheese
Spinach
Mock Chicken Pie
Coffee

Dinner

Pea Soup
Lettuce with Russian Dressing
Spaghetti a la Ohio
Pricassered Veal
Cottage Pudding
Tea

Cocktails



"Take a pill of forbearance, a pinch of submission, twelve ounces of patience, a handful of grace. Mix well with the milk of human kindness and serve with a radiant smile."

FROZEN FRUIT COCKTAIL

Any group of fruits containing sufficient liquid may be used for frozen cocktails. Be sure that they are not too sweet and that a little lemon juice is added according to taste. Bits of fruit, which can be used for this purpose, often accumulate in any household—such as part of a grapefruit, half an orange, a piece of canned pineapple, half of a canned pear, some diced apples, a few berries. If there is not sufficient accompanying liquid, make a thin syrup by boiling a cupful of water and a quarter cupful of sugar for five minutes. This should be chilled, then combined with the fruit.

If canned peaches or pears are used, especially those put up on a heavy syrup, the amount of sugar should be decreased. The cream should be whipped before adding to the mixture. The mixture should be stirred every twenty minutes until it holds its shape. Increasing the lemon juice to two or three tablespoons improves the flavor when canned peaches are used.

Suitable combinations are:

1. Strawberries, diced oranges, diced pineapple and sugar syrup.
2. Diced pineapples, sliced peaches, sliced pears, sliced apricots, stoned cherries and sugar syrup.

GRAPEFRUIT AND PINEAPPLE CUP

Six slices canned pineapple diced, granulated sugar, two large grape fruit, one tablespoon lemon juice four tablespoons minced cocktail cherries. Prepare grape fruit and cut in small pieces. Sweeten to taste, add other ingredients and let stand in a cold place to chill. Serve in glass cups set on doily-covered plates and garnish each portion with an extra cherry.

OYSTER COCKTAIL

(Serve six persons)

One-half dozen small oysters for each cocktail. Mix well one tablespoon grated horseradish, one tablespoon vinegar, two tablespoons lemon juice, one tablespoon Worcestershire sauce, four tablespoons tomato catsup, one teaspoon salt, four drops Tobacco sauce. Chill thoroughly and pour one and one-half tablespoon of mixture over each cocktail.

CRAB FLAKE COCKTAIL

For six cocktails allow one pint canned crabflakes. For the sauce mix together one teaspoon salt, one-fourth teaspoon pepper, one teaspoon minced parsley, one teaspoon olive oil, one teaspoon Worcestershire sauce, one-half teaspoon mustard, two and one-half tablespoons vinegar, one-half cup tomato catsup. Combine with the flakes and chill. If desired, green peppers may be hollowed to form individual cups in which the sauce may be served, the crab flakes being disposed around it on heart leaves of lettuce.

SHRIMP COCKTAIL

Mix together the strained juice of one-half lemon, one-half teaspoon vinegar, eight drops Tobacco sauce, one-half teaspoon horseradish, one-half teaspoon tomato catsup. Add eight ounces of shrimp and serve in chilled cocktail glasses.

Household Notes

Metal that is wrapped in wax paper will not rust.

Six cloves added to vegetable soap will give it a new and delicious flavor.

After cleaning celery rinse again with a little lemon juice in water to prevent discoloration.

Two parts of pork fat to one of beef fat form an excellent mixture in which to fry doughnuts.

A slice of ham fried in its own fat will be far more juicy and tender if fried in a covered pan.

To keep rugs from slipping cut a triangle of rubber sheeting to fit each corner and sew it firmly in place.

Placing silver in a pan of sour milk for a few hours will polish it without any expenditure of elbow grease.

To make beef more tender and improve the flavor soak for an hour in one quart of water and one tablespoon of vinegar.

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S o u p s

*"One morning in the garden bed,
The onions and the carrots said
Unto the parsley group,
'O, when shall we three meet again,
In thunder, lightning or in rain?
'Alas,' replied in tones of pain,
The parsley—'In the soup.'"*

VEGETABLE SOUP

One-quarter head cabbage, three large onions, one turnip, three large potatoes, two tablespoons cooked beans. Boil all together till tender. Pour off all water, then add one gallon of stock. Add tomatoes if desired.

TOMATO SOUP

Put on soup bone early to boil. Have two quarts of liquor on the bone. When done, remove the bone from kettle; put one can tomatoes through a sieve; add to the liquor; then immediately add one-half teaspoon soda, a small lump of butter, one tablespoon sugar, one heaping tablespoon of flour mixed with one-half cup of cream or milk. Salt and pepper to taste. After flour is in, let boil up three times and serve.

CREAM OF TOMATO SOUP

One quart can tomatoes, one tablespoon sugar, two medium sized onions, pinch baking soda. Season to taste. Cook thoroughly the tomatoes, onions, sugar and seasoning. Make a cream sauce by rubbing butter and flour into smooth paste and add scalding milk. Stir until smooth and rather thick over slow fire. To the tomato mixture add the pinch of soda and as it sizzles, rub through the sieve into the cream sauce, stirring until smooth. Allow to come to boil. Season. Serve with crostons.

TURKEY BONE SOUP

After a roasted turkey has been served, a portion of the meat still adheres to the bones. If there is three-fourths of a cupful or more, cut off carefully and reserve for force meat balls. Break the bones apart and with dressing still adhering to them, put into a soup kettle with two quarts of water, a tablespoon of salt, one-half pod red pepper broken into pieces, three medium sized potatoes and two small onions, all sliced. If dinner hour is one o'clock or twelve, the kettle should be over the fire before eight in the morning, or if dinner is at six in the evening, it should be on by 12 o'clock. Let it boil slowly but constantly until half an hour before dinner, lift out bones, skim off fat, strain through colander and return to kettle. There will now be but little more than a quart of soup. If more than this is desired, add a pint of hot milk or milk and cream together; but it is very nice without this addition even though a little more water is added. Have ready in tureen a tablespoon of parsley cut fine, pour in soup and send to table. Serve with buttered toast.

CREAM OF CELERY SOUP

Use for this soup one quart of chicken or veal broth and about one quart of milk. Take one-half cup of rice, rinse it in cold water and put it in a thick saucepan with one pint of milk and one teaspoon of salt; add to the rice one head of celery (grated), and more milk or a little water; let them simmer until tender and rub through a sieve with a potato masher, adding more milk if necessary. Return to the fire and add the stock. If this does not dilute the soup to a creamy consistency, add a little milk. Then add white pepper and serve at once.

BOUILLON

Four pounds beef from middle or round, two pounds bone, two quarts cold water, salt, pepper, mixed herbs. Cut meat and bones in small pieces; put in kettle with water, and simmer five hours. Keep at least three pints of liquor on the meat, strain, remove the fat and if more seasoning is desired, add a little celery salt, a tablespoon of lemon juice, and salt and pepper to taste. To clear, take the white of one egg and the shell broken into bits. Strain through a sieve and a napkin wet with hot water. Serve in cups.

GREEN CORN SOUP

Take corn that is a little old for the table, run a sharp knife down each row of kernels, then scrape out the pulp with back of knife, leaving the hull on cob. Use enough corn to make one pint of pulp. Put the cobs on to boil in enough cold water to cover them; boil thirty minutes; strain. There should be a pint of water left after straining. Put on to boil again, add the pulp; cook fifteen minutes, adding salt, pepper and a little sugar; then add one pint of hot milk or cream thickened with one teaspoon of flour, cooked with one tablespoon of butter. Boil five minutes and serve at once.

CELERY SOUP

One shank of beef, one large bunch celery, one cup cream, a little flour. Make a rich broth of the meat. Skim off all fat as it rises. When ready take up the meat and thicken broth with one or two tablespoons flour smothered in a little cold water. Have the celery cut fine and boil it in the soup till tender, then add the cream, salt and pepper to taste.

SPANISH BEAN SOUP

Chop one large onion, three pods garlic, one small piece ham (one-half pound), one small green pepper, two Spanish sausages cut in small pieces (canned sausage). All of these fried in lard or olive oil, after which add one quart water, two large Irish potatoes (cut small). Cook twenty minutes. Into this put one can garvansos and continue to cook slowly for one hour. Season, salt and pepper to taste. The garvansos may be bought at any Spanish store.



Fish

and Sea Foods

"Let the person prepare it who loves the flowers, the big white clouds and the brook singing down the valley."

When a fish is fresh the flesh is firm and the gills a bright pink.

To clean: Hold fish by the tail and scrape off scales toward the head with a sharp knife; wipe with damp cloth; slit underside; carefully remove entrails; wash with cold water, removing all clots of blood from backbone.

Always cook fish thoroughly

BROILED FISH

Clean, wash and split, removing backbone and fins. Cut very large fish into slices. Dry with cheesecloth; season well with salt and pepper. Pre-heat oven, cook on well greased broiler from ten to twenty minutes, turning once. Remove to hot platter; add melted butter and sprinkle with chopped parsley, garnishing with slices of lemon.

BAKED FISH

Clean, wash and split, removing backbone and fins. Brush pan with drippings and place fish with skin side down; dust with flour, salt and pepper; pour over two tablespoons melted butter and one-half cup milk. Bake in hot oven approximately twenty to twenty-five minutes until brown. Place on hot platter, sprinkle with chopped parsley and serve.

FRIED FISH

Clean, if large remove head and tail. Wash with cold water and dry with cloth, sprinkle with salt, pepper and flour on both sides. Heat one tablespoon bacon drippings or other fat in pan over hot fire. Place in fish; brown quickly on both sides, reduce heat and fry five to ten minutes longer. Serve with chopped parsley and lemon or tartare.

BOILED MACKEREL

Soak about two hours in cold water and rinse good; put in boiling water and cook about thirty minutes. Put on platter. Put butter on it while it is hot. Pepper. Serve with cream sauce.

PLANK FISH

Soak in salt water. Have plank one inch thick and have board hot. Butter with melted butter. Put fish on board and spread with melted butter. Sprinkle with cayenne pepper. Bake eight minutes to pound. Serve with mashed potatoes and Hollandaise sauce.

CODFISH (BAKED)

Soak in water several hours, flake into coarse flakes and put in buttered baking dish. Dot with butter. Pepper. Sprinkle with cracker crumbs. Turn in a cupful of cream sauce, add a chopped boiled egg. One teaspoon onion juice, one teaspoon chopped celery leaves (if desired). Sprinkle with grated cheese and bake about fifteen minutes.

CREAMED CODFISH

Soak one package of codfish two hours, shred—not too fine, boil ten minutes, and drain, then cook until tender and drain again. Make cream sauce and put codfish into it and cook until it comes to a boil. Beat one egg and mix with the creamed codfish, but do not cook. Put in butter and pepper and serve immediately.

OYSTER BISQUE

One pint oysters, two cups milk, one cup bread crumbs, one tablespoon flour, one tablespoon butter, two cups water, one slice onion, one stock celery, one stock parsley, one bay leaf, salt, pepper. Scald milk—add bread crumbs. Cook in double boiler twenty minutes. Rub through sieve (or ricer). Make white sauce of milk and crumbs mixture and add flour and salt. Chop oysters and put in sauce pan in own liquor. Add water and chopped vegetables. Simmer thirty minutes. Rub through sieve again and combine with white sauce. More cream or milk may be added if bisque is too thick. Season and serve.

Garnishing Dishes

INEXPENSIVE WAYS OF ADDING BEAUTY TO THE DINING TABLE

Articles Used for Garnishing

Beets	Croquets	Watercress	Bacon
Olives	Rice	Fancy Showers	Vegetables
Pickles	Parsley	Hard Boiled Eggs	Celery
Lentils	Lettuce	Paper Frills	Jelly

Nothing is better for adding color to the garnishment of dishes than hard-boiled eggs. They should be boiled very hard. Chop the white separately and rub the yolk through a wire sieve to form a yellow feathery powder. Prepared thus the egg may be used for tracing designs over salads.

Chopped beets or sliced beets stamped with vegetable cutters into fancy shapes, give you a fine, deep red; chopped olives a beautiful green; chopped carrots a nice orange; truffles thinly sliced or stamped out with tiny cutters into crescents, stars, diamonds or dice, a good black; lobster color, washed, dried and rubbed through a fine sieve, a beautiful pink; and parsley, a brilliant green. To this list ham, chickens or calves' liver, celery, onion, or blanched almonds, chopped fine, cucumber pickles used in slices, cut in fancy shapes, arranged in lines or little heaps, provide the decorator with more colors and variety. Small slices of potato dried in butter, arranged in circles around a dish is pretty, and every one knows the decorative effect of sliced tomatoes.

To decorate a dish beautifully use neatly rounded rice croquettes with jelly—made thus: Wash one-half cup rice, and add one-half cup boiling water to which has been added one-half teaspoon salt. Cover, and steam, until rice has absorbed water; then add one cup scalded milk, stir lightly with a fork, cover, and steam until rice is soft. Remove from fire, add one tablespoon butter and yolks of two eggs. Spread on a shallow plate to cool. Shape into croquettes, roll in crumbs, then shape in the form of boats. Dip in egg, again in crumbs, fry in deep fat, and drain on brown paper. Arrange on a hot serving dish, put cubes of current jelly on each, and garnish with parsley. Serve with roast lamb.

Croquets of bread are very effective used on meat dishes, creamed mixtures and eggs cooked in various ways. These are little crusts, known in good old Colonial days as sippets. The bread is first toasted, then cut into crescents, stars, lozenges, dice, circles, squares, or triangles, and fried in boiling butter, a light golden brown.

C. F. WARD

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Beverages



*"May the joys of today be those of tomorrow,
The goblet of life hold no days of sorrow."*

—Foreman.

BOILED COFFEE

Measure coffee, which should be ground medium, allowing two tablespoons for each cup of cold water. Add to the grounds one-half cup of the cold water, a little of the white of one egg and crushed egg shell. Turn into coffee pot, pour in rest of cold water and boil three minutes. Let stand on the back of the stove for ten minutes and serve.

PERCOLATED COFFEE

Place grounds (medium ground) in proper compartment, allowing two tablespoons for each cup of boiling water. Pour boiling water in proper amount in bottom of percolator and let percolate about seven minutes. Remove strainer with grounds and serve.

DRIP COFFEE

Have coffee pot hot before making the coffee. For drip coffee the coffee should be ground exceedingly fine. Place grounds in the proper compartment, allowing two tablespoons for each cup of boiling water. Pour boiling water over grounds and allow to drip through. Remove the coffee grounds container, cover pot and serve at once. In case cloth bag is used for grounds, let bag stand in cold water each time after washing.

TEA

Scald teapot with boiling water. Add tea, allowing two teaspoons tea or one or two tea bags for each pint of boiling water, and pour over it the boiling water. Let stand where it will keep warm from three to five minutes.

BREAKFAST COCOA

Mix one heaping teaspoon cocoa and one of sugar and a few grains of salt, add little hot water and let boil five minutes, add milk and heat to boiling point. Serve with generous spoon of Marshmallow creme.

GRAPE JUICE

Nine pounds grapes, cover with water, let boil until thoroughly done. Strain juice and add three pounds sugar, let boil twenty minutes and bottle.

LEMONADE

Juice twelve lemons, grate rind of six lemons and add to the juice, let stand over night. Make a thick syrup with six cups of sugar with as little water as possible. When cold add lemon juice and put in a can making it air tight. Use one teaspoonful to a glass of water; will keep a long time in a cool place. Syrup may be used in cakes, custards and puddings.

ORANGEADE

Boil two cups sugar and two cups water until a rich syrup is formed, add one-third cup lemon juice, one cup orange juice and two oranges sliced. Dilute with ice water.

FRUIT PUNCH

Juice of seven lemons, juice of three oranges, one cup of pineapple juice, one-half cup of prune juice, one cup sugar, syrup, two cups of strawberry syrup, one pint of tea, three pints of water, more water may be added.

FRUIT PUNCH

Four cups sugar, one box strawberries, eight cups water, four bananas cut in slices, two quarts Apollinaris, juice three lemons, one shredded pineapple, juice six oranges, one cup fruit juice. Boil sugar and water five minutes; add fruit, ice, Apollinaris, and water to make the punch right strength. One cup maraschino cherries may be added.

Sauces for Meats

- With roast beef, grated horseradish.
With roast veal, tomato or horseradish sauce.
Roast mutton, currant jelly.
Roast pork, apple sauce.
Roast lamb, mint sauce.
Roast turkey, chestnut dressing, cranberry jelly.
Roast venison, black currant jelly or grape jelly.
Roast goose, tart apple sauce.
Roast quail, currant jelly, celery sauce.
Roast carversback duck, apple bread, black currant jelly.
Roast chicken, bread sauce.
Fried chicken, cream gravy, corn fritters.
Roast duck, orange salad.
Roast sturgeon, bread sauce.
Cold boiled tongue, sauce tartare or olives stuffed with peppers.
Veal sausage, tomato sauce, grated parmesan cheese.
Pork sausage, tart apple sauce or fried apples.
Fried beef, horseradish.
Pork croquettes, tomato sauce.
Corned beef, mustard.
Sweetbread cutlet, sauce bechamel.
Roast birds, fried honey, white calary.
Lobster cutlet, sauce tartare.
Cold boiled fish, sauce piquant.
Broiled steak, maître d'hôtel butter or mushrooms.
Tripe, fried bacon and apple rings.
Broiled fresh mackerel, stewed gooseberries.
Fresh salmon, cream sauce and green peas.
Cream sauce with sweetbread.
Orange salad with roast chicken.
Celery sauce with quail.
Stuffed olives with fish balls.
Horseradish sauce with boiled beef.
Horseradish and fried onions with liver.
French dressing with sardines.
Mint sauce with lamb.
Yorkshire pudding with roast beef.
Hard-boiled eggs and parsley with boiled salmon.
Cream gravy, strawberry preserves with fried chicken.
Oyster dressing for turkey.
Celery and onion dressing with roast duck.
Tart grape jelly with carversback duck.
Currant jelly with roast goose.
Cucumber catsup with corned beef.

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Meats - Poultry and Sauces



*"Some have meat that comes out,
And some would eat that meat it;
But we have meat and we can eat,
So let the Lord be thanked."*

—Robert Burns.

A FEW NECESSARY HINTS

All salt meat should be put in cold water, then the salt may be extracted while cooking. Fresh meat which is boiled should come briskly to the cooking point, then simmer gently. Fast boiling toughens meat.

For making soup cover the meat with cold water and cook slowly.

In boiling meat, if more water is needed, add that which is hot. The more gradual it boils, the more tender it will become. Allow twenty minutes for each pound of fresh meat.

When meat is tender set back on stove and let it stand in its liquor until ready to serve. Use if possible a covered roaster for cooking any sort of meat, the result is much more savory roast and less shrinkage.

When boiled meat is to be served cold, it should be turned into an earthen jar covered with its liquor.

Meats that are boiled should not be salted until they are two-thirds done.

The juiciness of roasts and steaks depends largely on cooking. The natural juices of the meat must be kept in, so the ends of the muscle fibers which hold the juices are seared first by intense heat. Then a lower heat is applied to penetrate the center without burning the outside.

ROASTING

For the roast the oven should be about 500 degrees F. For the first ten or fifteen minutes, the roasting pan should not hold more than a few spoons of water. Then the heat is reduced to about 350 degrees F., and if the fat which melts into the pan is not sufficient for basting, a little water may be added. The time varies from ten to twenty minutes a pound, according to the size of the roast, whether it is served rare or well done, and with the kind of meat. (Pork and lamb and veal should be cooked thoroughly.)

BROILING

Broiling is an application of the same principle whether the steak is placed on the rack of a broiling pan and put under the flame, or pan broiled on top of the stove. First the object is to sear the outside with intense heat, then to let a gentler heat penetrate the center. Frequent turnings in both cases are necessary, but especially in pan broiling, and only enough fat to prevent sticking should be used. The gravy is made by melting seasoned butter on top of the meat.

STEWING

Stewing is a hybrid method. Some of the flavor is desired for a good rich gravy, and some must be left in the meat. Hence the best stews are made by a combination procedure. First sear the small pieces of meat by pan broiling. Add hot water to this and boil for five minutes, then turn into a double boiler to simmer until the meat is tender.

POT ROAST OF BEEF

One rump roast, two small onions, two carrots, pepper and salt. Have bones taken from roast. Sear quickly on both sides in heated pot. Add other ingredients, putting two cloves in each onion. Pour boiling water over to nearly cover the meat. Cover pot tightly and let water come to a hard boil, then simmer for several hours. Strain the gravy, taking off all fat, brown one-half teaspoon sugar, pour on gravy and thicken with flour. Pour over meat and serve with carrots around meat.

SWISS STEAK

Buy thick piece of round steak and have it pounded with cleaver. Pound flour and salt into it. Put in roaster with water over it and let bake slowly for two hours.

BAKED ROUND STEAK

Two pounds round steak one inch thick, one-half cup flour, salt, pepper, two tablespoons butter, one pint water, one-half pint milk. Melt butter in pan. Dredge meat with flour to which butter and salt have been added. Brown quickly on both sides. Put meat in baking pan. Brown rest of flour in butter left in pan. Add water and milk. Let it come to boil. Then pour over meat and bake two hours in slow oven. An onion may be cooked in the butter to flavor.

ROUND STEAK WITH TOMATOES

Pound steak and flour. Salt and pepper. Fry in hot grease until brown. Pour can of tomatoes over meat and let simmer until tender and tomatoes are cooked down.

STEAK A LA BORDELAISE

Have steak cut from one and one-half to two inches thick. Any cut of steak may be used. The first cut of the round is good. Cut through the connective tissue in several places around the edges, so the steak will not curl while cooking. Sear in a hot pan on both sides, then pour over it two tablespoons of Worcestershire sauce, dot plentifully with butter, season with salt and pepper, then cover with a layer of sliced onions, then a layer of sliced green peppers, then a layer of sliced or canned tomatoes. Cover closely and place in a hot oven for ten minutes. Then lower the temperature of the oven and cook slowly for one hour. No basting is required if the meat is closely covered. Pour the liquor in the pan over the meat before serving and garnish with parsley.

FLANK STEAK

Score steak, flour and brown in hot skillet as though to fry. Cover with water when steak is sufficiently browned and cook in oven or top of stove. When almost tender put in pint of tomatoes, one medium sized onion, let cook until done and tomatoes and onions form a sauce. Salt and pepper to taste.

BROWN STEW

Cut round steak into small chunks. Mix with flour and brown in butter. Add diced potatoes, carrots and peas. Let simmer for one hour.

CORNEBEEF

Into a crock put rock salt (such as you use for ice cream making), add water. The mixture must be salty enough to float a thin slice of raw potato. Stir well, dissolving the salt. Drop in as large a piece of beef, tied together as you desire. Beef from the thick rib or brisket is excellent. Four or five days is sufficient. Remove meat from the brine. Wash, boil until tender. Serve as you please with four or five other vegetables.

MEAT PIE WITH VEGETABLES

Put into casserole—layer of meat (cut up fine), layer of potatoes and peas, carrots. Cover with thick gravy made from broth. Make biscuit dough and cut into biscuits and lay on top of the meat mixture and bake.

A WINTER DINNER FOR THE BRIDGE PLAYER

Three pounds of beef—cut—a pot roast. Brown in skillet with slices of salt pork. Place in casserole, salt. Turn over meat one can tomatoes, one-fourth cup diced carrots, one-fourth cup diced turnips, one onion (ground), one-fourth cup celery cut in small pieces. In a very slow oven this may remain for four or five hours. The meat becomes very tender and takes up the flavor of the vegetables. For serving, place meat on deep platter surrounded by vegetable sauce which may need a little thickening.

BAKED HEART OF BEEF

Clean heart well. Stuff with dressing of bread crumbs, celery, onions as preferred. Salt and pepper and moisten with milk or egg. Tie or sew heart to shape and simmer very slowly until tender in just enough water to cover it. Place in dripping pan, pour broth over it and bake in hot oven until brown.

BEEF LOAF

Take one pound of ground beef and one-half pound of ground pork, two eggs, fifteen rolled crackers, enough milk to form into a loaf and bake an hour.

ROAST BEEF

Five pounds (Delmonico). Heat oven. Put piece of fat on top and on bottom of meat. Salt. Pour off top fat and add lump of butter after one-half hour. Pour on one cup water. Baste occasionally. Roast one and one-fourth hours.

TIMBALE OF MEAT

One and one-half pint cold meat (three cups), salt, pepper, one cup stock or milk, one-half cup bread crumbs, one tablespoon butter, two eggs. Put butter in pan and heat. Add crumbs and put in liquid and thicken. Pour over meat and mix. Put eggs in. Pack in pan and set in pan of water with paper in bottom and not have oven very hot. Cook until center is firm. Butter pan. Loosen from pan and let set. Serve with tomato sauce.

STUFFED PORK CHOPS

Have chops cut thick and sliced almost in half lengthwise. Make dressing (as for chicken) and put between the slices and fasten together. Bake for one hour.

PORK CHOP DELIGHT

Put six pork chops in skillet. On top of each chop put slice of onion and one tablespoon cooked rice, butter, pepper, salt. Pour over this one can of tomatoes, one-half cup water. Bake in medium oven about one and one-half hours and do not cover. Add more water if necessary.

PORK ROAST WITH TOMATO DRESSING

Three pounds pork loin. Rub with salt, pepper and flour. When almost done put one can tomatoes (which have been strained and thickened with one large tablespoon flour) over the pork and bake in moderate oven. Potatoes peeled and halved may be cooked with the meat and served around it.

PORK LOAF

Two pounds fresh pork, one pound ham, one cup bread crumbs, two eggs, salt. Milk enough to moisten well.

ROAST CHICKEN

Choose a young, fat fowl, and be sure that it is drawn thoroughly. Rinse inside with several waters, using soda water if the fowl is the least bit sour. After washing, wipe dry, rubbing inside and out with salt. Use the following dressing: Two cups toasted bread soaked and water pressed out, one cup corn bread crumbs, one cup celery, one tablespoon melted butter, salt and pepper to taste, one small onion, chopped fine.

If you prefer a chestnut stuffing, add one cup boiled chestnuts to above. If you prefer oyster stuffing, add one cup of oysters and one-fourth cup oyster liquid.

Mix dressing well and stuff fowl. Tie legs and wings closely in, rub over with butter, salt and pepper, dredge with a little flour. Place in roaster and add one cup of boiling water. Cook in hot oven (it takes about fifteen minutes to a pound to cook). Test fowl with a fork to see if tender.

VIRGINIA HAM

Soak the ham overnight. Put it in a large meat-boiler, with one cup of molasses, three cups of cider, one teaspoon of paprika, one teaspoon of ground cloves, and enough water to cover. Simmer for eight hours, if the ham weighs ten pounds; longer if it is heavier. Leave it in the water in which it has been cooked for twenty-four hours. Then remove the outer skin. Cover with light brown sugar. Stick whole cloves in it, and put into a baking-pan with one cup of cooking-sherry. Bake for half an hour in a hot oven (450 degrees Fahr.) basting every few minutes. Serve either hot or cold. An ordinary ham, prepared in this way, will be found almost as good as a Virginia ham.

STUFFED LAMB CHOPS

Lamb chops, salt and pepper, liver or sausage or canned or fresh mushrooms. Have rib or loin chops cut in two inch pieces. Remove bone and outer skin. In rib chop, make slit and insert a mushroom in each chop or place a chicken liver or thick slice of sausage near long end, drawing end of chop around into round flat piece; sew with coarse thread, place in greased broiler, under hot flame, brown on both sides. Lower rack, broil, turning often, eighteen minutes longer. Remove string, sprinkle with salt and pepper. Put small pieces of butter over chops and serve.

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VEAL LOAF

Two and one-half pounds veal, one-half pound ham, one-half pound salt pork, one cup bread crumbs, two eggs, one-fourth teaspoon ground cloves, one-half teaspoon pepper, one-half teaspoon allspice, one-half teaspoon sage, one chopped onion, one and one-half teaspoon salt. Parboil veal for fifteen minutes. Chop the veal, ham and salt pork together. Add the bread crumbs and seasoning, then the eggs well beaten. Mix well, and put in a baking dish. Dot top with butter and brush with egg. Place dish in a pan of hot water, and bake in moderate oven for two and a half hours, basting frequently with a little beef-stock. Serve hot with a brown gravy or tomato sauce. May be served cold with salad.

BRAISED BEEF

Four pounds bottom round, larded, six carrots, six onions, one cup water, one-fourth cup vinegar, one-fourth teaspoon of allspice, one-fourth teaspoon white pepper, one-fourth teaspoon cloves, one-fourth teaspoon of ginger, two teaspoons salt, one-half cup of sherry. Rub all the spices and seasoning well into the beef. Pour the vinegar over it, and let it stand over night. Next day cut up the carrots and onions, and place them in the bottom of the roasting pan. Roll beef in flour and place it on top of the vegetables. Put a small piece of pork in the pan. Place the pan in a moderate oven and roast for about half an hour. Then add the water and cook very slowly for three hours. Baste every few minutes while cooking. Pour sherry over the meat just before serving.

HAM AND VEAL LOAF

Two pounds veal, one pound ham (ground), two eggs, one-half cup cracker crumbs, two tablespoons cream, a little pepper, a little nutmeg. Mix all together and steam in pound baking powder cans about two and one-half hours.

LEG OF LAMB

Cut skin and part of fat off of the lamb, rub salt and flour into it. Put about one inch of water in roaster and bake one hour to the pound. Serve with mint sauce.

SOUR MEAT

Cut up left overs from soup or boiled dinner. Put large tablespoon flour and butter size of egg in pan and brown. Add water, sugar, one tablespoon vinegar, two tablespoons onion, salt, pepper. Put with meat and cook slowly for a short time.

MEAT PIE

Cook meat and potatoes. Cut meat into small pieces and put layer in bottom of casserole. Slice potatoes and put in a layer over meat. Make gravy out of broth and pour over it. Cover with thick layer of short biscuit dough. Put in hot oven and turn down the fire and bake slowly.

TONGUE

Boil in salt water until tender (veal tongue—two hours). Remove skin and place in sauce pan with one cup water, one-half cup vinegar, three tablespoons sugar, and boil until it all evaporates.

SWEETBREADS

Wash and let stand in cold water and salt to draw out blood. Soak twenty minutes in cold water to which is added vinegar, salt and lemon juice. Boil in same until tender. Dip in eggs and crumbs and fry.

CHILI CON CARNE

Brown one-half Bermuda onion in bacon grease, add one pound round steak ground. Let cook until brown. Add one can tomato soup, one can kidney beans, celery which has been cooked until tender, one teaspoon chili powder. Cook slowly about thirty minutes.

SMOTHERED BEEF STEAK

Three pounds round steak, one tablespoon of lard, two tablespoons flour, pepper and salt to taste. Beat the steak well with rolling pin or beef hammer, adding the flour as you beat. Put a tablespoon of lard in the skillet when it is very hot, place in the steak which has been well seasoned with salt and pepper. Keep the skillet very hot until the meat is browned on both sides, cook in this way for a few minutes, then add one pint of boiling water, which will be sufficient to cover meat, cover closely. Set the skillet on back of stove to simmer very gently for about one hour or until done.

BREAD DRESSING

Place in mixing bowl four cups coarse bread crumbs and pour over them one cup boiling water and set aside to cool for about half an hour. At the end of this time squeeze most of the moisture out of the crumbs and add one egg beaten lightly and one-half cup of melted fat. Add one minced onion, one teaspoon minced parsley to the crumbs and celery if desired. This is sufficient for a six-pound bird.

CHESTNUT DRESSING

Use about forty chestnuts. Split the shells with a knife. Put into cold water and let come to a boil. Remove skin and shells. Chop nuts fine. Add three tablespoons melted butter, three-fourths tablespoon salt, minced parsley, one-half teaspoon paprika. Large cupful grated whole wheat bread crumbs. Moisten with three tablespoons thick cream.

OYSTER DRESSING

Cut one quart large oysters in half. Drain and chop the hard portions. Add two large cupfuls grated bread crumbs, two tablespoons minced parsley, salt, paprika, one-half cup melted butter. Mix well before using.

ENGLISH WALNUT AND MUSHROOM DRESSING

One-half pound mushrooms, cut in half. Sauté in half. Sauté in two tablespoons bacon grease. Add one cup chopped English walnuts, two cups soft bread crumbs, one tablespoon grated onion, salt, paprika, three tablespoons melted butter, four tablespoons minced celery leaves.

BROILED RABBIT

A very young rabbit. Dress and split. Rub surface of rabbit with onion or garlic bran. Lay in broiler and cover upper surface with thin slices of bacon. When meat is a delicate brown, turn and place fresh bacon on unbrowned side. Broil until nearly brown. Salt and serve at once.

TOMATO SAUCE

One-half can tomatoes, sliced onion, six cloves, one teaspoon butter, one teaspoon flour, salt, pepper, one teaspoon sugar. Cook in double boiler one hour. Put meat on platter with lettuce and pour sauce around it.



Poultry

MENU

Stuffed Celery	Egg Noodle Soup	Olives
Roast Turkey	Cranberry Sauce	Brown Gravy
	Whole Jellyed Apples	
	Macaroni, Chicken Livers and Mushrooms	
	Hearts of Lettuce with Mayonnaise	
	Pumpkin Pie with Whipped Cream	
Nuts	Raisins	Candy
	Coffee	

To Clean and Dress Poultry

Singe by holding chicken over a flame from gas, alcohol or burning paper.

Cut off the head, turn back the skin, and cut the neck off quite close; take out wind-pipe and crop, cutting off close to the body. Remove pin feathers with the point of a sharp knife. Remove oil bag from the tail.

If internal organs have not been removed, make an opening under one of the legs, or at the vent, and remove them carefully, leaving a strip of skin above the vent. The intestines, gizzard, heart and liver should all be removed together; care must be taken that the gall bladder which lies under the liver not be broken; it must be carefully cut away from the liver. The lungs and the kidneys lying in the hollows of the backbone must be carefully removed. Cut off the tip of heart and cut open to extract any blood. Cut gizzard through to the inner coat, half way around, take off the outer coat and throw the inner bag away. The gizzard, heart and liver are known as the giblets, and are prepared in various ways and are frequently used for making gravies and dressings for roasted poultry. Wash the giblets, put into cold water, heat quickly and cook until tender. The liver requires only a short time for cooking.

Scald feet with boiling water and pull off the skin. Place in soup kettle with giblets and other meats for soup.

Clean the chicken thoroughly inside and out. Stuff and truss for roasting or cut into pieces for stew or fricassee.

Table for Cooking Poultry

Clean poultry. Wash thoroughly. Stuff with bread-crumbs filling. Press the legs and wings close to the body and tie them in place. Place pieces of lard or pork over the breast. Rub in a little salt and pepper to get the seasoning into the meat. Put into a baking pan with one and one-half cups of water for a turkey. Half a cup for a chicken or duck. Two tablespoons for squab. Roast according to the following table. Baste the larger fowl every ten minutes, the smaller oftener.

Turkey	_____ 15 minutes to the pound	Chicken	_____ 15 minutes to the pound
Geese	_____ 20 minutes to the pound	Duck	_____ 15 minutes to the pound
Caper	_____ 15 minutes to the pound	Guinea hen	_____ 15 minutes to the pound
	Squab _____ 15 minutes to the pound		

TO BONE A TURKEY, OR FOWL OF ANY KIND

Wash the turkey and wipe it dry. Then, with a sharp knife and your fingers, remove the bones from the legs and thighs, keeping the knife as close to the bone as possible, taking care not to tear the meat. Then slit the bird up the back from the rump to the neck. Then, using a knife and fingers, detach the meat from the bones, very carefully and gradually, until the whole carcass can be drawn off. You can stuff boned turkey or other fowl if desired.

Carving the Holiday Roast

Much of the success of the holiday dinner lies in the ease and rapidity with which the roast or other meat is carved. Nothing is so unpleasant as to have the guests wait over long while the one carving struggles with the job. There are three necessary points in this connection. First, the meat must be placed in the right position on the platter when it leaves the kitchen, and placed before the carver properly. If the main bone or joint is lying in a reversed position in front of the one who carves, it will certainly be awkward and difficult for him to carve skillfully. Second, the carver must know something of the bony structure, of the location of the parts he is carving. If there are chops he must understand how to cut down between their bones, or how to break the tendon in the large legs of a bird so that the knuckle joint can be readily severed, but here again the butcher or the cook should have first made the carver's work easy by using the kitchen knife so that the most of the heavy cutting is done before the meat comes to the table. Last and not least important the carving knife must be flexible and sharp; if for hot meats it should be more steady so as to give pressure on the soft flesh; the knife should be one with a curved point in order to pick in and around the bones, and it must not be too large to be unwieldy.

It is sometimes advisable to do considerable of the heavy carving in the kitchen and then lay the pieces or parts back in a nearly natural position so that the host can rapidly fill most of the plates without delay; a small additional platter on which to place the slices or dressing as removed will be a convenience.

ROAST TURKEY

Select a plump, young turkey. Follow the general directions for cleaning, dressing and trussing. For stuffing use poultry stuffing. Place on its side on rack in a roaster. Rub entire surface with salt, brush with soft butter and dredge with flour. Place in a hot oven and when well browned reduce the heat. Baste with fat in pan and add two cups of boiling water; continue basting every fifteen minutes until turkey is cooked. (It usually requires about four hours for a ten-pound turkey). For basting use one-half cup butter melted in one cup boiling water and after this is used, baste with fat in pan. While cooking turn turkey frequently so that it will brown evenly.

To make gravy—

Pour off liquid in which turkey was roasted. Skim one-fourth cup of fat from the liquid, pour back into pan and brown with five tablespoons of flour, add slowly three cups of stock in which giblets were cooked, or add two cups of boiling water to dissolve the glaze in bottom of the pan and substitute for broth. Cook five minutes, season with salt and pepper and strain; add the giblets chopped very fine. The giblets may be used for forcemeat balls or chopped and mixed with the stuffing.

OYSTER DRESSING FOR TURKEY

Follow recipe for bread dressing above, substituting a little of the oyster liquor and large oysters (about one-half pint), chopped coarsely, in place of the liver, heart and gizzard.

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Vegetables



*"Lettuce then be up and doing,
Turnip on the wrong of life;
Beat your rivals, still parading,
Cabbage honors in the strife."*

Suggestions for the Preparation of Vegetables

Tender, succulent young vegetables, such as green peas and corn, must be, according to usual technique, be steamed or simmered gently in just enough water to prevent burning.

Solid vegetables like cabbage, beets and onions, may be boiled rapidly for thirty to forty minutes.

Cooking vegetables with the cover partly or entirely off helps to preserve the color.

Proper method of boiling vegetables is to keep them boiling but never violently. Tender vegetables are perhaps better salted when half done. Use one teaspoon of salt to a quart of water.

If vegetables have become wilted, soak them in cold water until plump and crisp.

Remember the three "C's" that go to make an enticing salad—**CLEAN, CRISP, COOL.** Vegetables usually used in salads, lettuce, cress, endive, cabbage, etc.

The newest method for cooking peas is to soak them three or four hours in cold water, drain, cover with cold water and bring slowly to the boiling point. Then let them simmer. Total cooking time about forty minutes, pan uncovered.

New potatoes should be washed, a thin ring of skin cut from the middle, then cooked in salted boiling water. When nearly tender, drain, cover with a folded napkin and let steam for five minutes on the back of the stove or in warming oven. This gives a dry, mealy potato.

BAKED POTATOES

Boil potatoes about ten minutes, take them out of the water, pierce them with a fork to let out steam, then place them in a slow oven to bake.

ESCALLOPED POTATOES

Peel and slice raw potatoes, place layer of potatoes in buttered baking dish, then salt, pepper, butter, layer of bread or crack crumbs; repeat until all are used. Cover with milk and bake in slow oven. When done remove lid and let brown.

POTATOES AU GRAUTIN

Prepare the same as escalloped potatoes except placing cheese between layers of potatoes and on top. Also add thin white sauce over top.

POTATO PUFFERS

One-half pint cold mashed potatoes, one egg, one-half cup flour, one-half teaspoon baking powder, salt. Mix into soft dough, roll into small fingers and fry like doughnuts.

SWEET POTATO CROQUETTES

Mash sweet potatoes after they are well cooked and season with salt, plenty of butter and make pretty thin with cream. Mold when cold, roll in crushed shredded wheat biscuit and well beaten egg, then fry in deep fat. These can be molded the day before.

MASHED SWEET POTATOES

Pare and boil medium sized sweet potatoes. When soft, mash and season with plenty of butter, salt, pepper and a little cream. Place in baking dish and cover the top with marshmallows. Put into oven and let brown.

STUFFED BAKED POTATOES

When potatoes are well baked, cut in half, remove inside and mash. Replace in shell, sprinkle with paprika and place back in oven to brown.

STUFFED TOMATOES

Cut off top of ten tomatoes and hollow them out. Take four ounces bacon, seven mushrooms, a little parsley and thyme, and a small shallot. Mix while heating, then add yolks of three hard boiled eggs, cut into small pieces and fill tomatoes, replacing the lid previously cut off. Strew with hard bread crumbs and set in pan containing melted butter. Let steam ten minutes on a quick fire.

BAKED CAULIFLOWER

Boil the head in salt water, put in sieve and drain. Break apart. Mix two tablespoons boiled ox tongue, cut fine, a few mushrooms in a milk sauce, a little onion and a little tomato juice. Put in well buttered baking dish that has been sprinkled with grated Parmesan cheese. Sprinkle top with bread crumbs, grated Parmesan cheese and melted butter. Bake in quick oven ten minutes.

FRIED EGG PLANT

Peel and slice, then soak in salt water, dip in beaten egg and bread or cracker crumbs. Fry in deep fat until brown.

PARSNIPS

Clean and peel parsnips, cut through the center lengthwise. Place in skillet, cover with water and add sugar and bacon fryings. Cook down and let brown, taking about one-half hour.

STUFFED PEPPERS

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

VEGETABLE BLANCHING

Vegetables, especially those having a strong flavor, are made more delicate if they be cooked a few moments to draw out a little of the flavor, then drained, cooled in cold water, thoroughly drained and cooked in a fresh supply of water. This process is called blanching. Rice may be cleaned more effectually by this process than by any other way. Boil about five minutes, then set to cook in plenty of cold water, which should be brought quickly to the boiling point. Stir rice with a fork to keep it from adhering to the bottom of dish.

CREAMED PEAS

Cook peas until tender, cream with two tablespoons flour mixed with a little milk. Then add salt, pepper, one pint milk and butter.

FRENCH FRIED ONIONS

Slice Spanish onions thin, soak in cold water a little while, then drain. Drop in deep hot fat and fry until brown. These are very fine.

TURNIP CUPS

Have small turnips, pare and take out center. Put in boiling water and let simmer (not boil). Do not cover, cook forty minutes. When tender take out and turn upside down to drain.

Filling—One can peas, one tablespoon butter, one-half teaspoon sugar, one-half teaspoon salt, pepper. Heat and fill cups. Serve with white sauce.

MASHED TURNIPS

Cook about six medium sized potatoes and two large turnips until done. Mash and season well with salt, pepper, butter and milk.

FREYOLE

One can red kidney beans, heat, one-half pound New York cream cheese—cream with beans, one-half can pimentos (shop fine), generous lump of butter, cayenne pepper, salt. Cook together and serve on toast.

CELERY IN WHITE SAUCE

Wash, scrape and cut celery stalks in one inch pieces, cook twenty minutes in boiling salt water, drain and to two cups celery add one cup white sauce.

CREAMED BRUSSELS SPROUTS AND CELERY

Remove wilted leaves from one quart Brussel sprouts and soak sprouts in cold water fifteen minutes. Drain and cook in boiling salt water twenty minutes or until tender. Drain. Cut mashed celery in small pieces, one and one-half cups. Melt three tablespoons of butter, add celery and cook two minutes, then add three tablespoons flour and pour on gradually one and one-half cups of scalded milk. Bring to boiling point, add sprouts, season with salt and pepper. Serve as soon as sprouts are reheated.

BAKED RICE AND PIMENTOES

Cook three-fourths cup rice, while hot add one cup grated cheese, one can pimentos, one cup milk. Bake one-half hour in moderate oven.

NUT LOAF WITH VEGETABLES

Two large potatoes boiled with skins on them, mash. Two stalks celery (chopped) or one tablespoon celery salt, one large onion, one hard boiled egg, one raw egg, three-fourths cup cracker crumbs, three-fourths cup English walnuts chopped fine, one tablespoon butter, salt. Chop ingredients fine—mix well—adding raw egg last. Make into loaf, put in greased pan, adding one-half cup cold water. Cook forty minutes. Serve with tomato sauce or gravy.

STEWED RHUBARB

Clean, cut in small pieces, place in pan and add a little water. When done sweeten, using plenty of sugar.

For Serving 100 People

- 2½ pounds of coffee.
- 5 gallons of milk.
- 18 pounds of meat.
- 50 pounds of potatoes.
- 15 No. 2 cans of peas.
- 4 gallons of soup.
- 3 pounds butter.
- 6 loaves of bread—long loaves.
- 1¼ pounds olives.
- 25 heads of lettuce.
- 100 ears of corn on the cob.
- 50 cantaloupes.
- 100 Ribs of beef (raw).
- 20 pounds of beef tenderloin (Filet Mignon).
- 15 pounds boiled boneless ham.
- 20 pounds smoked hams.
- 10 pounds cheese—brick, Swiss or American.
- 2½ gallons ice cream (brick), cutting 10 cuts to a quart brick.
- 20 pounds bananas, ½ fish to each person.

- 25 pounds jack salmon.
- 100 rolls, one roll to each person.
- 8 average sized cakes.
- 18 average size pies.
- 50 spring chickens, serving ½ bowl to one person.

For escalloped oysters, four gallons of oysters, eight pounds of crackers and four pounds of butter.

For chicken pie, use fifteen chickens. For hash, twelve pounds of corned beef, with double the quantity of potatoes.

One pound of coffee makes 40 cups of coffee.

With any two of these allow ten dozen biscuits, five pounds of butter, fifteen pounds of ham before cooking, six quarts of cabbage salad, three pounds of cheese, one hundred doughnuts, four loaves of white cake, four loaves of dark cake and four of yeast.

Two gallons of El Merita ice cream.

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Suggestions

Break baked potatoes open a little way when they are done to keep them from being soggy; grease potato before baking.

Always cook cabbage and onions without lid, this will keep the odor from going through house.

Don't add salt to vegetables inclined to be tough until after they are cooked.

Leave cover off kettle after potatoes are cooked and drained to make them mealy.

Wash rice well before cooking, this will make grains separate when cooked.

To test rice rub between fingers; if it washes it is ready to season.

To keep tomatoes from curdling:

(1) Use a little soda.

(2) Add tomatoes to milk.

TOMATO BASKETS

Four firm, red tomatoes, one large, green pepper, one can asparagus tips, salad dressing. Cut the peppers into slices crosswise, to form one-fourth inch rings.

Scald tomatoes, peel, chill and cut in half crosswise. Place on lettuce leaves, with the cut side up. Lay four or five asparagus tips side by side in center of each tomato half. Cut pepper rings at one end and lay across the top of asparagus to meet the sides of the tomato thus forming a handle to the tomato basket. Serve ice cold with French dressing. Serves eight people.

SUGAR POTATOES OR CANDIED YAMS

Six sweet potatoes, one cup white sugar, one-fourth cup water, one teaspoon butter. Parboil, peel and cut the potatoes in quarter inch slices. Cook the other ingredients to form a syrup. Place the slices of potato in the syrup and simmer gently for an hour, then let the syrup boil away until it is almost dry. Serve with meats.

BAKED ASPARAGUS

Wash asparagus and cut away the tough ends. Boil until tender but firm. Drain off water and arrange in an oval casserole with the tips of the asparagus all together. Pour cheese sauce over them and sprinkle cracker crumbs on top. Bake in hot oven until the crumbs are brown.

MUSTARD PICKLES

One quart small round onions, one large cauliflower, cut up one small head of cabbage, chopped, one pint chopped large cucumbers, one quart small cucumbers, one quart chopped onions, two large red peppers, cut into small pieces, two large green peppers. Soak the small onions, cauliflower, and cabbage overnight in enough strongly salted water to cover. Sprinkle salt over the chopped cucumbers, onions and peppers, and let them stand overnight. In the morning drain off all the water.

Use the following mustard dressing for the pickles: Two quarts cider vinegar, three-fourths cup mustard, one cup flour, two cups dark brown sugar. Mix all the above ingredients together. Put them in a deep sauce pan. Let them come to a boil, and boil until thick and smooth. Then add the pickles, and cook for twenty minutes longer. While still hot, put the pickles into sterilized glass jars and seal.

TOMATO CHOW-CHOW

Twelve green tomatoes, 12 large onions, twelve green peppers, one tablespoon ground cloves, one-half cup mustard, two pounds sugar, one cup salt, eight tablespoons ground cinnamon, one tablespoon ground allspice, one tablespoon black pepper, one cup grated horse-radish, two quarts vinegar. Chop up the tomatoes, onions and green peppers. Cover them with salt, and let them stand all night. In the morning drain off the brine. Cover with vinegar. Boil for one hour. Drain off the liquid, and pack the vegetables in sterilized jars. Put all the remaining ingredients into a saucepan, and let them come to a boil. When boiling hot, pour into the jars over the vegetables and seal.

PEPPER AND CABBAGE RELISH

Six large green peppers, two large red peppers, one large solid head white cabbage, two and one-fourth tablespoons salt, two tablespoons white mustard seed, two tablespoons brown sugar, cold vinegar to cover. Wash peppers, remove the stems, pulp and seeds. Remove outside leaves and hard center from the cabbage and cut in pieces; chop the cabbage and peppers; add the other ingredients, mix thoroughly, and store in cans. This relish may be used at once, or it will keep all winter if good vinegar is used.

A Few Golden Rules for Those Who Feed the Sick

First of all, I should like to impress on the minds of the attendants that constant nourishment does not always bring about good conditions or cures.

When the appetite flags, stop feeding.

Appetite is a useful, but not an infallible guide to a correct diet.

If a person has tuberculosis, for instance, give a goodly quantity of fats and oils, eggs and milk, rich in those elements which will give the lungs good, healthful exercise.

Pneumonia, an acute trouble, will recover more quickly on skimmed milk, beef tea and foods deficient in fat.

Acute indigestion can be corrected quickly by a fast of two or three days.

Chronic indigestion calls for foods that require a slight effort on the part of the digestive tract to excite the necessary digestive fluids.

A diet for the sick is not a normal diet, and is absolutely unsuited to those in health.

If the person is very ill, give liquid foods through a glass tube or straw. This will excite a flow of the secretions of the mouth and aid digestion.

Never over feed the sick; it ruins digestion and hinders cure.

Arrange all foods in an attractive and dainty manner. Do not overload a dish; it robs a delicate patient of his appetite.

Milk is the most important of all foods for the sick; eggs, perhaps, come next, and in some cases fruit juices of first value.

Remove immediately from the sick room every particle of left over food; do not reheat or serve it again. Do not repeat a dish in less than two days, if possible, unless the patient is on a milk diet. A mistake of this kind will frequently rob the patient of appetite and complicate feeding. Serve hot foods comfortably hot, on hot dishes, and cold foods comfortably cold, on cold plates.

If flowers are used for tray decorations, see that they have an agreeable, mild odor; heavy odors frequently destroy the appetite. Violets, roses and pansies are to be preferred.

Breads - Biscuits

and Breakfast Breads



"Here is bread, which strengthens man's heart and therefore is called the staff of life."

YEAST BREAD

Boil one pint of milk, add one pint of water; when liquid is luke warm add one cake compressed yeast dissolved in a little warm water, one tablespoon lard, one tablespoon sugar, one tablespoon salt. Add flour just sufficient to knead. Knead lightly fifteen or twenty minutes; place in bowl, grease top with lard or butter and place in a warm even temperature to rise until it doubles itself (about three hours), mold into loaves, let stand about an hour and then bake one-half to one hour, depending upon size of loaf. This can be made with two potatoes cooked instead of milk if preferred.

GRAHAM BREAD

Three cups Graham flour, one cup white flour, three teaspoons soda, two and one-half cups sour milk, one teaspoon salt, one scant cup molasses, nuts, raisins or dates as desired. Mix and bake as cake slowly, one hour.

WHOLE WHEAT BREAD

Scald one-half pint milk, add one-half pint water and one-half teaspoon salt. When luke warm add one compressed yeast cake dissolved in warm or cool water. Now add three half pint cups of sifted whole wheat flour and beat for five minutes. Cover and let it stand in a warm place for two hours. Then add slowly three more half pints and knead for ten minutes. Divide into two loaves, put in greased pans, cover and let rise for one hour or until light. Bake for forty-five minutes.

DELICIOUS TEA ROLLS

Two tablespoons butter, two tablespoons sugar, two eggs. Beat the three articles together, add a little salt, one cup sweet milk, two cups flour, three teaspoons baking powder. Grease a large dripping pan or gem pans with butter. Drop a tablespoon in each place. Bake about twenty minutes.

BOSTON BROWN BREAD

One quart graham flour, one cup Duff's Orleans molasses, one cup raisins, one pint buttermilk, one teaspoon salt, one teaspoon baking powder, one teaspoon soda. Put salt and baking powder in flour, add raisins, then molasses, then the milk in which the soda has been dissolved. Stir well, put in pound baking powder cans and bake one hour in slow oven. This makes four loaves.

PARKER HOUSE ROLLS

Two cups warm milk, one tablespoon lard or butter, one tablespoon sugar, one teaspoon salt, one cup warm mashed potatoes, four to five cups flour, two cakes yeast dissolved with one-half cup milk and one teaspoon sugar. Sift together flour, sugar and salt in mixing bowl. Rub in mashed potatoes with finger tips until well blended. Add milk, lard and yeast. Mix well, then beat with hand until dough is very smooth (about ten minutes). Let rise in warm place about two and one-half hours. Roll out to one-half inch thickness on well floured board. Cut with roll cutter, brush generously with melted butter. Fold through center, lap over and brush top again with butter. Let rise in pans about one hour. Bake twenty minutes in hot oven (about 400 fahrenheit).

CORN BREAD

One egg, one teaspoon soda to one pint milk, one-half teacup flour, a little salt, add cornmeal until thick. Bake in buttered pan.

BAKING POWDER BISCUIT

Two cups flour, four teaspoons baking powder, one teaspoon salt, four tablespoons shortening, three-fourths cup milk. Mix and sift twice the dry ingredients, work in shortening with tips of fingers, add gradually the liquid, mixing with a knife to a soft dough. Toss on floured board, pat and roll to one-half inch in thickness. Bake in greased tins in a hot oven twelve or fifteen minutes. Use level measurements.

SALT RISING BREAD

At noon—Scald two tablespoons cornmeal with rather hot milk.

Next morning—Take one pint very warm water, one-fourth teaspoon salt, one-half teaspoon sugar, soda size of pea, thickened, then beat in raised cornmeal, put in air tight vessel, keep warm then three quarts flour, one and one-half pints warm water, one tablespoon sugar, one-half tablespoon salt, lard size of an egg. Make up rather soft, put in pans soon as through kneading, put lard on top of dough, keep warm, let rise. Bake thirty-five minutes.

NUT BREAD

One cup (generous) nut meats, one cup light brown sugar, one egg, one cup milk, three cups flour, two teaspoons baking powder, one-half teaspoon salt. Mix together and let stand one hour before baking. Bake in slow oven.

ROLLS

One cake Fleischman's yeast, one-half cup sugar, two large potatoes cooked and riced, two eggs beaten separately, one cup sweet milk. Flour. Soak yeast in one cup luke warm water with two teaspoons of the sugar in it. Mix all together and add enough flour to make consistency of cake batter. Set aside in warm place to double itself. Then add one tablespoon melted lard, one teaspoon salt, flour to make stiff. Set in cold place until two or three hours before you want rolls. Make into rolls and put into a warm place to rise. Bake ten to fifteen minutes in a hot oven.

WAFFLES

Four cups of flour, four teaspoons of baking powder, one cup of water, two eggs, one cup of milk, one teaspoon of salt. Mix flour, baking powder and milk and water together. Add the eggs beaten and beat until smooth. Then add one tablespoon of lard, melted. This will make enough for four persons. For every additional person add one cup of flour.

ORANGE BREAD

One cup sugar, three teaspoons melted butter, two eggs, one cup milk, three and one-half cups flour, four teaspoons baking powder, one-half teaspoon salt, one cup candied peel cut fine. Bake forty-five minutes in a moderate oven.

Sandwiches



"Make your sandwiches out of the golden grain, garnished with the joy of the garden, and the green banks of the rippling brook."

A FEW RULES FOR SANDWICHES

Bread for sandwiches should be at least twenty-four hours old.

Cream butter before spreading.

Do not have filling too moist.

If sandwiches are not to be used immediately, wrap in damp cloth and place in cool place.

Paraffine or wax paper helps to keep sandwiches fresh for the picnic or lunch basket.

One loaf of sandwich bread makes twenty sandwiches. The crusts should be removed from bread after the sandwiches are made.

To make superior sandwich butter, work one cup of butter until soft; then add by degrees, one-half cup of whipped cream; season with salt and mustard. Put in a cool place until required.

Seasoning can sometimes be beaten into the butter, thus saving labor in spreading.

Butter slices of bread before cutting from the loaf. They should not be cut thicker than an eighth of an inch. It is well to lay a damp cloth over sandwiches if they are not to be used as soon as made.

HAM SANDWICHES

One-half pound of baked or boiled ham, six sweet pickles, two hard boiled eggs, put through food chopper. Mix with salad dressing until creamy. Spread between slices of bread.

DRIED BEEF SANDWICHES

For one dozen sandwiches—Soak one-half pound of dried beef in cold water for one-half hour. Then take out and press out all water, roll in flour and fry in butter. Place between thin slices of buttered toast.

CHICKEN SANDWICH

Cook chicken until tender. Put through food chopper with two or three sweet pickles. Mix with mayonnaise dressing. Pimento may be added. Spread between thin slices of buttered bread.

LOBSTER SANDWICH

Finely chopped boiled lobster meat. Moisten with French dressing. Spread one side of bread with green pepper, butter the other side with lobster mixture. Garnish with parsley.

GREEN PEPPER BUTTER

Four green peppers, one-half cup butter, salt, cayenne. Remove seeds and white portion from peppers and cook in boiling water until soft. Drain well and rub through sieve. Cream butter and add pulp gradually, stirring constantly. Season with salt and cayenne. Spread over broiled fish, steak, chops, or on bread for meat sandwiches.

BACON AND EGG SANDWICH

Fry strips of bacon and grind bacon and hard boiled eggs. Mix with sweet mayonnaise. Spread between slices of buttered bread.

CHEESE DELIGHT

One brick of pimento cheese, one green pepper (chopped fine). Spread one slice of bread and toast.

CHEESE SANDWICH

Two packages of Philadelphia cream cheese, three tablespoons cream, mix well, two tablespoons salad dressing, two pickles (chopped fine). If you like add small portion of chopped onion. Spread on thin slices of bread.

CHEESE AND HORSE RADISH SANDWICH

One pound Philadelphia cream cheese, one small glass horseradish. Mix well. Spread on white bread. Makes eighty small sandwiches.

CHEESE AND JELLY SANDWICH

To one pound cottage cheese take one small glass of jelly. Mix well. Spread on white bread.

COTTAGE CHEESE SANDWICH

One cup dry cottage cheese, one-third cup fine chopped nuts, one-third cup chopped dates, orange juice to make it moist. Mix thoroughly. Place between slices of buttered white or brown bread.

OPEN BROWN BREAD SANDWICH

Spread pimento cheese on slices of brown bread. Place one slice of stuffed olive in center.

TOASTED CHEESE SANDWICH

Two packages of Philadelphia cream cheese, one egg. Mix together. Add paprika and salt. Spread on slices of bread. Then place on mixture slices of bacon. Toast. Serve hot.

OLIVE, NUT AND CHEESE SANDWICH

Two packages Philadelphia cream cheese, one small bottle stuffed olives, one-half cup of nuts. Enough salad dressing to make mixture creamy. Spread on slices of buttered bread.

PEANUT BUTTER SANDWICH

Mix peanut butter and mayonnaise dressing. Use enough dressing to make a creamy filling. Spread on slices of buttered bread.

NEW SANDWICH

Add two tablespoons of water to three tablespoons of peanut butter. Beat until creamy. Then add two tablespoons of catsup. Mix well. Spread on bread.

Salads

and Salad Dressings



"One can taste the sturdy sunlight in the heart of lettuce, sunset flush in the tomato, and the mild breath of southern in the pineapple, all held together by a creamy spray and the sparkling zest of lemon grass."

MEAT SALAD

One cup cold chicken, veal, tuna fish or salmon, one cup boiled eggs, diced, one cup cracker crumbs, one-half cup salad dressing. Mix just before serving.

HAM LUNCHEON SALAD

One cup cold boiled ham (cut in cubes), one-half cup celery (cut fine), one-half cup green pepper (cut fine), one-half cup dill pickle (cut in pieces), one cup peas (fresh or canned), one teaspoon minced onion. Season with salt and pepper, mix with mayonnaise or relish spread and serve cold on lettuce leaves. Garnish with bits of tomato, pickled beets or sliced hard boiled eggs.

CHICKEN SALAD

One quart cold boiled chicken, one pint finely cut celery, two hard boiled eggs, two cups mayonnaise dressing, six olives. Mix chicken which should be very tender, with celery, seasoning, and one egg cut into small pieces; marinate with a little French dressing, and let stand in a cold place one hour. Serve on lettuce leaves and spread mayonnaise over top. Garnish with olives and remaining egg cut into slices, dust with paprika.

CHICKEN SALAD

Dice equal parts of chicken and pineapple, mix with mayonnaise and serve on lettuce leaf with small sweet pickles and cheese biscuits.

TUNA FISH SALAD

One medium size can tuna fish, three hard boiled eggs, one-half cup English walnuts, one cup celery. Mix with oil (uncooked) mayonnaise. Serve in tomatoes (with pulp scooped out), or serve in ring of tomato aspic, or with slices of tomato on top.

CRAB MEAT SALAD

(For four)

One can crab meat, one stalk celery, two sweet pickles, eight stuffed olives, mayonnaise. Dice celery, pickles and olives; shred crab meat, mix with mayonnaise, serve on lettuce leaf, decorate with water cress or parsley and dot with capers. Very good if made with an excellent quality of mayonnaise.

SHRIMP AND PINEAPPLE SALAD

One and one-half cup fresh cooked or canned shrimp, one and one-half pineapple, cut in pieces, salt and paprika. Remove the black line from shrimp and cut in pieces, marinate and chill. Mix the shrimp, pineapple, seasoning and mayonnaise and serve on crisp lettuce leaves. Garnish with slices of stuffed olives.

SALAD JAPANESE

One and one-half cup cooked rice, one and one-half cup salmon, salt, paprika, two tablespoons chopped green pepper, four tablespoons chopped celery. Mix cold rice with flaked salmon, celery, green pepper, seasoning relish spread. Serve on crisp lettuce leaves.

FRUIT SALAD AND DRESSING

One can pineapple, two oranges, one pound malaga grapes, twelve marshmallows. Blend three tablespoons flour, one tablespoon sugar, one-fourth teaspoon salt, pinch mustard, with two tablespoons melted butter. Add juice from one large can pineapple and bring to boiling point. When ready to serve add whipped cream.

LETTUCE SALAD

Wash and drain lettuce and arrange on individual plates, place on top sweet peppers cut in rings, and hard boiled eggs.

COMBINATION SALAD

One cucumber cut in thin slices, two green peppers cut in rings, one Bermuda onion cut in thin slices, two ripe tomatoes sliced thin; arrange together in a salad bowl and moisten with a French dressing or with one-half cup vinegar diluted with one-fourth cup water, salt and pepper to taste.

HOT SLAW

Remove outer leaves from a solid head of cabbage and cut in shreds. Pour on the following dressing, while hot: Two eggs, one-fourth cup sugar, two tablespoons melted butter, three-fourths cup cream, one tablespoon flour mixed with the sugar, one-half teaspoon salt, one-fourth cup strong vinegar, one-half cup cold water, dash of pepper; cook all together and serve at once.

GRAPE FRUIT SALAD

Drain juice from one can pineapple and cut in small pieces. Remove white portion from one grapefruit, being careful to remove none of the membrane, arrange on lettuce leaves and sprinkle slices of Brazil nuts over the top; serve with French or fruit salad dressing.

COTTAGE CHEESE SALAD

Mix two cups of cottage cheese with three-fourths cup nut meats and a little chopped parsley; roll into ball and serve on lettuce; garnish with slices of stuffed olives and serve with mayonnaise.

CUCUMBER BOATS

Cut large cucumbers lengthwise and scoop out centers. Mix equal parts of diced tomatoes and sweet green peppers. Refill cucumber shells; cover with French dressing.

BEEF CUP

Boil uniform sized beets until tender, peel and scoop out centers, chop equal parts of cucumbers and celery, using a small portion of beet. Mix, refill beet cups, serve on lettuce with a good dressing.

BING CHERRY SALAD AND DRESSING

One can Bing cherries, two packages lemon jello, one-half cup sugar, juice of one-half lemon. Heat one pint water to boiling point and pour over jello. When dissolved add cherry juice and enough water to make a quart. Pour over chopped cherries and a cup of chopped nuts. Will serve sixteen. Serve with fruit salad dressing and whipped cream.

Salad Dressing—Juice of one orange, one lemon, one cup pineapple juice, one egg, two tablespoons corn starch, pinch of salt and mustard. Beat egg, add paste of the dry ingredients and part of the juice, add the rest of the juice and bring to a boil over a slow fire. Just before serving beat in one-half of a half-pint whipped cream and top each serving with a teaspoon whipped cream.

FROZEN SALAD

Pack one can Hume's fruit salad with salt and ice. Let stand three hours or longer. Remove from can by cutting off top of can. Serve in slices with whipped cream and black cherries.

FROZEN FRUIT SALAD

One can pineapple, six oranges, one can apricots, one and one-half pints cream. Whip and sweeten to taste before adding fruit. Pack in freezer. Let stand four hours. Fill six quart freezer. Use this dressing with it: Two tablespoons oil mixed with two tablespoons flour (heaping). Add to one cup water and one-fourth cup vinegar. Cook five minutes and add two well beaten egg yolks. Let cool and add one cup oil slowly and season to taste.

MAY FRUIT SALAD

Six slices fresh or canned pineapple, one large orange, one banana, six strawberries, honey salad dressing, sprigs of fresh mint. Wash and crisp the mint, arrange stem ends toward the center on individual salad plates. Place a slice of pineapple on each bed of mint, on this put a slice of orange, then a layer of banana sliced into discs, and top with a strawberry. Pour over it the salad dressing. If fresh pineapple is used it should be sprinkled with sugar and allowed to stand in a cold place for at least an hour (note Honey Salad Dressing). Three tablespoons salad oil, one tablespoon lemon juice, two tablespoons honey, one-eighth teaspoon salt. Beat together the salad oil, honey, lemon juice and salt until well blended. Use at once.

HEALTHFUL FRUIT SALAD

Two tart apples, diced small, two bananas quartered and sliced, two oranges cut in small pieces. Sprinkle with one-half cup sugar. Then add one-half cup English walnuts, chopped coarse, and mix with cream or mayonnaise dressing. This is very good and easy to make.

SALAD OF THE ANCIENTS

Fasten together two animal crackers with toothpicks. Join two round crackers by same method for wheels, across toothpicks place long water (salting) for chariot bed. Place lettuce leaf (with skirt trailing) on the salting. Top with fruit salad in color combination. Top with whipped cream or mayonnaise dressing. On the sides of the salad may be stacked triangular sandwiches, forming a pyramid.

CRANBERRY SALAD

Four cups cranberries, two cups water, two cups sugar. Cook, strain and when it starts to jell add one cup chopped celery, three-fourths cup nuts, one-fourth cup olives. Mold and serve on lettuce with mayonnaise.

CRANBERRY SALAD

One quart cranberries boiled in cup of water until tender, put through sieve, add two cups sugar, cook five minutes. Add one envelope of Knox gelatine, which has been soaked in one cup of cold water, one-half cup nut meats, one cup chopped celery. Put in molds and when ready to serve, top with mayonnaise to which has been added whipped cream.

WALDORF SALAD

One quart chopped apple, one quart chopped celery, one pint chopped nut meats, head lettuce, creamy salad dressing. Cut a cup from pretty red or yellow apples whose pulp is mellow and rich flavored. Chop and combine celery, apples and nuts. If salad is to be kept a few hours before serving, sprinkle generously with lemon juice to prevent discoloring. Pile mixture lightly into apple cups. Pour on creamy salad dressing and add a dash of paprika for garnish. Place apple on bed of lettuce leaves or water cress when ready to serve.

APPLE SALAD

Two cups sugar, eight apples, one cup water, cinnamon drops, or red coloring, cheese, nuts, mayonnaise. Make syrup of water, sugar color red. Core apples, then peel, let remain whole and cook in syrup until apples are tender and pink. Be careful that they retain their shape. Place on lettuce leaf, top with ball of white soft cheese and nuts. Serve with a boiled dressing preferably. A nice salad to serve with roast pork.

BRAZIL NUT SALAD

Eight Brazil nuts, one small apple, one-half cup celery, two slices pineapple, one-half cup white grapes or canned cherries, one-half cup mayonnaise dressing, one-fourth cup heavy cream, two tablespoons lemon juice, one head lettuce. Cut nuts, celery and fruit in small pieces, mix thoroughly, add lemon juice. Moisten with mayonnaise dressing mixed with cream beaten stiff, put in nests of lettuce leaves, cover with remainder of dressing and put a dash of paprika in the center of each salad.

PINEAPPLE-CABBAGE SALAD

Three cups shredded cabbage, one cup shredded pineapple, twelve marshmallows, one cup mayonnaise. Lastly, add one cup whipped cream.

MARSHMALLOW CABBAGE SALAD

Seven cups finely shredded cabbage, two cans grated pineapple, three dozen marshmallows. Soak cabbage in cold water several hours to crisp; drain well, and just before using add pineapple and quartered marshmallows. Mix with three-fourths pint whipped cream; top with cherries.

PINEAPPLE AND CREAM SALAD

One can pineapple, large, one can white cherries, four cakes Philadelphia cream cheese, one box of gelatin, pecans ground. Pit cherries and dice pineapple, save juice, take one-half gelatin and put in one cup cold water. Heat fruit juice to boiling point. Add half to dissolved gelatin. Pour over fruit and set in ice box to harden. After it sets, put remaining gelatin in cup of cold water. Add remaining fruit juice. Mash cheese then add nuts and gelatin mixture gradually to the cheese. Pour over fruit and set away to harden.

KENTUCKY SALAD

Pare, chop and drain cucumber; there should be one-half cup. Add an equal measure of canned sliced pineapple, chopped and drained. Soak one and one-fourth tablespoons granulated gelatin in one-fourth cup of cold water and dissolve in one-fourth cup boiling water, and add to first mixture, with one-fourth cup each sugar and vinegar, two-thirds cup pineapple syrup, one tablespoon each Tarragon vinegar and lemon juice, and a few grains of salt. Mould, chill, remove from mould, arrange on lettuce leaves, and accompany with mayonnaise dressing.

NASTURTIUM SALAD

Arrange tender nasturtium leaves on a platter; place on them first a layer of sliced tomatoes, then a layer of cucumbers, sliced or chipped, and lastly young sweet corn cut from the cob. Pour over this a French dressing and serve garnished with nasturtium flowers.

PLAIN CREAM STEW

Shred cabbage, let stand in salt water in cold place for several hours. Make a dressing of one teaspoon French's mustard, one tablespoon sugar, one tablespoon vinegar, one cup condensed cream.

PEA SALAD

One can small peas, ten cents salted peanuts ground coarse, three medium sized sweet pickles, three hard boiled eggs chopped. Use cooked mayonnaise.

DELICIOUS SALAD

Dissolve one envelope of Knox gelatin in four tablespoons cold water, add two cups hot water, one-half cup vinegar, one-half cup sugar. Let stand until cool, not cold. Add two cups finely chopped celery, one cup chopped almonds, one-half pound white grapes, one-half cup stuffed olives. Serve on lettuce. Will serve sixteen.

ASPARAGUS TOMATO CUP

Six ripe tomatoes, one and one-half cup shredded pineapple, one can asparagus tips or fresh boiled asparagus tips. Scald the tomatoes and remove skin, cut a slice of the top of each and scoop out the contents to make tomato cups. Stick three or four tips of asparagus into each cup, fill the crevices with shredded pineapple, chill and serve on lettuce leaves with mayonnaise. This may be garnished with green peppers, if desired.

IMPERIAL SALAD

Drain juice from half a can of pineapple, add one tablespoon of vinegar and enough water to make a pint. Heat to boiling point and add one package of lemon jello. Just as jello begins to set add three slices of canned pineapple, cubed, one-half can Spanish pimientos, shredded, and one medium sized cucumber or one cup celery, cut fine, and salted. Mould in individual moulds or in one large mould and slice. Serve with cream salad dressing.

VARIETY SALAD

One package cherry jello, three sweet green peppers, one pimento. Dissolve the jello in one pint of boiling water. Cut the peppers in half and cut out the center. Slip in each half of the peppers one-half of a hard boiled egg. Fill in around the egg with the jello (roasted) and place on the ice to harden. Serve on a lettuce leaf with a red cross cut from the pimento placed on the center, which will be the yolk of the egg.

SALAD DRESSING

Two tablespoons flour, one teaspoon salt, two eggs, two tablespoons sugar, one cup vinegar (not too strong). Mix well and add the yolks of two eggs beat until smooth and cook until thick. Then add the whites of two eggs beaten stiff. Thin with sour cream or milk (if you have it), if not, sweet milk.

CREAM DRESSING

Mash yolks of three hard boiled eggs fine, rub through a sieve, add one teaspoon salt, few grains cayenne pepper, one teaspoon mustard, two tablespoons vinegar, a few gratings onion juice or one tablespoon finely chopped chives, mix well. Combine with one and one-half cups heavy cream beaten until stiff. Add cream to egg mixture, little at a time, folding it in carefully so as not to lose any of the lightness.

FRUIT SALAD DRESSING

One-quarter cup honey added to one cup whipped cream makes an excellent fruit salad dressing.

Diet for Weight Control

A LIST OF FOODS TO AVOID

Appetizers — caviars, pickles, olives, herringfish, etc.

Rich foods made with fat or oil bases—cream soups and sauces, oil salad dressings.

Fat-laden meats—pork and pork products; sausage, scrapple, etc. Such vegetables and cereals as potatoes, hominy, rice, cornmeal mush, oatmeal, parsnips, beets, turnips, and other starchy foods.

Sweets — candies, cakes, puddings, pastry.

Beverages—tea and coffee may be used, but with a minimum of sugar and cream, far better without either. Avoid cocoa and unskimmed milk.

WHAT TO EAT

For Breakfasts

Fruits — oranges, grapefruit, peaches, pears, apples, grapes, cherries, etc.

Berries — fresh strawberries, blackberries, huckleberries or blueberries, etc.

Bread or cereal—one piece toast, bran,

or graham bread; or, 1 cup (scant) pulled whole cereal, with skimmed milk.

Beverages—tea or coffee without cream and sugar.

For Dinners

Clear soups or broths.

Lean meat, chicken, or white-fleshed fish.

Green and succulent vegetables—spinach, cabbage, cauliflower, tomatoes, string beans, peas, celery, etc., without butter or cream dressing.

Salads with a very little French dressing.

Fruit desserts; as, prunes, pineapple.

Beverages—lemonades with little sugar, or tea or coffee.

For Lunches or Suppers

This soup; as, tomato, consomme.

One glass skimmed milk or buttermilk, or poached egg, or spinach with egg, or fish.

Bread or cereal as for breakfast.

Fresh or plain salad.

Diet List

LIQUID DIET

Consists of:

Water of all kinds	Cocoa
Gingerale	Kumiss
Lemonade	Bittermilk
Orangeade	Milk punch
Albumen water	Malted Milk
Broths	Milk
Tea	Cream
Coffee	Egg-nog

TYPHOID DIET

As soon as food is ordered, is as follows:

First Week—

Coffee for breakfast
Tea for dinner
Cereals (well cooked and strained)
Eggs lightly boiled
Poached eggs and soft toast
Broths (chicken, oyster and meat)
Scraped beef
Bread without crust
Milk toast
A glass of milk three times daily.
To the foregoing may be added for

Second Week—

Dry toast
Baked potato
Baked apple
Apparagus
Chops
Steak
No vegetables, pastry, or raw fruits are allowed.

Liquid—

- Milk, three parts
Lime-water, one part
- Albumen-water
- Clear chicken or beef broth may be given three times in 24 hours.

DIABETIC DIET

White of eight eggs Dry oatmeal Butter
Procedure:—Cook oatmeal two hours. When done beat into it the melted butter. Then fold in the beaten whites of eggs.

SOFT DIET

Consists of:

Liquids of all kinds
Soups (vegetable and strained)
Milk toast
Oysters
Gravy toast
Baked apple
Bread without crust
Apple sauce
Cereals
Stewed fruits (no seeds)
Custard
Rice
Mashed potato
Ice cream
Baked potato
Milk pudding
Purves and milk
Plain
Toast
Soft-boiled eggs
Soft-poached eggs

LIGHT DIET

Consist of soft diet, including:
Whitefish
Sweetbreads
Codfish
Chicken
Pinner Haddock
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Puddings and Desserts



"The proof of the pudding lies in the eating."

BREAD PUDDING

Beat two eggs well. Mix with this one and one-half pints milk, one-half cup sugar, one-half cup raisins, one teaspoon vanilla. Pour in baking dish. Spread stale bread well with butter and place in milk. Let this stand for two or three hours so bread will be well soaked. Bake in medium oven until thickened, then brown with quick fire. Serve with sauce made of one cup brown sugar, two tablespoons flour, butter, two cups hot water. Serves six.

CHOCOLATE BREAD PUDDING

Two cups stale bread crumbs, one quart scalded milk, three egg yolks, one-fourth cup sugar, three egg whites, two tablespoons cocoa or two squares bitter chocolate, one-fourth teaspoon soda dissolved in one teaspoon hot water, one-fourth teaspoon salt. Pour hot milk over bread crumbs, let stand twenty minutes, beat sugar and yolks of eggs together, melt chocolate and soda, then add to milk and bread, also the beaten whites of eggs. Bake fifty minutes. Serve with hard sauce. Two cups powdered sugar, one-half cup butter, beat until creamy, flavor with vanilla. This will serve ten people.

ORANGE PUDDING

Peel and slice four or five oranges (remove white skin and seeds). Put a layer of sliced orange in baking dish. Sprinkle sugar over it, then another layer of oranges and sugar. Cook in a double boiler until thick, then pour over oranges. One pint of milk, one cup of sugar, one round tablespoon flour, three eggs (just yolks). Beat the whites of the three eggs stiff. Add one tablespoon sugar, pour this over the pudding and put in oven to brown.

PLUM PUDDING

Two pounds of raisins seeded, one pound currants, one pound of suet, one pint of milk, one teaspoon salt, one and one-half cups sugar, one whole nutmeg, four eggs. Flour to stiffen until spoon will stand straight without falling. Put in bag and boil four hours. Sauce hard or liquid.

PINEAPPLE PUDDING

One cup sugar, one-half cup butter, two cups sifted flour, three eggs, two-thirds cup milk, three teaspoons baking powder, one-fourth teaspoon salt, one teaspoon vanilla. Second part—Three tablespoons butter, three-fourths cup brown sugar, one small can of sliced pineapple. From first part you make a cake mixture by creaming butter and sugar, add yolks well beaten, then add alternately the milk and the flour, baking powder and salt sifted together, add flavoring and fold in whites of eggs beaten stiff. Grease iron skillet with three tablespoons butter and sprinkle in brown sugar, lay in the pineapple. Pour cake batter over that and bake forty minutes in moderate oven. Turn it out bottom side up and serve it with whipped cream.

ENGLISH PLUM PUDDING

One pint of flour, one pound raisins, one pound of currants, one-fourth pound citron and lemon peel, one nutmeg, three or four eggs, salt, three tablespoons New Orleans molasses, one cup of brown sugar, one level teaspoon of soda, juice of one lemon, five cents worth of suet and buttermilk enough to make stiff batter. Boil for five hours.

MACARON PUDDING

One pint milk, three-fourths cup sugar, three eggs, one tablespoon gelatin, one teaspoon vanilla, one dozen macaroons. Make a custard of the sugar, egg yolks and milk. When hot, stir in the gelatin which has been soaked in a little cold water. Fold in the beaten egg whites. Flavor and pour into a mold. Place macaroons in this mixture. Serve with or without whipped cream.

BAKED APPLES SUPREME

Six large firm red apples, one cup sugar, one and one-half cup of water. Make a syrup of the sugar and water and boil for six minutes. Wash and core apples, pare them about one-third of the way down. Place in a pan and pour syrup over them. Put a tight lid on the pan and bake slowly until tender. Remove from oven and fill cavity with sugar, also sprinkle sugar over the pared surface and place under low broiler flame until slightly brown. Then fill with the following filling and serve with whipped cream:

Filling—One stiffly beaten egg white, one-half cup chopped dates, one-half cup chopped nuts, one-fourth cup sugar. Mix lightly and bake slowly until brown.

BAVARIAN CREAM

Two cups boiling water, two cups sugar and juice of one lemon, add one-fourth box Knox's gelatin which has been dissolved in a little cold water. When it begins to congeal whip thoroughly and add one pint cream whipped. Then add one cup of any kind of chopped fruit and one cup of nuts, then whip until very light and let harden in molds or freeze.

CANDIED APPLES

Select nice red apples, pare the ends leaving a band of red around the middle. Remove the core and cook in a light syrup made of one and one-half cups granulated sugar and enough water to cook the apples. When tender remove to individual plates and insert a marshmallow into each apple. Let the juice boil to a jelly and pour over the apples. Then top with whipped cream and a red cherry. Very nice for dessert, or salad, served on a leaf of lettuce.

MOCK EGG ON TOAST

Cut angel cake or sunshine cake in squares. Cover with a thick layer of whipped cream, sweetened and flavored. Lastly place the half of a large yellow peach, pit side down, on the whipped cream. Ice cream may be substituted for whipped cream.

TOPSIE TURVIES

Three-fourths cup granulated sugar, one-third cup water, one cup flour, one teaspoon baking powder, two eggs, well beaten separately. Put a layer of brown sugar in buttered pan, lay on sliced pineapple and then pour on batter. Bake in a moderate oven, turn over, cut in squares, and put whipped cream in center when serving.

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Frozen Desserts



"Take the goods the gods provide."

Hints in Freezing

Freezing lessens sweetness so the mixture should be rather too sweet before freezing than just sweet enough.

The freezer should be packed and the can in place before the ingredients are mixed.

The best proportions for the actual freezing are eight parts of ice to one part of salt. This insures a good consistency.

Ices should be frozen three or four hours ahead of time and let stand in order to improve flavor.

The white of an egg, beaten stiff, added to an ice after the ice has started to freeze, will make a sherbet.

When freezing is finished, be sure to remove ice below the top of the can and that you have wiped all salt and ice from the edges and top before removing the lid.

VANILLA ICE CREAM

Four cups cream, two-thirds cup sugar, one teaspoon vanilla. Mix and freeze.

VANILLA ICE CREAM

(One and one-half quarts)

One pint milk, six ounces sugar, one pint cream, two eggs, one tablespoon cornstarch, one teaspoon vanilla. Mix sugar, cornstarch, yolks of eggs. Add milk and scald. Whip whites of eggs and cream together. Add to milk mixture and freeze.

CHOCOLATE ICE CREAM

(One quart)

Three tablespoons grated chocolate, one-half pint cream, one pint milk, two eggs, one cup sugar, one tablespoon vanilla. Dissolve chocolate in a little milk and boil for one minute. Beat eggs and mix with sugar. To this add rest of milk, cream, vanilla, dissolved chocolate. Freeze.

CHOCOLATE ICE CREAM

Two squares chocolate, one cup sugar, one teaspoon vanilla, two eggs, one quart cream, few grains salt. Melt chocolate and add cream, a little at a time until it is of a consistency that will pour and is quite smooth. Beat eggs with sugar, add cream, vanilla and salt, then chocolate mixture. Freeze.

STRAWBERRY ICE CREAM

One quart strawberries, one and one-half pint cream. Crush berries, sweetened, sweeten cream to taste. Combine. Freeze.

PEACH ICE CREAM

(One and one-half quarts)

One and one-half pint pure cream, eight medium sized peaches. Pare and seed peaches, grind if solid, mash if soft. Sweeten. Add to sweetened cream. Freeze.

PEPPERMINT ICE CREAM

One-half pound peppermint stick candy, one and one-half pint cream. Dissolve most of candy in the cream. Strain. Freeze. Let stand two and one-half hours. Break rest of candy in small pieces and put in the cream one hour before using. This is better if let stand all night.

MAPLE MOUSSE

One-half pound maple sugar or one-half pint maple syrup, one tablespoon (level) Knox gelatin, one pint cream. Boil syrup or dissolved sugar till stringy. Add dissolved gelatin in boil five minutes. Set to cool. When cool stir gradually into the cream which has been whipped. Pour into mold and put on ice for several hours. This may be packed but not turned.

ORANGE CREAM SHERBET

One teaspoon Knox Sparkling gelatin, one-half cup cold water, one and one-half cup boiling water, one and one-half cup sugar, grated rind of one orange, one-half cup lemon juice, one and one-half cups orange juice, one pint heavy cream, one-half cup sugar, two eggs, few grains salt. Soak gelatin in cold water five minutes. Dissolve gelatin and sugar in boiling water, add orange rind, lemon juice and orange juice. Turn into ice cream freezer and freeze to a mush. Beat cream until stiff, add sugar and salt. Separate yolks from whites of eggs. Beat yolks until thick and lemon colored, and whites until stiff, and add to cream. Fold into frozen mixture and continue freezing.

LEMON SHERBET

Four cups water, two cups sugar, one-fourth cup lemon juice, one egg white. Boil sugar and water for ten minutes. Cool. Add lemon juice. Freeze. When nearly stiff add beaten egg white and finish freezing.

PINEAPPLE SHERBET

One quart milk, one and one-half cups sugar, two lemons, one small tin grated pineapple. Put milk and sugar in freezer and freeze to a mush. Add lemon juice and pineapple. Finish freezing.

GRAPE SHERBET

(Twelve servings)

One-half box orange jello, one pint boiling water, three lemons, one orange, little sugar, six full bunches Concord grapes. Dissolve jello in boiling water. Add sugar and juice of lemons and orange. Mash and skin grapes. Measure. Boil pulp and skins till seeds loosen. Add half as much sugar as there is pulp. Boil for ten minutes. Strain, stirring till pulp all goes through, leaving seeds. Add this juicy pulp to the jello mixture. More sugar may be added according to tartness of the grapes. Freeze. If the freezer is turned hard and fast at the last, the color will change from purple to lavender and the consistency will be improved. This may sound complicated but is certainly worth the effort.

MAPLE FRAPPE

One cup maple syrup, heat and put in yolks, four eggs, mix with one pint whipped cream, whites of eggs and freeze. Serves ten.



Pies

"Who dares deny the truth, there's poetry in pie!"—Longfellow.

PIE PASTRY

Two cups flour, two heaping tablespoons lard, salt, enough water to hold together. This is enough for two pies.

NEVER FAIL, PIE CRUST

Eight heaping tablespoons flour, two heaping tablespoons lard, four tablespoons water, salt. Mix well, but do not knead on board, press together, then roll out.

DELICIOUS APPLE PIE

Cut apples up finely and put in the crust as usual. Cook together one large cup light brown sugar, one large teaspoon flour, butter, a little salt and water enough to moisten good. When it gets syrupy but not thick, take off the fire. While still warm pour over apples and add top crust. Bake. This takes less time to bake.

APPLE CUSTARD PIE

Three cups of milk, four eggs, one cup sugar, two cups of thick stewed apples, strained through colander. Beat eggs lightly, mix with apples, milk and sugar. Flavor with nutmeg. Bake with one crust. This makes two big pies.

BANANA PIE

Line a deep plate with a rich crust and bake a delicate brown. Filling—One scant cup of sugar, two tablespoons of flour, one teaspoon of butter creamed into this. Two egg yolks beaten in next, one cup of boiling water, a pinch of salt. Cook until thick, stirring, add a little vanilla and cool. Put in crust a layer of sliced bananas, then layer of cream, making two layers of each. Beat the whites of the eggs with two teaspoons of sugar, spread on top and brown slightly.

BUTTERSCOTCH PIE

One cup brown sugar, two tablespoons cornstarch, two tablespoons butter, pinch of salt, yolks of two eggs, one tablespoon vanilla, two cups milk, one cup water. Blend all these together and cook in double boiler until thick. Pour into baked crust, using whipped egg whites for meringue.

TWO CRUST STRAWBERRY PIE

One quart strawberries, one cup sugar, three tablespoons pastry, one-eighth teaspoon salt, one teaspoon lemon juice. Line pie plate. Mix flour, sugar and salt. Then mix well with the berries. Add lemon juice. Fill pie, then put on top crust. To prevent juice from running out, put a strip of wet cloth about two inches wide around edge of pie and stick pieces of macaroni into two or three slits in top crust.

CUSTARD PIE

Three tablespoons of sugar, one-eighth teaspoon of salt, two eggs, one and one-half cup of milk, grated nutmeg. Beat eggs slightly, add sugar, salt and milk. Line pie plate, then put in the mixture and sprinkle nutmeg on top. Bake in quick oven at first, then decrease the heat as egg and milk need to be cooked at a low temperature.

COCONUT CREAM PIE

One-half cup flour, one cup of sugar. Dissolve this in a little milk. Put one pint of milk on stove with lump of butter. When hot add flour and sugar. When done fold in stiffly beaten whites of two eggs. Sprinkle freshly grated coconut on top. Makes two small pies.

CINNAMON PIE

One cup of sugar, one cup of water, two egg yolks, two level teaspoons of cinnamon, one tablespoon flour, a lump of butter. Cook until thick then put in baked crust and put beaten whites of eggs on top.

PINEAPPLE PIE

One and one-half cups milk, two eggs, three heaping teaspoons cornstarch, one cup sugar, one cup grated pineapple, pinch salt. Mix half cup of the sugar and let drain. Place milk in double boiler, when warm stir in beaten yolk of eggs, cornstarch and rest of sugar. Stir constantly. When mixture is cool add pineapple fruit; do not use syrup. Turn into a baked pie crust and cover with meringue made from whites of eggs and two teaspoons sugar. Brown in oven.

RAISIN PIE

One cup seeded raisins, one tablespoon sugar, one teaspoon of vinegar. Cook raisins in enough cold water for one pie, add tablespoon of butter. Mix all together. Bake with top crust.

RAISIN PIE

One cup raisins chopped fine, one cup hot water, one cup sugar, one and one-half tablespoons flour, juice and rind of one orange, one teaspoon lemon juice (can be omitted), one teaspoon melted butter. Cook in double boiler ten minutes then pour in under crust and bake. Add meringue if desired.

RHUBARB CUSTARD PIE

Two cups of rhubarb cut in small pieces, one egg, four tablespoons of flour, one cup of sugar, salt, lemon juice. Mix the sugar, salt, lemon rind or juice and flour together. Beat the egg. Add the rhubarb and flour mixture to the egg. Bake in one crust. This is very good.

SNOW CAPPED PIE

Mix three-fourths cup of sugar with four level tablespoons of cornstarch and add to one cup of boiling water. Cook this in a double boiler twenty minutes, then add one-half tablespoon of butter and a cup of crushed pineapple. When thoroughly heated pour in two well beaten egg yolks and cook two minutes longer. Chill and pour into a baked pie shell and top with whipped cream.

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Success will be complete."*

PLAIN CAKE

One-fourth cup shortening, one cup sugar, one egg, one teaspoon vanilla extract, one cup milk, two cups flour, two teaspoons Royal baking powder, one-half teaspoon salt. Cream shortening, add sugar slowly, add well beaten egg and flavoring. Sift together flour, baking powder and salt, and add to mixture a little at a time, alternately with milk. Bake in greased loaf, layer or patty pans in moderate oven.

WHITE CAKE

One-half cup butter, one and one-half cups granulated sugar (sifted), one cup cold water, three level cups Swansdown cake flour, sifted three times before measuring, two teaspoons baking powder, whites of four eggs. Cream the butter and sugar. Add $\frac{1}{3}$ the cold water with one cup of the flour; beat well, and add second cup flour; continue beating. Into the last cup flour sift the baking powder, and add as the others. Then the rest of the water. Then fold in the stiffly beaten egg whites. Flavor to suit taste. This makes two layers ten inches square, and is very nice.

SPICE CAKE

Two cups granulated sugar, one cup shortening, two and one-half teaspoons ground cinnamon, one-half teaspoon ground cloves. Cream together above ingredients and three egg yolks well beaten.

ALTERNATE—One cup sour milk which has been thinned, one teaspoon soda and three cups sifted flour. Add last three stiffly beaten egg whites. Bake in a large sheet or in layers and ice with white icing.

ANGEL GINGERCAKE

One-fourth cup butter, one-half cup granulated sugar, one-fourth cup baking molasses, one and one-eighth cups sifted flour, one level teaspoon soda, one-half cup boiling water, one-fourth teaspoon ground cinnamon. Cream butter, sugar and cinnamon, add molasses, add flour and soda sifted together. Mix thoroughly and add boiling water last. This cake is delicious served hot with whipped cream or served cold with fruit.

CHOCOLATE CAKE

Yolks of three eggs lightly beaten, two squares of Baker's chocolate (one-fourth lb.). Grate and beat into eggs. One-half cup milk. Cook until very thick in double boiler. Add one cup of granulated sugar after removing from the stove, one-half cup sweet milk, one teaspoon of soda dissolved in the milk and pour in custard, three tablespoons of butter (melted), pinch of salt, two cups flour (sifted), and put in all at one time. Stir until smooth. Bake in pan or pans.

ANGEL FOOD

One and one-quarter cups whites of eggs, add pinch of salt before starting to beat. When half beaten add one teaspoon cream of tartar. When whites are stiff add, gradually, one and one-quarter cups of granulated sugar which has been sifted four times. Continue to use beater. Then fold in one cup Swan's Down flour which has been sifted twice before measuring and twice after measuring. Add one-half teaspoon almond and one-fourth teaspoon vanilla extract. Put in ungreased pan and start in cold oven. Have fire very low at first. In about ten minutes turn fire a little higher, and again in ten minutes still a little higher. In thirty or thirty-five minutes take out.

WELLESLEY FUDGE CAKE

One and one-half cups sugar, one-half cup butter, four eggs, two squares bitter chocolate blended with five tablespoons boiling water, one-half cup milk, one and three-fourths cup flour, two teaspoons baking powder, one teaspoon cinnamon, one teaspoon vanilla, one cup chopped nuts.

FILLING—Three cups granulated sugar, one-half cup Crystal White Karo syrup, one one and one-half cups water. Cook to soft ball stage, add slowly to two beaten egg whites, and vanilla.

ONE LAYER CAKE

Two tablespoons cocoa, one cup sugar, one egg yolk, butter size of egg, one cup milk, two scant cups flour in which has been added one teaspoon soda, one teaspoon vanilla, two teaspoons baking powder. Place cocoa in pan adding egg yolk and one-half cup milk. Cook until thick. Add butter, then sugar, another one-half cup milk, then flour with soda, vanilla and baking powder. Bake in moderate oven.

FROSTING—One cup XXXX sugar, two teaspoons cocoa, one lump (one-half size of egg) of butter melted. Use coffee to moisten sufficiently.

UNCOOKED CHOCOLATE ICING

One cup confectioner's sugar, two teaspoons cocoa, butter size of one egg, two tablespoons boiling water, one-half teaspoon vanilla. Place sugar in bowl, add cocoa and butter and pour over all the boiling water. Stir until smooth, add vanilla.

MAPLE ICING

One-half cup maple syrup or sugar. Boil to taffy stage and pour over beaten whites of one egg.

MINUTE FUDGE ICING

One-half cup cocoa, one-fourth cup butter, one-fourth cup milk, one cup sugar, pinch salt. Combine all and boil one minute. Remove from fire and beat until creamy enough to spread.

PINEAPPLE ICING

One cup sugar, one cup grated pineapple, one heaping teaspoon cornstarch, pinch salt. Stir together well. Add one small cup boiling water and boil until quite thick. Let cool before using.

CREAM FILLING

Three-quarter pint milk, one egg, two tablespoons cornstarch, three tablespoons sugar. Put milk on to boil, mix other ingredients. Put in milk and boil until it thickens. Flavor to taste when cool.

LEMON CREAM FILLING

One cup sugar, two teaspoons butter, two eggs, grated rind and juice of two lemons. Mix all together and boil to jelly-like consistency.

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Cookies and Small Cakes



"O weary mothers, mixing dough,
 Don't you wish that food would grow?
Your lips would smile, I know, to see,
 A stable bush or a doughnut tree."

OATMEAL COOKIES

One and one-half cups butter, one-half cup milk, two cups oatmeal, one cup sugar, two cups flour, two teaspoons baking powder.

Filling—One pound dates chopped fine, three-fourths cup sugar, one-half cup water. Boil filling until smooth. These cookies are cut with small cutter and put together with filling when cold.

FUDGE BARS

Two eggs beaten, one large cup granulated sugar, two squares of chocolate, six tablespoons butter, one tablespoon vanilla, one-half cup flour, one cup nut meats. Pat eggs in bowl, beat with egg beater until light, then add sugar gradually. Melt chocolate and butter together, add remainder and bake in sheet for thirty to thirty-five minutes.

OATFLAKE CAKES

Three cups rolled oats, two cups sugar, one cup melted butter, one cup raisins (pick apart and flour), seven tablespoons sweet milk, one-half teaspoon cinnamon, one teaspoon soda (level), two eggs, flour enough to make stiff or hold together. Drop on buttered tins and bake.

ICE BOX COOKIES

Seven cups flour, four cups brown sugar, four beaten eggs, one cup melted lard and butter, one tablespoon soda, one teaspoon cream of tartar. Mix well and mold in long loaves, let stand in ice box over night, cut with knife in thin slices and bake in moderate oven.

CRISPETTES

Beat two eggs and stir into them a cup of white and brown sugar, mixed, and four tablespoons of sifted flour, then a pinch of salt and a teaspoon of vanilla. Beat thoroughly and add a cup of English walnuts chopped fine. Drop the dough by the teaspoon into buttered pans, allowing three inches for the cakes to spread. These are delicious for afternoon tea or when served with fruit for dessert.

GINGER SNAPS

One-half cup butter, one cup sugar, one egg (beaten), one teaspoon cinnamon, one tablespoon ginger, one tablespoon soda dissolved in one-half cup water. One teaspoon salt, one cup molasses. Mix butter, sugar and egg together, then add the rest. Make very stiff with flour, roll thin and bake in quick oven.

NELL'S COOKIES

Two cups brown sugar, one cup lard (generous), two eggs, one cup buttermilk or sour milk, one teaspoon soda, one teaspoon baking powder, pinch of salt. Flavor with vanilla or a teaspoon of nutmeg, one cup raisins. Flour enough to make a soft mixture. Roll and cut out.

POUND CAKE COOKIES

Two cups sugar, one-half pound butter, three eggs, three cups flour (heaping), one cup nuts (any kind), one-fourth teaspoon salt, juice and rind of orange, lemon or nutmeg. Roll thin, cut and sprinkle with sugar. If dough is soft, use more flour. Easier to handle when dough is chilled.

Choice Menus



SUNDAY.

BREAKFAST—Breakfast cereal with raisins and milk; eggs; bread or toast with butter.

DINNER—Chicken, stuffed and roasted or fricasseed and served on toast or with rice; sweet potatoes; asparagus; jelly; bread; ice cream.

LUNCH or SUPPER—Peanut sandwiches with lettuce salad; or bread, milk, and butter for children; candy.

MONDAY.

BREAKFAST—Baked apples; breakfast cereal with milk; bacon; bread or toast with butter.

DINNER—Scalloped canned fish; potatoes; sliced tomatoes; squash; bread and butter; strawberry shortcake.

LUNCH or SUPPER—Creamed dried beef with baked potatoes; bread and butter, sliced oranges with coconut.

TUESDAY

BREAKFAST—Sliced pineapple and bananas; breakfast cereal with milk; bacon; bread or toast with butter.

DINNER—Curried lima beans with warmed-over chicken; macaroni and cheese; cold slaw; bread; apple pudding, baked or steamed.

LUNCH or SUPPER—Creamed fish on toast or boiled rice; bread and butter; raisin tarts.

WEDNESDAY.

BREAKFAST—Canned cherries; breakfast cereal with milk; eggs; bread or toast with butter.

DINNER—Roast Beef; boiled onions; potatoes; bread; peach pie.

LUNCH or SUPPER—Lima-bean chowder; crackers or bread and butter; celery; boiled rice with honey.

THURSDAY.

BREAKFAST—Bananas; breakfast cereal with milk; eggs; bread or toast with butter.

DINNER—Meat cakes; creamed potatoes; string beans; bread; baked bananas.

LUNCH or SUPPER—Cheese sandwiches or scalloped cheese and rice; lettuce; bread and butter; wheat cakes with syrup.

FRIDAY.

BREAKFAST—Stewed rhubarb; breakfast cereal with milk; corn griddle cakes with butter.

DINNER—Fish, stuffed and baked; sweet potatoes; beets with greens; suet pudding with raisins.

LUNCH or SUPPER—Cream of pea soup; scalloped sweet potatoes; celery; bread or biscuits and butter; canned cherries.

SATURDAY.

BREAKFAST—Canned peaches; breakfast cereal with milk; chipped beef on toast; bread or toast with butter.

DINNER—Beef stew or soup with turnips, carrots, onions and dumplings; bread, orange custard with nut cookies.

LUNCH or SUPPER—Boiled potatoes and milk gravy; cold slaw; bread and butter; candy.

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*"I will make an end of my dinner,
There's pippins and cheese to come."*

—*Shakespeare.*

CHEESE CROQUETTES

Three tablespoons butter, one-fourth cup flour, two-thirds cup milk, yolks two eggs, one cup mild cheese, cut in very small cubes, one-half cup grated Gruyere cheese, salt and pepper, few grains cayenne. Make a thick white sauce, using butter, flour and milk, add yolks of eggs without first heating and stir until well mixed, add grated cheese. As soon as cheese melts, remove from fire, fold in cheese cubes, and season with salt, pepper and cayenne. Spread in a shallow pan and cool. Turn on a board, cut in small squares or strips, dip in crumbs, egg and crumbs again, fry in deep fat and drain on brown paper.

CHEESE SOUFFLE

Three eggs separated, one-fourth cup grated cheese, one-half cup scalded milk, two tablespoons butter, three teaspoons flour, salt. Make a white sauce of butter, flour and milk. Add salt and cheese. Remove from fire, add well beaten yolks and whites beaten stiff and dry. Pour into a buttered baking dish or individual dishes. Place in pan of water and bake 40 minutes at moderate temperature.

RAREBIT

One tablespoon butter, one tablespoon flour, one cup milk, six tablespoons cheese, one-eighth teaspoon salt, one-eighth teaspoon mustard, crackers or toast. Make a cream sauce, add cheese and cook over hot water stirring constantly until cheese melts. Serve on toast or crackers.

CHEESE SAUCE

One cup milk, three tablespoons flour, two tablespoons butter, one-half teaspoon salt, one tablespoon grated cheese. Make the white sauce and then melt cheese in it. If a thinner white sauce is desired add less flour.

CHEESE AND OLIVE SALAD

Mash a cream cheese, moisten with cream, season with salt and cayenne. Add six olives finely chopped, lettuce finely cut and one-half pimento cut in strips. Press in original shape of cheese and let stand two hours. Cut in slices, separate in pieces, and serve on lettuce leaves with mayonnaise dressing.

RICE AND CHEESE CROQUETTES

One-half cup rice, one-half cup boiling water, one cup scalded milk, one-half teaspoon salt, yolks of two eggs, one tablespoon butter, two tablespoons grated cheese. Wash rice, add to water with salt, cover and steam until rice has absorbed water. Add milk, stir lightly with fork, cover and steam until rice is soft. Remove from fire, add cheese and stir slightly until cheese is melted, add egg yolks and fat. Put in shallow pan to cool. Shape in balls, roll in crumbs, dip in eggs, again in crumbs and fry in deep fat. Drain and serve with tomato sauce.

MACARONI AND CHEESE

Two cups macaroni (cooked), two cups white sauce for creamed dishes, one cup grated cheese, one-half cup buttered crumbs. Combine macaroni, cheese and sauce in layers in buttered baking dish and sprinkle crumbs over top. Bake in moderate oven until browned.

SPAGHETTI LOAF (WITH CHEESE)

Three-quarters to one cup spaghetti. Cook until tender, drain and wash in cold water. Add one cup bread crumbs, one cup grated cheese, one cup cream, three eggs beaten light, two pimentos (diced). Put in loaf pan, bake in pan of boiling water one and one-half hours. Serve with mushroom sauce.

MUSHROOM SAUCE—One pint milk, salt, one tablespoon butter, one tablespoon flour, dice one can mushrooms, add to sauce. Cook until desired thickness.

Hints to Remember---(Cooking)

One teaspoon or tablespoon means a level teaspoon or tablespoon.

A tin, aluminum or glass measuring cup should be used for all measuring. These cups are marked off in quarters and thirds and insure accuracy.

Aluminum cooking utensils are the best for general use. They are expensive in the beginning, but outwear other kinds. They are light in weight and easily cleaned, and there is no enamel to chip off and poison the food.

Discolored pans and kettles, not aluminum, should be boiled in water to which a lump of washing soda has been added.

Scrupulous cleanliness and eternal vigilance are the essentials of all good cooking.

If the oven becomes too hot while bread or cake is baking, it may be cooled by setting a pan of water in it.

If bread or cake browns too quickly, cover with a piece of paper.

Pies should always be baked in a quick oven with the greatest heat at the bottom.

Cakes will seldom stick if this direction is followed: Grease the pans carefully; dust lightly with flour; shake out the superfluous flour and pour in the mixture.

Muffins and gems will be lighter if baked in pans that have been thoroughly heated as well as greased.

Biscuit dough should be as soft as possible. Biscuits will be lighter and crisper if not allowed to touch each other on the baking tin.

Meat should never be put in cold water except in making soup, for cold water draws out the juices. Wipe with a wet cloth, or rinse and dry at once, and in cooking use boiling water.

Tomatoes that are too strongly acid are improved by a pinch of baking soda. The soda should always be added when they are to be mixed with milk or cream, to prevent curdling.

The white of eggs will whip more readily if a pinch of salt is added. The eggs should be as cold as possible.

Preserves · Marmalades and Jellies



"Will please your honor, taste of these conserves!"

—Shakespeare.

Preserves are made of equal weights of sugar and fruits. The fruit should be ripe, fresh and sound.

Jams are made of whole small fruits or large fruits cut fine and cooked in an equal weight of sugar.

Jellies are made of equal parts of clear fruit juice and sugar—one cup of juice, one cup of sugar, boil ten minutes.

SUNSHINE PRESERVES

Equal parts of fruit and sugar, boil twelve minutes, then put on porcelain dish or big platter. Put out of doors in sunshine for three days, then put into glasses as you would jelly, but do not heat again. Fine for cherries and strawberries. Do not leave red raspberries out quite so long.

STRAWBERRY PRESERVES

One pint of sugar with enough boiling water to cover. Cook until it threads. Stir in carefully a heaping pint of dark red strawberries; when that comes to a boil add a second pint of sugar; when that boils, a second pint of berries; when this boils, cook exactly ten minutes longer. Let it get perfectly cool before canning.

APPLE JELLY

Ten quarts of sour apples stewed very soft in sufficient water to cover the fruit; drain over night through a flannel bag without pressing; add one pint of sugar to each pint of juice, and three sliced lemons; boil twenty minutes; strain into glasses.

CRABAPPLE JELLY

Boil the apples, with just enough water to cover them, until tender; mash with a spoon and strain out the juice. Take a pint of juice to a pound of sugar; boil thirty minutes and strain through a fine sieve.

CRANBERRY JELLY

Two quarts cranberries, two pints water. Boil until berries are soft, then run through sieve. Add two and one-half pints sugar and boil about fifteen minutes. Pour into molds or one large mould, and cut in slices when serving.

FRESH STRAWBERRY JAM

Wash and hull one quart fresh strawberries, crush with a wooden masher. To two cups of crushed berries add three cups of sugar and mix thoroughly. Boil for one minute, stirring constantly, and add one-fourth cup Certo. Boil for one minute. Remove from the fire and let stand for a few minutes to cool slightly and pour into sterilized glasses.

TOMATO BUTTER

To one quart of tomatoes add one pint of apple; put both through sieve, one quart of sugar, some ground cinnamon. Cook until it begins to look like a preserve.

PEACH BUTTER

Nine pounds of pitted and sliced peaches, four pounds of sugar, one pint vinegar. Cook until thick.

CRAB APPLE CONSERVE

Four pounds red crab apples, sliced and cored but not piced, four pounds sugar, four oranges run through meat choper. Cook until tender and seal.


PEACH AND ORANGE CONSERVE

Five pounds peaches, four pounds sugar, four pounds oranges. Slice oranges and peaches and cook until clear and seal.

BAKED QUINCES

Peel and core quinces, cook until tender enough to pierce with silver fork. Do not use much water. Fill with sugar and batter. Pour water around and bake until pink.

Casserole Dishes



MEAT BALLS

One pound veal steak, one pound round steak, one-half pound pork steak, one egg, one cup bread crumbs, salt, pepper, cold water. Grind the meat together. Mix it with the egg, bread crumbs, seasonings and cold water till soft and fine. Make into small balls and fry. Put cup of cold water and a good sized piece of butter in casserole and put balls in as fried. Then raise frying pan with water over meat for gravy. Bake in oven one hour or more. Take out balls and thicken the gravy, pour over balls which are on the platter and serve at once. This makes about twenty small balls. A little chopped onion and green peppers may be added.

ROUND OF BEEF EN CASSEROLE

One pound round steak cut very thick. Then cut in pieces of suitable size for serving. Season with salt and pepper. Dredge with flour and brown on all sides in a frying pan. Remove meat to a casserole. Make a brown or tomato sauce and pour over meat. Cook in oven two or three hours, having a very low fire. If desired, vegetables, as onions, etc., may be added the last hour of cooking. The time required depends on the quality of the meat, and any meat can be made tender and palatable if prepared in this way.

COMBINATIONS FOR ONE DISH MEALS

- Swiss steak with Franconia potatoes and browned carrots.
- Corned beef hash with chopped peppers.
- Breaded pork chops with sweet potatoes and sliced apples.
- Lamb stew with vegetables en casserole.
- Meat balls with stuffed onions.
- Spanish rice.
- Pot pie with vegetables.
- Fricassee of veal with vegetables.
- Casserole of rice and mutton.
- Braised tongue with carrots, onions and celery.
- Boiled dinner of corned beef and vegetables.
- Stuffed hearts with browned onions and string beans.

G. C. KESLAR

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Franklin 5174-R

Food Portions in Quantity



Food Portions to Serve 100 People

FRUIT COCKTAIL.

One and one-half dozen grapefruit, eight No. 2 cans shredded pineapple, eight pounds grapes, two dozen oranges, one dozen bananas, sugar to taste.

MEATS

Thirty-five pounds of pork, ham, beef, sausage or steak.

Bay roasts in fifteen pound pieces.

Ten beef tongues. (One tongue cuts in twenty slices).

One three-pound chicken, roasted or fried, serves six.

One three pound chicken, creamed, serves eight.

Oysters, escalloped, ten quarts.

FRUIT SALAD

Four pounds white grapes, four pounds blue grapes, six No. 1 cans shredded pineapple, one-half dozen lemons, three dozen oranges, three pounds marshmallows (diced), one-third crate iceberg head lettuce. Make dressing of one and one-half dozen eggs, fruit juice and four quarts whipping cream.

CORN BREAD FOR FIFTY SERVINGS

One quart buttermilk, four eggs, one cup lard and butter (mixed), one cup sugar, two cups flour, five cups corn meal, three level teaspoons soda (sifted in flour), salt. Repeat four times for 100.

ESCALLOPED TOMATOES

(Twelve servings)

One and one-half cans tomatoes (large size), one-half cup sugar, one pint milk, one dozen crackers, season with salt, pepper to taste. Bake light brown.

Sandwiches—One loaf of sandwich bread makes twenty sandwiches.

Ham—Seven pounds of ham, boiled and ground, mixed with one quart of mayonnaise dressing will make 350 sandwiches.

Butter—One pound will make fifty sandwiches.

Cake—One medium sized cake will serve twenty people.

Ice Cream—One gallon for twenty people, and one quart of brick cream for eight people.

Coffee—One-half gallon made from one-half pound best coffee for twenty cups and one and one-half pints of cream.

Tea—One-half gallon for twenty-five cups.

Cocoa—One-half pound for one gallon and this will serve twenty-eight cups.

Beans—One gallon crock serves forty people.

Oysters—One-half gallon, escalloped, for twenty people. Four oysters to a person unless chopped, then one quart to fifteen people.

Bouillon—One quart hot bouillon for eight people.

Lemonade—Five quarts for twenty-five people.

For a Chicken Pie Dinner—To serve two hundred and fifty people. Fifty chickens, one fifty-pound sack of flour, eight pounds butter, twenty-four dozen pickles, three quarts lard, two bushels potatoes, four gallons cooked cranberries, ten large heads of cabbage with four gallons mayonnaise dressing for cold slaw.

Pressed Chicken—Two, weighing three pounds each, for twenty people.

Chicken Salad—One chicken weighing three pounds each, for twenty people.

Salad—One gallon for forty-five people.

Whipped Cream—One pint will yield twelve tablespoonfulls.

POTATOES

One bushel potatoes, mashed, hashed brown or scalloped.

Sixteen pounds green beans, cooked with one pound of bacon.

Forty-five pounds of kraut, fifteen pounds of spareribs.

Baked beans—Eight quarts beans, six pounds salt meat (shredded), five pounds brown sugar.

SLAWS

Twenty pounds shredded cabbage, two quarts cream with vinegar, salt and sugar to taste.

Cabbage, twenty pounds; Spanish onions, four; sweet green peppers, five; sweet red peppers, five; sugar, five cups; one five cent package of mustard seed, one small glass horseradish, one quart vinegar, full strength, salt to taste. Make three or four days ahead, put in jars.

Cabbage, twenty pounds, shredded; pineapple, three cans, size one pound 14 ounces; marshmallows, four pounds, cut fine; mayonnaise, two quarts, thin with juice of pineapple.

CHICKEN SALAD FOR 100 PEOPLE

Thirty pounds chicken, cut in small pieces; thirteen large bunches of celery (diced). (This makes equal parts of each).


Oil Dressing—One quart can Wesson oil, eight eggs, juice of eight lemons, one-half box of ten cent mustard. Mix this with equal amounts of cooked mayonnaise.

Four pounds butter, (one pound cuts forty-eight pats); cheese, four pounds; rolls, 200; coffee, three pounds; coffee cream, three quarts; fruit spread, eight quarts.

DESSERTS

Berries, twenty quarts; seventeen ten-inch pies. Cut in six pieces).

Five large cakes. (Cuts in twenty pieces each).



Canning

Cold Pack

COLD-PACK METHOD

In the cold-pack method of canning the food material is blanched, that is, cooked for a certain length of time in boiling water or steam, and is then cold dipped, that is, quickly dipped into cold water. It is then packed into clean hot jars. Hot water or syrup is usually added, the rubbers and tops adjusted so as partially to seal, and the cans are placed in hot water which completely covers them two or three inches. They are boiled for the required length of time and sealed. It is this method that is recommended and that is described in this bulletin. The advantages of this method are:

1. It does not require long standing over a hot stove.
2. The blanching in some cases reduces the bulk so that more may be packed in a can.
3. The quick change in temperature between the boiling and the cold water in the blanching and cold dipping process is supposed to create a condition favorable to the death of micro-organisms.
4. It is a safe method for canning vegetables.

EQUIPMENT

It is convenient and rather an encouragement to do canning to have set aside a few utensils to be used for this one purpose. The list should include the following: Half-pint measuring cup, paring knife, basin, tablespoons, teaspoons, kettle.

A colander or a wire frying basket may be helpful.

A duplex fork or coal tongs is best for lifting cans out of the hot water.

A strong wire may be bent with a hook at one end to use with the spring top jars or a pancake turner may be bent so as to slip under the jars and thus lift them.

Cheesecloth or some other thin cloth is needed for blanching and cold dipping, if the wire basket is not used.

Cans and rubbers and the canner, or sterilizer, complete the outfit.

HOME MADE HOT WATER BATH

This kind of a canner can be prepared in any home and with little expense. There must be a container with a close fitting cover and a false bottom. The container may be a wash boiler, a lard can, a new garbage can, or any straight sided pail. The false bottom is required to keep the cans off the bottom of the container so as to allow a free circulation of water about them. It may be constructed of laths nailed together with cross pieces, or it may be of perforated cake tins. Wire boilers or cake coolers serve the purpose nicely. The tinier can make a good one by cutting a piece of galvanized tin a little smaller than the size of the bottom of the canner, perforating this with one inch holes, and soldering on the under side some points that will raise it up one inch. Two strips of tin may be fastened at opposite sides, made a little shorter than the height of the canner, and when hooked at the top act as handles with which to lift the bottom.

CANS AND JARS

Glass jars are always most desirable for home use. Any type of glass jar may be used with the cold-pack method. The types may be described as follows:

Screw top jars have tops to be screwed on. The kind which has a screw band and a separate glass top is much better than the old style of one-piece top.

Spring top jars have glass tops that are clamped down by metal wires.

Vacuum sealed jars have metal tops with a rubber-like material on the edges that eliminate the use of rubber rings. During sterilization the tops are held in place by light clamps.

RUBBERS—All rubbers should be elastic and not too thick. When purchased, they should be tested to see how much "pull" they have. Their color makes no difference in the quality. Good rubber is not injured by several hours boiling.

TERMS USED IN CANNING

BLANCHING means boiling to remove objectionable flavors, to reduce bulk, to help kill bacteria.

COLD DIPPING means dipping quickly into and out of cold water to make handling easier and to help kill bacteria.

Scalding means dipping into hot water long enough to remove the skin.

PROCESSING OR STERILIZING means heating long enough to kill micro-organisms.

TO SEAL PARTIALLY means that, in case of spring top jars, only the first wire is put into place on the top. The wire should fit into the glass top with a click. If it is too loose to do this, the wire should be removed and bent so as to fit tighter. In the case of screw top jars the tops are screwed down fairly tight, then turned back about a quarter turn. Vacuum sealed jars are partially sealed when the top is placed and the clamp fitted down over it.

CANNING DIFFICULTIES

1. Rubbers popping out from beneath the top during sterilizing may be due to poor rubber, to too large a rubber, or to too much pressure from the top. The top and rubber must be removed, a new rubber and top placed and the jar returned to the canner for about five minutes.

2. Liquid is drawn out from the can, sometimes, when the water in the can does not cover the cans at least one inch, or when there is not free circulation about the cans, or when the tops have been adjusted too loosely.

3. Jars may break when there is not free circulation of water about the cans, when a cold can is placed in hot water, or a hot one in cold water, when a can is placed in a cool draft.

4. Shrinkage of vegetables may be caused by insufficient blanching.

5. An objectionable, strong flavor may be due to improper blanching or cold dipping.

6. Bubbles that show after sterilization do not affect the keeping qualities of the product.

7. Cloudy appearance of the liquid in the cans may be due merely to over-cooking which forces out the interior of the product or to very hard water.

8. "Flat souring" of corn, peas, beans and asparagus is a condition giving a slightly sour taste and objectionable odor, and may be due to allowing the vegetable to stand too long. As soon as each jar is filled it should be set in the canner so that cooking is not delayed. It is probable that an unknown organism produces this condition and the souring may occur in spite of all precaution.

9. Over-cooking may not always be objectionable but it is likely to happen with fruits which require a short time for sterilizing. Cooking is going on while the water is coming to the boiling-point and if this time is prolonged some deduction should be made from the time given for sterilizing.

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Household Hints



*"Smile while, and while you smile, another smiles;
And soon there's miles and miles of smiles;
And life's worth while, because you smile."*

One of the primary and most important "home helps" is a smile. A spontaneous and sincere smile if possible; if a frown has got you—try a mechanical grin; if you can't grin; a silly simper will soon have you laughing at your own ridiculousness. A little of this "Polly-Anne" propaganda, discreetly practiced, will prove a "home help" worth cultivating. Try it once!

KITCHEN

Paré onions under water and they will not irritate the eyes.

Remove pin feathers from a fowl with a strawberry huller.

To prevent burning saucepan when boiling milk, sprinkle bottom of the pan with granulated sugar. Let it get hot, then pour in the milk. It also keeps milk from boiling over.

To remove odors, such as onions, fish, etc., from the hands, wash hands and before drying them rub on about a teaspoon of dry mustard.

A pinch of soda added to any boiled syrup will keep it from crystallizing.

A few cloves added to vegetable soup will give it a delicious flavor.

Heat lemons well before squeezing and there will be double the quantity of juice.

A few grains of rice placed in the bottom of a salt cellar will keep salt from sticking in damp weather.

Add one-fourth teaspoon soda to cranberries while cooking and they will not require much sugar.

To keep juice from running out of fruit pies, insert a small cornucopia of white paper into the center of the pie so that it is about twice the height of the pie.

When separating eggs, if you drop a portion of egg yolk into the whites, moisten a cloth with cold water, touch to yolk and it will adhere to it.

In making fancy shaped sandwiches, cut bread lengthwise instead of across the loaf and there is less waste.

After freezing ice cream, empty cracked ice into sack. Ice will melt, leaving salt which can be used again.

In plating dishes on ice, place rubber ring from fruit jar under dishes. Ring will adhere to both ice and dish.

Don't stick your fork, when baking a roast, again and again into the meat, and so let out the juices and flavor.

When a custard pie shrinks from the crust, it has been baked in too hot an oven. The oven should be hot for the first eight or ten minutes in order to bake the pastry so that it will not become soaked with liquid. Then re-duce the heat or the custard will boil.

If an egg is strictly fresh it will, when placed in a pan of water, lie on its side at the bottom of pan. If stale, it will stand on end, and if very old, it will rise to the surface.

If a chicken is rubbed inside and out with a cut of lemon before it is cooked, it will make the meat white, juicy and tender.

When cooking such vegetables as carrots, spinach, turnips and cauliflower, cook twice the amount needed for one meal. Half may be served plain the first day and the other half creamed the second day.

Salt meats, such as ham, tongue and beef, which are to be boiled, should be put in cold water and allowed to heat slowly.

When using canned asparagus be sure to open the can at the bottom so that the stalks may be removed without injuring the tips.

Season mashed potatoes and place in well-buttered muffin pans. Sprinkle a little grated cheese over the top and bake in the oven until brown. Remove carefully with a spatula and surround a broiled steak or fish with them.

When separating egg yolks from the whites, break them over a funnel and the whites will pass through, leaving the yolks in the funnel.

Remove bread and biscuits from the baking pan as soon as they are taken from the oven or "sweating" will spoil the crispness of the bottom crust.

Remember to handle baking powder dough as little as possible. Sour milk and soda products are improved by adding a little baking powder.

Sour pickles, cut in bits, adds to potato salad.

Carrots put through the food chopper and cut up celery make a good raw vegetable salad.

Half a cup of ground nuts added to custards forms a crust that when baked is delicious.

One quart of vinegar can make two by adding an equal amount of boiling water. Bottle and let stand for a few days.

A fish dinner or luncheon should be followed with a salad, French dressing, wafers, cheese and coffee. Sweets should never be served with fish.

Beef kidney with round steak, onions, carrots and potatoes make a delicious soup or stew.

CARE OF THE REFRIGERATOR

Health demands a spotless refrigerator. Food keeps better and longer when cleanliness is assured.

Clean ice chamber and drainage as well as the food chamber.

Place all foods in porcelain or glass.

Vegetables and fruits should be washed before placing in refrigerator.

The most perishable food should be placed nearest the ice chamber.

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Cosmopolitan Recipes

NEW ENGLAND CORN MUFFINS

One cup cornmeal, three-fourths cup flour, three teaspoons baking powder, one teaspoon salt, one-fourth cup molasses, two tablespoons sugar, one cup milk, one egg, one tablespoon melted butter. Sift together the cornmeal, flour, baking powder, sugar (if used) and salt. Mix thoroughly milk and molasses (if used in place of sugar). Add to dry ingredients slowly, then add egg and melted butter. Bake in muffin tins twenty-five minutes. Sufficient for twelve muffins.

SOUTHERN—

VIRGINIA SPOON BREAD

One pint of sweet milk, one cup corn meal, two eggs (beaten), one teaspoon salt, two tablespoons butter, one pint of boiling water. Make a mush with the water and meal (salt), cook five minutes. Beat the butter and half of the cold milk into the mush, add eggs, beat well, add rest of milk slowly. Put in well buttered dish, bake one-half hour in hot oven. Serve in baking dish at once.

ENGLISH PLUM PUDDING

One-half cup brown sugar, one-half cup molasses, one cup suet or one-half cup melted butter, two and one-half cups flour, one cup sweet milk, one cup raisins, one-half cup currants, one-half teaspoon soda, one-half teaspoon cinnamon, one-half teaspoon nutmeg, one-fourth teaspoon cloves (ground), salt to taste, one slice candied pineapple (chopped), one small bottle cherries (chopped), small piece of citron (chopped), one-half cup nut meats (chopped). Steam two hours. Serve with hard sauce.

Hard Sauce—Beat together the white of one egg, one cup confectioner's sugar and one-half cup melted butter. Beat until quite creamy, turn on small plate and let stand to harden.

GERMAN—

KLEIEBROEDCHEN (WHOLE WHEAT ROLL)

One pound flour, one-half pound butter, four tablespoons powdered sugar, five eggs (yolks). Cut these ingredients into a dough. Roll thin, cut and ice.

Icing—Four whites of eggs, one-half pound sugar, one lemon rind, one lemon (juice), one-half pound almonds. Beat the whites of eggs, add sugar, lemon and chopped almonds.

FRENCH—

CHICKEN MEREANGO

Four pound chicken, jointed, washed, season with salt and pepper, roll in flour and fry as young chicken (browned, not until tender). Put flour in pan grease and make thin gravy with cold water. Then put chicken in roaster and pour gravy over it. Add one-half tablespoon onion, minced very fine. Cook slowly until tender. Other combinations may be obtained by adding a small can of tomatoes, strained, and one-fourth pound mushrooms, washed and sliced, to the gravy. If desired, rub roaster with piece of garlic before putting chicken in. To prevent sticking, stir lightly with a fork.

TAMALE LOAF EN CASSEROLE

One small can tomatoes, one can corn, one cup cornmeal (yellow preferred), one cup milk, five tablespoons butter, two tablespoons Spanish pepper, one pound finely ground beef, one-half pint stuffed olives, salt to taste. Thoroughly mix all ingredients (except olives), put in a large baking dish, then plant the olives (ducking them under out of sight) in the mixture. Set baking dish in a pan of water and bake in a moderate oven for one to one and one-half hours. The top should look crisp and the inside well cooked. Sufficient for eight persons.

Pickles and Relishes



"Peter Piper picked a peck of pickled peppers."

—Mother Goose.

Pickling is an important branch of home preparedness for the winter months. Pickles have little food value, but they give a flavor to a meal which is liked by many. They should not be given to children.

In pickling, vegetables are usually soaked over night in a brine made of one cup of salt and one quart of water. This brine removes the water of the vegetable and so prevents weakening of the vinegar. In the morning the brine is drained off.

A firm product is obtained if the vegetables are not cooked too long or at too high a temperature.

Spices, unless confined in a bag, give a dark color to the pickles.

Enameled, agate or porcelain-lined kettles should be used when cooking mixtures containing vinegar.

Pickles put in crocks should be well covered with vinegar to prevent molding.

Instructions for some of the most commonly used methods are given herewith.

CATSUP

Two quarts ripe tomatoes, boil and strain, add two tablespoons salt, two cups vinegar, two-thirds cup of sugar, one teaspoon of cayenne pepper. Boil until thick. Pour into hot sterilized bottles. Put the corks in tightly and apply hot paraffin to the top with a brush to make an airtight seal.

CHILI SAUCE

Two dozen ripe tomatoes, six peppers (three to be hot), three onions, one-fourth cup of sugar, two tablespoons of salt, one teaspoon each of cloves, nutmeg and allspice, one quart vinegar. Simmer one hour. Pour in sterilized jars or bottles and seal while hot.

CHOW CHOW

Two pints cucumbers (one pint to be small one), one cauliflower soaked in salted water for one hour, two green peppers, one quart onions. Chop the above in small pieces. Sprinkle one cup of salt over them and let stand all night. Drain well in the morning.

The sauce for chow chow is made as follows: Two quarts vinegar, one-fourth pound mustard, one tablespoon of turmeric, two-thirds cup of sugar, one-half cup of flour. Make a paste of the mustard turmeric, sugar, flour and a little vinegar. Stir this into the warm vinegar and boil until thick. Then add the vegetable and simmer for one and one-half hours. Stir to prevent burning. Put in cans while hot.

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For the children's eyes brighten at hearing my name."*

CARAMELS

Two pounds sugar, one can light Karo, one can dark Karo, one pint milk, one pint cream. Boil sugar and syrup until it forms soft balls in water, then add one pint milk. Boil this until it forms soft ball, then add cream. Boil until the consistency in cold water is that desired for the finished caramel. Add one tablespoon paraffin. Pour on large flat pan. Cut and wrap when cool. If nuts are desired, place them in pan and pour hot caramels over them.

CHOCOLATE FUDGE

Two cups sugar, three tablespoons cocoa, one cup milk, one-third cup butter. Stir sugar and cocoa together, add milk and mix thoroughly. Put on fire and stir until the mixture comes to a boil. Cook until soft ball is formed in cold water, remove from fire, add butter and let cool. Add vanilla and beat until light and creamy. When cool cut in squares.

MAPLE FUDGE

Use soft white sugar and maple syrup. Wet with milk and cook to a very soft ball. Add chop nuts if desired. Beat fast.

DIVINITY

Two and one-half cups sugar, six tablespoons corn syrup, two egg whites (beaten stiff), one-half cup water, flavoring and nuts if desired. Cook sugar, corn syrup and water until it threads, add slowly one-half of syrup to beaten egg whites, cook remaining half to crack stage and add slowly to egg whites. Beat and drop on oiled paper.

PEANUT BRITTLE

Two cups chopped roasted nuts, three cups granulated sugar. Put sugar in frying pan. Stir over slow fire. It will lump, then gradually melt. When pale coffee color and clear, add nuts and pour quickly on greased pan. When cold, break into pieces.

BON BON CREAMS

Two and one-half pounds granulated sugar, one pint cold water, one tablespoon vinegar. Put over hot fire, stir until it begins to boil, cover with tight lid for ten minutes. Remove cover, put thermometer into syrup until it registers 240 degrees. Pour syrup on ungreased platter or marble slab. When syrup feels cold to the back of your hand, work or stir it with large spoon. After it becomes hard, put into stone jar for three days. After that time it may be combined with any nuts or fruits for bon bons. By melting some of this cream in a double boiler and adding coloring and flavoring, any kind of wafers may be made by dropping small quantities from a teaspoon onto waxed paper.

MARSHMALLOWS

Four cups granulated sugar, twenty tablespoons water, one box Knox gelatine, powdered sugar. Put the gelatin to soak in one cup cold water. Boil sugar and water (not too fast) for ten minutes; pour into gelatin, stirring all the time, then beat for at least one-half hour longer; add vanilla or any flavoring and nuts if desired. Be sure to leave it in a vessel large enough to allow for swelling to over twice the amount. Use heavy wire egg beater or cake beater for beating. Pour into pans dusted with powdered sugar, let stand for several hours, cut in squares and roll into powdered sugar.

BUTTER CREAMS

Work into one pound fondant, one-fourth scant pound of butter creamed, flavor to suit taste. Chocolate may be added if you wish.

ICE CREAM TAFFY

Two pounds sugar, one pound glucose, one pint milk or cream, paraffin wax size walnut, one tablespoon butter. Dissolve, put on stove and boil all at once, stirring constantly until done. If you use thermometer, cook to 256 or 258 degrees. Pour on slab of platter and pull when cool.



CHOICE MENUS

SUNDAY

Breakfast

Cereal
Corn Cakes
Coffee

Oranges
Cream or Milk
Cocon.

Bacon

Lunch

Nut Butter

Vegetable Salad

Sandwiches

Cookies
Milk

Dinner

Mashed Potatoes

Filled Lamb Shoulder

Gravy

Head Lettuce

Mint Jelly

Mayonnaise

Bread

Butter

Sliced Pineapple

Coffee and Milk

TUESDAY

Breakfast

Cereal

Grapefruit

Cream or Milk

Poached Egg on Toast

Coffee and Cocon.

Lunch

Meat Loaf (left over)

Cream of Celery Soup

String Beans

Bread

Butter

Canned Peaches

Tea and Milk

Dinner

Ham and Rice

Thousand Island Dressing

Head Lettuce

Bread

Butter

Custard

Coffee and Milk

THURSDAY

Breakfast

Rolled Oats

Apple Sauce

Cream or Milk

Toast

Soft Cooked Eggs

Coffee and Cocon.

Lunch

Cold Sliced Beef (left over)

Carrots and Peas

Bread

Gingerbread

Tea

Milk

Dinner

Buttered Potatoes

Chik Con Cane

Cold Stew

Bread

Butter

Fruit Whip

Coffee

Milk

SATURDAY

Breakfast

Grapes

Milk and Syrup

Bacon

Coffee and Milk

Dinner

Breaded Veal Cutlets

Stewed Tomatoes

Buttered Cabbage

MONDAY

Breakfast

Rolled Oats

Stewed Fruit

Toast

Cream of Milk

Preserves

Coffee and Milk

Lunch

Buttered Spinach

Macaroni and Cheese

Broad

Caramel Pudding

Tea and Milk

Butter

Dinner

Meat Loaf

Scalloped Potatoes

Tomato Sauce

Bread

Indies

Butter

Baked Apple

Coffee and Milk

WEDNESDAY

Breakfast

Cereal

Stewed Figs or Peas

Cream or Milk

Barbecued Cakes

Syrup

Coffee and Milk

Lunch

Egg Saffle

Waldorf Salad

Bread Muffins

Butter

Tea

Milk

Dinner

Mashed Potatoes

Rump Roast

Gravy

Creamed Spinach

Bread

Butter

Sliced Bananas and Cake

Coffee

Milk

FRIDAY

Breakfast

Cereal

Oranges or Stewed Fruits

Cream or Milk

Bread

Salt Mackerel

Butter

Coffee

Cocon.

Lunch

Vegetable Soup

Cottage Cheese Salad

Waters

Chocolate Pudding

Tea and Milk

Dinner

Salmon Loaf with Peas

Shredded Lettuce Salad

Muffins

Skillet Cake

Coffee and Milk

Lunch

Creamed Salsify on Toast

Santa Barbara Salad

Apricot Cream Pie

Tea and Milk

Bread and Butter

Rice Pudding

Coffee and Milk

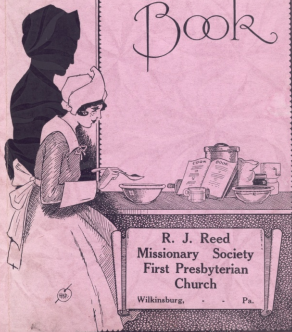
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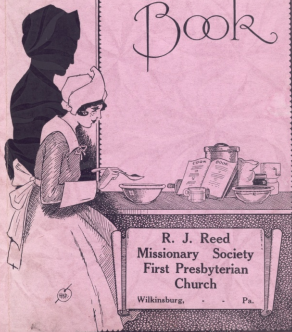
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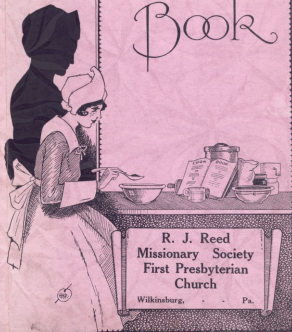
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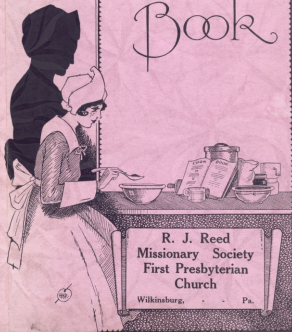
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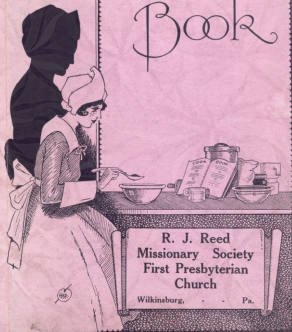
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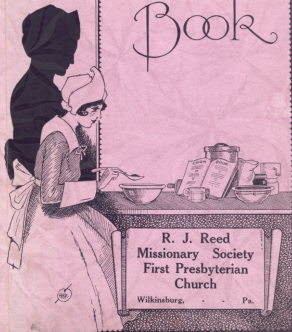
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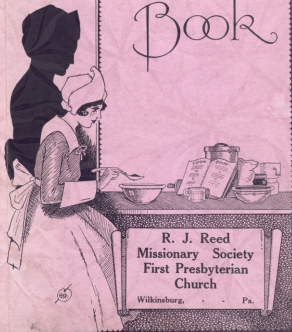
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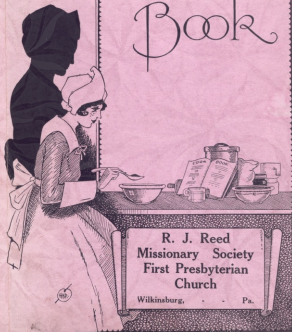
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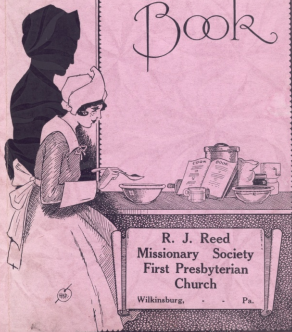
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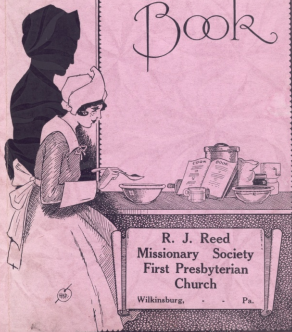
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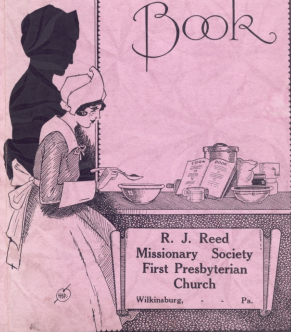
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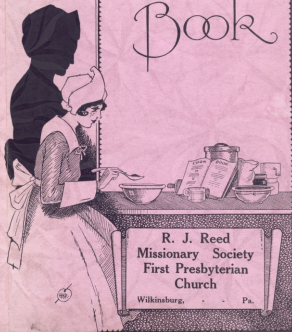
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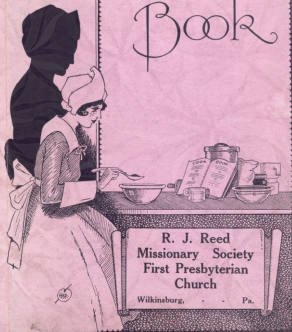
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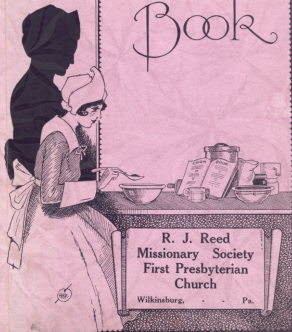
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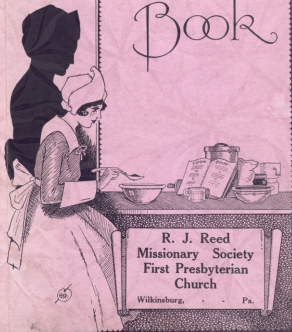
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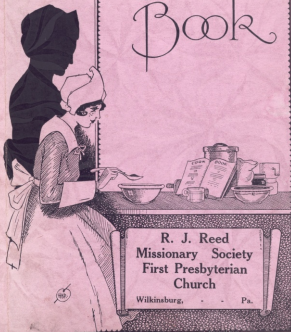
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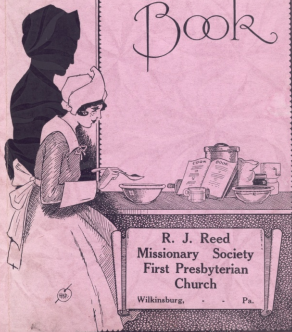
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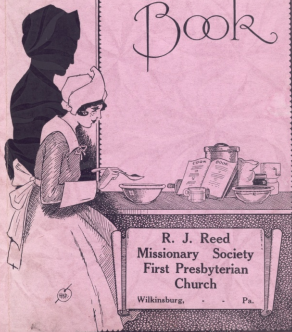
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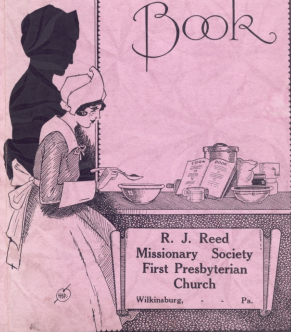
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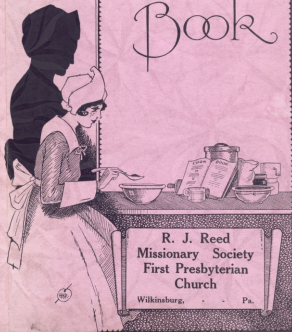
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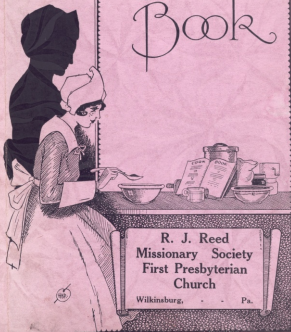
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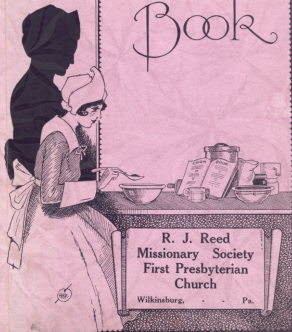
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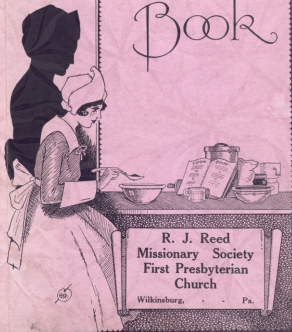
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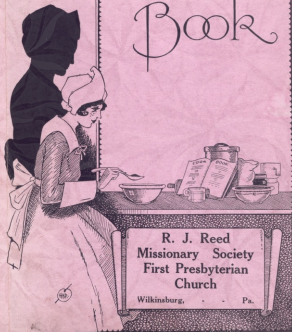
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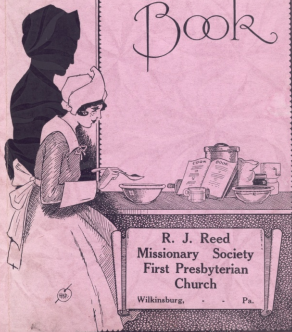
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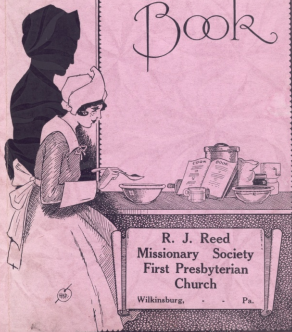
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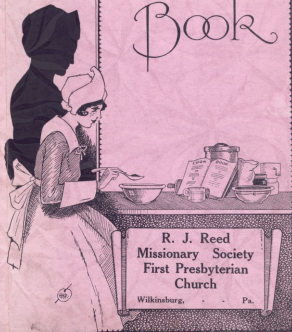
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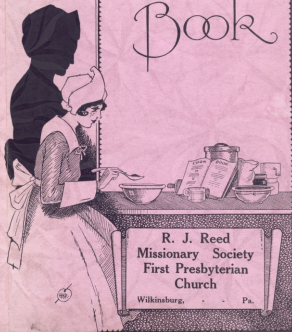
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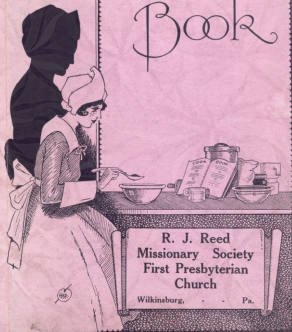
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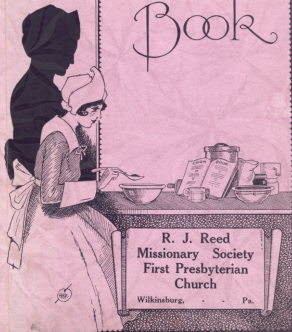
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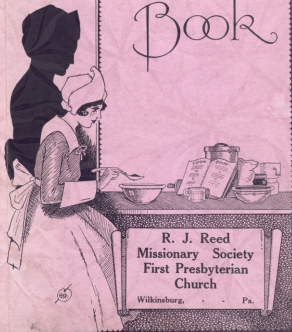
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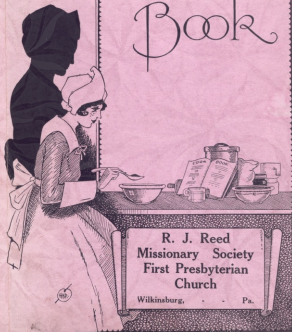
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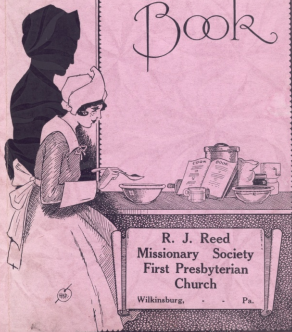
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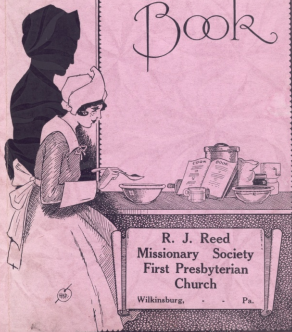
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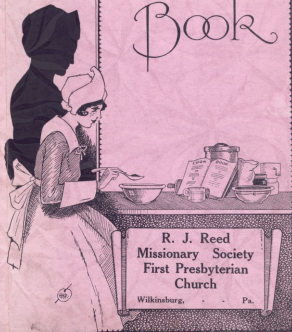
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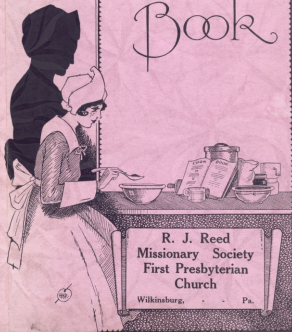
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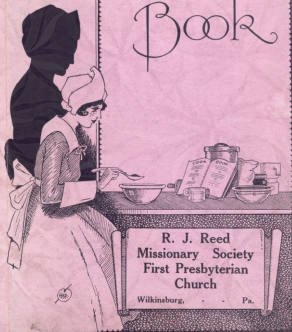
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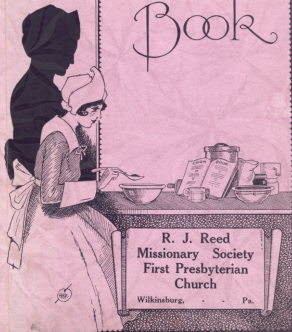
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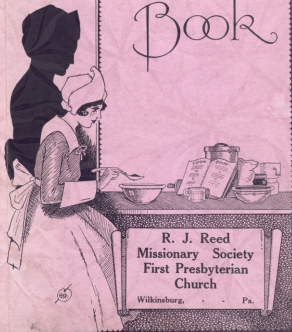
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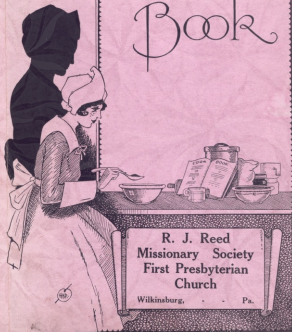
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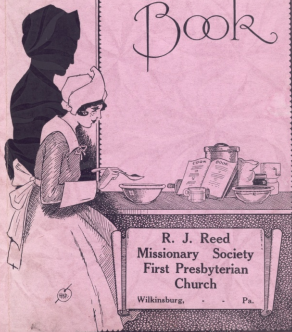
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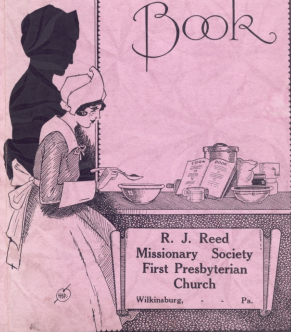
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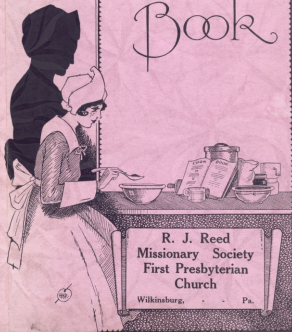
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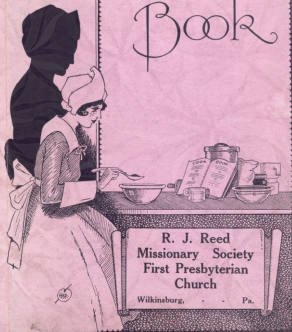
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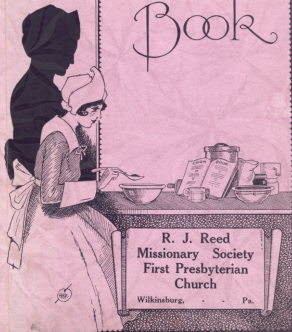
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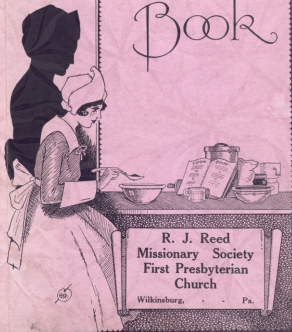
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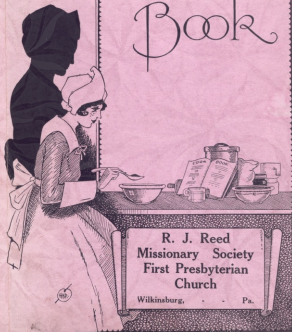
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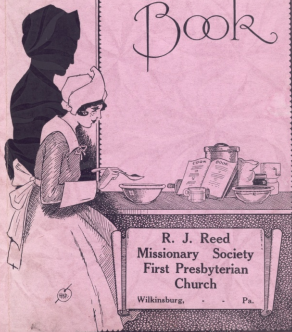
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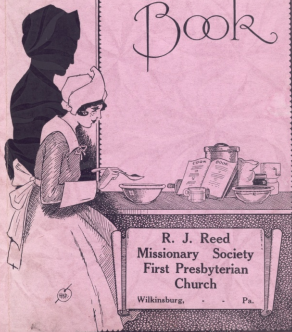
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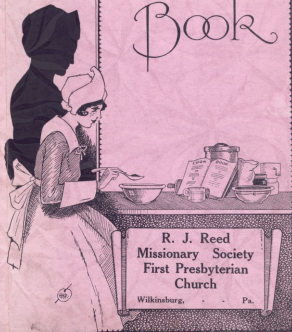
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