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COOK BOOK

OF THE

Ladies' Aid Society

Evangelical Lutheran Church

of

Our Redeemer

St. Louis, Mo.
1922

RUDOLPH VOLKENING
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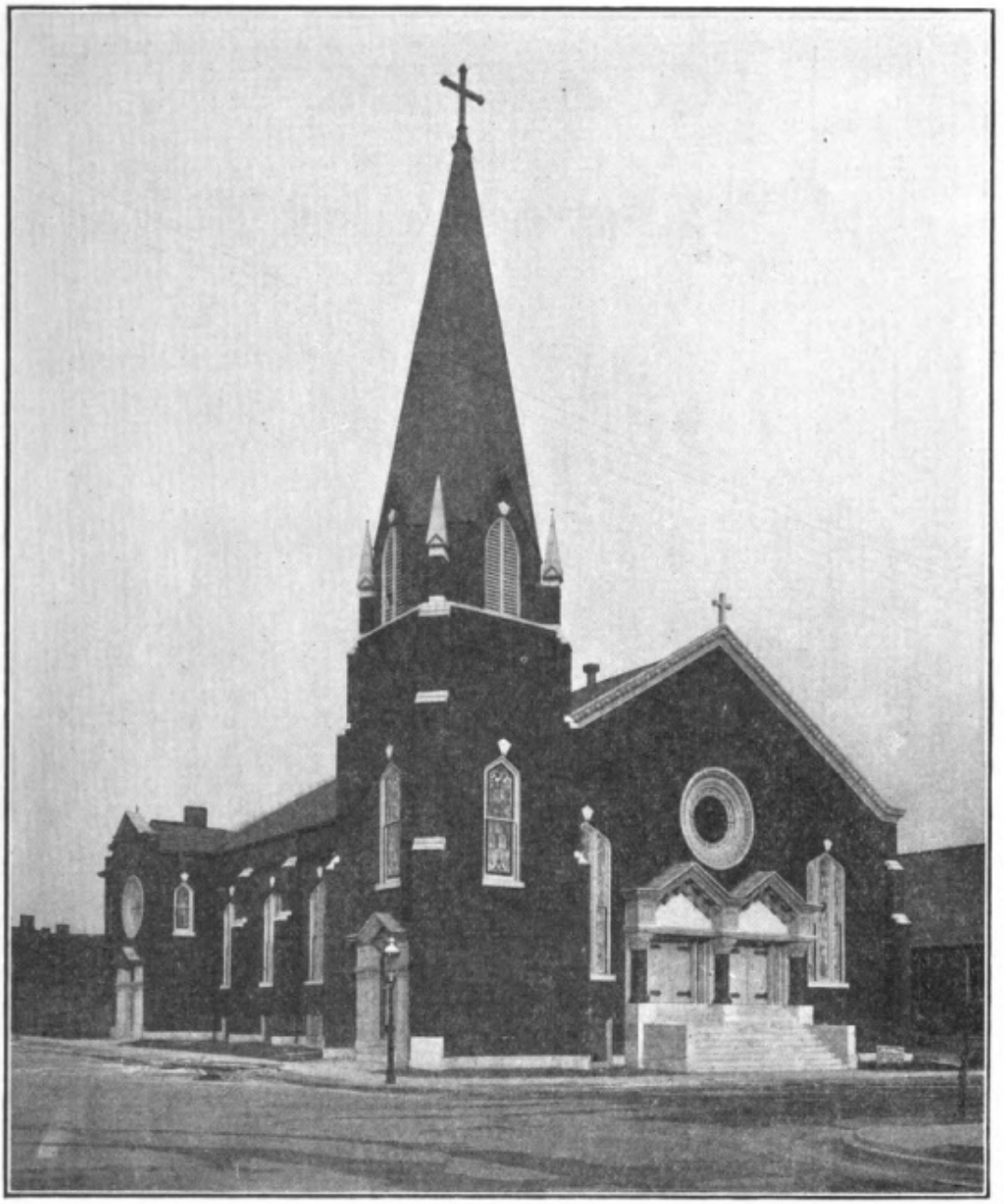

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PREFACE

To Our Many Friends:

The Ladies' Aid Society of the Ev. Lutheran Church of Our Redeemer on the occasion of its Twenty-fifth Anniversary takes pleasure in issuing a new and revised second edition of the Cook Book so enthusiastically received ten years ago.

Many and urgent requests coming from all quarters prompted the repetition of the enterprise. Those in possession of the first book will find this a valuable addition.

We herewith extend our cordial thanks to those kind business men whose generosity aided us in making this publication possible by favoring us with their advertisements; to all our members who so willingly opened the treasury of their knowledge of cookery, and brought forth recipes in plenty; also to all the ladies who worked so indefatigably in collecting and compiling the contents and the advertisements.

May this second volume be made as welcome as the first.

This Book, with care, was arranged for you,
And if you will follow its recipes true
You'll revel in everything good to eat,
Pastry and pickles, fish and meat,
So send for it quickly, and do not delay,
And study it carefully day after day.

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FOOD

You need fuel food just as an engine needs coal or gasoline.

Bread and butter, cereals, fats and sugars are fuel foods.

You need repair food just as an engine or an automobile needs repair materials.

Meat, fish, eggs, poultry, cheese, green peas and beans give repair material.

You need regulating food just as an engine or an automobile needs lubricating oil, distilled water, water for the cooler, charging of the battery, etc.

Regulating foods are milk, fruit and green vegetables and water. You need some every day, also some hard and crusty food, some raw and some bulky fruit and vegetable foods to give your teeth exercise and keep your bowels regular.

Your chief need is fuel food. Your least need is repair food.

Eat meat, fish, poultry, eggs or cheese once a day in moderate quantity.

Eat sufficient cereals and bread and butter to keep up your weight

Do not hurry at your meals. Chew and taste your food thoroughly until it slides into your stomach.

METHODS OF COOKING

Boiling—Cooking in water heated to 212 degrees Fahrenheit. That is, water from which the steam is escaping so fast that it is in a violent state of movement.

Simmering—Cooking in water at 185 degrees Fahrenheit. That is, when bubbles of steam break at the bottom of the liquid.

Baking—Cooking in an oven.

Roasting—Properly, cooking before a fire. Now used to mean the same as baking.

Broiling—Cooking over a very hot fire.

Braising—Cooking in a closely covered pot or pan, with a little water or stock. It is really cooking in steam.

Fricasseeing—Meat cooked in this way is first browned, then simmered.

Sauteing—Cooking in a little fat, often wrongly called frying.

Frying—Cooking in deep fat.

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BEVERAGES

A beverage is any drink; water is the natural beverage. Acid beverages, as grape juice and lemonade are valuable because of the salts and sugar they contain. Beverages with a milk foundation, as eggnogs, milk punches, cocoa, etc., are valuable because of the nutritive value of the milk. These beverages along with starchy drinks, as barley water and rice water are primarily designed for the sick room. Stimulating beverages as coffee and tea are valuable only because of the cream, milk or sugar usually served with them.

Tea should always be made with freshly boiled water and with but one steeping of 3 to 5 minutes. It should never be boiled nor the leaves re-used because this method extracts the acids which have a disastrous effect upon the nervous system.

Boiled Coffee

1 cup coffee
6 cups boiling water
½ egg and shell
1 cup cold water

(This will make 7 cups of coffee)

Scald coffee pot. Wash egg, beat slightly and add crushed shell, coffee and ½ cup cold water. Put into scalded coffee pot, add boiling water and let boil 5 minutes; then add ½ cup cold water. Keep hot 20 minutes. Serve in hot coffee cups with cream and sugar, or hot milk may be used in place of cream. Mrs. H. P. Graul.

Breakfast Cocoa

3 tablespoons cocoa
4 tablespoons sugar
1 cup boiling water
3 cups milk

(This will make 6 cups of cocoa)

Scald milk in double boiler. Put cocoa and sugar in a saucepan and slowly pour on the hot water, stirring all the time. Boil 5 minutes, add the scalded milk, beat until foamy; serve in heated cups. ½ cup of cream is a great addition to cocoa, or whipped cream may be served with cocoa. Mrs. H. P. Graul.

Chocolate

2 ounces sweetened chocolate
Whipped cream
4 cups milk

Scald milk, add chocolate and stir until chocolate is dissolved. Bring to boiling point and serve in chocolate cups with whipped cream. Mrs. J. H. Grosse.

India Tea

1 teaspoon tea
2 cups boiling water

Scald the teapot, which should be silver, crockery or graniteware, not tin. Put into it the tea, add the freshly boiling water and let it infuse 5 minutes. By no means allow it to boil, for boiling dissipates the aroma and extracts the tannin. Mrs. H. P. Graul.

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Iced Tea

Follow recipe for making tea. Strain into glasses one-third full of cracked ice. Sweeten to taste. The flavor is much finer by chilling the infusion quickly.

Mrs. J. H. Grosse.

Lemonade

1 lemon
2 tablespoons sugar
1 cup boiling water
½ thin slice lemon

Wash and wipe lemon; cut a very thin slice from middle. Squeeze juice into a bowl (keeping back the seeds), add the sugar and boiling water; cover, and put on ice to cool. Strain and pour into a glass or sherbet cup. Cut half the slice of lemon into two pieces, and use as garnish in glass; or a few berries or slice of orange may be used.

Note—The quantity of sugar used depends upon the acidity of fruit.

Mrs. H. P. Graul.

Orangeade

1 sour orange
2 tablespoons sugar
1 cup boiling water
½ slice orange

Prepare as for lemonade

Mrs. H. P. Graul.

Fruitade

¼ cup chopped pineapple
Juice ½ lemon
Sugar
Juice ½ orange
1 cup boiling water

Prepare fruit. Add the boiling water and 1 tablespoon sugar. Allow to stand until cool. Add more water or sugar if necessary. Strain. Serve cold.

Mrs. H. P. Graul.

Pineapple Lemonade

1 can grated pineapple
Juice of 3 lemons
1 quart ice-water
1 cup sugar
1 pint water

Boil sugar and water 10 minutes, making a syrup, add pineapple and lemon juice, cool, strain and add ice water.

Mrs. H. Loesche.

Unfermented Grape Juice

10 lbs. grapes
1 cup water
3 lbs. sugar

Put grapes and water in granite stew pan. Heat until seeds and pulp separate, then strain thru jelly-bag, add sugar, heat to boiling point and bottle. This will make one gallon. To serve use equal parts of grape juice and of water.

Mrs. H. Loesche.

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BREAD, ROLLS, COFFEE CAKE

General Instructions for Yeast Breads

Bread is made in two ways and is known as short and long process bread. The method of making short process bread is more modern.

Short Process Bread-making

First. Scald the liquids (may be water, milk, potato or rice water), add the salt, sugar, syrup or molasses and fat; let it stand until it is luke warm.

Second. Mix the yeast with luke warm water, using yeast according to the time desired for the process.

Third. Add the yeast to the luke warm mixture.

Fourth. Add one-half the flour to the mixture and beat it to get as much air into the batter as possible. Add the remaining flour and knead the dough.

Fifth. Put the dough into a greased bowl, cover it closely to prevent a crust from forming, and set it where it will keep an even, slightly warm temperature (about 80 to 85 degrees Fahrenheit) and let rise until a little more than double in bulk.

Sixth. Knead it again until the gas is evenly distributed thruout the dough. Shape it into loaves; divide the dough into as many portions as there are cups of liquid in the mixture, place it into greased pans, brush it over with milk or melted fat, and prick it with a fork.

Seventh. Cover the dough and let it rise in a warm place until it has doubled in bulk.

Eighth. Bake the loaves from 45 minutes to 1 hour in a moderately hot oven (395 to 400 degrees Fahrenheit). If no thermometer is at hand, test the oven with a piece of white paper, and if the heat is right for bread baking the paper will become a golden brown in 5 minutes.

Ninth. Cool the loaves on a rack or place them so the air can circulate freely around the loaf.

Tenth. When thoroughly cool, place the loaves in a perfectly clean, well-aired covered box of tin or aluminum or in a stone crock.

Long Process Bread-making

Long process bread is made by setting a sponge. The advantage of this way of making bread is that dry yeast can be used for the rising of the sponge gives time for it to become actively growing yeast.

First. Scald the liquid; when luke warm add the yeast that is stirred with water to separate it so that it can be mixed more readily.

Second. Add enough flour to make a batter, this is allowed to stand until it is very light and foamy.

Third. Add the salt, fat and the rest of the flour. Finish as short process bread.

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Potato Yeast and Bread

½ cup mashed potatoes
2 cups warm water
1 cake yeast, foam or compressed
2 tablespoons sugar
1 tablespoon salt

Dissolve yeast in a little water. Mix well and let stand in warm place until it bubbles, then set in cool place until desired for baking.

Directions for Using Potato Yeast

1 cup mashed potatoes
6 cups water
2 tablespoons salt
Flour
4 tablespoons sugar
1 teaspoon salt
Lard size of egg

Add mashed potatoes, water, salt and sugar to the above start. Stir well and let stand until it bubbles. Of this put away 2 cups in cool place for the next start. To the rest add flour enough to make a soft sponge. When sponge is light, add salt, lard and flour to make stiff dough. Knead well and let stand in warm place 1 hour, beat down and then let rise until light. Form into loaves and when they are double in size bake in oven that will brown loaves in 10 minutes, after which time heat should be reduced. Bake 1 hour. This makes 4 large loaves.

Mrs. M. Faszholz.

Rye Bread (4 loaves)

1 pint scalded milk
1 pint of warm water
2 tablespoons sugar
1 quart of white flour
1 cake compressed yeast
1 tablespoon lard
1 tablespoon butter
3 teaspoons salt
2 quarts rye flour

Make as you would white bread; may add kimmel seed if liked.

Mrs. R. Lipson.

Swedish Rolls

2 cups milk
½ yeast cake
¼ cup luke-warm water
4 eggs
¼ cup butter
½ cup chopped citron.
2 teaspoons salt
½ cup sugar
1 cup currants
3 tablespoons cinnamon
Flour to knead

Melt butter in scalded milk; when lukewarm, add dissolved yeast, salt eggs well beaten and flour to knead. Let rise; roll into a sheet; brush with melted butter; dredge with cinnamon and sugar; sprinkle with citron and currants; roll like jelly roll; cut in one half inch slices; place on buttered sheet; let rise. Bake one half hour.

Mrs. F. T. Mueller.

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Salad Rolls

1 quart scalded milk
1 tablespoon lard
2 eggs
1 cake compressed yeast
½ cup sugar
1 teaspoon salt
3 cups flour

Cool milk to lukewarm. Dissolve yeast, add other ingredients and mix well. Let stand until risen very light. Add more flour to stiffen; let rise. Then put in pans; let rise. Bake 20 minutes.

Mrs. B. Taenzer.

Christmas Bread

¾ pound figs
¾ pound prunes
4 ounces dried pears
4 ounces raisins .
4 ounces pecans
2 cakes yeast
4 ounces butter
¾ cup sugar
1 teaspoon cinnamon
1 teaspoon nutmeg
1 tablespoon salt
Flour

Boil fruit day before baking bread. Have 1 quart fruit juice. Set sponge with half the fruit juice, let rise until light and spongy. Add sugar, butter, nuts, salt, spices, the rest of the fruit juice and flour enough to make dough stiff enough not to run. Let rise again until light. Divide dough and fruit into 4 parts. Knead dough, spread out flat, lay fruit on and roll in shape of loaves. Do not knead after fruit has been added. Let rise until double in size, then bake 1 hour. This makes four loaves.

Miss L. Foell.

Christmas Fruit Bread

1 pound figs
1 pound pears
1 pound raisins
½ pound citron
1 pound prunes
2 cups sugar
1 cup lard
2 teaspoons nutmeg
2 teaspoons cinnamon
½ teaspoon cloves
2 tablespoon anise seed
2 tablespoons fennel seed
2 teaspoons coriander
1 teaspoon cardamom
2 cakes compressed yeast
1 tablespoon salt
Flour

Boil together figs, pears and prunes. Drain therefrom about 3 pints of juice. Set sponge, using yeast. Let rise, then add spices, lard, sugar and salt. Then enough flour to make stiff dough. Mix fruit and work into dough. Form into loaves and let rise again, then bake. This amount will make about 6 loaves. Mrs. E. Winterrose.

Coffee Cake

2 quarts flour
1 cup butter and lard
3 eggs
1 cup sugar
1½ pint milk
1 tablespoon salt
1½ cups yeast (Potato yeast)
Cinnamon

Sift flour, salt and sugar, add milk (luke-warm), yeast, butter and well beaten eggs. Beat until dough falls clean from spoon. Set in warm place until very light. Roll out to required thickness, then let rise again double in size. Speck with butter and sprinkle with sugar and cinnamon. Bake in moderate oven.

Mrs. H. O. Siegmund.

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Bund Kuchen

2 cups coffee cake dough
6 egg yolks
¾ cup sugar
¼ pound butter
Juice and grated rind of 1 lemon
Blanched almonds

Mix well and beat until bubbles form. Grease pan and line with blanched almonds. Put dough in pan, let rise until double in size and bake.

Mrs. H. O. Siegmund.

Stollen

2 cakes compressed yeast
1½ pounds seedless raisins (or more)
1 pound citron
1 tablespoon each candied lemon and orange peel (cut into small pieces)
10 cents almonds
3 cups sugar
7 eggs
1½ pints milk
1 pound butter
1 tablespoon lard
Grated rind of 2 lemons
Flour to stiffen

Scald the milk, let cool to lukewarm, add 1 tablespoon sugar, dissolve the yeast in this, mix a little flour into it to make a sponge, let rise about 1 hour, add fruit and other ingredients, eggs beaten, melted butter. Let rise about 3 hours or till nice and light. Make into loaves, let rise again 1 hour or more. Bake in moderate oven. Ice when cold.

Mrs. F. C. Brockmeier.

Carmel Rolls

Butter
Nuts or raisins

Make a coffee cake dough. When ready to be put into pans roll the dough into a sheet ½ inch thick. Spread it with butter and sprinkle with nuts or raisins. Roll it up and cut into inch thicknesses. Place rolls in pan thickly buttered and sprinkled ½ inch thick with brown sugar. Allow to rise and bake in moderate oven. Turn out the rolls as soon as they finish baking.

Mrs. A. C. Fuelle.

Quick Breads

Quick breads are flour mixtures which vary from the thin batter of griddle cakes to a stiff dough. These mixtures are dependent for their lightness in leavening agents other than yeast.

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Bread That Requires No Kneading

In making bread that requires no kneading general rules for mixing given for kneaded bread should be followed, and the mixture beaten thoroly instead of kneaded. It should be beaten the second time to distribute the gas bubbles evenly, and to make a fine-grained loaf. Well-greased pans should be half filled with the mixture.

The mixture should rise in the pan until double its bulk and no more, and then be baked in a hot oven at least 45 minutes or until brown on all sides, and until a hollow sound can be produced when the loaf is tapped with the finger.

When baked, loaves should be placed so that air can circulate freely around them until cooled. They should be put away unwrapped in a tin box or stone jar.

Steamed Breads

General Directions for Steaming Breads

A mold or a can, such as a baking-powder can, with a tightly-fitting cover may be used.

Grease the inside of the mold thoroly. The greased molds should be filled ⅔ full. The molds should be covered with well-greased paper and the covers adjusted securely. The molds should be placed on a rest or several layers of soft paper in a large kettle, containing enough boiling water to reach half way to the top of the mold.

Keep the water boiling all the time during the steaming. Add more boiling water if necessary.

Uncover the kettle during the steaming, and be careful not to jar it while cooking.

Boston Brown Bread

2½ cups of sour milk
2 cups of cornmeal
1 cup of graham flour
1 cup raisins if you like
1 teaspoonful soda (level)
½ cup molasses
1 teasponful salt

Mix well the meal, flour and salt with two cups of sour milk. Fill your cup one half full of molasses and fill up with remaining one half cup sour milk, add the soda and stir well. Then mix all together and fill greased covered vessel three-fourths full and steam three hours. Uncover and set in oven 15 or 20 minutes.

Mrs. M. Methudy.

Date Bread

3½ cups Graham flour
1½ cups white flour
1 teaspoon salt
3 cups sour milk
2 teaspoons baking soda
1¼ cups brown sugar
1 pound dates cut fine

Mix well and bake in one loaf bread pans. Bake 1 hour. This amount will make 3 small loaves. Mrs. W. F. Boehning.

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Bran Bread

1 cup buttermilk
1 teaspoon baking soda
3 tablespoons molasses
1 teaspoon baking powder
¾ cup raisins
½ cup sugar
1 teaspoon salt
2 cups Pillsbury's Health Bran
1 cup flour

Mix buttermilk, molasses, salt, baking soda and sugar thoroughly. Sift flour and baking powder into bran and add to the first mixture. Add raisins and mix well. Have oven hot at first, then moderate and bake slowly 30 minutes. Mrs. H. Schulz.

Graham Bread

1 quart Graham flour
1 cup molasses
1 teaspoon soda
1 cup sour milk

Mix and bake in pound yeast powder cans with cover; remove cover until it is cold. Mrs. P. J. Keller.

Nut Bread

3 cups Graham flour
1 cup white flour
1 cup dark molasses
Pinch of salt
1 cup sour milk
1 cup Eng. walnuts, chopped fine
1 level teaspoon baking soda

Mix in order given, adding baking soda to sour milk, nuts last.
Mrs. Henry Kramer.

Corn Meal and Rice Bread

1 pint white corn meal
1 teaspoon salt
2 teaspoons baking powder
1 cup boiled rice
3 eggs
1 tablespoon melted butter
1½ cups milk

Sift together corn meal, salt and baking powder. Add eggs well beaten ,then the melted butter, milk and rice. Beat thoroly, pour into a well greased pan and bake about 30 minutes in hot oven.
Mrs. F. C. Brockmeier.

Nut Bread

2 eggs
1½ cups sugar
1 cup milk
4 level teaspoons baking powder
1 tablespoon melted butter
1 cup chopped nuts
3 cups flour

Beat eggs, add sugar, milk, chopped nuts, melted butter, then flour and baking powder. Let stand for about 10 minutes before placing in moderate oven. Bake 30 minutes. Mrs. L. R. Simpson.

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Nut Bread

¾ cup sugar
1 egg
1 teaspoon salt
¾ cup English walnuts chopped fine.
1½ cups milk
3 cups flour
3 teaspoons baking powder

Mix sugar and eggs. Sift flour, baking powder and salt. Mix all well together, let rise 20 minutes. Bake slowly from 45 to 60 minutes.

Mrs. C. Zimmermann.

Raisin Bread

¾ cup sugar
1 egg
½ cup milk
4 teaspoons baking powder
1 scant cup raisins
1 cup nuts
4 cups flour

Mix above ingredients and allow to rise 50 minutes and bake from 30 to 40 minutes in moderate oven.

Mrs. Otto F. Schmitt.

American Coffee Cake

4½ cups pastry flour
4 level teaspoons baking powder
1 level teaspoon salt
4 tablespoons sugar
2 rounding tablespoons butter or lard
2 eggs
1⅓ cups milk

Sift flour, then measure; add baking powder, salt and sugar; sift three times; chop butter in with spoon, beat egg whites with half egg-shell of water added to each until stiff, then add yolks and beat in; add milk and beat all together; turn into two square pans and spread even; brush top with milk. Spread with the following:

½ cup flour
½ cup sugar
1 teaspoon cinnamon
1 tablespoon butter

Mix flour, sugar and cinnamon; rub butter in until it is crumbly; spread thick on top of cakes; bake in moderate oven 30 to 35 minutes.

Mrs. E. Liljegren.

Quick Coffee Cake

½ cup butter
1 cup sugar
1 cup milk
Cinnamon
2 cups flour
2 teaspoons baking powder
Salt

Beat butter and sugar, add milk, sift in flour, baking powder and a little salt. Spread in a shallow pan. Speck with butter and sprinkle with sugar and cinnamon. Bake about 20 minutes and serve either hot or cold.

Or after specking with butter cover with peaches or large blue plums cut in half, open side up, press slightly into dough and sugar liberally.

Mrs. K. Lehmann.

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Ginger Bread

½ cup sugar
⅓ cup shortening
1 egg
¾ teaspoon baking soda
¼ teaspoon cinnamon
½ cup molasses
½ cup sour milk
¼ teaspoon salt
1 teaspoon ginger
2 cups flour

Sift together flour, salt, baking soda and spices. Mix sugar and molasses, add softened shortening, stir in part of milk and part of flour. Then add beaten egg. Bake about 30 minutes in moderate oven.

Mrs. Wm. Schawacker.

BISCUITS, MUFFINS, CORN CAKE

General Directions for Making Muffins

Measure, mix and sift the dry ingredients.

Add well-beaten egg, milk and fat, melted. Mix thoroly.

Half fill well-greased muffin tins and bake in a hot oven 20 to 30 minutes.

By measuring dry ingredients first, then liquids and fats, only 1 cup need be used for measuring. When milk and eggs are used, rinse egg from bowl with milk.

Muffins

¼ cup butter
¼ cup sugar
1 egg
1 teaspoon salt
¾ cup milk
2 cups flour
4 teaspoons baking powde

Cream butter and sugar, add well beaten egg, sift flour and baking powder and add to first mixture, alternating with milk. Bake 20 minutes in hot oven.

Miss Irene R. Vellner.

Plain Muffins

1⅔ cups flour
2 tablespoons sugar
4 teaspoons baking powder
½ teaspoon salt
1 egg
1 cup milk
2 to 4 tablespoons melted butter

Measure, mix and sift the first four ingredients, add well beaten egg, milk and melted butter, and mix well. Drop in spoonfuls into well greased muffin pans and bake 20 to 30 minutes.

Mrs. A. Stohlmann.

Bran Muffins

2½ cups table bran
1 cup flour
3 teaspoons baking powder
2 eggs
Milk
1 large teaspoon butter
1 large teaspoon lard
2 tablespoons sugar
½ teaspoon salt

Mix the above, adding enough milk to make a stiff batter. Bake in moderate oven from 25 to 30 minutes. This recipe will make 12 large muffins.

Mrs. C. E. Moeller.

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Time Table for Baking Batters and Doughs

Muffins, 12 to 25 minutes
Gingerbread, 25 to 45 minutes
B. P. biscuits, 12 to 15 minutes
Cookies, 6 to 15 minutes
Layer cake, 12 to 20 minutes
Raised biscuits, 12 to 30 minutes
Loaf cake, 40 to 60 minutes
White bread, 45 to 60 minutes
Rye bread, 60 minutes
Beaten bread, 45 to 60 minutes

Baking powder biscuits should be baked in a very quick oven, as hot as possible without burning the biscuits. One that will brown a piece of white paper in one minute is none too hot.

Biscuits

2 cups flour
1 cup milk
1 teaspoon salt
2 teaspoons baking powder
1 round tablespoon lard

Sift dry ingredients, work in the lard, add milk, handling the dough as little as possible. Drop from a spoon or roll on a floured board, cut with biscuit cutter and bake 20 minutes in quick oven.

Cheese Biscuits

Add 2 tablespoons grated yellow cheese to above recipe before adding the milk. Proceed as for drop biscuits.

Miss Marguerite R. Vellner.

Sausage Biscuits

Remove skins from fresh pork sausage, cut in 1 inch pieces, lay one piece on each biscuit, fold ends together, concealing sausage. Bake 20 minutes.

Mrs. A. Vellner.

Sour Milk Biscuits

1 quart flour
3 round teaspoons baking powder
1 round teaspoon baking soda
½ cup shortening
1 teaspoon salt
2 cups sour milk or buttermilk

Mix dry ingredients, work in shortening and add milk. Bake in quick oven.

Mrs. W. G. Graul.

Corn Bread

1 egg
1 teaspoonful of salt
1½ pints of buttermilk
White corn meal
1 teaspoonful of soda
(If milk is very sour it will take more soda)

Mix ingredients, put in white corn meal enough to make a nice thick batter. It is very nice baked in a bread pan, well greased and smoking hot when the batter is put in. Serve when hot. May also be baked as muffins or griddle cakes.

Mrs. J. Hoge.

GRIDDLE CAKES, BATTER CAKES, DOUGHNUTS AND CRULLERS

General Directions for Making and Cooking Griddle Cakes

Measure, mix and sift dry ingredients. Sift flour before measuring and do not press or shake down.

Measure the liquid ingredients and add to the dry ingredients.

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Mix thoroughly and add the melted fat.
Use a frying-pan or griddle.
Heat the pan hot without burning the cake.
Grease the griddle if necessary.
Let the fat begin to smoke before cooking the cakes.

Pour the mixture from the tip of the spoon; cook on one side; when puffed full of bubbles and cooked on the edges, turn and cook on other side.

If large bubbles form at once on the top of the cakes, the griddle is too hot.

If the top of the cake stiffens before the under side is cooked, the griddle is not hot enough.

Never turn a cake twice.
Remove scraps and wipe pan after each set of cakes is cooked.
Grease pan and repeat.
Serve griddle cakes as soon as cooked.

Potatoe Pancake

3 large raw potatoes
2 eggs
A little milk
1 large spoonful of flour
1 small spoonful of salt

Peel and grate potatoes, add two eggs, flour, salt and milk. Mix well, have ready a skillet with enough lard to cover the pancakes when hot. Put in a spoonful at a time. Let bake till brown on both sides, and you will have a fine light pancake. Mrs. J. Hoge.

Apple Fritters

Tart apples
1 cup flour
1 level teaspoon baking powder
Powdered sugar
¼ teaspoon salt
1 well beaten egg
Lard

Pare apples and remove cores. Cut in circular, thin slices and put into fritter batter made of flour, baking powder, salt and well beaten egg. Use spoon to put apple into pan. If preferred, apples may be chopped and one cupful added to above fritter batter. Drop by spoonfuls into hot lard. Drain on brown paper, sprinkle with powdered sugar and serve at once. Mrs. Geo. Guenther.

Banana Fritters

1 cup flour
1½ teaspoons baking powder
1 beaten egg
1 cup milk
3 or 4 chopped bananas
Lard

Mix flour, baking powder, egg and milk. Salt to taste. Beat well, then add bananas. Fry in deep lard to a light brown.
Mrs. Geo. Guenther.

Clam Fritters

2 dozen clams chopped
1½ cups flour
1 teaspoon baking powder
Lard
2 eggs well beaten
1 cup clam liquid
1 cup milk

Mix flour, baking powder, eggs, clam liquid and milk. Beat until smooth, then stir in the chopped clams. Drop in spoonfuls in hot lard to fry. Mrs. Geo. Guenther.

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Rice Fritters

1 egg
½ cup milk
⅔ cup boiled rice
Syrup
1 cup flour
1 teaspoon baking powder
Lard

Mix well beaten egg with milk, rice and flour mixed with baking powder. Drop by spoonfuls into hot lard. Serve with syrup.

Mrs. Geo. Guenther.

Points on Frying Doughnuts

To prevent cracks in doughnuts when frying, have the dough soft, turn the cakes as soon as they come to the top of the fat and often during the cooking. Too much flour makes dry, hard doughnuts.

The choicest results in color and texture of doughnuts are secured with fat that has not been previously used for frying. After repeated fryings, fat should be discarded for all cooking purposes. The life of fat is lengthened by passing it through a napkin laid over a strainer after each use; by this means flour and other foreign substances that burn and become black at a much lower degree of heat than fat, are removed.

An extra yolk of egg will furnish fat enough to do away with the addition of butter or other form of fat to a doughnut mixture.

Doughnuts

1 potato
1½ cups sugar
2 eggs
1 cup sweet milk
½ tablespoon melted lard
3 teaspoons baking powder
Flour
Extract if desired

Boil and mash potato, add sugar, eggs well beaten, milk and melted lard. Add baking powder with enough flour for correct consistency.

Mrs. F. E. Jackson.

Drop Doughnuts

½ cup sugar
1 egg
1 cup milk
2 cups flour
2 teaspoons baking powder
Pinch of salt
A little nutmeg
Hot lard

Mix sugar and beaten egg, stir in flour with baking powder, adding milk gradually, add salt and nutmeg. Drop from spoon into hot lard.

Mrs. R. Husser.

Snowballs

Flour
2 eggs
1 tablespoon sugar
1 tablespoon fruit juice
Pinch of salt
Powdered sugar

Make a dough as for noodles, of the eggs, sugar, flour, salt and fruit juice. Roll thin and cut with biscuit cutter. Roll again until very thin, then bake in hot lard and sprinkle with powdered sugar. Serve at once.

Mrs. Henry Kramer.

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Comfits or Doughnuts

¾ cup sugar
2 eggs
1 cup milk
Pinch of salt
Powdered sugar
2½ cups flour
3 teaspoons baking powder
Nutmeg or cinnamon for flavoring
Hot lard

Mix above ingredients and drop dough from tablespoon into hot lard. Fry slowly. This quantity should make about 36 comfits. Sprinkle with powdered sugar. Mrs. Carl v Behrens.

Swiss Crisps

2½ cups flour
4 teaspoons sugar
1 teaspoon salt
Powdered sugar
Butter size of walnut
4 eggs
4 tablespoons water

Mix dry ingredients. Rub butter in dry. Add eggs and water. Work to stiffness of noodle dough, adding as much flour as needed. Roll out very thin, cut into 3 inch squares and fry in deep lard. Sprinkle thickly with powdered sugar while cakes are still hot. Success depends upon rolling dough thin enough. Mrs. A. C. Fuelle.

Chocolate Crullers

2 cups sugar
1 cup sour milk
3 eggs
2 tablespoons butter
2 ounces chocolate
½ teaspoon baking soda

Cream butter and sugar, beat egg yolks with remainder of sugar, add to creamed butter. Dissolve baking soda in milk, add alternately with flour enough to make soft dough. Then add stiffly beaten egg whites. Roll and cut in desired shapes and bake in hot lard.

Mrs. M. Faszholz.

CEREALS, RICE, MACARONI AND SPAGHETTI

General Rules for Cooking Cereals

Fill the lower part of a double boiler ⅓ full of water. Place over the fire. Measure the water needed for the cereal and pour it into the top of the double boiler. Place over the fire, and when the water begins to boil, add the salt and the cereal slowly and let boil over the fire 10 minutes. Place over the lower part of the double boiler containing water, cover and let steam until ready to serve. If more water is needed during cooking, add boiling water.

(Instead of double boiler, two saucepans may be used, one a trifle larger than the other, the larger one serving as the lower part of the double boiler.)

(By using the fireless cooker, the cereal can be boiled 10 minutes over the fire in the evening, and then cooked overnight in the fireless cooker.)

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Steamed Rice

⅓ cup rice
1 cup boiling water
⅓ teaspoon salt

Pick over the rice and wash in three to four waters. Put it with the salt and boiling water in upper part of double-boiler. Cook over boiling water. Do not stir while cooking. Steam one hour, or until grains are tender. Serve as a cereal with sugar and cream. A few dates cut in narrow strips may be added before serving.

Mrs. H. P. Graul.

Rice and Cheese Bundles

1 tablespoon lard
1 tablespoon flour
½ cup milk
6 large cabbage leaves
1½ cups boiled rice
Salt, pepper and paprika
¾ cup grated cheese

Boil rice in boiling salt water. Melt the lard, add the flour and then the milk. Boil until it thickens. Season rice with salt and pepper and paprika and add the grated cheese. Mix with white sauce, boil the cabbage leaves until limp but not broken. Drain the cabbage leaves and put rice in them. Roll up and place in a greased baking dish. Sprinkle with salt and paprika and bake in slow oven until tender. Enough to serve 6 persons. Mrs. Phil. A. Buettner.

Jamboli

1 cup rice
3 pound can tomatoes
3 onions
Salt to taste
½ pound bacon
1 pod red pepper
1 small pod garlic

Cut bacon in small pieces and fry, then add onions and garlic. Put rice and tomatoes in casserole, then add the bacon, onions and garlic. Bake 3 hours in slow oven. Mrs. I. Hahn.

Rice Pudding

2 cups steamed rice
2 cups milk
2 eggs
4 tablespoons sugar
½ cup seeded raisins
Salt to taste

Scald milk; beat eggs, add sugar and salt to taste: while stirring, gradually add scalded milk. Mix with rice and raisins. Pour into buttered baking dish and bake in moderate oven until consistency of custard is obtained. Mrs. J. H. Schmidt.

Rice Pudding

1 cup rice
1 quart milk
Raisins if desired
Butter size of an egg
1 cup sugar

Mix and bake 2 hours. Mrs. W. Voertmann, Sr.

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Rice Pudding

1 cup rice
½ cup raisins
2 eggs
Pinch of salt
½ cup sugar
1 teaspoon vanilla
1 pint milk

Boil rice until done; mix with raisins, sugar, salt, beaten eggs, vanilla and milk. Bake until light brown. Serve with vanilla sauce.

Mrs. J. Wasser.

Macaroni and Cheese

½ pkg. creamettes or macaroni
1 pint milk
1 tablespoon flour
Salt to taste
Lump of butter
Cheese
Cracker crumbs

Boil creamettes or macaroni in salt water, then drain. Make sauce for the above as follows:

Let milk come to a boil, thicken with flour and butter, add salt to taste. Place layer of macaroni in baking dish, then a layer of cheese and so on until dish is filled. Pour the sauce over same and cover with grated cheese and cracker crumbs. Bake 30 minutes.

Mrs. I. Hahn.

Delicious Macaroni

1 pound macaroni
1 can corn
Salt and pepper
Butter and milk

Boil macaroni until soft. Put in dish layer of macaroni, then a layer of corn and so on until dish is filled. Sprinkle with salt and pepper, put butter and milk on top and bake until brown.

Mrs. J. Gubser.

Macaroni Loaf

¼ cup macaroni
⅓ cup soft bread crumbs
⅓ cup milk
⅓ cup grated cheese
2 tablespoons butter
1 egg
⅓ teaspoon red pepper
⅓ teaspoon onion juice
1 tablespoon parsley or celery top
⅓ teaspoon salt

Boil macaroni in salt water, drain and rinse with cold water. Scald milk and add crumbs, butter, pepper, salt, cheese, onion, beaten egg and macaroni. Line baking dish with buttered paper, and pour mixture into dish. Set dish in pan of hot water and bake in moderate oven from 30 to 45 minutes. Mrs. Jos. A. Frederich.

Oatmeal and Raisins

When cooking oatmeal for the children add ½ cup of seeded raisins. This is a change and also gives a fine flavor to the oatmeal.

Mrs. W. F. Boehning.

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tures, a teaspoon of baking powder may be substituted for each egg omitted, but some egg must be used if recipe calls for eggs.

In shaking an egg, if it makes a sound, it is not a good egg, and should be rejected. The water test consists in putting them in water deep enough to cover; the good eggs will lie flat at the bottom, while the bad eggs will stand upright. The candling process consists in looking through the egg at a light or holding it between you and the sun. If it shows up clear and spotless, so that the yolk can be perceived, it is good; otherwise it is not.

Boiled Eggs

Drop into boiling water and boil 3 minutes for soft boiled, 15 to 20 minutes for hard boiled or place eggs in boiling water, cover, and cook over moderate heat without boiling from 6 to 8 minutes for soft, 45 minutes for hard cooked.

Poached Eggs

Break eggs and drop carefully one at a time into boiling water in shallow frying pan. Cook slowly until eggs are set. Remove each with skimmer and serve on toast garnished with parsley.

Scrambled Eggs

Break eggs into bowl, season with salt and pepper and pour into hot frying pan in which butter has been melted. Cook over slow fire and as eggs thicken stir until cooked. If desired eggs may be beaten with 1 tablespoon milk to each egg and cooked in same way.

Eggs in Milk

Egg — Toast
Milk — Flour
Butter

Poach egg in milk, lift out on toast, thicken milk with flour, add butter and pour over egg. Season to taste. Mrs. A. Vellner.

Eggs a la Golden Rod

3 hard boiled eggs — 4 slices toast
1 cup thin white sauce

Chop the whites of eggs, add them to the white sauce and pour the mixture on the toast. Force the yolks through a potato ricer over the top. Miss Clara Molitor.

Pickled Eggs

Boil eggs hard; when cold, shell and lay in a deep bowl. Pour beet vinegar over them and let stand until colored beet red.

Mrs. A. E. Bay.

Baked Eggs in Tomatoes

Remove a thin slice from the stem end of each tomato. Remove seeds and pulp and drain liquid. Break a fresh egg into each tomato, season, place in a buttered dish, cover and bake. Mrs. B. Taenzer.

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MILK IN THE MENU

Milk can be the main ingredient of the principal dish of all the meals during the day, as well the basis of additional nourishment between meals, as in the case of sickness.

Suggestions for its use in various ways are—as a beverage, soup, main dish of the meal, salad (cottage cheese), and dessert.

Milk is the basis of white sauce.

White Sauce

White sauce is the basis of cream soups, croquettes, soufflés, scalloped dishes, and certain desserts, such as cornstarch pudding. It is also used with vegetables and in cream toast. A brown sauce may be made by browning the fat and the flour before adding the liquid.

Thin Sauce	*Medium Sauce*	*Thick Sauce*
1 tablespoon fat	1 or 2 tablespoons fat	3 or 4 tablespoons fat
1 tablespoon flour	2 tablespoons flour	4 tablespoons flour
1 cup milk	1 cup milk	1 cup milk
¼ teaspoon salt	¼ teaspoon salt	¼ teaspoon salt

Method—Melt the fat, remove it from the fire, add the flour and stir the mixture until it is smooth. Add the milk gradually, return the pan to the fire, and stir the sauce until it thickens. Add the salt last. The sauce may be kept warm in a double boiler until time for using it.

CHEESE

Cheese is one of the most concentrated foods. From the standpoint of the housekeeper cheese is of importance because of its high nutritive value, particularly its high percentage of muscle-forming materials, because of the ease with which it can be kept and prepared for the table, and because of the great variety of ways in which it can be served. In food value it belongs in the class with lean meat and eggs and for this reason it is one of the best meat substitutes.

Cheese Omelet

1 tablespoon melted butter
1 small tablespoon flour
4 eggs
1½ cup milk
Salt and pepper
¼ pound grated Swiss cheese

Boil butter, flour and milk until smooth and thick. Cool, then mix with it the egg yolks, Swiss cheese, salt and pepper and beaten egg whites. Bake 20 minutes in hot oven. Serve at once.

Mrs. Henry Kramer.

Other uses of cheese distributed throughout the book.

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RECIPE FOR CHEESE CAKE

1 cup milk, 2 tablespoons corn starch dissolved in the milk, bring to boil and cook 5 minutes, cool, add 1½ cups well mashed P E V E L Y SPECIAL BRAND creamed cheese, add 1 teaspoon nutmeg, 2 egg yolks. 1 teaspoon vanilla, ⅔ cup sugar. Beat well and fill into cake pan, which has been lined with plain pastry. Bake slowly 30 minutes.

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SOUPS

Soups are made with or without meat. The basis for a soup is stock, either meat or vegetable, or milk.

Meat stock is water in which meat and meat bones have been cooked. When dark meat is used, it is called brown stock; when light meat is used, it is called white stock. Vegetable stock is water in which vegetables have been cooked.

The lean of meat is much better than the fat.

The proportions for soup stock are generally one pound meat and bone to one quart water.

Long and slow boiling is necessary to extract the strength from the meat.

All fat or grease should be skimmed off before using the soup.

The heavy vegetable pulp soups, as bean or pea soup, the cream of vegetable soups and the milk chowders are rich in food-value. The plain vegetable soups contain the food-value of the vegetables. Thin meat stocks are valuable chiefly as appetizers.

Left-overs of meat, fish, gravies, vegetables and cereals can be used advantageously in making soup.

Cream soups are made with a cream sauce foundation to which is added strained pulp of vegetables or fish.

General Directions for Making Cream Soups

3 cups scalded milk
2 slices onion
¼ cup flour mixed with ¼ cup water
2 cups seasoned stock or vegetable pulp and stock
Seasonings to taste

Scald the milk with the onion, remove the onion and thicken the milk by adding the flour and water mixture and cooking it 20 minutes over hot water to prevent burning. Boil 2 cups vegetables, cut in small pieces, in water to cover; force the vegetables when done through a strainer or leave pieces in soup. Add the vegetable pulp and water in which the vegetables have been cooked to the thickened milk. Season and serve.

Daily Family Soup Pot

Housekeepers using a coal range can have soup every day without expense. Have a soup pot on the back of the range. Into this drain the water left from the cooking of vegetables, rice or other cereals. Add ends of vegetables not used, trimmings from meat as well as portions left over, together with the gravies and the bones thereof and left overs from all other ingredients used in soup making. Season to taste.

Mrs. L. B. Buchheimer.

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Pigeon Broth

1 squab
1 quart water
1 egg
1 teaspoon salt

Pick over thoroughly a 4 or 5 weeks old squab, boil in about a quart of salted water slowly until the liquid is reduced one half. Take pigeon out and strain liquid. Beat up egg and add boiling broth slowly to the egg. Continue beating while pouring slowly, otherwise the egg will curdle.

Mrs. O. F. Schmitt.

Cream of Carrot Soup

2 cups carrots
2 cups milk
1 tablespoon lard
1 tablespoon flour

Make a thin white sauce; melt the lard, add the flour and stir until smooth. Add ⅓ of the milk and then boil until mixture thickens, stirring constantly. Then add the rest of the milk gradually. Add carrots which have been boiled until soft and mashed fine. The water in which the carrots have been boiled may be substituted for a part of the milk.

Mrs. Geo. Guenther.

Celery Soup

3 stalks celery
3 cups milk
1 slice of onion
1 cup cream
3 tablespoons butter
3 tablespoons flour
Salt and pepper

Cut celery in 1 inch pieces. Boil 20 minutes in double boiler with onion and milk, then strain. Thicken with butter and flour boiled together. Season with salt and pepper, add cream and serve at once.

Mrs. B. Schieferdecker.

Cream of Celery Soup

1 quart boiling water
1 small onion sliced
2 teaspoons salt
3 tablespoons butter substitute
3 tablespoons flour
1 pint milk

Tops and course pieces from one bunch of celery.

Chop celery coarsely, add boiling water, salt and onion and simmer for 30 minutes or until celery is tender. Rub through a course sieve, saving all liquid. Boil down the liquid to two cups. Melt lard, add flour and then stir in milk. Boil until slightly thickened, add celery pulp and liquid and heat to boiling point.

Mrs. Geo. Guenther

Cherry Soup

2 quarts cherries
Sugar to taste
2 quarts water

Boil the above ingredients until done.

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Dumplings

3 eggs
Salt
Butter
1 level tablespoon flour to each egg

Mix and rub these ingredients to a smooth paste. Drop from spoon into cherries and let boil up well. Good served cold. Any fruit may be used this way.

Mrs. A. H. Toennies.

Egg Soup

2 level tablespoons flour
2 tablespoons stock
4 well beaten eggs
3 pints beef or chicken stock
Salt and pepper
Mace

Beat flour with stock until smooth, then add well beaten eggs. Pour egg mixture into beef or chicken stock, stirring constantly while boiling gently for 15 minutes. Season with salt, pepper and a little mace. Serve with small toast squares.

Mrs. Geo. Guenther.

Lentil Soup

1 cup lentils
3 tablespoons butter or bacon grease
1 sliced onion
2 diced carrots
1 bay leaf
2 stalks celery chopped
Salt, pepper and sugar
1 cup hot cream
2 quarts water or vegetable stock or meat stock.

Soak lentils over night. Drain and add stock, butter or bacon fat, onion, carrots, bay leaf, celery. Add salt, pepper and a little sugar. Let simmer until thick and smooth, put through puree sieve, reheat, thicken if necessary with a little butter and flour worked to a smooth paste and add cup of hot cream just before serving.

Mrs. Geo. Guenther.

Onion Soup

3 large onions
1 tablespoon lard or butter
1 tablespoon mashed potatoes
1 tablespoon flour
1 pint water
1 pint milk

Heat lard or butter, add onions cut fine, boil until tender, then add flour. Brown slightly, add mashed potatoes, then add water gradually stirring constantly. Strain, return to fire and add milk. Season to taste.

Miss Amelia Tritschler.

Dried Green Pea Soup

1 lb. green peas
1 medium sized onion
Salt and pepper
1 tablespoonful butter or drippings
1 tablespoon of flour

Wash peas at least three or four times in lukewarm water, then put into a saucepan to boil, add onion, let boil until very tender, put through a sieve. Take butter, add flour, let it brown lightly, add salt and pepper to taste, then put in the strained peas, boil through. Put fried croutons into the bowl, before serving pour the soup over them.

Mrs. F. H. Foerster.

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Split Pea Soup

1 pint split peas
⅓ teaspoon baking soda
3 quarts cold water
½ pound lean ham or sliced bacon
1 teaspoon salt
A little pepper
Celery chopped fine
Toasted bread cut in squares
Butter

Wash peas well and cover with cold water, adding baking soda. Leave in water over night. Next morning put them in kettle with close fitting cover. Pour over them 3 quarts cold water, adding ham or bacon, sliced or cut in pieces. Add salt, pepper and some celery. When the soup begins to boil, skim the froth. Boil slowly from 3 to 4 hours, stirring until the peas are all dissolved, adding a little more boiling water to keep up the quantity as it boils away. Strain through colander and remove meat. The soup should now be quite thick. If not rich enough add a piece of butter. Serve with toasted bread cut in squares.

Mrs. J. F. Wehmueller.

Potato Soup

1 tablespoon lard or drippings
1 onion
1 tablespoon flour
1 quart boiling water
1 cup sweet milk
Raw sliced potatoes
Salt and pepper
Parsley
1 tomato

Take lard, cut onion into it, let it brown a light yellow, then add flour, when smooth add boiling water, then put in a good sized plate of potatoes, add salt and pepper, a bit of parsley and tomato, then mash the potatoes when done; strain add milk and serve.

Mrs. F. H. Foerster.

Cream of Tomato Soup

1 quart fresh or canned tomatoes
1 tablespoon butter
3 tablespoons corn starch
1 quart cold milk
Pinch of baking soda
Salt and red pepper

Add baking soda to tomatoes and boil until done. Stir into strained tomatoes the butter, red pepper and salt. Dissolve corn starch in a little cold milk and add to one quart milk. Turn milk into tomatoes gradually and let boil 15 minutes, stirring briskly all the while. Serve hot with strips of buttered toast.

Mrs. R. Winterrose.

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SOUP GARNISHINGS AND DUMPLINGS

Soup Dumplings

No. 1

1 egg
Flour
4 tablespoons water

Beat egg, add water and flour enough so as to be able to drop from spoon. To be put into boiling soup.

No. 2

1 egg
Flour
2 tablespons water

To egg and water, stir flour enough so as to be able to rub dry between both hands to form small particles.

No. 3

2 eggs
1½ cup flour
Butter, size of walnut
Pinch of grated nutmeg

Beat eggs, add flour, butter and nutmeg. Cut into soup with a knife from edge of bowl. Let boil up and serve at once.

No. 4

2 eggs
Pinch of salt
2 tablespoons water
Flour

To eggs, salt and water add flour to make a very stiff dough. Grate onto baking board to dry thoroughly.

Marrow Dumplings for Soup

1 shin soup bone
½ cup soup broth
1 egg
12 crackers
½ teaspoon salt
Dash of nutmeg

Boil soup bone in water to cover till done

Remove marrow from bone and melt in deep pie pan. Add the crackers rolled fine. Add salt and nutmeg and the egg. Now add the soup broth and if too thin add more rolled cracker. Must be stiff enough to roll in hands without sticking. Take enough for each ball to make it the size of hickory nut. Drop in the soup and boil the last 10 minutes before serving.

Noodles

3 cups flour
½ egg shell water to each egg
3 eggs

Put flour in bowl, make hole in center, drop eggs and water into hole. Stir gradually until all flour is absorbed. Turn out on board and knead until when cut in half air holes appear in dough. Roll very thin and let dry slightly. Cut in narrow strips.

Mrs: A. Vellner.

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Dumplings for Stew

2 cups flour
2 rounded teaspoons baking powder
1 teaspoon salt
Milk

Sift flour, salt and baking powder three times. Mix with milk for dough as stiff as biscuits. Put in stew by spoonfuls, cover tightly and steam for 15 minutes. Do not raise lid until done. Water must not boil over dumplings.

Mrs. A. Vellner.

Dumplings

2 cups flour
2 scant tablespoons lard
1 teaspoon salt
Water

Mix flour, salt and lard as for pie dough, then add water. Roll out ¼ inch thick. Cut into squares and drop into boiling gravy. Boil about 5 minutes. Very good in stewed chicken or veal.

Mrs. Henry F. Metzler.

Farina Dumplings

2 cups milk
1 cup farina
3 eggs
Salt

Scald milk, add farina and a little salt. Boil 10 minutes. Then add eggs. When cool mold into dumplings and drop in deep boiling water. Let boil from 15 to 20 minutes.

Mrs. C. F. Lange, Jr.

Liver Dumplings

½ loaf of bread
1 onion
1 tablespoon hot lard
1 pound liver
Salt water or beef broth
1 egg
1 tablespoon flour
Salt and pepper
Nutmeg

Soak bread in water. When soft press out. Chop onion fine and fry in hot lard until light brown. Put in bread to warm merely to take out the moisture. Cool. Remove skin and sinew from liver, grate or chop very fine, mix with bread and onion, egg, flour, salt and pepper, nutmeg or marjoram. Form dumplings with spoon. Boil in salt water or beef broth.

Miss A. M. Riethmueller.

Liver Dumplings

1 pound calf liver
½ loaf white bread
2 eggs
Parsley chopped fine
1 onion chopped fine
Celery chopped fine
Salt, pepper and allspice
Flour

Soak bread in water, then squeeze. Add liver, eggs, a little parsley, onion and celery, salt, pepper and allspice to taste and enough flour to form balls or to consistency that it will drop from spoon. This may be boiled in salt water or together with sour kraut, if in salt water, boil 5 minutes. With sour kraut when kraut is about ready to serve.

Mrs. J. Schmitt.

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Potato Dumplings

6 large potatoes
3 eggs
Salt
1 teaspoon grated bread crumbs
Flour

Boil potatoes in jackets. When done, skin, and grate or grind them in meat grinder. Add eggs and salt to taste, bread crumbs and flour enough to form balls. Boil 20 minutes in salt water. Care must be taken to see that they do not collapse.

When they rise to the surface of the water they are ready to serve. Fry little squares of bread in butter until light brown, then insert in dumplings just before placing them in boiling water.

Mrs. J. Schmitt.

Potato Dumplings

3 cups mashed potatoes
3 eggs
Flour
1 teaspoon salt
2 teaspoons baking powder

Mix eggs with potatoes and other ingredients. Add enough flour to roll into soft balls. Drop into boiling water and boil fifteen to twenty minutes. Cut dry bread into small cubes and fry in butter a light brown. Spread over dumplings just before serving.

Mrs. Otto F. Schmitt.

Potato Dumplings

3 cups mashed potatoes
1 egg
½ cup flour
Salt water
Bread
Butter

Mix potatoes, egg and flour well, roll into balls and boil about 15 minutes in salt water. If desired, cubes of bread browned in butter may be rolled into center of dumplings before boiling them.

Mrs. B. Taenzer.

Spaetzle

2 cups flour
½ teaspoon salt
1 teaspoon baking powder
1 egg
½ teaspoon butter
1 cup milk or water

Sift flour, salt and baking powder together, then beat in egg and butter, add milk or water to make stiff batter. Cut from bowl into boiling salt water. Let boil 5 minutes, then drain in colander. Very good in soup.

Mrs. Henry F. Metzler.

Sponge Balls

2 eggs
Milk
1 cup flour
1 ounce butter
Salt
Nutmeg

Put the egg whites in a cup, fill up with milk. Pour into a stewpan over a slow fire, add butter and stir in flour until batter is thick and smooth. When cool stir in the egg yolks, salt and nutmeg to taste. Drop in boiling soup, a teaspoonful at a time. Boil about 10 minutes.

Mrs. L. Fink.

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PACKING HOUSE

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Yorkshire Pudding

1 cup flour
1 egg
Milk to make soft batter
½ teaspoon salt
1 teaspoon baking powder

Mix above ingredients, lift roast out of pan, pour batter into roast drippings. Bake quickly. Serve at once with roast.

Mrs. A. Vellner.

MEATS

Selection of Meat

Meat should be uniform in color, the flesh firm and elastic to the touch.

The flesh of beef should be of a bright red color and intermingled with fat that is yellowish.

Mutton should be dull red in color, and the fat white.

Lamb and veal should be lighter in color and flesh less firm than beef.

Meat should be removed from the paper as soon as it is received from market and should be kept in a cool place. Always wipe meat with a damp cloth.

Beef ranks first in nutritive value, with mutton a close second.

Cooking of Meats

By putting meat in cold water and allowing the water to heat gradually, a large amount of the juice is extracted, the meat is tender but tasteless, although it still contains much nutriment. This method applies to soup making.

By heating the surface of meat quickly and then lowering the temperature, the juices in the outer surface are coagulated, and the inner juices are prevented from escaping. This method applies to broiling, roasting, etc., and with the addition of water to pot-roasts, stews, etc.

By putting meat in cold water, bringing it quickly to the boiling point, then lowering the temperature and cooking slowly until the meat is tender, some of the nutriment will be in the stock; but a large portion will be left in the meat.

Roasting

Wipe meat with damp cloth. Trim and tie into shape if necessary. Put some pieces of fat in bottom of pan and season with salt and pepper. Have oven very hot at first and when meat is half done reduce heat. Baste every 10 to 15 minutes. If there is danger of fat in pan being scorched add a little boiling water.

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Time Table for Roasting (per pound)

Beef, round	10 to 12 min.
Beef ribs (well done)	12 to 15 min.
Beef ribs (rare)	8 to 10 min.
Mutton, leg (well done)	15 min.
Mutton, leg (rare)	8 min.
Mutton, loin (rare)	8 min.
Mutton, shoulder (stuffed)	15 min.
Lamb (well done)	20 min.
Veal (well done)	25 min.
Pork (well done)	30 min.
Chicken	15 min.
Goose	18 to 20 min.
Turkey, 8-pound	About 2 hrs.

Gravy

Pour fat from pan; allow 2 tablespoons of fat to 3 tablespoons of flour for each cupful of gravy. Put the fat into the pan, add the flour and stir over a hot fire until well browned. Add the boiling water or stock gradually, boil 3 minutes, season to taste with salt and pepper, and strain.

Broiling

The rules for roasting meat apply to broiling, except that instead of cooking in the oven it is quickly browned, first on one side and then on other, over hot coals or directly under a gas flame, turning every minute until done. Meat an inch and one-half thick will broil in 8 to 15 minutes. Season after it is cooked.

Pan Broiling or Frying

Put meat to be broiled or fried in very hot frying pan, with very little or no fat. Turn every few minutes until cooked. Season and serve immediately. Steaks and chops may be pan-broiled without any fat in the pan. For thin gravy pour a little boiling water into pan after meat is taken out.

Boiling and Stewing

Fresh meat should be put into boiling water and boiled over hot fire for about 5 minutes; reduce heat and boil very gently about 20 minutes for each pound. Salt and spices may be added for seasoning; vegetables may be boiled in water with the meat. The broth of boiled meat should always be saved to use in soups, stews and gravies. Salt meats should be put over the fire in cold water, which as soon as it boils should be replaced by fresh cold water, repeating until water is fresh enough to give meat a palatable flavor. Salted and smoked meats require about 30 minutes very slow boiling, to each pound. Vegetables and herbs may be boiled with them to flavor. When they are cooked the vessel containing them should be set where they will

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keep hot without boiling until required, if to be served hot; if to be served cold, they should be allowed to cool in the liquid in which they were boiled. Very salty meats, or those much dried in smoking should be soaked overnight in cold water before boiling.

Pot Roasting

A tough cut of meat may be first browned in fat, then cooked in small amount of water either in oven or in iron kettle on top of stove. This method requires long, slow cooking.

One-Dish Meals

The one-dish meal offers a solution for many a problem in modern housekeeping. It is a conservation of time, labor, money and food. Fewer pots and pans, fewer plates, less fire, and less time for preparation, all make a strong appeal to the busy housewife. With a little knowledge and a little ingenuity, a one-dish meal may be easily made a well balanced meal.

Drippings

The proper care and use of drippings should be known and practised by all housekeepers; for frying purposes they are more wholesome than lard, many persons who are unable to partake of food fried in the latter finding no trouble with the use of the former; besides, the drippings do not spatter from the pan as does lard, and are, therefore, more desirable on the score of cleanliness. For frying fish, potatoes, etc., they will be found very satisfactory. To clarify drippings pour on boiling water, stir thoroughly and set aside until the following day, then put into a saucepan with boiling water and a little salt and allow to simmer slowly, skimming well until the water has evaporated; strain into an earthen vessel and keep covered, and if the work has been well done, so as to remove the water and all impurities, it will keep for weeks.

Beef Loaf

3 pounds beef ground
1 pound pork ground
1 large onion ground
2 pieces celery chopped
3 eggs beaten
Salt and pepper to taste

Mix and shape in a loaf and bake 1 hour. Miss Tinnie Wagner.

Beef Stew with Beans

1½ lbs. short rib soup meat
1 pound string beans
1 cup navy beans
2 quarts boiling water
Salt to taste

Prepare meat and beans then pour boiling water over and simmer until soft. Potatoes may also be cooked with this, but must be added when stew is nearly done. Mrs. M. Faszholz.

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Chile Con Carne

1 pound Chile beans or 1 can red beans
1 pound coarsely ground beef
1 heaping tablespoon butter
1 large onion
Celery
1 large can tomatoes
2 heaping tablespoons Chile powder
Salt and paprika
Sugar
Spaghetti

Boil beans until done. Fry beef brown in butter and onion and celery chopped fine. Strain tomatoes. Add beans, meat, some celery cut fine, Chile powder, salt, paprika and some sugar to taste. Plain boiled spaghetti may be added or served separately. Mix all and let simmer until well done. This amount will serve 10 people.

Mrs. H. Ellerman.

Chile Con Carne

1 pound fresh ground beef
1 large onion
½ pound can red beans
Corn starch or flour
1 tablespoon salt
2 tablespoons Chile powder
1 quart tomatoes

Fry meat and onion until brown; add to beans and tomatoes. Then add salt and Chile powder. Boil 30 minutes. This may be thickened with corn starch or flour if desired, just before removing from fire.

Mrs. C. J. Metzler.

Chile Con Carne

2 pounds beef ground fine
2 cans kidney beans
1 quart can tomatoes
½ teaspoon ground allspice
3 onions
A few bay leaves
½ teaspoon ground cloves
Chile pepper and salt to taste

Boil meat a little before adding tomato, spices, salt, bay leaves and onions chopped fine. Boil well and add beans and finally Chile powder. A stalk of celery chopped fine may also be added.

Mrs. J. J. Wasser.

Chopped Round Steak with Rice

1½ lbs. chopped round steak
1 onion, cut fine
1 cup rice
1 can tomatoes
Salt and pepper to taste
2 cups water

Brown round steak in butter with the onion. Put uncooked rice in casserole, add steak, tomatoes and about two cups of water. Bake 1 hour.

Mrs. Theo. W. Eckhart

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Creole Croquettes

1 cup raw beef from top of round, cut fine or left over cold veal or beef
⅓ cup washed rice
½ teaspoon salt
¼ teaspoon pepper
A little Cayenne pepper
Cabbage leaves
Tomato sauce

Mix meat with washed rice, add salt, pepper and a little Cayenne pepper. Wrap the mixture in cabbage leaves, which have been boiled 2 minutes. Stew 1 hour in tomato sauce. Mrs. Geo. Roth.

Creole Hash

1 large onion
1 sweet green pepper
2 large ripe tomatoes
Salt to taste
1 cup cold lamb or roast beef (cut very fine)
1 tablespoon bacon grease or butter

Slice thin or dice large onion. Heat bacon grease or butter, put in onions, cover and boil slowly over low fire, the onion being stewed rather than fried. Then add the green pepper cut up fine and tomatoes. Keep covered so that none of the liquid will be lost. Add meat cut very fine, salt to taste and boil slowly for about 10 minutes. Serve on hot buttered toast. Mrs. I. Hahn.

Gombus

3 pounds ground beef
Lard
1 onion
Salt and pepper
2 scant tablespoons flour
1 can tomatoes

Fry beef brown in hot lard, add onion, salt and pepper, and flour. When dark brown add tomatoes and let simmer about 30 minutes, then add water and finish stewing until meat is tender which also gives you a good gravy. Mrs. P. Doyle.

Hamburger Steak

1½ pounds ground steak
Salt and pepper to taste
Onions chopped fine
2 eggs

Mix steak, salt and pepper and onions. Add eggs. Mix well. Shape meat-balls with spoon. Fry in hot lard. Mrs. Geo. Buettner.

Meat Loaf

1 pound beef and a little pork
3 eggs
⅓ cup diced celery
1 diced green pepper
Salt and pepper
1 can Spanish Tomato Sauce

Mix thoroughly beef, 1 raw egg, celery, pepper and seasoning. Hard boil 2 eggs and shell. After mixing beef roll out and put down hard boiled eggs, end to end and roll so that eggs are in center. Place in skillet and bake in oven 1 hour. Baste with Spanish tomato sauce.

Mrs. L. R. Simpson.

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Filled Beef Steak

1 large round steak
1 pound pork sausage
Salt
1 onion
1 tablespoon flour
Cold water
½ teaspoon black pepper
¼ teaspoon ground allspice
1 onion
1 tomato
1 carrot or turnip

Spread pork sausage on round steak, roll it up, and tie it, season with salt and pepper, then cut up onion along side of it, cover closely and add black pepper, ground allspice, onion, tomato and carrot or turnip; don't cover until the meat is brown, stir occasionally when it is dry, stir into it the flour, add cold water to cover it, and let simmer at least an hour. Mrs. F. H. Foerster.

Mock Duck

Make bread crumb dressing and put between two round steaks, sew edges together and cook as pot-roast. Season to taste.

Dressing

1 quart bread-crumbs
½ cup butter
Salt and pepper
Sage and celery or parsley

Follow general rule for mixing. Mrs. Theo. Faerber.

Spanish Steak

1 round steak, 2 inches thick
½ cup water
1 can tomatoes
Salt and pepper
Bay leaves
Whole pepper
1 large onion

Brown steak on both sides, add water and let it steam a few minutes, then add tomatoes, a few bay leaves, some of whole pepper and onion. Salt and pepper to taste. Steam until tender.

Mrs. Geo. Hampel.

Pot Roast

Piece of beef rump
Vinegar
Pepper
Pinch of mixed spices
Salt
Flour
Water
2 green peppers

Place beef rump in sufficient vinegar to cover. Season with pepper and mixed spices. Let soak for a few hours. Then put in pot, adding salt. Boil slowly until the roast has absorbed all the vinegar. Then brown both sides. Sprinkle flour on both sides of the roast. Add water gradually until there is enough gravy.

Remove the seeds from the green peppers, slice and pour boiling water over them, then wash them. Add the green peppers to the gravy and boil in the gravy a little while. Mrs. Wm. Selle.

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Headless Sparrows

Shoulder steak
Bacon
Onion
Parsley
Salt and pepper to taste
Flour

Cut steak in 4 inch squares. To each piece of steak take a slice of bacon, piece of onion, and a sprig of parsley. Season to taste. Roll ingredients in steak and tie with twine. Roll in flour and fry brown, add water and let simmer 1 hour and 30 minutes.

Mrs. F. J. Gaebler.

Roast Beef

4 or 5 pound rib or chuck roast
Flour
Ginger
Salt and pepper

Wipe and trim meat. Sear in roasting pan, dredge with flour to which has been added ¼ teaspoon ginger for each pound of meat. Roast in hot oven, allowing 30 minutes for each pound of thickness. When half done turn meat and season with salt and pepper, allowing 1 teaspoon salt and ¼ teaspoon pepper for each pound of meat. If flour in pan browns too readily, add ¼ cup water for each pound of meat.

Gravy

2 tablespoons flour
1 cup water
½ teaspoon salt
Speck of pepper

Mix ingredients, add to stock in roasting pan and boil until thick.

Mrs. E. Klube.

Three In One

1½ pounds brisket of beef
1 head cabbage
Salt and pepper
10 small potatoes
2 tablespoons dill or caraway seed

Boil beef until almost tender in water seasoned with salt and pepper and one teaspoon of the seed. Lay the cabbage cut in eighths on top of meat and potatoes left whole on cabbage. Tie the remaining seeds in a bag and drop into the mixture which should be cooked in plenty of water.

Mrs. H. Schulz.

Three In One

Potatoes
Pork chops
Milk or water
Bread crumbs
Salt and pepper

Pare and slice as many raw potatoes as you wish for a meal. Put half of them in a baking dish, then add pork chops and cover with the rest of the potatoes, add salt and pepper and cover with bread crumbs. Then fill baking dish with milk or water so that you can just see it around the edge. Bake 1 hour and 15 minutes.

Mrs. A. H. Toennies.

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Pork Chops and Fried Apples

Pork chops
Eggs
Bread crumbs
Salt and pepper
Sour apples
Sage

Season chops, dip in beaten egg, then in bread crumbs, fry 20 minutes and lay on hot plate. Cut apples in thick round slices and fry brown in skillet in which the chops were fried. Serve on chops.

Mrs. M. Faszholz.

Smoked Pork with String Beans and Corn

2 pounds smoked pork (neck)
1 quart green corn cut from ears
1 pound string beans

Boil all together with water enough to cover, until tender. Serve with boiled potatoes.

Mrs. L. Buchheimer.

Roast Spare Ribs with Apples

Entire ribs
Tart apples
Salt and pepper
Sugar

Season rib. Pare, core and quarter apples. Sprinkle with sugar and stir thoroughly. Pile apples in center of rib. Then roll the rib and tie so as to hold the apples. Place in dripping pan and bake from 35 to 40 minutes.

Mrs. L. Kruse.

Frenched Pork Tenderloins

1 lb. frenched pork tenderloins
Cracker meal
1 egg
Salt and pepper
1 pint milk
Lard

Dip tenderloins in cracker meal and beaten egg. Fry in hot lard until light brown. Sprinkle with salt and pepper. Take out of lard and put in baking dish, cover with milk and a little of the cracker meal on top. Bake until light brown. Then serve.

Mrs. John Schmitt.

Pork Tongues with Brown Gravy

2 fresh pork tongues
1 tablespoon lard
1 tablespoon flour
1 small onion
¾ cup raisins
Salt and pepper

Boil tongues until tender. Remove skin and cut in small pieces. Cut onion in small pieces and brown in lard and flour. Use broth to make gravy. Put tongue gravy, together with raisins and salt and pepper to taste.

Mrs. A. Dietrich,

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Christmas Ham

1 green ham
¼ pound salpeter
1 cup sugar
1 cup bread crumbs
1 tablespoon mustard
1 tablespoon whole pepper

Mix salpeter and sugar. Divide in 3 parts, put one part on ham every 24 hours rubbing in well, then boil salt water (enough salt to float an egg). When cold pour over ham covering it. Let stand 2 weeks, then add pepper and boil ham until done. Remove skin, mix mustard and bread crumbs and sprinkle over ham and bake. Serve hot.

Mrs. W. Riemann.

Honolulu Ham

Sliced raw ham
Milk
Ground pepper
Thinly sliced raw potatoes

Cover bottom of casserole with pieces of ham large enough to serve, cover with potatoes (2 potatoes to each one half pound ham) dust with pepper, repeat until casserole is filled. Cover all with milk, cook until potatoes are tender and serve at once in same dish. (Ham furnishes the necessary salt.)

Mrs. L. Buchheimer.

Lamb Stew

(With Carrots and Potatoes)

1 pound lamb (neck and breast)
12 good sized carrots
6 medium raw potatoes
1 large onion
2 quarts cold water
6 large sprigs parsley
1 tablespoon salt
¼ teaspoon ground pepper
1 large tablespoon lard

Use Dutch oven. Cut lamb in pieces and brown in heated lard; pour the water over same; when boiling, add carrots, onion and last of all the potatoes (all pared, washed and cut in cubes) minced parsley, salt and pepper. Boil slowly until done, always adding sufficient water to keep vegetables and meat well covered. (Potatoes will thicken gravy).

Mrs. L. Buchheimer.

Lamb Stew with Dumplings

1 pound lamb
1 onion
2 bunches carrots
1 teaspoon salt
¼ teaspoon pepper

Season above ingredients and boil until tender. Separate meat from vegetables when done.

Dumplings

1½ cups flour
1 egg beaten
1 cup water or milk
1 large teaspoon baking powder

Mix and drop from spoon into boiling stew. Boil 10 minutes.

Mrs. O. Boehlau.

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Veal Cutlets

1 pound veal steaks
1 cup bread crumbs
1 cup milk
1 egg yolk
2 tablespoons water
Lard and butter

Cut veal in pieces. Beat egg yolk with water, turn meat over in egg, then in bread crumbs. Repeat this and then fry brown in hot lard and butter . May be served crisp, or after browning add milk and let simmer for 10 minutes.

Mrs. M. Faszholz.

Veal Loaf

3 pounds veal
½ pound raw ham
4 eggs
½ cup melted butter
½ cup rolled crackers
3 tablespoons cream
1 tablespoon salt
¼ teaspoon pepper

Grind veal and ham, add beaten eggs, then the rest. Mold in loaf and bake 2 hours and 30 minutes in hot oven. Baste often.

Mrs. C. F. Lange, Jr.

Veal Loaf

1½ pounds raw veal chopped
⅓ cup crumbs
1 beaten egg
Salt and pepper
2 tablespoons butter
½ teaspoon ginger
½ teaspoon nutmeg
1 small onion cut fine
½ cup water or strained tomato

Follow general rule for mixing. Bake and baste from 2 to 3 hours.

Mrs. H. F. Reim.

Veal Olives

1 pound veal cutlets
Sliced bacon
2 tablespoons butter
Ground pepper
2 tablespoons flour
1½ cups stock or water
A few celery tops

Cut veal into strips about 4 inches long and 1½ inches wide, lay on a piece of bacon same size and roll. Fasten with a tooth pick. Mix butter and flour thoroughly, add stock or water, stir until boiling, add pepper and celery. Cook 45 minutes, cover top with toasted bread and serve.

Mrs. L. Buchheimer.

Veal Stew

Veal
Boiling salt water
Nutmeg
Bay leaf
Butter
Bread crumbs

Place veal in boiling salt water, add nutmeg and bay leaf. Boil until meat falls from bones. Brown butter and bread crumbs. Toss meat about in this. Serve with stewed tomatoes and mashed potatoes.

Mrs. M. Faszholz.

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POULTRY AND GAME

Poultry

Under this head will be considered chicken, turkey, goose, duck, guinea fowl, and pigeons.

Selection

Young birds have a pliable breast bone, tender skin and pin feathers.

Old birds have a firm breast bone, horny feet and legs, tougher skin and show hairs instead of pin feathers.

Select young birds for frying, broiling and baking.

Older birds are used for stewing, fricassee and for soup.

Roast Poultry

After poultry is cleaned and washed inside and out with cold water, fill inside with dressing. Have at least a yard fine twine in trussing needle. Turn wings across back so that the pinions touch. Run needle through thick part of wing under bone, through body and wing on other side; return in same way, but passing needle in over bone, tie firmly, leaving several inches of twine. Press legs up against body, run needle through thigh, body and second thigh, return, going round bone in same way; tie firmly. Run needle through ends of legs, return, passing needle through rump: if opening is badly torn, one or two stitches may be needed; or if steel skewers are used put one through wings of fowl and other through opposite thigh. Then wind twine in figure eight from one handle of skewer to other. Rub all over with soft butter and sprinkle with salt and pepper. Place on rack in roasting pan and put into very hot oven. Make basting mixture with ½ cup each of butter and water; keep hot and baste every 10 or 15 minutes. Roast 3 hours for 8 pound turkey, 1 to 2 hours for chicken and duck. Keep oven very hot. If bird is very large and heavy, cover breasts and legs with several thicknesses of paper to keep from burning.

Creamed Chicken and Mushrooms

¼ pound butter
2 tablespoons flour
Salt and paprika to taste
Milk
Cold chicken
1 can mushrooms
Pâté shells or toast

Melt butter in skillet, add flour, blend well, add enough milk to make a heavy cream sauce, add salt and paprika to taste. Add cold chicken cut in cubes and mushrooms. Serve warm in Pâté shells or on toast. May be served without mushrooms. Mrs. D. Flachsbart.

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Creamed Chicken and Mushrooms

1 chicken (4 to 6 pounds)
4 sweet breads
1 can mushrooms
1 quart milk
4 tablespoons butter
4 tablespoons flour
Salt
White pepper
Cayenne pepper
Bread crumbs

Boil chicken and sweet breads until tender; pick to pieces as for salad. Put one quart of milk in a sauce-pan, in another put 4 tablespoons butter and 4 tablespoons flour. Stir until melted, then stir in hot milk until it thickens. Season with salt, white pepper and Cayenne pepper. Butter a baking pan and put in a layer of chicken, then a layer of mushrooms and sweet breads, then a layer of dressing and so on until dish is filled. Cover with bread crumbs, and bits of butter. Bake 20 minutes. Miss Pauline H. Pape.

Fried Chicken in Pancake Batter

Chicken
1 egg
1 cup milk
¾ cup flour
Salt and pepper to taste
Lard and butter

Make batter of egg beaten with milk and flour, salt and pepper to taste. Cut chicken in small pieces, cover with batter and fry slowly until tender in hot lard and butter. Mrs. M. Faszholz.

Stewed Chicken with Dumplings

Cut chicken in pieces and stew in butter, salt and pepper and enough water to make a gravy. When chicken is tender put dumplings in.

Dumplings

½ quart flour
2 teaspoons baking powder
Salt
2 well beaten eggs
½ cup water or milk

Mix well and drop from spoon into chicken gravy, cover with lid and let steam for about 10 minutes. Do not raise lid before 10 minutes have elapsed, for if this is done dumplings will collapse.

Mrs. J. Schmitt.

Chicken Croquettes

1 chicken
2 ounces butter
2 ounces flour
2 eggs
1 cup broth chicken was boiled in
½ cup cream

Season with pepper and nutmeg

Boil chicken until tender, mince fine, boil butter, flour, cream, water together for two minutes, add minced chicken; when cold mould in cylindrical shape; roll in cracker crumbs, dip in beaten egg, again in cracker crumbs. Fry in hot lard a light brown. Mrs. L. Izard.

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Pressed Chicken

1 stewing chicken
1 package gelatine
Salt and pepper
Celery and chopped parsley
Lettuce leaves
Mayonnaise dressing

Stew chicken until tender. Remove meat from bones, strain the broth and let come to a boil, to which add the gelatine (if chicken is large, use more broth and gelatine). When thoroughly dissolved pour over chicken (celery and chopped parsley may be added if desired) and pour in oblong dish and set in cool place to harden. After several hours it can be cut in thin slices and served as meat or as a salad on lettuce leaves with mayonnaise dressing. Mrs. E. Blackwood.

Sour Rabbit

1 rabbit
1 onion
Salt and pepper to taste
1 tablespoon butter
A few laurel leaves
1 tablespoon flour
1 tablespoon sugar
¼ cup vinegar

Boil rabbit until tender. Brown butter and flour, add stock from rabbit and the vinegar. Boil 30 minutes. Miss E. Boehlau.

FISH AND OYSTERS

Fish

Fish should be a frequent article in our diet. To obtain the best flavor from fish it should be eaten when fresh and in season.

Salt or dried fish, however, may be prepared in a great variety of ways. It should be freshened by soaking it in water from 12 to 24 hours before cooking.

The composition and food value of fish is about the same as that of lean meat. The oily or dark flesh fish are more nutritious but less easily digested than the white varieties.

To Determine Freshness.—There should be no odor, the flesh should be firm, scales lustrous. The eyes should be bright not sunken, and the gills bright.

To Clean Fish.—Grasp the tail firmly, with a sharp knife remove the scales by scraping from the tail to the head. Cut along the under side carefully from the head to the fin. Remove the internal organs, wash carefully and wipe.

Method of Cooking Fish.—Broiling, steaming, baking, boiling, frying.

Fish suitable for broiling are: Split mackerel, white fish, cod, shad, trout, etc., sliced halibut and salmon, white smelts and small fish. To broil—brush with melted fat, sprinkle with flour, salt and pepper, and cook over a flame or clear fire.

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Fish suitable for baking whole are: Whitefish, cod, haddock, small salmon, shad. Follow directions for baked fish.

Fish suitable for boiling are: Salmon, halibut, cod, haddock, trout, etc. Cook in piece of cheese-cloth. Add 1 tablespoon vinegar and 1 tablespoon salt to each quart of water.

Fish suitable for frying are the white-fleshed. Cook in deep fat or sauté in a little fat in a frying pan.

The Table for Cooking Fish

	Small Fish	Fish 3 lbs. to 5 lbs.
Boiling	6—10 min.	20—45 min.
Baking	20—30 min.	45—60 min.
Broiling	5— 8 min.	10—15 min.
Frying	3— 5 min.	5—10 min.
Steaming	10—15 min.	30—60 min.

Test for Cooking Fish

When the fish can be easily separated from the bone, the fish is sufficiently cooked.

Salmon Loaf with Drawn Butter Sauce

1 lb. can pink or chum salmon
½ cup milk
⅛ teaspoon pepper
1 teaspoon minced onion
1 cup soft bread crumbs
2 eggs
1½ teaspoons salt
Grated rind of ½ lemon

Drain liquid from salmon and reserve for sauce. Remove salmon bones, separate into flakes and mix with other ingredients. Mold into a loaf, pack in greased bread pan and bake in moderate oven for 40 minutes. Remove to a hot platter, decorate with parsley and lemon slices and serve with the following:

Drawn Butter Sauce

4 tablespoons butter
2 tablespoons flour
1¼ cups salmon liquid and water
1 teaspoon lemon juice
1 teaspoon minced parsley
Salt and pepper

Melt 2 tablespoons butter, stir flour into same and when smooth, add the salmon liquid and water, adding it gradually and stirring constantly until it thickens. Then add 2 tablespoons more of butter broken into bits, lemon juice, minced parsley, salt and pepper. When butter is melted serve.

Mrs. Geo. Guenther.

Salmon Loaf

1 can salmon
3 beaten eggs
Salt and pepper
1 cup bread crumbs
½ cup milk
Butter size of walnut

Mix and bake.

Mrs. Marie Cajacob.

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Salmon with Noodles

Home made noodles
1 can salmon
2 teaspoons butter
2 teaspoons flour
1 pint milk
Salt to taste
Butter
Bread crumbs

Boil home male noodles in salt walter and drain. Make a white sauce of butter, flour and milk. Salt to taste. To this add shredded salmon. Put layer of noodles in buttered baking dish, then a layer of creamed salmon, and so on, with layer of noodles on top. Cover with bread crumbs, dot with bits of butter and bake from 30 to 40 minutes.

Mrs. Theo. W. Eckhart.

Salmon Croquettes

1 can salmon
1 cup cold mashed potatoes
1 egg
Salt and pepper to taste

Remove bones and skin from salmon, flake with silver fork. Add potatoes, egg, salt and pepper. Mold into cakes and fry in hot lard. 1 cup of cold boiled rice and 1 tablespoon flour may be used instead of mashed potatoes.

Mrs. D. Flachsbart.

Creamed Sardines

1 box oil sardines
¼ cup butter
¼ cup stale bread crumbs
Toasted bread
1 cup cream
2 hard boiled eggs chopped fine
Salt and pepper to taste

Drain oil from sardines, remove backbone and mash. Melt butter, add bread crumbs and cream. Heat and add chopped hard boiled eggs to the mashed sardines. Season to taste. Serve on toasted bread.

Mrs. Geo. Guenther.

Scalloped Fish

1½ cups fish
1½ cups cold boiled rice
1 cup grated cheese
1 cup white sauce
Salt and paprika

Any kind of fish may be used for this recipe. If dried, salted or frozen fish is used be sure that the method suggested for preparing each for cooking be used. After cooking the fish, shred it and arrange in alternate layers with the rice and white sauce in a well oiled baking dish. Over each layer of the mixture sprinkle a layer of grated cheese to which salt and paprika has been added. Cover the top of the mixture with grated cheese and bake until the top layer of cheese is well browned.

Mrs. Geo. Guenther.

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Tuna Fish and Peas

¼ pound butter
2 tablespoons flour
Salt to taste
Milk
1 can small peas
1 can Tuna fish
Pâté shells or toast

Melt butter in skillet, add flour and blend well, add enough milk to make a heavy cream sauce. Salt to taste. Add peas from which liquid has been drained, and Tuna fish. Serve warm either in Pâté Shells or on a slice of warm toast. Mrs. D. Flachsbart.

Oyster Patties

Drain oysters, cut in half and stew in a rich white sauce, season highly and fill in patty shells and warm in oven a few minutes before serving. Mrs. H. M. Benzen.

Oyster Stew

2 cups milk
2 cups oysters
1 cup oyster liquid
1 tablespoon butter
⅛ teaspoon pepper and salt to taste

Clean oysters and sprinkle with salt and pepper. Boil oyster liquid. Add oysters and boil them until edges curl. Add hot milk, butter and seasoning and serve stew at once. Mrs. J. H. Schmidt.

MEAT AND FISH SAUCES, DRESSINGS AND GRAVIES

Relishes for Meats

With roast beef, grated horseradish.
Roast veal, tomato or horseradish sauce.
Roast mutton, currant jelly.
Roast pork, apple sauce.
Roast lamb, mint sauce.
Roast turkey, cranberry sauce.
Roast goose, tart apple sauce.
Roast canvasback duck, currant jelly.
Roast quail, currant jelly, celery sauce.
Stewed chicken, curry sauce.
Fried chicken, cream gravy, corn fritters.
Roast duck, orange salad.
Stewed rabbit, grape jelly.
Veal sausage, tomato sauce, grated Parmesan cheese.
Pork sausage, tart apple sauce or fried apples.
Corned beef, mustard.

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White Sauce

1 pint milk
1 large tablespoonful butter
2 tablespoonfuls flour
Salt and pepper to taste

Cook in double boiler. Melt butter, add flour, stir until thoroughly blended then add milk gradually, stirring until well mixed and thick. Add seasoning.

Mrs. H. M. Benzen.

Horse Radish Sauce

2 large tablespoons grated horse radish
1 teaspoon sugar
1 teaspoon prepared mustard
½ teaspoon salt
Dash of pepper
2 tablespoons vinegar
⅛ cup milk or cream

Wash the horse radish, scrape until white, then grate enough to make 2 large tablespoons of same. Mix with sugar, mustard, salt and pepper. Add vinegar, milk or cream. This may be set in a basin of hot water to heat, but must not boil, if so it will curdle.

Mrs. E. Chuse.

Horse Radish Sauce

¼ cup cream
¼ teaspoon salt
A few grains cayenne pepper
⅛ teaspoon paprika
4 tablespoons grated horseradish
1 tablespoon vinegar

Beat cream stiff. Add salt, cayenne pepper and paprika. Stir in the horseradish and mix with vinegar. Mrs. Geo. Guenther.

Mint Sauce

½ cup mint leaves
½ cup powdered sugar
¼ cup cider vinegar
¼ cup boiling water

Wash the mint well while still on the stem, then strip off the leaves and with a pair of sheers mince as fine as possible. Mix well the mint leaves and powdered sugar. Add vinegar and water. Cover and place in refrigerator. Serve in glass bowl, stirring leaves up well before passing it with the meat. Mrs. Geo. Guenther.

Mushroom Sauce

3 tablespoons lard (beef drippings preferred)
4 tablespoons flour
2 cups boiling water
2 teaspoons beef extract
1 can or 1 pt. boiled mushrooms
1 teaspoon Worcestershire Sauce
½ teaspoon salt

Heat lard and brown flour in it. Add beef extract to boiling water, then add this slowly to the hot lard and flour. Boil 3 minutes. Add mushrooms. Boil just long enough to heat them.

To prepare fresh mushrooms, scrape stems, cut off ends, pare the caps and wash in salted water quickly. Dry; saute in butter for a few minutes. Canned mushrooms may be used.

Mrs. Geo. Guenther.

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Olive Sauce

2 cups brown stock or
2 cups boiling water
4 tablespoons lard (beef drippings preferred)
2 teaspoons beef extract
4 tablespoons flour
½ tablespoon finely chopped onion
3 tablespoons chopped olives.

Melt and brown lard, brown flour in it, add stock very slowly, then the onion. Boil until thick. Add olives and boil 1 minute.

Mrs. Geo. Guenther.

Spanish Tomato Sauce

12 tablespoons sugar
3 dozen ripe tomatoes
1 dozen red peppers
1 dozen onions
6 teaspoons cloves
6 teaspoons salt
12 cups vinegar
6 teaspoons ginger
6 teaspoons cinnamon

Chop all fine and boil 2 hours.

Mrs. A. E. Bay.

Tomato Sauce

2 cups tomatoes
1 clove
¼ bay leaf
2 pepper corns
4 tablespoons flour
½ teaspoons salt
2 allspice berries
1 slice onion
3 tablespoons lard

Boil tomato with seasoning for 10 minutes. Fry onion in lard for 3 minutes; add flour and tomato. Boil 4 minutes. Strain.

Mrs. Geo. Guenther.

Watercress Sauce

¼ bunch watercress
¾ cup apple jelly

Wash and dry watercress. Cut fine with knife. Beat apple jelly slightly with silver fork and stir into cress. Serve with roast beef or other meats.

Mrs. Geo. Guenther.

Filling for Fish

1 cup bread crumbs
4 tablespoons melted butter
Few drops of onion
¼ teaspoon salt
⅛ teaspoon pepper
1 tablespoon capers
1 tablespoon chopped parsley
1 tablespoon pickle

Mix ingredients in order given, lay in opening of a large fish and bake.

Mrs. A. Vellner.

Oyster Dressing

1½ pound soda crackers
1 pint oysters
½ cup butter
Salt and pepper to taste

Roll crackers fine and rub butter into same. Add oysters and season with salt and pepper to taste. If too dry add some of the oyster liquid. Do not put dressing in turkey until it is half done, otherwise the oysters will turn dark.

Mrs. John O. Hoge.

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Poultry Dressing

½ loaf dry bread
2 eggs
Salt and pepper
1 onion if desired
5 cents worth of pork sausage
Sage to taste

Soak bread in water and squeeze. Cut sausage lengthwise, dice heart, liver and giblet, fry with sausage. Add this to bread; add beaten eggs and diced onion. Mix all together. Add sage to suit taste. The above is enough dressing for one fowl.

Mrs. Marie Cajacob.

Meat Dressing No. 1

6 medium sized onions
2 cups soaked bread
Giblets ground fine
1 tablespoon lard
Salt and pepper

Pare and cut onions in thick slices, smother in lard (being careful not to brown them). When partly tender mix well with soaked bread and giblets. Season with salt and pepper. This is good in goose, duck and pork shoulder.

Mrs. A. Vellner.

Meat Dressing No. 2

3 cups soaked bread
1 egg
1 cup raisins
1 teaspoon salt
½ cup pecan meats
3 tablespoons sugar
1 apple (cut in cubes)

Mix all ingredients with the bread. This is good in turkey, chicken, veal shoulder and breast. Giblets ground fine may also be added.

Mrs. A. Vellner.

FRUIT SAUCES

Directions for Cooking Fresh Fruit

Pare, core and slice fruit, stew in water enough to cover until it breaks to pieces. Beat to pulp with a good lump of butter and plenty of sugar; serve cold or hot, as preferred.

Directions for Cooking Dried Fruit

Wash the fruit well in several waters to remove all dirt and grit. Cover it with water and soak it several hours or over night. Cook the fruit in this same water gently and without sugar until it is tender. Add sugar or syrup, or both if necessary, and cook it a few minutes longer. This method uses less sugar and produces a finer flavor than when fruit and sweetening are cooked together the entire time.

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Canned Fruit Sauce No. 1

1 cup canned fruit juice — Sugar if necessary
1 tablespoon cornstarch or flour

Bring the fruit juice to the boiling point; add the cornstarch which has been mixed with some of the juice, and cook the sauce for 5 minutes.

Canned Fruit Sauce No. 2

2 egg whites and 1 cup fruit juice beaten to a foam, sweetened to taste is very nice served with fruit.

Cranberry Sauce

1 pint cranberries — 1 cup sugar
½ cup water

Cook cranberries in ½ cup water for ten minutes; then add sugar and cook about ten minutes more. Pass through a collander and pour into a mould or dish. Mrs. M. H. Dengler.

SALADS AND SALAD DRESSINGS

Salads

Salads furnish valuable mineral salts and also give variety to the diet.

All ingredients for salads should be fresh, crisp and cold. Wash lettuce thoroughly and place in a paper bag, on ice, if possible.

Salad ingredients should be cut in rather small, even-sized pieces —never chopped.

A dinner is incomplete without a salad, and properly made salads are conducive to good health and good cheer.

A mayonnaise or salad dressing is the basis of nearly all salads, and the good housekeeper will always keep a quantity of good dressing on hand.

Nearly all vegetables and fruits are nice when served with salad dressing, and when combining them, the quantity of each is not a matter of great importance.

A nicely garnished salad is one of the most attractive and wholesome dishes on the table.

Combine materials used in salads with salad dressing just before serving.

A salad is improved by marinating a half hour or longer before combining it with dressing to be used.

To marinate a salad is to mix it with French dressing.

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Salad Dressings

A Little about Mayonnaise

For the amateur, two raw egg yolks are easier to work with than one. The problem is to beat oil into them which may be olive oil, corn oil, the wonderfully refined cottonseed oil we get today, peanut oil, or a composite oil, and season the whole with a bit of vinegar, salt and what else you choose. Failure usually comes from haste.

It is more than likely that if the amateur mixer of mayonnaise started with two egg yolks, she might succeed where she fails with one. And succeeding with one cup of dressing, she has but to add another cup of oil, and a tablespoon more of vinegar, or two, if she likes, to get a quantity larger than perhaps she needs for one service, a pint jar full. It will keep well in a cool place if well covered, and the advantage of making one cup instead of two is that the oil may be added in such large quantities at the end—a quarter of a cup nearly at a time—while in the beginning it must go into the egg yolk drop by drop.

The period of adding oil drop by drop to egg yolks may be much shortened if every precaution is taken to keep the egg yolk stiff. If it seems to liquify, and is liquid-like after a tablespoon of oil has been added, begin again.

Measure out two cups of any inexpensive oil and four tablespoons of vinegar. Put two egg yolks in a large soup-plate, and add to them one-half teaspoon of salt, then whisk them with a fork or wire whisk. Dip up the oil into a teaspoon and drop it from the teaspoon in single drops into the yolk, whisking rapidly. Do not get afraid if the whole seems granular, if it remains stiff. It will whisk smooth. In adding large and larger quantities, as the work progresses, the mixture will break, but is easily amalgamated with whisking. Add drops of vinegar when it gets too stiff to whisk well. Many additions may be made to this dressing.

All ingredients and utensils should be of the same temperature; cold is considered safest.

Apple Salad

1 cup sugar
1 tablespoon flour
1 egg
⅓ cup vinegar
1 tablespoon butter
1 cup cream
4 cups apples (cut in cubes)
Pecans

Mix and boil sugar, flour, egg, vinegar, butter and cream. When cold pour over 4 cups of apples and add pecans. Mrs. H. M. Benzen.

Red Hot Apple Salad

6 medium sized hard apples
1 cup sugar
Lettuce leaves
2 cups water
1 cup red hot candies

Pare and scoop apples, boil in syrup of sugar and water and red hot candies. Boil 10 minutes, then add apples and boil until tender. Remove apples from syrup and let cool. Serve apples on lettuce leaves.

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Filling

1 cup diced apples
1 cup chopped celery
½ cup chopped nuts
Mayonnaise

Stuff apples with this mixture and pour mayonnaise over them.

Mrs. F. J. Gaebler.

Banana Salad

(Individual)

1 banana
Pecans
Cherries
Whipped cream
Lettuce leaves
Mayonnaise

Cut banana in half lengthwise, sprinkle with pecans, dot with one or two cherries. Add whipped cream just before serving on lettuce leaves. Mayonnaise may be added if desired. Mrs. Geo. Guenther.

Salad

1 large head of cabbage
2 stalks of celery
6 apples
Lettuce leaves
Red radishes or tomatoes
Mayonnaise

Cut cabbage as for slaw, dice celery and apples. Serve on lettuce leaves and garnish with radishes or tomatoes. Add mayonnaise just before serving. This quantity will serve 18 persons.

Mrs. Geo. Guenther.

Candle Salad

Lettuce leaves
Pineapple
Mayonnaise
Bananas
Cherries

On a small plate place lettuce leaves. On this put a slice of pineapple. In the center place ½ of a banana, standing upright. On top of this a cherry. Put some mayonnaise around pineapple.

Mrs. Phil. A. Buettner.

Celery and Apple Salad

Celery
Cored apples
Olive oil
Lettuce leaves
Juice of 1 lemon
Pinch of dry custard
1 cup cream

Mince equal quantities of tender stalks celery and cored apples, season with a few drops of olive oil, lemon juice and mustard. Add cream. Serve very cold on lettuce leaves. Mrs. Geo. Guenther.

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Christmas Salad

Canned pineapple sliced
Pimentos
Mayonnaise

Drain required number of slices of pineapple from the syrup in can. Arrange them on individual plates and cut in triangles, leaving in original shape. Cut narrow pointed petals from pimentoes and arrange 5 of them on each slice of pineapple, radiating from center and not quite meeting. Surround pineapple with small lettuce leaves. Set a small rose of mayonnaise in center of each poinsettia and a small frill around pineapple. Serve very cold with Christmas dinner.

Mrs. Richard Kring.

Crab Meat Salad

1 can crab meat
4 eggs, hard boiled
1 jar capers
1 cup celery cut fine
2 egg yolks
½ teaspoon black pepper
½ teaspoon salt
½ teaspoon paprika
1 teaspoon mustard
2 teaspoons sugar
1 tablespoon butter
1 tablespoon flour
2 tablespoons olive oil
½ cup vinegar

Mix flour and vinegar, first making a paste, add egg yolks, pepper, salt, paprika, mustard, sugar and butter. Boil until thick. When cool beat into it the olive oil, add crab meat, hard boiled eggs (chopped fine) caper and celery. Serve on lettuce leaves. Mrs. W. Riemann.

Creamette Salad

1 package creamettes
1 large can Tuna Fish
2 cups shredded cabbage
Hard boiled eggs
3 sweet green peppers
Durkee's Dressing
Lettuce leaves

Boil creamettes and let cool. Mix Tuna Fish, shredded cabbage, sweet green peppers with Durkee's Dressing to moisten well, add cold creamettes, mix well and serve on lettuce leaves. Garnish with slice of hard boiled egg, also rings of the green peppers.

Mrs. Dan Flachsbart.

Cucumber Salad

4 large cucumbers
1 medium white onion
1 tablespoon olive oil
1 tablespoon sugar
Juice of 2 lemons

Pare and slice cucumbers, salt thoroughly and let stand 1 hour. Then squeeze juice out of them. Add minced onion, sugar, olive oil and lemon juice. Mix all thoroughly. Mrs. L. Buchheimer.

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Ham Salad

1 pound ground ham
3 egg yolks
½ cup vinegar
¼ tablespoon sugar
1 tablespoon dry mustard
1 small onion

Stir eggs, sugar and mustard together with vinegar. Let come to a boil until thick and creamy. Stir ham and onions all together. (Ground celery may be added if desired.) Mrs. E. Quense.

Kidney Bean Salad

1 can kidney beans
1 stalk celery
6 sweet pickles
½ cup vinegar
1 tablespoon flour
½ cup water
⅓ cup sugar
1 tablespoon ground mustard
Butter size of egg

Wash celery and cut in small pieces. Also cut sweet pickles in small pieces. Mix flour, mustard, vinegar, water, and sugar, and let come to a boil. Then add butter and pour over kidney beans.

Mrs. H. A. Reinecke.

Macaroni Salad

2 cups elbow macaroni
8 sweet pickles
2 sweet peppers
Salt to taste
4 red peppers
Lettuce
Mayonnaise Dressing

Boil macaroni. When done put in colander and rinse several times. Cut peppers and pickles fine, mix with macaroni and serve on lettuce leaves with mayonnaise dressing. Mrs. H. J. Anderson.

Pimento Salad

3 cups cabbage
1 can pimentoes cut fine
5 sour pickles
⅓ cup sugar

Vinegar diluted with water to cover. Mrs. J. J. Ohning.

Potato Salad

1 dozen potatoes
2 onions
A little parsley
2 pieces celery
½ pound bacon
1 small head Endive lettuce
Salt and pepper to taste
1 boiled egg
1 tablespoon sugar
½ cup vinegar

Boil potatoes until done. Cut celery, onions, lettuce, parsley and bacon fine. Fry bacon brown and mix with other ingredients, adding the vinegar. Miss E. Boehlau.

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Potato Salad

8 medium sized potatoes
3 medium sized white onions
1 small stalk celery
3 green peppers
3 hard boiled eggs
1 teaspoon flour
5 slices bacon fried to a crisp
⅓ cup vinegar
1 teaspoon sugar
Salt and pepper to taste
1½ cup milk

Slice and mix ingredients. Boil 1 cup milk and thicken with flour mixed with ½ cup cold milk. Pour slowly over other ingredients and mix.

Mrs. Wm. Ungerer.

Salmon Salad

1 can salmon
5 crackers rolled fine
4 hard boiled eggs chopped fine
½ cup sour milk
1 teaspoon Colman's mustard
½ cup vinegar
3 sweet pickles chopped
Salt and pepper

Remove skin and bones from salmon and flake with silver fork. Add rolled crackers and eggs. Add seasoning, liquid and sweet pickles, mix well and let stand a while before serving. Serve on crisp lettuce leaves with salted crackers.

Mrs. F. C. Brockmeier.

Salmon and Pea Salad

1 can peas
1 can salmon
½ cup celery
Mayonnaise
Lettuce leaves
Salt and pepper to taste

Drain salmon and peas. Chop celery. Flake salmon and add to peas and celery. Add salt and pepper and mix thoroughly with mayonnaise. Serve on lettuce leaves.

Mrs. H. Schulz.

Shrimp Salad

1 can shrimp
2 eggs
1 tablespoon salt and pepper
½ cup vinegar
Prepared mustard
Celery or lettuce

Wash shrimp and cut in halves. Make dressing of 2 eggs, beaten whites, then add yolks, 1 tablespoon salt and pepper, ½ cup vinegar, a little prepared mustard. Mix and boil until it thickens, when cold pour over shrimp, to which add celery or lettuce cut fine.

Mrs. C. J. Beckerman.

Mock Tomatoes

1 can tomatoes
1 teaspoon salt
1 teaspoon sugar
2½ teaspoons gelatine

Stew and strain tomatoes. Soak gelatine in about ½ cup of water. Heat tomatoes to boiling point. Pour over the gelatine. Stir until dissolved. Pour into cups or molds and chill. When set turn out on lettuce leaves and serve with mayonnaise dressing.

Mrs. C. W. Hessel, Jr.

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Supper Salad

2 sour pickles
2 hard boiled eggs
1 can potted ham
Stuffed olives
Mayonnaise
Lettuce leaves
Parsley

Chop fine the pickles and eggs. Add the potted ham. Mix well, moisten slightly with mayonnaise dressing and serve on nests of crisp lettuce leaves. Then pour over same the mayonnaise dressing and garnish with parsley and sliced stuffed olives.

Mrs. C. J. Beckermann.

Salad

Cucumber—Lettuce—Tomatoes

In a large-sized individual bowl place about six lettuce leaves; upon these place a few slices of cucumbers and a tomato with skin removed; serve with yellow dressing or, if preferred, salt, vinegar and pepper.

Mrs. H. P. Buchrucker.

Stuffed Tomato Salad

6 ripe tomatoes
1 stalk celery
½ cup nuts
2 cucumbers
2 small green peppers
Lettuce
Salt and pepper
Parsley and mayonnaise

Scald tomatoes and remove skins. Cut a slice from the top of each tomato and with a small spoon remove some of the pulp. Dice celery, cucumbers, green peppers and nuts. Mix with mayonnaise. Fill tomato cups with this and cover with a tablespoon of dressing. Sprinkle a little finely chopped parsley over same and serve on lettuce leaves.

Mrs. L. R. Simpson.

Tongue Salad

Tongue
Chopped celery
Chopped pickles (sweet or sour)
Cream or mayonnaise
Lettuce leaves
Pimentoes or pickled red peppers

Use the sweet bread end of the tongue and left over bits. Remove the gristle and cut into small cubes. Mix well with an equal quantity of chopped celery and a small quantity of chopped pickles. Moisten with cream or mayonnaise dressing. Serve on lettuce leaves and garnish with pimentoes or pickled red peppers.

Mrs. Phil. A. Buettner.

Tuna Fish Salad

3 hard boiled eggs (minced fine)
3 sweet pickles
1 can Tuna fish
1 sweet green pepper
1 large onion
A little celery cut fine
Salt and pepper
Mayonnaise

Mix with mayonnaise dressing.

Mrs. F. A. Paschek.

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Tuna Fish Salad

1 can Tuna fish
3 large or 6 small potatoes
1 small onion
½ teaspoon pepper
3 dill or 6 sweet pickles
1 small stalk tender celery
1 teaspoon salt

Flake Tuna Fish with silver fork. Boil potatoes and cut in small pieces. Also cut in small pieces the pickles, onion and celery. Then mix all well together and season with salt and pepper.

Salad Dressing

1 teaspoon flour
1 teaspoon sugar
¼ teaspoon red pepper
1 egg
1 teaspoon prepared mustard
2½ teaspoons melted butter
1 cup milk
½ cup vinegar
Lettuce leaves
Crackers

Mix flour, sugar and red pepper, add egg, mustard and melted butter. Mix with milk and vinegar. Boil until thick, then pour over fish hot, cover until cold. Serve on lettuce leaves with crackers.

Mrs. C. J. Beckermann.

Victory Salad

1 apple
1 stalk celery
1 can Brown Beauty Beans
5 small sweet pickles
1 tablespoon sugar
3 tablespoons vinegar
1 cucumber
½ green pepper

Cut apple, cucumber, celery and pepper fine. Add heated vinegar, sugar and juice of beans. Serve cold. Mrs. G. O. Hoppe.

White Salad

1 small head cabbage
1 small can pineapple, diced
1 pint whipped cream
1 cup almonds
2 cups marshmallows

Dressing

4 egg whites beaten stiff
½ cup sugar
4 tablespoons white vinegar
1 level tablespoon flour
Juice of 2 lemons

Boil until thick, add beaten egg whites when sauce is cold. Then add cream. Miss Pauline H. Pape.

Boiled Dressing

½ teaspoon salt
⅛ teaspoon pepper
1 teaspoon Coleman's mustard
1 tablespoon sugar
1 small piece of butter
1 level tablespoon flour
1 egg
½ cup cream or milk
½ cup vinegar

Mix dry ingredients, then beat the egg and cream. Add mixed ingredients to this. Heat vinegar to boiling point in double boiler. Add butter. Add slowly first mixture to the vinegar, stirring constantly until it thickens. Mrs. O. J. Laudel.

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French Dressing No. 1

1½ teaspoons salt
⅛ teaspoon pepper
Few grains Cayenne
⅛ teaspoon paprika
6 tablespoons oil
3 tablespoons vinegar

Rub bowl with onion; mix salt, pepper, Cayenne; add paprika, oil and vinegar. Stir with a piece of ice. Mrs. A. Vellner.

French Dressing No. 2

½ teaspoon mustard
1 teaspoon salt
¼ teaspoon paprika
2 tablespoons vinegar
Few grains Cayenne pepper
½ teaspoon finely minced onion
6 tablespoons oil

Mix onion, salt, mustard, paprika and Cayenne pepper. Mash until of a creamy consistency; add oil and vinegar alternately, beating all the time. Mrs. A. Vellner.

French Dressing No. 3

1 teaspoon mustard
1 teaspoon salt
¼ teaspoon paprika
Few grains Cayenne pepper
3 tablespoons lemon juice
6 tablespoons oil

Mix dry ingredients; add lemon juice and oil alternately, and beat until quite thick. Mrs. A. Vellner.

French Dressing No. 4

Catsup
Vinegar
Olive oil

Mix equal parts of catsup, olive oil and vinegar. Garlic may be added if desired. Mrs. Richard Kring.

Fruit Salad Dressing

2 eggs
3 teaspoons sugar
¼ teaspoon mustard
½ pint whipped cream
1 tablespoon cream
3 tablespoons lemon juice
Salt to taste

Beat together eggs, sugar, mustard, cream, lemon juice and salt. Boil in double boiler. When cool add ½ pint whipped cream.
Mrs. M. Dengler.

Fruit Salad Dressing

¼ cup pineapple juice
¼ cup orange juice
2 tablespoons lemon juice
⅛ teaspoon salt
⅓ cup sugar
2 egg yolks
2 egg whites

Heat the fruit juices and salt in a double boiler. Beat egg yolks very light with half of sugar. Add to fruit juices, stirring constantly until thick and smooth. Have ready egg whites beaten stiff with remaining sugar and add to first mixture just before removing from fire. Serve cold. Miss Emily Brockmeier.

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Fruit Salad Dressing

¼ cup pineapple juice
¼ cup orange juice
¼ cup lemon juice
2 eggs
3 tablespoons water
1 tablespoon corn starch
½ cup sugar
Whipped cream

Heat liquids to boiling point; sift dry ingredients; stir hot liquid into dry ingredients. Boil 15 minutes in double boiler. Beat eggs slightly, adding the cooked mixture little at a time, beating constantly until all has been added, heat one minute and thin with whipped cream.

Mrs. R. Niedner.

Fruit Salad Dressing

4 egg yolks
4 tablespoons vinegar
Rind and juice of 1 lemon
½ cup sugar
Butter size of ½ egg
½ cup cream

Beat eggs, add vinegar and put in double boiler. Add sugar and butter and boil until it thickens. When cool, add rind and juice of lemon. When ready to serve add cream.

Mrs. A. H. Toennies.

Mayonnaise Dressing

1 cup Mazola
1 egg yolk
½ teaspoon sugar
½ teaspoon salt
⅛ teaspoon paprika
3 tablespoons lemon juice or vinegar

Mix paprika, salt, egg yolk and sugar with one teaspoon vinegar or lemon juice. Beat well, adding 1 teaspoon Mazola at a time until mixture thickens, after which the Mazola may be added at more frequent intervals; thin with lemon juice or vinegar when necessary. The egg white beaten stiff is folded in last.

Mrs. R. Niedner.

Mayonnaise Dressing

3 egg yolks
2 teaspoons salt
Vinegar
3 teaspoons prepared mustard
1½ pint olive oil

Beat egg yolks and salt until smooth, add mustard, beating continually, add olive oil, little at a time, beat until thick creamy paste, dilute with strong boiling vinegar until it has consistency of thick cream. This amount of dressing if wanted on salads, will serve 12 persons. This dressing is also excellent with cold meats or fresh sliced tomatoes.

Mrs. C. Voges.

One, Two, Three Salad Dressing

1 tablespoon mixed mustard
2 tablespoons sugar
3 tablespoons vinegar
Small can of evaporated milk

Mix mustard, sugar and vinegar, then add milk.

Mrs. W. Stone.

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Quick Salad Dressing

1 tablespoon prepared mustard
2 tablespoons sugar
Canned milk

Beat mustard and sugar together, then add canned milk, beating until the desired consistency is obtained. Mrs. O. Hermann.

Salad Dressing

2 eggs
6 tablespoons cream
1 teaspoon salt and pepper
2 tablespoons cream
½ teaspoon mustard
9 tablespoons vinegar
Small piece butter

Beat eggs well, add cream, salt, pepper and mustard, vinegar and butter. Mix and boil until desired consistency is obtained. Then add 2 tablespoons cream. Mrs. J. H. DeBuhr.

Salad Dressing

3 tablespoons sugar
⅓ tablespoon salt
½ tablespoon dry mustard
1½ tablespoons flour
½ cup vinegar
½ cup water
3 egg yolks
1 tablespoon butter

Mix dry ingredients, add vinegar and water slowly. Boil in double boiler until thick. Add beaten egg yolks, return to boiler for a minute, then add butter. Add diluted vinegar to thin as desired.

Mrs. C. Zimmermann.

Thousand Island Dressing No. 1

1 cup thick mayonnaise
1 teaspoon grated onion
3 teaspoons chopped parsley
8 sliced olives

Miss Emily Brockmeier.

Thousand Island Dressing No. 2

5 tablespoons Chile sauce
1 cup thick mayonnaise
2 chopped pimentos
½ tablespoon chopped chives

Miss Emily Brockmeier.

Thousand Island Dressing No. 3

Mix mayonnaise dressing and Chile Sauce.

Mrs. Richard Kring.

Thousand Island Dressing No. 4

1 cup mayonnaise or Durkee's Salad Dressing
1 cup Chile sauce
2 hard boiled eggs, cut fine
1 cup celery, cut fine
Cream

Mix mayonnaise or dressing and Chile sauce, eggs and celery. Add enough cream to thicken to correct consistency to serve on salads.

Miss Pauline H. Pape.

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VEGETABLES

Buying Vegetables

In buying vegetables, choose those that are in season and plentiful.

Potatoes.—Never buy sprouted potatoes. To test potatoes, cut one in halves, and if they are juicy enough to stick together the potato is good.

Cabbage.—Select those that are hard and heavy, with crisp, white leaves.

Winter Squash.—Select those that are medium-sized with no soft spots.

Summer Squash.—Select those that are light yellow in color, with the shell so tender that it can be broken with the finger nail.

Summer Carrots.—See that the leaves are green and fresh.

Corn.—See that the silk is brown and that the ear is well filled with good kernels that are full of sweet milky juice.

Peas.—Pods should be green and brittle; the peas green and not too large.

String Beans.—Break a pod. It should be brittle.

Lima Beans.—Select those with green, juicy pods.

Spinach.—Choose that with leaves fresh and dirty.

Winter vegetables should be kept in a cool, dark, dry place. Fresh vegetables may be washed and kept on ice in a clean piece of cloth.

General Rules for Cooking Vegetables

Wash thoroughly. Pare, peel or scrape, if skins must be removed. Skins should be left on to keep in all the food value possible. Soak in cold water until ready to cook. Cook in freshly boiling salted water until tender. Allow 1 teaspoon salt to 1 quart of water. Use enough boiling water to cover vegetables. Salt may be added when vegetables are put in, except in the case of delicate green vegetables, as peas, spinach, etc., when it should not be added until the vegetables are nearly done. Serve hot with seasoning, using 2 tablespoons fat, ½ teaspoon salt, and a few grains pepper to 1 cup cooked vegetables, or drain off the water, and serve with white sauce.

Strong juiced vegetables, as cabbage, onions, turnips and cauliflower should be cooked uncovered in plenty of boiling water. If the water is changed once during the cooking the flavor will be improved.

Mild juiced vegetables, as peas, spinach, asparagus and potatoes should be cooked in a small quantity of boiling water to keep the original flavor. Green vegetables retain their color better if they are cooked uncovered.

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Vegetables Appropriate to Different Dishes

Potatoes are good with all meats. With fowl they are nicest mashed.

Sweet potatoes are most appropriate with roast meats, as also are onions, winter squash, cucumbers and asparagus.

Carrots, parsnips, turnips, greens, and cabbage are generally eaten with boiled meat, and corn, beets, peas and beans are appropriate to either boiled or roasted meat.

Mashed turnip is good with roast pork and with boiled meats.

Tomatoes are good with almost every kind of meats, especially with roasts.

Spinach is the proper accompaniment to veal, green peas to lamb.

Lemon juice is a very grateful addition to nearly all kinds of fish.

Pickles are good with all roast meats, in fact are suitable accompaniments to all kinds of meat in general.

Baked Beans

1 pound navy beans
½ pint tomatoes
2 tablespoons molasses
2 tablespoons sugar
1 onion
¼ pound salt pork
Salt and pepper
Pinch of ginger

Soak beans over night. In the morning drain and put them in fresh water and boil until outside cracks open. Then remove from fire and add salt and pepper, sugar, tomatoes, molasses and onion. Pour into a bean pot or covered baking dish and bake from 4 to 6 hours in a slow oven. A pinch of ginger improves the taste. Add more water if beans bake too dry. Mrs. E. Blackwood.

Creamed Beets

8 beets
2 tablespoons butter
2 tablespoons flour
½ cup water
2 tablespoons cream
2 tablespoons vinegar
2 teaspoons sugar
Salt and pepper to taste

Boil beats until tender, remove from sauce pan and place in cold water. Remove skins and cut in ½ inch cubes. Make a cream sauce of butter creamed with flour and water in which beets boiled, cream, vinegar, sugar, salt and pepper to taste. Pour over hot beets and serve. Mrs. Thos. G. Stephens.

Creamed Cabbage

Cabbage
2 tablespoons butter
Pepper and salt to taste
Flour
½ pint milk

Cut cabbage in small pieces. Boil in salt water until tender; then drain. Make a white sauce. Melt butter, thicken with flour, add milk and boil until smooth. Add pepper and salt to taste. Pour over cabbage when ready to serve. Mrs. Geo. Kuechenmeister.

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Filled Cabbage

1 head cabbage
Sausage meat
Ground beef
1 onion
Soaked bread
1 egg
1 large can tomatoes
Salt and pepper

Separate the cabbage and par-boil. Mix the sausage meat, beef, bread, and egg, and season to taste. Fill each cabbage leaf with one spoonful of this mixture, roll up and tie. Make a tomato sauce containing onion and pour over the rolled up cabbage leaves. Boil on a slow fire for about 3 hours.

Mrs. C. Hunike.

Red Cabbage

1 head red cabbage
1 tablespoon lard
½ cup sugar
¾ cup vinegar

Cut cabbage and boil in salt water until tender. Drain, and add lard, sugar, and vinegar. Boil slowly for 20 minutes.

Mrs. D. Flachsbart.

Kraut Slaw

1 head of cabbage
1 large tablespoon drippings
1 onion
1 tablespoon flour
1 teaspoon salt
1 cup vinegar
½ teaspoon pepper
1 tablespoon prepared mustard
1 tablespoon sugar
1 stalk celery (cut fine) or celery seed

Cut cabbage fine and salt for an hour or so, then mix and boil the drippings, cut onion, add flour, salt, pepper, mustard, sugar, celery, and vinegar, put the kraut in, and let boil up for a few minutes, then set it away to cool.

Mrs. F. H. Foerster.

Carrots

2 bunches carrots
1 onion
Salt
1 tablespoon butter
1 tablespoon flour

Scrape and cut carrots in small pieces. Drop in boiling salt water and boil until tender. Fry onion in butter, when brown stir in drained carrots. Sprinkle with flour, add water and let boil up but once.

Mrs. M. Faszholz.

Carrots and Peas

Diced young carrots
Green peas
Parsley
Butter size of walnut
Pepper
Salt
1 tablespoon flour
Sugar

Boil equal amounts of carrots and peas in salted water to cover. Season with parsley, pepper and sugar. When soft, thicken with flour dissolved in a little cold water. Add a little butter size of walnut.

Mrs. L. Buchheimer.

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Carrots in Casserole

3 cups carrots cut in cubes
2 small onions
3 tablespoons butter
1 teaspoon salt
⅛ teaspoon pepper
⅛ teaspoon nutmeg
1 teaspoon sugar
3 tablespoons flour
2 cloves
2 cups strained tomato juice
1½ cups water
1 cup minced ham, corned beef or dried beef

A casserole of carrots is a good dish for ironing day. Put carrots in cold salted water, leaving them therein for at least 10 minutes. Chop and fry the onions and carrots in butter for 5 minutes, add flour and seasoning, stirring well. Add tomato juice, ham and water. When it boils pour into casserole and bake 2 hours. Mrs. E. Radke.

Creamed Celery

Celery stalks
White sauce

Wash, scrape and cut celery in one inch pieces. Boil 20 minutes or until soft in boiling salted water. Drain, and to 2 cups of celery add 1 cup of white sauce. This is a most satisfactory way of using the outer stalks of celery. Mrs. B. Schieferdecker.

Boiled Green Corn

Remove husks and silk from ears of corn. Place them in cold water with a little salt in it and let come to a boil, allowing water to boil over same but once. Remove from fire, leaving corn in hot water until time to serve. This keeps the corn soft. Mrs. Wm. Selle.

Corn Fritters

1 tablespoon melted Crisco or butter
1 can corn
1 cup flour
3 tablespoons milk
1 teaspoon baking powder
2 teaspoons salt
¼ teaspon pepper

Mix corn with butter, salt, pepper, flour, baking powder and milk. Drop spoonful at a time on Criscoed griddle. Brown on both sides.

Mrs. Thos. G. Stephens.

Stewed Cucumbers

4 large cucumbers
1 large slice bacon
2 tablespoons flour
Vinegar
Water
Sugar
Pepper

Pare and slice cucumbers, salt thoroughly, let stand 1 hour. Then squeeze out water. Cut bacon into cubes, fry out, add cucumbers, boil until glassy, dredge with flour, add water to cover, season with sugar, pepper and vinegar to taste. Boil until tender.

Mrs. L. Buchheimer.

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Corn Saute

6 ears of corn
3 slices of bacon
1 small sweet green pepper

Cut corn from ears. Cut bacon in small pieces and fry. Remove bacon from pan and put corn in same pan wherein bacon has been fried. Cut pepper in small pieces and boil together with corn 20 minutes.

Mrs. Chas. Schmitt.

Baked Eggplant

1 large eggplant
1 large onion
2 tablespoons butter
1 cup tomatoes
2 cups stale bread crumbs
2 well-beaten eggs

Peel eggplant and cut into cubes about an inch square. Boil in salted water until tender, then drain. Put butter in frying pan and add onion, finely sliced and cook until tender, but do not brown. Add tomato and cook a few minutes longer. Then combine all ingredients in casserole, add salt and a little celery salt if liked and bake uncovered about 40 to 50 minutes.

Miss Emily Brockmeier.

Breaded Egg Plant

Eggplant
Bread crumbs
Eggs

Cut egg plant into thick slices, soak 1 hour in salt water. Drain and dip in beaten egg and roll in bread crumbs. Fry in drippings or bacon grease.

Mrs. F. L. Metzler.

Stuffed Egg Plant

2 tablespoons butter
1 tablespoon grated onion
Salt and pepper
½ cup bread crumbs
Milk or water to moisten

Remove green stem from plant, boil 15 minutes in salted water. Cut 1 inch from top, remove pulp from inside, being careful not to cut too near the shell. Fill and bake 45 minutes. Pare slice cut from top, chop fine and add to chopped pulp. Mix with onion, part of the crumbs, milk, salt and pepper. Fill plant. Mix remaining crumbs with butter and place on top. Any left over meat may be added.

Mrs. A. Vellner.

Fried Oyster Plants

Oyster plants
1 cup flour
½ cup milk
1 teaspoon baking powder
½ teaspoon salt

Scrape oyster plants, cut in small pieces and boil soft in salted water. Drain. Make a pancake batter of flour, baking powder, salt and milk. Add the oyster plants. Drop small spoonful at a time in deep hot lard. Fry brown as you would doughnuts.

Mrs. W. G. Graul

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Filled Sweet Peppers

6 sweet peppers
2 cups ground roast beef
2 tablespoons bread crumbs
2 tablespoons rice
1 egg
1 small onion, ground
1 teaspoon salt
½ teaspoon pepper
½ teaspoon paprika
1 cup tomato pulp

This recipe fills about 6 large peppers. Par-boil rice 10 minutes, then drain. Mix half of the rice with the ground beef, bread crumbs, egg, onion, pepper and paprika. Open peppers at the top and remove the seeds. Fill them and tie on top. Stew slowly in the gravy for 30 or 45 minutes. Prepare the gravy by putting tomato pulp and the other half of the rice into beef stock or left over gravy. A butter and water gravy may be used with the pulp and rice if there is no beef stock or other gravy at hand. Mrs. L. Englehorn.

Stuffed Green Peppers

(Left Overs)

Green peppers
Boiled macaroni
Chopped boiled ham
White sauce
Cracker crumbs
Butter

Pare and boil green peppers in salt water for 15 minutes. Then drain and stuff with boiled macaroni and chopped boiled ham mixed with white sauce. Moisten cracker crumbs in butter, sprinkle over stuffed peppers and bake brown. Mrs. W. G. Graul.

Au Gratin Potatoes

1 quart mashed potatoes
Pepper and celery salt
10 cents worth of cream cheese, cut fine

Put potatoes in casserole, then pour over same white sauce with cheese. Season with pepper and celery salt. Mix well and grate cheese on top; bake until brown. Mrs. Chas. Schmitt.

Buttered New Potatoes

6 good sized new potatoes
1 teaspoon minced parsley
2 tablespoons butter

Scrape and boil potatoes. When done melt butter and pour over potatoes. Sprinkle with parsley. Mrs. Geo. Kuechenmeister.

Potato Puffs

1 cup mashed potatoes
1 egg
3 tablespoons flour
2 teaspoons baking powder
½ cup milk
½ teaspoon salt

Mix potatoes with beaten egg, then add flour and baking powder and then the milk and salt. Mold with spoon to the size of a small egg, then drop in deep hot lard and bake brown.

Mrs. C. F. Lange, Jr.

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Potato Puffs

1 cup mashed potatoes
½ cup flour
1 teaspoon baking powder
1 egg

Mix and shape into balls and drop into hot lard.

Mrs. J. H. DeBuhr.

Scalloped Potatoes

4 potatoes
Salt and pepper
Hot milk
Flour
½ teaspoon butter

Wash, pare, soak and cut potatoes in ¼ inch slices. Put a layer of same in buttered baking dish, sprinkle with salt and pepper, dredge with flour and dot with butter. Repeat this. Add hot milk until it may be seen through top layer. Bake until potatoes are soft.

Mrs. Aug. Foell.

Marshmallow Sweet Potatoes

4 or 5 large sweet potatoes
1 cup sugar
Syrup
¼ cup water
Marshmallows

Boil sweet potatoes until done. Pare and slice lengthwise about ¾ inch thick. Boil sugar with water about 3 minutes. Butter baking dish and arrange in layers: Sweet potato, then marshmallows cut in half, followed by syrup over all. Repeat this until all the sweet potato is used up. Bake 20 minutes. Mrs. E. Radke.

Spinach

Spinach
Salt
Onion
Meat stock or water
1 tablespoon lard
1 tablespoon butter
2 tablespoons flour

Wash spinach thoroughly, put on with boiling water and salt. When tender, drain and chop or grind in food chopper; add a little onion. Brown lard and butter slightly with flour. Add spinach and meat stock or water. Let boil 10 minutes. Add pepper. May also be served with white sauce after chopping. Mrs. W. T. Meyer.

Vegetable Chowder

4 large potatoes
3 carrots
3 onions
1 pint tomatoes
2 tablespoons flour
2 tablespoons lard
2 cups milk

Cut potatoes and carrots in small pieces. Boil. Do not drain the water. Brown onions in lard. Add this and tomatoes to other vegetables. Heat to boiling point. Add milk and thicken with flour.

Mrs. H. Altvater.

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Vegetable Hash

½ cup chopped carrots
2 cups chopped cabbage
1 cup chopped potatoes
1 cup chopped beets
½ cup chopped turnips
2 tablespoons beef fat
Few drops onion juice
½ cup hot water
Salt and pepper

Melt the fat in a frying pan; when hissing hot, pour in the above ingredients, spread evenly, cover, and cook slowly one half hour. Fold, turn, and serve.

Mrs. F. T. Mueller.

DESSERTS AND PUDDING SAUCES

Desserts

The custard dessert is an excellent means by which milk may be added to the diet. Because of its peculiar value as a food, milk should be used even when it seems high-priced and; those who do not care for it as a beverage should take it in some other form. In a diet that is limited in meats and meat substitutes the custard might well be used, for both the milk and the egg contain protein. When eggs are high-priced, cornstarch, gelatin, etc., may replace a part of the eggs.

How to Make Ice-Cream or Ices without a Freezer

Cover bottom of pail with crushed ice. Put in baking-powder can, tumbler, or lard pail containing mixture to be frozen, and surround with ice and salt. Turn can or tumbler with hand occasionally, and as soon as it begins to freeze, scrape frozen mixture from sides of can with a knife or spatula, and beat mixture with spoon, continuing until mixture is frozen.

Ice cream is frozen cream. Frozen pudding is frozen cream or custard to which fruits and nuts are added. It is usually served with a sauce.

Mousse is prepared with whipped cream, which gives it a mossy consistency. It is molded and packed in ice and salt.

Ices

Water ice is fruit juice sweetened, diluted with water and frozen.

Sherbert is a water ice mixture to which is added dissolved gelatin or beaten whites of eggs.

Frappe is a water ice mixture frozen to a mush, using equal parts of ice and salt in freezing.

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Cherry Fritters

2 cups milk
⅓ cup flour
⅓ cup corn starch
4 tablespoons sugar
3 eggs
¼ teaspoon salt
1 cup bread crumbs
1 can cherries

Pour 1½ cups milk into double boiler to boil. Mix flour, corn starch and salt, dissolve with remaining ½ cup milk, add to boiling milk. Beat 2 eggs, add to custard and boil 5 minutes. Pour into shallow dish and chill. (It is best to make the above one day before serving same.) Beat remaining egg, cut pudding into 1½ inch squares, dip in egg and crumbs and fry in deep fat. Drain juice from cherries, thicken with corn starch, remove from fire and add cherries. Add sauce to fritters just before serving. Serve hot.

Mrs. A. Vellner.

Cup Custard

1 egg
1 cup milk
3 teaspoons sugar
Nutmeg or vanilla to flavor

To each cup put the above. Put in china or tin cups, fill bread pan with water to half height of cups, cook from 20 minutes to half an hour, test with straw. When done put cups in cold water and turn out.

Mrs. N. Monell.

Date Pudding

2 cups whole wheat flour
1 cup sour milk
½ cup molasses
1 cup dates
1 teaspoon baking soda
1 teaspoon salt

Beat well and steam 2 hours and 30 minutes in buttered mold. Other fruits may be used.

Mrs. M. Faszholz.

Fruit Pudding

1 can apricots
1 cup brown sugar
½ cup butter
4 eggs
1 can grated pineapple
1 cup flour
1 cup white sugar
1 teaspoon baking powder

Heat brown sugar and butter in skillet until mixed. Add the fruit. Mix sugar and egg yolks, add beaten egg whites, flour and baking powder. Pour over fruit. Bake 30 minutes in hot oven. Turn out on plate when done.

Mrs. C. F. Lange, Jr.

Maple Dainties

½ cup sugar
1 tablespoon melted butter
½ cup milk
1 egg
1 teaspoon baking powder
2 cups sifted flour

Cream sugar and egg. Add butter, milk and baking powder mixed with flour enough to give it the consistency of cake batter. Bake in muffin pans. The above will make 8 dainties.

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Maple Sauce

1 tablespoon melted butter
1 tablespoon flour
½ cup maple syrup
½ cup hot water

Melt butter and add flour. Stir until smooth. Add hot water and syrup. Let come to a boil and pour over dainties.

Mrs. Otto F. Schmidt.

Lemon Pudding

(Nice especially for the sick)

2 eggs
2 tablespoons sugar
½ lemon
1 tablespoon boiling water

Beat 2 egg yolks smooth, with 1 tablespoon sugar. Then stir in the juice and grated rind of ½ lemon. Add 1 tablespoon boiling water and boil in a double boiler, stirring constantly until thick. Then remove from the fire. Beat the egg whites, then stir into them 1 tablespoon sugar. When stiff, beat this into the custard while hot.

Miss Mary Walter.

Persimmon Pudding

1 pint persimmons (worked thru colander)
1 teaspoon soda
½ teaspoon each cinnamon, cloves and nutmeg
2 eggs
1 pint sour cream
½ cup butter
⅔ cup sugar
Flour to make thin batter

Cream butter and sugar, add eggs, then persimmons. Mix dry ingredients and add alternately with the sour cream. Bake in moderate oven. Serve with cream.

Miss Sophia Yolk.

Plum Pudding

2 cups chopped suet
2 cups molasses
1 cup sour milk
2 cups raisins
2½ cups flour
½ teaspoon salt
2 cups bread crumbs
2 eggs
1 teaspoon soda
2 teaspoons cinnamon
½ teaspoon cloves

Mix well and steam three or four hours. Serve with vanilla sauce.

Mrs. M. Methudy.

Queen Bread Pudding

1 cup bread crumbs
1 quart milk
½ cup sugar
4 eggs
1 lemon

Beat eggs slightly, add sugar, milk, grated lemon rind and juice, then the crumbs. Butter baking dish and put in the mixture. When nearly done put the beaten whites of 2 eggs, with a little sugar added, over the top and finish baking.

Mrs. Pauline Kunkel.

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English Plum Pudding

1 pound raisins
1 pound currants
1 pound beef suet
1 pint bread crumbs
1 pint milk
¼ pound citron
¼ pound lemon peel
¼ pound orange peel
1 cup cider or fruit juice
½ pound almonds
½ pound brown sugar
½ pound flour
6 eggs
1 heaping teaspoon cinnamon
1 teaspoon cloves
½ teaspoon mace
½ teaspoon ginger
½ nutmeg

Seed raisins, wash currants thoroughly, chop suet as fine as possible, cut peel into small pieces and beat eggs well. Sift flour, spices and sugar. Place all in a large bowl, pour the milk over the mixture and mix well, then add the fruit juice and mix again. Pour into a well greased pail and place in boiling water; boil 5 hours. Do not have the water above the lid of the pail and do not permit it to stop boiling. Serve with a sauce.

Mrs. A. Vellner.

Prune Whip

¾ pound prunes
4 egg whites
4 tablespoons sugar

Stew prunes until tender. Work through colander, add sugar and beaten egg whites. Bake 20 minutes in moderate oven.

Mrs. Theodore Eckhart.

Queen of Puddings

1 pint bread crumbs
1 quart milk
4 egg yolks
Butter size of an egg
1 cup sugar
Rind of 1 lemon

Bake these ingredients about ½ hour. Whip egg whites stiff, then beat in 1 cup sugar into which has been strained the juice of 1 lemon. Spread over the pudding a layer of jelly, pour beaten ingredients over this, then replace in oven and brown slightly. To be served cold without sauce.

Mrs. W. Jungkuntz.

Simplicity Pudding

1 cup sugar
1 teaspoon butter
1 egg
½ nutmeg
¼ teaspoon salt
1 pint flour
½ cup sour milk
1 level teaspoon baking soda

Mix sugar, butter and egg and beat to a very light cream. Add grated nutmeg, salt, flour, sour milk and baking soda (baking soda having first been dissolved in the sour milk.) Stir well, pour into a well greased pudding dish, steam 45 minutes. Serve with cream and sugar or with pudding sauce.

Mrs. A. F. Aszmann.

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Rhubarb Pudding

Dry bread
Rhubarb
Water
Sugar
Butter

Butter thin slices of dry bread, place in bottom of pudding pan, then a layer of rhubarb cut in small pieces, sprinkle with sugar. Finish with layer of buttered bread. Cover and bake ½ hour. Serve cold with syrup of sugar, butter and a little water. Mrs. J. Vaeth.

Dough for Strudel

1 cup flour
1 egg
Luke-warm water
Butter size of walnut
½ teaspoon salt

Mix above ingredients with enough water to make a dough soft enough to work with the hands. Work the dough until it will not stick to fingers. Put on greased plate in a warm place for 30 minutes. Place table-cloth on table, sprinkle with flour, place dough in center and stretch and pull until dough is as thin as paper, and reaching over cloth as far as possible. Spread with melted butter and one of the following fillings:

Filling No. 1 (Apple)

Pare and slice apples very thin, cover dough sparingly with same, also 1 cup raisins, 1 cup sugar, 1 cup fried bread crumbs and cinnamon or nutmeg.

Now take one side of cloth raise it up slowly and the dough will roll up of itself into a big roll. Bring ends together to fit in greased pan; with the help of the table-cloth turn it into the pan and bake 30 minutes.

Filling No. 2 (Cherry)

2 pounds dark red cherries
Butter
Bread crumbs
Sugar

Wash and stone cherries, then dry them. Brown bread crumbs in butter, spread melted butter on dough cover with crumbs, cherries, sugar until sweet enough. Roll as above. Bake 20 minutes.

Filling No. 3 (Cottage Cheese)

1½ pounds cottage cheese
3 eggs
Sugar
Grated lemon rind
Vanilla
Cream
Raisins

Mix cheese, egg yolks, vanilla and lemon rind with a small amount of rich cream. Butter dough, spread cheese mixture over same and raisins and sugar until sweet enough. Beat the egg whites and spread over filling. Roll as above. Bake 30 minutes.

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Filling No. 4 (Poppy Seed)

Follow directions for apple filling using less apples. Instead of bread crumbs use poppy seed which has been boiled in sweetened milk. Roll as above. Bake 30 minutes.

Mrs. L. Fink.

Walnut Delight

6 eggs
1 cup sugar
1 pound English walnut meats
Whipped cream
½ pound chopped dates
4 tablespoons rolled crackers
½ teaspoon baking powder

Beat egg whites, add sugar, then egg yolks. Add and mix well all other ingredients listed above. Bake in 2 layers from 15 to 30 minutes in moderate oven. Serve with whipped cream.

Mrs. G. O. Hoppe.

COLD DESSERTS

Angel Pudding

1 box Knox Gelatine
2 cups cold water
5 egg whites
1 cup sugar
1 cup nuts
3 bananas

Dissolve gelatine in ¾ cup cold water. Let stand 5 minutes. Set on stove to warm. Add 1¼ cups cold water. Beat egg whites stiff and beat all together. Add sugar and beat slowly for 30 minutes, then add nuts and fruit. Turn in mold, first a layer of white, then a layer of pink, then a layer of white. Serve with whipped cream. Use fruit coloring for pink.

Mrs. L. Recker.

Apple Snow

1 teaspoon corn starch
1 tablespoon sugar
1 cup apple sauce
¾ cup milk
1 egg (beaten separately)

Make a custard of corn starch, sugar and milk, add the egg yolk and flavor to taste. Allow this to become chilled before serving. Mix the beaten egg white with the apple sauce. Pour the sauce over the custard and serve.

Mrs. Jos. A. Frederich.

Apricot Dessert

3 tablespoons ~~apricots~~
2 tablespoons sugar
2 cups milk
½ teaspoon almond extract
1 cup whipped cream

Boil ~~apricot~~, sugar, milk and almond extract and let cool. Then add 1 cup whipped cream. Pour over crashed macaroons, soaked in apricot juice. Serve chilled with whipped cream and fruit.

Mrs. H. Tiemeyer.

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Dressing for Apples

2 tablespoons sugar
1 tablespoon vinegar
1 tablespoon milk or cream
1 cup whipped cream
1 tablespoon water
1 tablespoon butter
2 egg yolks

Boil together, when cool, add whipped cream.

Mrs. Wm. Voertman.

Pineapple Whip

1 small can grated pineapple
1 cup sugar
4 egg whites
1 cup water
½ box Knox Gelatine

Custard.—Mix pineapple, sugar and water and let simmer 10 minutes. Soak gelatine in ¼ tumbler of water 5 minutes, then add to mixture while it is hot. Let cool. Add egg whites beaten stiff. Pour into mold and cool. Serve with custard sauce.

4 egg yolks
½ cup sugar
3 cups milk
1 teaspoon vanilla extract

Custard sauce.—Boil milk, eggs, sugar and vanilla to a creamy consistency.

Mrs. R. Winterrose.

Prune Souffle

1 cup chopped prunes
½ cup prune juice
½ cup sugar
1 package Jell-O
3 egg whites
1 teaspoon vanilla

Stew prunes until tender, chop fine, add beaten egg whites and vanilla, then whip. Cool and serve with whipped cream.

Mrs. Wm. Schawacker.

Rice Bavarian Cream

3 cups milk
½ cup rice
2 level tablespoons granulated gelatine
¼ teaspoon salt
½ cup sugar
2 egg whites
Nutmeg to taste

Wash the rice, add salt and sugar and let it simmer in the milk until it is thick and soft. Stir frequently in order to break up the kernels. Soak the gelatine in cold water, then dissolve it in the hot rice. Season to taste with nutmeg or lemon juice. Or fold in pineapple or orange. Cool until nearly set, beat with a Dover Beater and fold in the beaten egg whites or a cup of whipped cream.

Mrs. H. J. Anderson.

Snow Pudding

1 package lemon Jell-O
1 pint boiling water

Dissolve Jell-O in boiling water. When cold and stiff, whip with an egg beater to the consistency of whipped cream. Let stand until firm, then pile it spoonfuls into sherbert glasses and serve with an egg custard.

Mrs. A. E. Bay.

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PUDDING SAUCES

Cream Sauce

½ pint cream
⅓ cup sugar
½ teaspoon vanilla
1 egg
⅓ cup milk

Beat egg until stiff and add milk, sugar and vanilla, then add the cream.

Mrs. J. Vaeth.

Hot Chocolate Sauce

1 cup boiling water
⅓ cup sugar
⅓ cup grated chocolate
1 teaspoon butter
1 teaspoon corn starch
¼ cup cold water
1 teaspoon vanilla

Boil sugar and water 5 minutes. Mix corn starch and chocolate to a paste with cold water, add to boiling mixture. Boil until creamy. Add butter and vanilla.

Mrs. Geo. Guenther.

Lemon Sauce

½ cup sugar
1 cup boiling water
1½ tablespoons lemon juice
1 tablespoon corn starch
2 tablespoons butter
Salt to taste

Mix sugar and corn starch, add water, stirring constantly; boil 5 minutes, remove from fire, add butter and lemon juice.

Mrs. Aug. Foell.

Orange Sauce

2 egg whites
1 cup confectioners' sugar
Beat to a foam.
Juice and rind of 2 oranges
Juice of 1 lemon

Mrs. Phil. A. Buettner.

Vanila Sauce

½ cup sugar
1 cup boiling water
2 tablespoons butter
1 tablespoon corn starch or
1½ tablespoon flour
1 teaspoon vanilla

Mix dry ingredients, add water gradually, stirring constantly. Cook until thickish cream. Remove from fire, add butter and flavor.

Mrs. N. Monell.

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FROZEN DESSERTS

Grape Sherbet

1 pint grape juice
1 pint water
1½ cups sugar
2 tablespoons gelatine
Juice of 2 lemons
Juice of 2 oranges

Cover the gelatine with a little water and soak 30 minutes. Boil sugar and water 5 minutes. Add the gelatine and set aside to cool. When cold add grape juice and freeze from 5 to 10 minutes.

Mrs. O. J. Laudel.

Maple Parfeit

6 egg yolks
1 pint cream
¾ cup maple syrup

Beat egg yolks until light. Add maple syrup. Boil in double boiler, stir while boiling until it thickens. Beat until cool. Mixture must be light brown. Whip cream and if desired, add 2 beaten egg whites. Freeze in mold about 4 hours. Mrs. H. F. Reim.

Orange Ice

3 cups water
2 cups sugar
Grated rind of 2 oranges
2 cups orange juice
¼ cup lemon juice

Boil water and sugar one minute. Add orange juice, lemon juice and grated rind. Cool, strain and freeze. Mrs. A. H. Toennies.

PASTRY, PIE CRUSTS, PIES

Pastry

Pastry, if it is to be served at all, should be light, tender and flaky. It is then more easily digested.

Winter wheat flour, called pastry flour, should be used as it makes the pastry more tender than bread flour. Less shortening is required when pastry flour is used.

The lightness of the pastry depends upon the amount of air enclosed and its expansion in baking.

The flakiness depends upon the number of layers of shortening and paste formed by folding and rolling.

General Directions

Use butter substitutes for the fat.

Rub in with the tips of the fingers or chop in with a knife.

Add enough cold water to make a stiff dough, using a knife for mixing.

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All the ingredients must be cold.

Handle the dough as little as possible, and keep it as cold as possible, as heat melts the fat and makes it difficult to handle the dough.

Use as little flour as possible during the rolling.

Cut the pastry a little larger than the dish to allow for shrinkage.

When crust is baked before filling is added, cover an inverted pie plate with pastry and prick before baking.

Crusts and fillings should be cold before putting together to prevent sogginess.

The oven for all pies should be moderately hot.

A small amount of baking powder, or a little lemon juice added to pastry makes it flakier and more easily digested.

Where two crusts are placed together, the under crust should always be brushed with cold water, the upper crust placed over it and the two edges pressed firmly together.

Rich Pie Crust

2 cups flour
1 cup lard
½ cup water
1 teaspoon salt

Sift flour and salt, rub lard into flour, add water (ice cold) and mix as quick as possible. The less pie dough is handled the better it will be. When rolling out the dough roll from center to edge, do not roll back and forth. Pie dough must be baked in a hot oven to rise and set the crust. The heat can then be reduced to bake the filling.

Mrs. A. Vellner.

Apple Raisin Pie

4 apples
1 cup raisins
½ cup sugar
1 tablespoon butter
1 tablespoon vinegar
1 tablespoon flour
½ cup chopped pecans
Pinch of salt

Cut apples in small pieces and boil with raisins, sugar, butter, vinegar, flour, salt and enough water to permit of boiling. (Do not boil until apples are soft). Cool and pour into baked shell, cover with nuts and put top crust on. Bake in moderate oven.

Mrs. J. J. Wasser.

Banana Pie

1 quart rich milk
4 egg yolks
1 teaspoon vanilla
4 tablespoons corn starch
1 cup sugar
3 bananas

Beat the egg yolks into the milk and add sugar. Moisten corn starch with a little cold milk and egg, boil in a double boiler and stir constantly until thick. Place a layer of sliced banana in a baked shell. Pour the above filling into shell and a layer of banana, until the shell is filled. Beat the egg whites for meringue and add about 1 tablespoon sugar. Cover pies with the meringue and place in oven for a few minutes to brown. This recipe will make 2 pies. Bake shells before beginning the filling. Bake shells on inverted pie pans and prick with fork in several places to avoid blisters. Mrs. O. Meyer.

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Butter Milk Pie

1½ cups buttermilk
⅔ cup sugar
2 eggs
Pinch of salt
1 tablespoon flour
1 tablespoon melted butter
1 teaspoon lemon extract

Mix flour and sugar, pour buttermilk in gradually, then add butter, salt, extract and beaten egg yolks. Pour into unbaked shell and bake. When done, spread meringue made of beaten egg whites and 2 tablespoons sugar on top of pie and brown in slow oven.

Mrs. E. Chuse.

Butter Scotch Pie

2 heaping tablespoons flour
1 cup brown sugar
1 cup sweet milk
2 eggs
1 heaping tablespoon butter
½ teaspoon vanilla
2 tablespoons white sugar
Salt

Mix flour and brown sugar, add milk, heat to boiling point. Stir in beaten egg yolks and butter. Boil in double boiler until thick, then add vanilla. Pour into baked shell. Whip egg whites very stiff, add white sugar, beat until creamy, spread on top and return to oven to brown.

Mrs. A. Vellner.

Cheese Pie

1 carton cottage cheese
3 eggs
1½ cups milk
½ cup sugar
½ cup raisins
Nutmeg or cinnamon

Beat eggs and sugar, add cheese slowly. (If cheese is not smooth run through sieve.) Then add milk and flavor. Line medium size pie tin with paste and pour mixture into same. Bake in moderate oven.

Mrs. L. R. Simpson.

Cottage Cheese Pie

2 cups cottage cheese
2 tablespoons flour
2 eggs
Pinch of salt
½ cup sugar
½ cup powdered sugar
1 teaspoon vanilla
1/2 c. milk

Beat eggs separately and add yolks to cottage cheese, flour, salt, vanilla and sugar. Then add the egg whites beaten with powdered sugar. Mix well and fill pie crust; sprinkle with cinnamon. Bake in moderate oven until brown.

Mrs. J. J. Wasser.

Chess Pie

1 cup water
1 cup sugar
3 egg yolks
1 teaspoon butter
2 tablespoons flour
½ cup chopped raisins
½ teaspoon cinnamon or nutmeg
Paste

Mix sugar and egg yolks. Add flour, water, raisins and flavor. Then butter. Boil in double boiler until it forms a custard. Put in previously baked shell, using whites of eggs for frosting. Brown in oven.

Mrs. L. R. Simpson.

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Cocoanut Cream Pie

1 cup grated cocoanut
2 eggs
2 level tablespoons corn starch
1 cup milk or cocoanut milk
½ cup sugar
3 tablespoons powdered sugar
Pinch of salt

Add beaten egg yolks, salt and corn starch to milk or cocoanut milk. Add sugar. Place over slow fire and add ⅔ cup grated cocoanut. Pour into baked shell and cover with egg whites beaten stiff to which powdered sugar has been added. Sprinkle ⅓ cup cocoanut on top of pie and brown quickly.

Mrs. J. H. DeBuhr.

Cranberry Pie

1 cup cranberries
⅔ cup sugar
1 tablespoon flour
3 tablespoons water

Halve and seed cranberries. Mix sugar and flour, moisten with water. Line pie pan with crust, put in berries, pour mixture over berries, place top crust and bake.

Mrs. M. Faszholz.

Cream Pie

2 eggs
2½ cups milk
4 tablespoons sugar
2 tablespoons corn starch
1 teaspoonful vanilla
Pinch of salt

Boil milk in double boiler. When hot add the egg yolks, well mixed with suger, corn starch and salt. Boil until thick, remove from fire and add vanilla. Pour into baked shell. Spread meringue of beaten egg whites on top of pie and brown in slow oven.

Mrs. E. Blackwood.

Lemon Pie

1 cup sugar
3 egg yolks
Juice and grated rind of 1 lemon
2 tablespoons corn starch
1 cup boiling water

Mix sugar, grated rind and lemon juice, egg yolks, and corn starch mixed with a little water. Then stir into this the boiling water. Boil in double boiler until thick. Pour into baked shell. Beat egg whites and spread on top of pie.

Mrs. F. Dreyer.

Lemon Pie

2 cups water
Rind and juice of 1 large or 2 small lemons
1 cup sugar
2 tablespoons corn starch
3 eggs

Boil sugar and water, stir in corn starch, previously dissolved with water. Beat egg yolks and add lemon juice and rind, then add the other mixture and bake. Beat egg white with a little baking powder and sugar into a meringue and spread on pies.

Mrs. W. T. Meyer.

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Lemon Pie

(Crust—one pie)

1 cup flour
½ teaspoon baking powder
Water enough to stiffen
1 tablespoon lard
Pinch of salt

Follow general directions for mixing.

Filling

1 cup water
Rind of ½ lemon
Juice of ¼ lemon
3 tablespoons sugar
1 tablespoon cornstarch
Yolks of 2 eggs

Boil and fill into a baked crust. Mrs. T. F. Olsen.

Lemon Pie

1 tablespoon flour
1 tablespoon butter
1 cup sugar
1 lemon
3 eggs
1 cup milk

Mix dry ingredients. Add egg yolks, milk and melted butter, juice and rind of lemon. Line pie tin with paste and pour mixture into same. Bake in moderate oven. When baked cover with meringue made of beaten egg whites and 2 tablespoons sugar. Brown meringue in oven. Mrs. L. R. Simpson.

Mock Mince Meat

1 peck green tomatoes
1 peck apples
¼ pound citron
1 pound raisins
1 pound currants
1 pound suet
2 tablespoons salt
1 pound sugar (add more if desired)
2 tablespoons cinnamon
1 tablespoon cloves
½ grated nutmeg
2 cups cider or vinegar

Grind tomatoes, apples and suet. Scald tomatoes twice and the third time boil 15 minutes. Mix all together and boil about 45 minutes. Mrs. Martha Hunt.

Green Tomato Mince Meat

½ peck green tomatoes
2 pounds brown sugar
Juice of 2 lemons
1 pound raisins
1 pound currants
¼ pound citron, chopped
1 glass jelly, if desired
1 cup suet, chopped fine
1 teaspoon allspice
1 teaspoon cinnamon
1 teaspoon ginger
½ teaspoon salt
½ cup vinegar

Chop tomatoes and drain. Cover with cold water. Let come to boiling point, then add other ingredients. Boil slowly until tender, which will take about 15 minutes. Put in pint cans while hot. When ready to use, add an apple. Mrs. Theo. W. Eckhart.

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Green Tomato Mince Meat

8 cups chopped green tomatoes
6 cups chopped sour apples
3 cups small raisins
2 cups molasses
1 cup chopped suet
1 teaspoon cloves
½ cup vinegar
1 tablespoon salt
½ grated nutmeg
2 teaspoons cinnamon
1 teaspoon allspice

Mix and boil tomatoes, apples, raisins, molasses, suet, vinegar and salt about 3 hours. When nearly done, add nutmeg, cinnamon, allspice and cloves. Pack in Mason Jars and seal while hot.

Mrs. M. Miller.

Pineapple Cream Pie

1 pint milk
2 eggs
1 cup sugar
1 small can grated pineapple
1 tablespoon butter
⅓ cup flour
1 teaspoon vanilla

Mix flour and sugar and stir into warm milk. Add beaten egg yolks and boil. Drain pineapple and add to mixture when cool. Pour into baked shell. Beat egg whites with 1 tablespoon sugar for meringue or use whipped cream on top of pie. Mrs. H. Voelkel.

Pumpkin Pie

2 cups strained pumpkin
1 quart milk
3 eggs
2 heaping tablespoons flour
2 cups sugar
Few gratings of nutmeg
1 teaspoon lemon extract
1 teaspoon cinnamon
¼ teaspoon ginger
Salt to taste
Pinch of allspice

Mix. This is enough for two pies. Bake with one crust.

Mrs. M. Methudy.

Rhubarb Custard Pie

Rhubarb
Bread crumbs
1 cup sugar
2 eggs
1 pint milk
Nutmeg

Bake a rich shell. Put in shell a layer of bread crumbs, then a layer of rhubarb cut in small pieces, over which sprinkle about ½ cup sugar.

Custard.—Mix well beaten eggs, the remaining ½ cup sugar and milk. Pour this over the rhubarb. Sprinkle a little grated nutmeg on top of this and bake in a quick oven until the custard is thick. This amount is sufficient for 2 pies. Cherry pie made in this manner is also very good. Mrs. A. Grannemann.

Cheese Straws

Pie crust
1 cup grated Ohio cheese

Roll out pie crust to ⅛ inch thickness, sprinkle half with grated cheese, fold over, roll out and repeat this process until all the cheese has been used. Sprinkle with paprika, cut in strips 5 inches long, ¼ inch wide and bake in moderate oven. Good served with salad.

Mrs. R. Niedner.

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White Lady Cake

½ cup butter
1 cup sugar
½ cup milk
1½ cups flour
1 teaspoon baking powder
Whites of 4 eggs
Flavoring

Cream the butter and sugar. Add milk and flour alternately. And lastly the stiffly beaten whites of the eggs.

If a large cake is desired double the amount.

Mrs. E. Ladenberger.

Paradise Honey

8 large apples
4 quinces
1 quart cranberries
Sugar

Cut apples and quinces and add cranberries. Boil in water to cover until soft; then let drip. To 3 cups of juice add 2 cups sugar. Cook about 20 minutes.

Pulp may be strained through fruit press and used for marmalade.

Mrs. O. C. Hermann.

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CAKE

Ingredients should be carefully measured. Cake batter should be beaten thoroughly, with an upward motion of the spoon. See that the oven is properly heated; if too hot the cake will brown at once and be burnt before the inside has fairly commenced to bake; if not hot enough the cake will not rise. Always have eggs cold before whipping. Placing them in a bucket of fresh cold water will make them beat stiffer and lighter. Grease the pan well and line with greased paper, placing also a sheet of clean, white paper on top when the cake is first placed in the oven in order to prevent the sudden formation of a top crust which would interfere with the rising of the cake. Remove the paper from the top when cake has become thoroughly heated and well raised, otherwise it will not brown. Fruit should be put in with the flour. In mixing the ingredients for the cake the most generally accepted plan is to cream the butter and sugar together, add the yolks of the eggs, follow with the milk and finish by alternating the flour and whites of eggs.

General Rules for Cake Mixing and Baking

Two varieties of cake are recognized: sponge and butter or cup cakes.

To Mix a Sponge Cake

Beat the yolks until very thick and light; gradually beat in the sugar, then *fold* in the whites of eggs, beaten dry, and the flour. Note there is no *beating* after the sugar is beaten into the yolks.

To Mix a Butter Cake

1. Measure all the ingredients accurately.

2. Beat the butter to a cream (until smooth throughout and whitish on the edges).

3. Beat in the sugar gradually.

4. Beat in the yolks (when used).

5. Add alternately, the milk and the flour, with the baking powder, and spices if used.

6. Add the whites, beaten dry.

7. Beat the mixture thoroughly for from three to five minutes: turn into the prepared pan and let stand from three to five minutes before baking. This insures, other conditions being right, a fine-grained cake.

Baking Cake

As much depends on the proper baking as on the proper mixing of a cake; the heat of the oven must be such that it can be easily regulated.

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The oven door may be opened as many times as desired, if it be closed at once and without slamming.

The simplest way to get good results in cake baking is to watch the cake and the clock.

Divide the time of baking into quarters.

(a) In the first quarter, the mixture should simply rise in the pan.

(b) In the second quarter, the mixture should brown in spots.

(c) In the third quarter, the whole top should be browned uniformly.

(d) In the last quarter, the cake should settle a little and shrink from the sides of the pan.

The above gives the key to the baking of all cakes, large or small, for in small cakes, the "quarters" being shorter, the oven must be hotter than when similar mixtures are given a longer time as in thick, large cakes.

Helps for the Cake Makers

Cake is a table dainty which demands that the best of materials be used in its making. Only fresh eggs, pure fats, good flour and the finest of fruit and flavors should be used.

Never use butter for oiling pans as it forms a tough salty layer over the cake and may cause scorching. Lard or a good cooking fat is better.

Never oil or line a pan in which a butterless cake is to be baked.

All recipes should specify sifted flour in making measurements.

To the sifted flour the baking powder or soda and spices may be added as a time saving in mixing.

If sugar is gradually creamed into the fat you will not need to work out lumps.

Never use a lumpy sugar.

Brown sugar makes a moist cake.

Powdered sugar makes a very dry cake.

The best sugar for general use is the fine granulated kind.

If bread flour is to be used in a recipe which calls for pastry flour, take out two level tablespoons from each cup.

Butter gives a much liked richness to cakes.

Beef fat or lard is used in half the quantity specified for butter.

Chicken fat should be used in a proportion of about two-thirds as much as butter.

Sweet milk is the best liquid for a cake.

If the eggs are to be used separately the stiffly beaten whites are put in last.

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If water is used take one tablespoon from each cup.

Cake should not be moved in the oven until it has risen its full height.

The center of the oven is usually the best place for the baking of cake.

A very slow oven is used for the three hours baking of a fruit cake.

Angel cake and sponge cakes also require a slow oven.

Loaf cakes require a medium oven.

Layer and drop cakes bake best in a hot oven.

A pan of water placed in an overheated oven will prevent the burning of cakes.

To test a cake press on the top with the finger. If the cake rebounds when touched lightly it is done.

Another test which is widely used is to thrust a toothpick into the center of the cake. If the cake is done the tester will come out clean.

Let the cake stand in the pan for five minutes after taking from the oven.

A wire cake rack is best as it allows the air to circulate about the cake.

An angel or sponge cake should hang in the pan until cool.

Cooked icing can be used on either hot or cold cake.

Uncooked icing should be spread on slightly warm cakes.

Icing adds food value to the cake.

The batter for cake should be thick enough to spread.

To make a level surface when baking cake spread the batter slightly higher on the sides and at the corners of the pan in order that center may be smooth and uncracked.

Too much flour will also cause cake to crack.

Too little flour or underbaking will cause sogginess.

Other causes of sogginess are too much sugar or fat.

Too slow an oven makes a cake coarse in texture.

To properly bake sponge or pound cake have oven hot enough to turn white paper yellow in five minutes.

Put a saucepan of boiling water in oven when baking rolls. Steam will make crust smooth and tender.

When oven is too hot at first, a crust will form on the cake and prevent its rising. It is best to have the oven a little slow at first, then increase the heat after 10 minutes.

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Cream Puffs

½ cup butter
1 cup hot water
1 cup flour
3 eggs

Melt butter in hot water and boil. While boiling stir in flour. When cool, stir in 3 eggs one after the other (not beaten). Drop in hot tins and bake 30 minutes.

Filling

1 cup milk
1 egg
Vanilla
1 tablespoon sugar
1 tablespoon corn starch

Boil the milk, egg, sugar and corn starch and flavor with vanilla.

Mrs. D. Cawein.

Boston Cream Cakes

½ cup butter
1 cup hot water
1 pint flour
5 eggs
½ teaspoon baking soda
1 teaspoon salt

Let butter and water come to a boil. When this begins to boil, turn into same pint of flour and work well with a vegetable masher until very smooth. Remove from fire and when cool enough add well beaten eggs, first the yolks, then the whites, also baking soda and salt. Drop on buttered tins in large spoonfuls about 2 inches apart. Bake about 15 minutes in a quick oven. When done and quite cold open them on the side with a knife or scissors and put in a cream filling (as much as possible). Mrs. F. Schultz.

Chocolate Eclairs

Make mixture exactly as that for Boston Cream Cakes. Spread on buttered pans in oblong pieces about 4 inches long and 1½ inches wide, about 2 inches apart. Bake in rather quick oven about 25 minutes. When done ice with chocolate icing and when this is cold, open them on one side and fill with same cream as that used for the Boston Cream Cakes, or with whipped cream. Mrs. J. F. Wehmueller.

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1-2-3-4 Cake

1 cup butter
2 cups sugar
3 cups flour
4 eggs
1 cup milk
3 teaspoons baking powder

Follow general directions for cake making.

Mrs. F. H. Foerster.

Almond Cake

1½ cups sugar
½ cup butter
1 cup milk
1½ teaspoon baking powder
1¾ cups flour
4 egg whites
Almond extract
Apple filling

Mix and flavor with almond extract. Bake in layers. When cool put together with apple filling.

Mrs. A. E. Bay.

Angel Cake

1¼ cups sugar
1 cup egg white
1 teaspoon vanilla
1 cup Swansdown Cake flour
1 teaspoon cream of tartar

Add pinch of salt to egg whites and beat to foam, then beat in cream of tartar. When stiff add sifted sugar and beat well, flavor and fold in flour which has been sifted several times. Bake in ungreased pan; should be done in 30 minutes.

Mrs. M. Faszholz.

Black Angel Cake

1½ cups sugar
½ cup butter
1 cup milk
3 eggs
⅓ cake bitter chocolate
2 cups flour
1 teaspoon vanilla
1 teaspoon baking powder

Boil ½ cup milk, ½ cup sugar, bitter chocolate, and add one beaten egg and remove from fire. Then cream butter, 1 cup sugar, ½ cup milk, 2 eggs, 2 cups sifted flour, 1 teaspoon baking powder, 1 teaspoon vanilla. Add the boiled mixture and bake in 2 layers.

Mrs. C. E. Moeller.

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Banana Loaf Cake

1 cup sugar
⅔ cup butter
1¾ cups flour
3 tablespoons milk
Pinch of salt
3 eggs
3 bananas
1 teaspoon baking powder
1 teaspoon baking soda

Cream butter and sugar; add beaten egg yolk, milk and flour sifted with baking soda and baking powder. Add mashed bananas. Finally fold in stiffly beaten egg whites.

Mrs. O. Hermann.

Boston Favorite Cake

⅔ cup butter
2 cups sugar
4 eggs
5 teaspoons baking powder
1 cup milk
3½ cups flour
½ teaspoon salt

Cream the butter, add sugar gradually, beaten eggs, then milk. Sift flour and baking powder and add to mixture. This recipe makes 2 loaves or ½ the mixture may be baked in individual tins.

Mrs. B. Schieferdecker.

Brown Stone Front Cake

Light Part

½ cup butter
1½ cups sugar
½ cup milk
1 teaspoon baking powder
1 teaspoon baking soda
2 eggs
2 teaspoons vanilla
2 cups flour

Cream butter and sugar and egg yolks. Add milk and dry ingredients alternately, then vanilla. Add stiffly beaten egg whites.

Dark Part

½ cup grated chocolate
1 egg yolk
1 cup sweet milk

Boil milk and chocolate until well dissolved. Add one egg yolk. Mix light and dark parts and bake in moderate oven.

Mrs. H. Voelkel.

Butterless, Eggless, Milkless Cake

2 cups brown sugar
1 cup raisins and dates mixed
2 cups boiling water
2 teaspoons cinnamon
1 teaspoon cloves
1½ teaspoons baking powder
1 cup lard, scant
1 teaspoon nutmeg
1 teaspoon salt
2 level teaspoons baking soda
3½ cups flour

Mix sugar, raisins and dates, spices, lard and boiling water and boil 2 minutes. When cool, add baking soda dissolved in a little water. Add flour and baking powder. Bake 45 minutes in slow oven.

Miss Sophia Yolk.

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Chinese Cake

1 cup butter
2 cups sugar
1 teaspoon cinnamon
¼ teaspoon cloves
1½ cups chopped pecans
4 eggs
1 cup water
1 teaspoon nutmeg
1 tablespoon vanilla
2 teaspoons baking powder
3 cups flour

Mix butter, sugar, egg yolks, spices and pecans. Mix flour and baking powder, then add flour and water alternately. Fold beaten egg whites into mixture. Add vanilla. Mrs. Carl G. Starke.

Chocolate Layer or Loaf Cake

4 eggs
2 cups brown sugar
¾ cup butter
3 squares melted chocolate
1 cup sour cream
1 level teaspoon baking soda
2 cups sifted flour

Cream sugar, butter and eggs. Add melted chocolate. Add sour cream mixed with baking soda, then add sifted flour and finally the egg whites. Mrs. F. Dreyer.

Chocolate Cake

¾ cup butter
2½ cups sugar
6 eggs beaten separately
3 ounces melted chocolate
1 teaspoon vanilla
7½ tablespoons boiling water
¾ cup milk
2 cups flour
1½ teaspoons baking powder

Follow general rule for mixing. Add froth last.
Bake in layers. Mrs. H. F. Reim.

Chocolate Cake

Dissolve ½ cake bitter chocolate in ½ cup boiling water. Mix 1 cup sugar, yolks of 4 eggs and cream well. Then cream 1 cup sugar and ¼ pound butter. Add this to the yolks and sugar, add water and chocolate, 1 teaspoon vanilla, ½ cup milk. Do not stir until you add 2 cups flour and 2 teaspoons baking powder. Then stir hard, add 3 egg whites. Bake in loaf or bars.

Icing

Steam about 30 marshmallows over hot water. Boil 1 cup sugar, ½ cup water, boil until it strings, add beaten egg white, syrup, then marshmallows. Beat well. Mrs. H. Tiemeyer.

Chocolate Nut Cake

2 cups sugar
½ cup shortening
4 eggs
1 cup milk
¼ lb. bitter chocolate
3 cups flour
3 teaspoons baking powder
1 cup chopped pecans
1 tablespoon vanilla

Cream shortening and sugar. Add egg yolks and milk. Sift baking powder and flour together. Mix with the above. Add nuts. Beat well. Finally add stiffly beaten egg whites and vanilla. Bake in a moderate oven from 45 to 60 minutes. Mrs. O. Meyer.

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Chocolate Sponge Cake

4 eggs
2 cups sugar
⅛ pound bitter chocolate
1 teaspoon vanilla
1½ cups flour
1 cup milk or water
1 heaping teaspoon baking powder

Cream egg yolks and sugar, then add melted chocolate; add milk, flour and baking powder, then add beaten egg whites. Bake in moderate oven. This makes 3 layers.

Mrs. D. Flachsbart.

Cocoa Cake

¾ cup butter
1 cup milk
1½ cups flour
1¼ cups sugar
2 teaspoons vanilla
3 eggs
6 teaspoons cocoa
2 teaspoons baking powder

Cream sugar and butter together well. Add eggs well beaten. Sift together flour, cocoa and baking powder. Add vanilla, then the milk. Make 2 layers.

Mrs. R. Niedner.

Cocoanut Cake

1½ cups sugar
½ cup butter
3 cups Swansdown cake flour
½ teaspoon vanilla
3 teaspoons baking powder
1 cup and 2 tablespoons milk
3 egg whites

Cream the butter well, then add sugar gradually. Sift the flour once before measuring, then sift with the baking powder three times. Add the flavoring to the butter and sugar, then the milk and flour alternately. Finally fold in the stiffly beaten egg whites. Bake in moderate oven in two round cake tins. Frost with cocoanut frosting.

Mrs. E. Hoffmann.

Cream Sponge Cake

Yolk 4 eggs
1 cup sugar
3 tablespoons cold water
1½ tablespoons cornstarch
1 scant cup of flour
1½ teaspoons baking powder
1 teaspoon vanilla
¼ teaspoon salt
Whites of 4 eggs

Beat yolks until thick; add sugar gradually and beat 2 minutes. Then add water. Mix and sift cornstarch, flour, baking powder and salt, and add to first mixture. Fold in stiffly beaten whites and flavoring. Bake 20 minutes in a moderate oven.

Mrs. A. Stohlmann.

Date Cake

½ cup soft butter
1⅓ cup brown sugar
2 eggs
½ cup milk
1¾ cup flour
½ pound dates cut in pieces
3 teaspoons baking powder
½ teaspoon cinnamon
½ teaspoon nutmeg
½ teaspoon cloves
½ teaspoon salt

Follow general rules of cake baking. Beat 3 minutes and bake 40 minutes.

Mrs. G. Asche.

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Devil Cake

Custard

½ cup milk
1 cup brown sugar
1 cup bitter chocolate grated
1 egg yolk

Mix and boil until thick. Let cool.

Cake

1 cup sugar
½ cup butter
¾ cup milk
1 tablespoon warm water
2½ cups Swansdown Flour
1½ rounded teaspoons baking powder
2 eggs

Cream butter and sugar, add well beaten eggs, sift flour 3 times, then add flour and milk to mixture. Mix this mixture with the custard, also add warm water. Bake in slow oven.

Mrs. Aug. Ehrhardt.

Easter Cake

1½ cup sugar
½ cup water
6 eggs
¼ teaspoon almonds
1 cup cake flour
½ teaspoon cream of tartar
1 teaspoon vanilla

Boil sugar and water as for frosting until it threads, then add beaten egg whites and beat until almost cold. Then add beaten egg yolks and beat again. Add flour, cream of tartar, vanilla and almond. Bake in slow oven as angel food in angel food pan about 50 or 60 minutes. Sift flour 4 or 5 times.

Mrs. C. E. Moeller.

Economical Cake

4 egg whites
1½ cups sugar
½ cup butter
1 cup water
1½ cups flour
2 teaspoons baking powder

Follow general rules of cake baking. Bake in moderate oven.

Icing

4 egg yolks
2 cups powdered sugar
2 scant teaspoons vanilla

Beat 20 minutes.

Mrs. J. Naucke.

Cheap Fruit Cake

1½ cups brown sugar
2 tablespoons butter
1 cup sour milk
1 teaspoon baking soda
1 teaspoon cinnamon
½ teaspoon cloves
½ teaspoon nutmeg
1 teaspoon salt
1 cup chopped raisins
1 cup nut meats
¼ pound citron or other peel
1 teaspoon baking powder
2 cups flour
Grape juice

Mix butter and sugar; add spices, raisins, nuts and citron cut in small pieces; then add baking soda dissolved in the sour milk. Mix baking powder and salt with flour and work into the mixture. Grape juice will improve the flavor. Bake one hour in moderate oven.

Mrs. C. J. Metzler.

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Fruit Cake

1 cup Crisco
2 cups sugar
4 eggs
1 cup milk
1 cup hot mashed potatoes
2 cups flour
4 level teaspoons baking powder
½ teaspoon cinnamon
½ teaspoon cloves
½ cup crushed chocolate
1 teaspoon vanilla
½ cup chopped nuts
½ cup finely cut seeded raisins

Follow general rule for mixing. Bake in 3 or 4 layers. Put layers together with raisin frosting made of:

1½ cups sugar
¾ cup boiling water
1 teaspoon vanilla
2 egg whites
1 cup ground or chopped seeded raisins

Mrs. Phil. A. Buettner.

Fruit Cake

¾ pound butter
¾ pound sugar
1 cup molasses
2 pounds flour
1 pound raisins
1 pound currants
½ pound citron
1 cup orange juice
2 teaspoons cinnamon
½ teaspoon cloves
1 large nutmeg
2 teaspoons baking soda

Follow general rules of cake baking. Bake 2½ hours.

Mrs. Frances Hirth.

Fruit Cake

12 eggs
1 pound butter
1½ pounds brown sugar
1½ pounds flour
1 cup molasses
1½ pounds raisins
1½ pounds currants
1½ pounds citron
1½ pounds almonds
1 cup rose water
½ cup cream
3 grated nutmegs

Follow general rules for cake baking. Mrs. F. A. Paschek.

Ginger Loaf

½ cup butter, melted
⅔ cup molasses
½ cup sugar
⅔ cup hot water
2 cups flour
1 egg
½ teaspoon salt
1 teaspoon soda
1 teaspoon ginger
½ teaspoon cinnamon

Mix molasses, butter, egg and sugar; add hot water. Sift flour, salt, soda, ginger and cinnamon and add to the mixture. Beat well and add more flour gradually until the correct consistency has been obtained. As soon as thoroughly blended, pour into 2 shallow well greased pans and bake from 20 to 30 minutes in a moderate oven.

Mrs. Phil. A. Buettner.

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Hot Milk Cake

4 eggs
2 cups sugar
3 cups flour
Any flavor desired
1 cup hot milk
3 level teaspoons baking powder
Butter size of egg
Whipped cream filling

Beat eggs, add sugar, beat again. Then add sifted flour and baking powder. Bring milk to boiling point, melting butter in same, then adding to mixture. This makes 4 small layers or 3 large ones. Delicious with whipped cream filling.

Mrs. W. G. Stone.

Hot Water Sponge Cake

2 eggs
1 cup sugar
1 cup flour
1 teaspoon baking powder
½ cup boiling water
1 teaspoon flavoring

Beat eggs light, then fold in sugar, next a little flour, then boiling water and finally the baking powder sifted with remaining flour and flavoring. Bake in layers about 20 minutes.

Mrs. W. Jungkuntz.

Ice Box Cake

2½ dozen lady fingers
1 small cake bitter chocolate
¼ cup water
½ cup granulated sugar
1 cup powdered sugar
1 cup butter
5 eggs
1 pint whipped cream sweetened
Cherries
Nuts

Boil water, granulated sugar and chocolate in double boiler. Beat egg yolks and add gradually to chocolate mixture. Boil until very thick, then cool. Cream butter and powdered sugar, add chocolate mixture when cooled and beat until smooth. Then beat egg whites stiff and add to mixture. Line pan with lady fingers, pour chocolate mixture over lady fingers in pan. Let stand 24 hours in ice box. About 1 or 2 hours before serving beat cream and spread on chocolate mixture in pan. Decorate with cherries, nuts, etc.

P. S. Cut the round part off the bottom of lady fingers, to make them stand. These small clippings can be used to fill in the bottom of pan, so there will be no small holes.

Mrs. B. Taenzer.

Lightning Cake

Butter size of an egg
2 eggs
1 teaspoon vanilla
1 round teaspoon baking powder
Milk
1 cup sugar
1 cup flour

Put in a cup butter size of an egg, let get soft, not melted, the eggs and the vanilla, fill cup with milk.

Put into mixing bowl sugar, flour and baking powder. Sift all together then add other ingredients, stir all together and bake in a rather quick oven.

Mrs. C. Hunike.

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Leaf Lard Cake

1 pound raisins
1 pound currants
1 pound sugar
1 cup nuts
1 pound leaf lard
1 tablespoon cinnamon
1 tablespoon salt
1 tablespoon allspice
1 tablespoon cloves
1 tablespoon nutmeg
2 tablespoons minced citron
1 tablespoon baking soda
1 pint boiling water
Flour enough for stiff dough

Cut leaf lard in small pieces. Add raisins, currants, sugar, nuts, cinnamon, allspice, cloves, nutmeg and minced citron. Mix baking soda with water and add to mixture. Finally add salt and flour. Bake 2 hours. Best to let it become 2 weeks old before serving.

Mrs. C. Freymark.

Marble Cake

White Part

½ cup butter
1 cup sugar
1 teaspoon vanilla or lemon extract
1 cup milk
2 cups flour
1 teaspoon baking powder
4 egg whites

Cream butter and sugar, add flour and milk alternately and finally the egg whites and flavoring.

Dark Part

½ cup butter
1½ cups brown sugar
2 cups flour
4 egg yolks
½ teaspoon cloves and a little nutmeg
1 teaspoon baking soda
½ cup cocoa
½ cup milk
1 teaspoon cinnamon

Cream butter and 1 cup sugar and add egg yolks. Dissolve cocoa in a little water, add remaining ½ cup sugar, cinnamon, cloves and nutmeg. Add part of milk and dissolve baking soda in remaining part of milk, then add flour and baking soda alternately. Nuts may be added if desired. Drop in pan spoonful of white, then spoonful of dark and continue in this manner until all is used. Bake in moderate oven.

Mrs. E. Ladenberger.

Never Fail Cake

1 cup sugar
1¾ cups flour
2 eggs in cup, then fill up with milk
3 tablespoons melted butter
1 teaspoon vanilla
3 level teaspoons baking powder
1 cup nuts or raisins

Mix all ingredients and beat 3 to 5 minutes.

Mrs. F. A. Balzer.

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Marble Cake

¾ cup butter
1½ cups sugar
3 cups flour
1 cup seeded raisins
¼ teaspoon salt
1 teaspoon vanilla
1 cup milk
1 tablespoon molasses
3 eggs
4 teaspoons baking powder
1 teaspoon ground mace
1 square bitter chocolate

Cream butter and sugar, add eggs well beaten, flour sifted with baking powder and salt. Then flavor. Beat well. Remove a little less than half of batter to another bowl, to this add molasses, chocolate, raisins and mace. Put in cake pan, alternate the batter. Bake 45 minutes in moderate oven. Mrs. S. Mueller.

Nut Cake

½ cup butter
1 cup sugar
2 eggs
1 cup milk
2½ cups sifted flour
3 teaspoons baking powder
Pinch of salt
1 teaspoon vanilla
1 cup nuts chopped fine
Chocolate, vanilla or caramel icing

Cream butter and sugar, then add beaten eggs and 1 cup milk. Sift flour, baking powder and salt, then add this to mixture. Now add the vanilla and the nuts. After icing the cake place a few half walnuts, split almonds or pecans on top. Mrs. H. Sieckman.

Nut Cake

½ cup butter
1½ cups sugar
3 eggs
1 cup nut meats (any kind)
2½ cups flour
½ cup milk
2 teaspoons baking powder (heaping)

Cream butter and sugar, add beaten eggs, then flour, milk and nuts, saving ½ cup flour to sift with baking powder and add just before baking. Mrs. Geo. W. Starke.

Orange Bitter Sweet Cake

½ cup shortening
1½ cups sugar
Grated rind of ½ orange
1 egg and 1 yolk
2½ cups flour
¼ teaspoon salt
4 teaspoons baking powder
1 cup milk
1½ squares (1½ oz.) bitter chocolate melted

Cream shortening, add sugar and grated orange rind. Add beaten egg yolks. Sift together flour, baking powder and salt and add alternately with milk; lastly fold in one beaten egg white. Divide batter into two parts. To one part add the chocolate. Put by tablespoonfuls dark and light batter into two greased layer cake pans. Bake in moderate oven 20 minutes.

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Filling and Icing

3 tablespoons melted butter
3 cups powdered sugar
2 tablespoons orange juice
Grated rind of ½ orange
Pulp of one orange
1 egg white
3 squares bitter chocolate

Put butter, sugar, orange juice, rind and pulp in bowl, beat together until smooth. Fold in beaten egg white. Spread this icing on top layer and sprinkle with bitter chocolate shaved in fine pieces. To remaining icing add 2½ squares bitter chocolate which has been melted. Spread this between layers and on sides of cake.

Mrs. M. Schwarzberg.

Orange Cream Cake

3 cups pastry flour
3 level teaspoons baking powder
½ cup butter
1¼ cups sugar
Rind of whole orange
3 egg yolks
2 egg whites
Juice of 1 orange, adding enough water to make 1 cup of moisture

Sift flour once, measure, add baking powder and then sift 3 times. Cream butter and sugar, add grated rind, then beaten egg yolks. Add flour and water alternately, beating well. Then add beaten egg whites.

Orange Cream Filling

1 egg white
2 cups Confectioners' sugar
Juice of 1 large orange

Mix egg white and orange juice, adding sugar gradually, beat vigorously until creamy, then spread between and on top of layers.

Mrs. E. Liljegren.

Orange Juice Layer Cake

½ cup butter
1 cup sugar
½ cup strained orange juice
3 level teaspoons baking powder
Grated rind of 1 orange
3 eggs
1½ cups flour

To the orange juice add a pinch of salt and a pinch of baking soda. Cream butter and sugar, add beaten egg yolks, orange juice, flour and baking powder, then fold in stiffly beaten egg whites.

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Icing

½ teaspoon butter
½ teaspoon vanilla
3 tablespoons milk
Powdered sugar

Stir in powdered sugar until stiff enough to spread on cake.

Mrs. Oscar Hermann.

Pineapple Cake

1½ cups sugar
⅓ cup butter
2 eggs
1 cup milk
2 cups flour
2 heaping teaspoons baking powder

Follow general rules for cake baking.

Icing

1 cup sugar
¼ cup water
2 egg whites
Grated pineapple

Boil sugar and water until it strings. Beat egg whites to stiff froth, add syrup slowly and beat 5 minutes. Spread between layers and cover with grated pineapple.

Mrs. J. J. Ohning.

Plain White Cake

½ cup butter
1 cup sugar
2 cups flour
⅔ cup milk
½ teaspoon flavoring extract
3 level teaspoons baking powder
3 egg whites

Cream the butter, add sugar gradually. Sift flour with the baking powder three times. To the creamed butter and flour add a little flour, then a little milk and so on alternately until all the flour is used and the mixture is drop batter. The amount of milk required varies with the kind of flour used. Add flavoring and fold in the stiffly beaten egg whites and bake the batter either in two layer pans or in a loaf.

Caramel Icing

2½ cups light brown sugar
1¼ cups evaporated milk
1 tablespoon butter
1 teaspoon vanilla

Boil sugar and milk. When it forms a soft ball when tried in cold water, add butter and vanilla. Remove at once from fire and beat until it is of correct consistency to spread.

The Plain White Cake may be varied.

2. Melted chocolate may be added to the mixture and a snow-white frosting spread over the cake when it is baked.

3. Or the cake may be baked as a white cake and adorned with the following:

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Raisin Sponge Cake

1 cup butter
2 cups sugar
2¾ cups flour
2 eggs
1 tablespoon cloves
1 cup raisins
1 cup milk
2 cups bread sponge
1 teaspoon baking soda
2 tablespoons cinnamon
1 nutmeg

Warm butter slightly. Add luke-warm milk to bread sponge, next the flour, spices, eggs well beaten, baking soda dissolved in a little hot water; mix all together. Put to rise in warm place 2 hours. Bake slow; ice with white icing when cold. Mrs. Geo. Burrows.

Red Chocolate Cake and Icing

1½ cups sugar
5 level tablespoons butter
1½ cups boiling water
1½ level teaspoons baking soda
2¼ level cups sifted flour
1½ teaspoons baking powder
2 egg yolks
⅓ cup grated chocolate (bitter)
2 teaspoons vanilla
⅓ teaspoon salt

Cream butter and sugar; add the yolks and then cream again. Add chocolate after it has been dissolved in ¾ cup boiling water. Sift flour, salt and baking powder, add and beat briskly. Dissolve soda in remainder of hot water and add to the above. Add vanilla. Arrange in layers and bake in moderate oven.

Icing for Cake

1½ cups powdered sugar
2 level tablespoons butter
2 teaspoons vanilla
½ small can Pet Evaporated Milk

Mix butter, a little sugar and a little milk, beat well, then add more sugar and milk until all has been used. Mrs. Wm. Ungerer.

Rich Coffee Cake

1 cup butter
2 cups sugar
4 eggs
2 tablespoons molasses
1 cup cold boiled coffee
3¾ cups flour
5 teaspoons baking powder
1 teaspoons cinnamon
½ teaspoon cloves
½ teaspoon mace
½ teaspoon allspice
¾ cup raisins, cut in pieces
¾ cup currants
¼ cup citron, cut in strips

Mix in order as given above. Mrs. B. Schieferdecker.

Solid Cake

1 cup butter
2 cups sugar
4 eggs
1 cup milk
4 cups sifted flour
2 heaping teaspoons baking powder
1 teaspoon vanilla
1 cup pecan meats

Beat eggs, butter and sugar 15 minutes. Add other ingredients and bake 45 minutes. Mrs. H. Ellerman.

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SILVER CAKE

1 cup butter
2 cups sugar
1 cup milk
½ teaspoon almond extract
3½ cup sifted flour
3½ teaspoons baking powder
8 egg whites

Cream butter and sugar, add milk very little at a time, beating hard, next add flour about ½ cup at a time, into the last flour sift the baking powder, fold in stiffly beaten egg white and flavor last. Bake slowly 1 hour. Mrs. M. Faszholz.

Sour Milk Cake

1 cup sugar
1 tablespoon lard
½ cup butter
1¾ cups flour
½ teaspoon cloves
¼ teaspoon ginger
2 eggs
1 cup sour milk
1 scant teaspoon baking soda
½ teaspoon allspice
¼ teaspoon nutmeg
Grated rind and juice of 1 lemon

Cream butter, sugar and lard; beat eggs. Add baking soda to sour milk, then add to the mixture. Add spices, lemon and flour, then mix all well. Bake in chimney cake pan. Mrs. E. F. Daeumer.

Spanish Buns

2½ cups brown sugar
½ cup butter
1 cup sour milk
4 eggs
1 teaspoon vanilla
2½ cups flour
1 teaspoon soda
1 teaspoon nutmeg
1 teaspoon cloves

Mix as for cake. Bake in a shallow baking pan. When done, cut in squares and pour frosting over. Mrs. J. Vaeth.

Sponge Cake

3 eggs
¾ cup cold water
1½ cups sugar
1½ cups flour
Grated rind of ½ lemon
1 teaspoon vanilla
1 heaping teaspoon baking powder
⅓ teaspoon salt

Beat egg yolks with half the sugar until light, then add water and remainder of sugar, lemon and vanilla. Beat thoroughly. Then add the baking powder, salt and flour sifted three times. Fold in stiffly beaten egg whites. Bake about 30 minutes in a pan well greased and floured.

Frosting

1 cup sugar
3 tablespoons cold water
1 egg white

Boil in double boiler, water in lower part boiling. Beat with Dover egg beater until it has the consistency of whipped cream. Flavor to taste. Mrs. A. Dietrich.

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Sponge Cake

6 eggs
1 cup sugar
Rind of half lemon
½ teaspoon salt
2 tablespoons lemon juice
1 cup flour
1 teaspoon baking powder

Beat egg yolks until thick, add sifted sugar gradually, then grated lemon rind, lemon juice and 3 beaten egg whites. Mix well. Fold in flour which has been sifted with baking powder and salt. Add 3 other beaten egg whites. Bake in ungreased tube pan in moderate oven from 35 to 45 minutes. When cake shrinks from pan remove from oven and turn up side down on cake cooler. It will gradually come out of pan.

Mrs. R. Pohle.

Sponge Cake

3 eggs
1 cup sugar sifted twice
½ cup boiling water
Pinch of salt
1 teaspoon flavoring
1 cup flour sifted 3 times
1 heaping teaspoon baking powder

Beat eggs 5 minutes with egg beater, add sugar and beat 5 minutes with fork. Then add salt, flour and baking powder, finally hot water and flavoring. Bake at once in moderate oven. This makes 2 large layers.

Mrs. W. P. Winner.

Strawberry Jam Cake (Two layers)

1 cup sugar
¾ cup butter
3 eggs beaten separately
¾ cup strawberry jam
⅓ cup milk
2 cups flour (cake)
2 teaspoons baking powder

Cream the sugar and butter, then add the beaten yolks, then the jam and then the flour and baking powder, milk and last fold in the beaten stiff whites.

Filling

1 cup cream
½ cup sugar
1 egg yolk
1 scant tablespoon cornstarch and a little vanilla

Boil until it thickens.

Mrs. A. Grannemann.

Sunshine Cake

6 eggs
1 cup Swansdown flour, sift once before measuring, and 3 times after measuring.
1 cup sugar, sifted 3 times
½ teaspoon cream of tartar
1 teaspoon vanilla

Beat egg yolks to a foam. Add pinch salt to egg whites and beat to a froth, add cream of tartar and beat stiff. Add sugar and beat; add beaten egg yolks and beat again. Then flavor and fold lightly into flour. Bake 40 minutes in slow oven. When cake has raised to top of pan, increase heat so that it will brown quickly.

Mrs. Aug. Ehrhardt.

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Sunshine Cake

5 eggs
1 cup sifted sugar
1 cup flour
Flavoring extract

Beat the egg whites, then fold in sugar; beat the yolks and fold in. Then fold in flour sifted 3 times before measuring and 3 times after measuring. Add flavoring extract and put in ungreased Perfection Pan and light the oven when you are ready to put the cake in. Bake in moderate heat 30 minutes. When taking from oven, turn up side down until cold.

Mrs. F. Ernst.

Two Egg Angel Food

1 cup sugar
1 cup milk
2 teaspoons baking powder
2 egg whites
Flour
Pinch of salt

Sift flour, sugar, baking powder and salt 4 times. Heat milk to boiling point and pour over dry ingredients while hot, stir briskly. Finally add the beaten egg whites. Use any icing you may fancy.

Mrs. M. Miller.

Uncooked Fruit Cake

1½ pound seeded raisins
½ pound currants
¾ pound dates
½ pound figs
½ pound candied cherries
½ pound crystalized pineapple
¼ pound citron
¾ pound shelled pecans
2 cups oatmeal
1½ cups wheat biscuit
1 cup grape juice
1 cup blackberry juice
¾ cup strained honey
4 tablespoons olive oil
⅛ teaspoon nutmeg
Few pieces cinnamon bark
Few whole cloves
Allspice

Mix the fruit juices and add the cinnamon bark, cloves, allspice and nutmeg. Boil slowly. When flavored remove from fire and strain through cheese cloth. Refine oatmeal and wheat biscuit in food chopper before measuring. Reheat fruit juice to boiling point and pour over cereals, cover and set aside over night. Prepare the fruit and nuts as for regular fruit cake, wash currants and let dry over night. When ready to mix, measure honey and olive oil and stir into the fruit juice. Mix nuts and fruit and add to the mixture, working in with the hands. Line a pan with paper brushed over with olive oil, pack mixture into this, a little at a time, pressing it down until it is perfectly solid.

Mrs. D. Flachsbart.

Victory Cake

4 eggs
2 cups sugar
Vanilla
1 cup water
2 cups flour
Pinch of salt

Beat egg yolks and add sugar, vanilla and water, flour and pinch of salt. Beat egg whites and fold into mixture. Bake from 45 minutes to 1 hour in moderate oven.

Mrs. C. v. Behrens.

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White Cake

½ cup butter
2 cups sugar
⅛ teaspoon salt
1 cup sweet milk
2 teaspoons baking powder
5 egg whites
2 cups flour
½ teaspoon lemon
½ teaspoon vanilla

Follow general rules for cake making.
The above makes two layers.
Bake in moderate oven.

Icing

1½ cups sugar
2 tablespoons corn syrup
⅔ cup boiling water
2 egg whites

Mix sugar, syrup and boiling water. Boil slowly until it will form a medium hard ball tested in cold water. Remove from fire and add the two well beaten egg whites. Stir until it has the right consistency to spread on cake. Add flavor. Mrs. A. Wingren.

CAKE FILLINGS AND FROSTINGS

Apple Filling

3 large tart apples (grated)
1 cup sugar
1 teaspoon butter
2 eggs

Boil like a soft custard until well thickened. Cool and spread between layers. Mrs. A. E. Bay.

Apple and Banana Filling

1 egg white
2 cups powdered sugar
1 sour apple grated
2 bananas

Mix beaten egg white, powdered sugar and grated apple. Cut bananas lengthwise and cover with mixture. Spread this on top and between layers. Mrs. J. Vaeth.

Apple and Lemon Filling

1 grated lemon
2 large tart apples grated
1 egg
1 cup sugar

Stir together the lemon, apples, egg and sugar and boil 5 minutes. Cool before spreading. Mrs. Aug. Foell.

Cream Filling with Strawberries

1 cup double cream
⅓ cup powdered sugar
1 teaspoon lemon juice
1 egg white
½ cup strawberries

Beat cream until stiff. Add sugar and beaten egg white until stiff and dry. Add crushed strawberries and lemon juice.

Mrs. R. Husser.

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Colorado Nut Filling

1 cup sour cream
1 cup sugar
1 cup hickory nuts (chopped)

Boil 10 minutes, stir until cool and spread. Mrs. H. Voelkel.

Cream Filling

1 cup sugar
⅓ cup flour
1 teaspoon vanilla
2½ cups milk
2 eggs (well beaten)

Mix the flour, eggs and sugar with the hot milk. Cook in double boiler 10 minutes; when cool add vanilla. Mrs. S. Grosse.

Fruit Filling

1 cup dates cut fine
1 cup raisins
½ cup water
1 cup nuts
1 cup cherries

Boil dates and raisins in ½ cup water about 10 minutes, stir to prevent scorching. When cold add together with nuts and cherries to boiled icing. Mrs. M. Faszholz.

Lemon Apple Filling

¾ cup sugar
1 tablespoon flour
3 tablespoons lemon juice
Pinch of salt
1 apple
1 tablespoon cold water
1 egg

Mix sugar and flour, add lemon juice, cold water, beaten egg, salt and apple which has been pared and grated. Heat all to boiling point; boil 2 minutes, stirring constantly. Cool and spread.

Mrs. J. J. Wasser.

Lemon Filling

1 cup sugar
2 tablespoons butter
1 cup boiled milk
2 eggs
1 tablespoon corn starch

Cream sugar and butter, add well beaten eggs. Dissolve corn starch in a little cold water and add mixed with milk. Boil in double boiler until thick; add lemon flavor to taste. Mrs. F. L. Metzler.

Pineapple Filling

1 egg
1 large tablespoon corn starch
2 tablespoons sugar
Powdered sugar
½ cup water
Pinch of salt
1 small can grated pineapple

Mix egg, corn starch, water and pinch of salt and boil in double boiler until done. Then drain juice from pineapple and set aside to be used for the icing. Add the pineapple pulp to the above mixture, let cool and spread between layers. Now, add enough powdered sugar to the pineapple juice to make icing for the cake.

Mrs. Sophie Mueller.

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Pineapple Filling

1 cup grated pineapple
2 cups sugar
⅔ cup cream or milk

Boil sugar and cream or milk 10 minutes. Remove from fire and beat until thick and smooth. To ⅓ of this add 1 cup grated pineapple to spread between layers. To the remaining ⅔ add enough juice to make it spread smoothly for icing. Mrs. M. Faszholz.

Mock Cream Filling

1 cup powdered sugar
¼ cup butter
¼ cup milk
Vanilla

Cream butter and sugar and add milk slowly.

Mrs. Sophie Mueller.

Pineapple Cake Filling

1 small can pineapple
½ cup sugar
1 egg
1 tablespoon flour or
½ tablespoon corn starch

Boil until thick. Cool before spreading between layers.

Mrs. C. Hunike.

Strawberry Filling

1 cup strawberries
1 egg white
1 cup sugar

Wash berries and mash them. Then add sugar and egg white, beat until stiff like whipped cream. Enough for two layers.

Mrs. H. A. Reinecke.

Chocolate Icing

2 cups powdered sugar
3 tablespoons cocoa
½ teaspoon vanilla
2 tablespoons butter
Cream or cold coffee

Mix sugar cocoa and butter well and add enough cream or cold coffee to make a thick paste. Add the vanilla and spread on cake.

Mrs. D. Flachsbart.

Marshmallow Icing

8 or 10 Campfire Marshmallows
¾ cup sugar
1 tablespoon red label Karo Syrup
3 tablespoons cold water
1 rounded tablespoon marshmallow
1 unbeaten egg white

9 minute marshmallow made in double boiler—water in lower part of double boiler must be boiling before inserting the upper part. Mix sugar, syrup, water, marshmallow and unbeaten egg white and put in upper boiler. Stir constantly for 9 minutes. Let stand 10 minutes. Mrs. L. Buchheimer.

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Uncooked Chocolate Icing

3 tablespoons cocoa
3 tablespoons strong coffee
1 tablespoon butter
4 tablespoons powdered sugar

Sift the cocoa and powdered sugar together. Add coffee, then butter. Stir until thick. Spread on cake immediately.

Mrs. O. Meyer.

TARTS

Almond Tart

1 dozen eggs
1 pound powdered sugar
Rind of 1 lemon
½ pound grated almonds
8 soda crackers

Cream the egg yolks and sugar for 45 minutes. Add the almonds and soda crackers rolled fine, then the lemon rind and beaten egg whites. Bake 1 hour in moderate oven. Mrs. D. Cawein.

Almond Tart

12 eggs
12 crackers rolled fine
1 pound powdered sugar
1 pound grated almonds
Rind of 1 lemon
Juice of ½ lemon
1 pinch cinnamon
2 teaspoons baking powder

Beat 7 whole and 5 yolks of eggs together, then add sugar, almonds, lemon, cinnamon, crackers and finally the baking powder and 5 beaten egg whites. Mrs. W. Riemann.

Apple Tart

3 cups flour
1 cup butter
2 cups sugar
1 egg
1 teaspoonful flavoring
Grated apples

Work flour, butter, sugar, egg and flavoring together and pat in pan with your hand; bake, and cover with grated apples sweetened and flavored to taste; then cover with meringue or whipped cream—also nice with peaches or strawberries. Mrs. M. Methudy.

Apricot Tart

Cream scant cup of butter with ⅔ cup of sugar, 2 eggs, 1 cup flour, 1 teaspoon baking powder. (Bake in spring form). When it sets take out of oven, add 1 can apricots (well drained). Add this on top and bake until finished:

½ pound grated almonds
Juice and rind of 1 lemon
5 egg yolks, creamed with 1 cup sugar

Beat the egg whites, mix all together. Serve with double cream.

Mrs. H. Tiemeyer.

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Graham Tart

1 cup sugar
2 tablespoons butter
3 eggs
¾ cup milk
1 cup nuts
20 large graham crackers
2 teaspoons baking powder

Cream butter and sugar, beat egg separately, chop nuts and roll crackers fine. Mix all the ingredients. Bake in two layers.

Filling

1 cup milk
Sugar to sweeten
1 tablespoon corn starch
1 egg
½ cup nuts
Vanilla to flavor

Sweeten milk, add corn starch and boil until thick, add well beaten egg and vanilla. Chop nuts and add. Use this filling between layers and sprinkle powdered sugar on top.

Mrs. D. Flachsbart.

Hazel Nut Tart

5 eggs
2 tablespoons corn starch
1 teaspoon baking powder
2½ cups grated hazel nuts
1 pound powdered sugar

Beat eggs light, add sugar and beat again. Then fold in corn starch, baking powder and nuts. Bake in bread pan. Serve with whipped cream.

Mrs. M. Faszholz.

Linzer Tart

¾ pound sugar
½ pound butter
2 eggs
¾ pound ground almonds
Grated rind of 1 lemon
¾ pound flour
1 level tablespoon cinnamon
Ground cloves and nutmeg to taste

Cream butter and sugar, add eggs, then almonds, spices and flour; divide dough into two parts, put one part in tart pan, cover with plum or damson butter; cover with cross-bars of remaining dough and bake one hour.

Mrs. M. Methudy.

Linzer Tart

½ pound sugar
½ pound butter
½ pound ground almonds
½ pound flour
Rind and juice of 1 lemon
2 eggs
1 teaspoon cinnamon
½ teaspoon cloves
1 teaspoon baking powder

After mixing the above ingredients knead on bread board until well mixed. Then roll out a portion to line the bottom of a pan, spread preserve (strawberry preferred) over this, then roll out small strips and lay cross-wise over the preserve. Finish with a wide strip around the edge. Bake 1 hour in a moderate oven.

Mrs. Wm. Ungerer.

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Almond Cakes

1 pound sugar
1 pound butter
1 pound grated almonds
Rind of 1 lemon
1½ pounds flour
4 eggs
5 cents worth of rose water

Cream thoroughly butter, sugar, eggs and lemon rind, add grated almonds and rose water. Finally add the flour. Roll out the dough ½ inch thick and cut in stars or other figures. Bake light brown.

Mrs. D. Cawein.

Almond Mounds

5 egg whites
1 pound powder sugar
Few grains of salt
1 pound blanched almonds (shaved)
1 heaping tablespoon sugar

Roast almonds with sugar. Beat egg whites very stiff, add powdered sugar and beat smooth, stir in lightly the almonds. Drop on bake sheet which has been rubbed well with bees-wax. Bake very slowly.

Mrs. M. Faszholz.

Almond Nuts

½ pound sugar
½ pound chopped almonds
½ pound flour
2 ounces butter
3 eggs
Rind of 1 lemon

Cream butter and sugar, add eggs and chopped almonds, flour and grated lemon rind. Stir this 15 minutes, then shape into small balls and bake in a slow oven.

Mrs. D. Cawein.

Anise Cookies

6 eggs
1 pound powdered sugar
Flour
6 drops anise oil
4 teaspoons baking powder

Beat well egg whites and powdered sugar, then add egg yolks and anise oil. Add flour and baking powder, using enough flour to roll out. Roll out in forms evening before baking. This makes about 100 cookies.

Mrs. C. W. Hessel, Jr.

Butter Cakes

½ pound butter
2 cups sugar
4 eggs
1 level teaspoon cinnamon
1 teaspoon grated hartshorn
Flour

Follow general rule for mixing.
Use enough flour to roll out.

Mrs. C. Zimmermann.

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Butter Scotch Cookies

4 cups brown sugar
1 cup butter
4 eggs
1 tablespoon vanilla
1 tablespoon cream of tartar
1 tablespoon baking soda
6½ cups flour
Pinch of salt

Mix, shape in loaf evening before baking. **Next day** slice and bake.

Mrs. F. A. Balzer.

Chocolate Almond Cakes

1 pound sugar
5 eggs
¼ pound chocolate
¼ pound chopped almonds
½ teaspoon baking powder
Flour to stiffen

Beat sugar and eggs, add grated chocolate, almonds, flour and baking powder. Roll like a sausage on a sugar strewn board, cut in thin slices and bake like cookies.

Miss L. Foell.

Cinnamon Cakes

1 cup sugar
2 beaten eggs
2 teaspoons baking powder
½ cup chopped nuts
3 teaspoons cinnamon

Mix the above ingredients, adding flour to stiffen. Drop dough from spoon.

Miss L. Foell.

Cocoanut Cookies

1 fresh cocoanut (grated)
Milk of the cocoanut
2 eggs
Flour
½ cup butter
2 cups sugar
2 heaping teaspoons baking powder

Cream butter, sugar and eggs, add milk of cocoanut, then cocoanut. Stir in sifted flour and baking powder. Flour enough to roll out.

Cookies

1 pound butter
2 pounds powdered sugar
Flour
1 dozen eggs
1 teaspoon baking powder

Follow general rule for mixing.
Use enough flour to make dough stiff enough to roll.
Use any flavoring desired.

Mrs. H. Ellerman.

Corn Flake Kisses

2 cups corn flakes
1 cup sugar
2 egg whites
1 cup cocoanut
1 cup chopped nuts
1 teaspoon vanilla

Beat egg whites and gradually add sugar, beating for about 2 minutes, then add other ingredients. Drop in teaspoonfuls on oiled paper and bake in moderate oven.

Mrs. L. Recker.

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Cocoanut Kisses

1 can Borden's Eagle Brand Condensed Milk
1 pound shredded cocoanut

Mix thoroughly and drop in greased tins and bake carefully.

Mrs. H. A. Reinecke.

Cocoanut Macaroons

1¼ cups cocoanut
⅓ cup condensed milk
½ teaspoon vanilla
1 egg white

Mix milk and cocoanut, add vanilla, then beaten egg white. Bake in moderate oven.

Mrs. C. v. Behrens.

Date Bars

1 cup dates
1 cup nuts, any kind
8 pieces plain toast
4 eggs
¾ cup sugar
1 teaspoon baking powder

Beat eggs, add sugar and the toast, nuts and dates which have been ground together in food chopper. Add baking powder. Put in bread pans and bake in moderate oven. When cool spread with butter icing and cut in bars.

Mrs. W. T. Meyer.

Date Cookies

1 cup sugar
2 eggs
1 cup dates
1 cup pecans
1 cup flour
1 teaspoon baking powder

Drop in greased pan and bake in moderate oven.

Mrs. C. v. Behrens.

Date and Nut Bars

1 package dates, chopped
1 cup sugar
1 cup flour
½ cup nuts
⅓ cup milk
1 teaspoon baking powder
Vanilla
Powdered sugar

Mix and spread ½ inch thick in well floured pan and bake slowly in moderate oven. When done lay on board and sprinkle with powdered sugar. Cut in 2 inch bars.

Mrs. M. Schmidt.

Fruit Cookies

1 cup butter
2 cups sugar
1 cup raisins cut fine
2 eggs
1 teaspoon cloves
1 teaspoon nutmeg
1 teaspoon cinnamon
1 teaspoon baking soda
3 tablespoons sour milk
Flour

Dissolve baking soda in sour milk and follow general directions for cake mixing.

Mrs. A. G. Boerner.

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Fruit Cookies or Rocks

1 cup butter
1½ cups sugar
3 eggs
1 teaspoon baking soda
3¼ cups flour
½ teaspoon salt
1 teaspoon cinnamon
1 cup nut meats, coarsely chopped
½ cup raisins
½ cup currants

Cream butter and add sugar gradually. When light and creamy, add well beaten eggs and baking soda dissolved in 1½ tablespoon hot water. Stir in 2 cups of flour which has been sifted with salt and cinnamon. Add nut meats, raisins and currants with the remaining 1¼ cups flour. Drop mixture teaspoonful at a time on buttered baking sheet, 1 inch apart and bake in moderate oven.

Mrs. J. H. DeBuhr.

Fruit Drops

1 scant cup butter
1½ cups sugar
2¾ cups flour
1 pound nuts (English walnuts preferred)
1 pound dates
3 eggs
1 teaspoon baking soda
1 teaspoon baking powder
½ teaspoon cloves
1 teaspoon cinnamon

Drop on buttered pans and bake. Miss S. E. Zesch.

Fruit Jumbles

2 cups sugar
1 cup butter
5 cups flour
5 eggs
1 teacup milk
¼ teaspoon cloves (ground)
½ teaspoon baking soda
¼ pound currants (rolled in flour)
¼ teaspoon cinnamon
¼ teaspoon nutmeg
¼ teaspoon allspice

Cream butter and sugar, add egg yolks and milk in which baking soda has been dissolved, flour, currants, and finally the beaten egg whites. Turn the dough on a floured board, knead lightly and roll out. Cut round and bake in a quick oven. Mrs. Jos. A. Frederich.

Ginger Cookies

1 cup shortening
1 cup sugar
1 egg
1 cup molasses
½ cup sour milk
Flour
1 heaping teaspoon baking soda
1 teaspoon cinnamon
1 teaspoon ginger
½ teaspoon cloves
Nutmeg and salt

Cream shortening and sugar, add egg, molasses, sour milk and baking soda which has been dissolved in sour milk, spices, salt and flour. Roll out thin, cut and bake. Mrs. O. Hermann.

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Ginger Cakes

1 cup sugar
1 cup butter
1 egg
1 cup dark molasses
½ cup boiling water
1 teaspoon ginger
1 tablespoon baking soda
Flour

Mix sugar, butter, molasses, egg. Add baking soda to water and mix with other ingredients. Add enough flour to roll out. This makes 50 to 60 cookies. Mrs. C. W. Hessel, Jr.

Hartshorn Cookies

6 cups sugar
6 eggs
2 heaping cups lard
½ cup milk
1 tablespoon hartshorn
½ teaspoon anise oil
1 cup boiling water
Flour

Cream sugar and lard together and add well beaten eggs. Add milk in which hartshorn has been dissolved. Drain off the milk. Pour boiling water over the settlings of the hartshorn. Then add anise oil. Use enough flour to make dough stiff enough to roll out. Cut in fancy shapes. Bake in hot oven. Mrs. Geo. Burrows.

Leaf Lard Cookies

1 pound fresh leaf lard
1 pound flour
Ice-cold salt water
Jelly or nuts

Grind lard and mix with ½ pound flour. Mix the remaining ½ pound flour with salt water until dough is soft. Roll out the water dough, place the grease dough in center and roll together. Fold it up and lay in a cool place for 10 minutes, then roll out again. Repeat this 4 times. Form small horns and fill with jelly or nuts. Bake in hot oven. Mrs. L. Fink.

Lebkuchen

1 quart syrup
1 pound brown sugar
½ pound citron
½ pound blanched almonds
Juice and rind of 4 lemons
1 egg white
½ cup powdered sugar
1 teaspoon ground cinnamon
1 teaspoon ground allspice
1 nutmeg
½ cup melted butter
2 teaspoons baking soda
Flour

Bring syrup to a boil. Remove from fire and add brown sugar. Let cool. When cool, put about 4 cups of flour in a bowl and stir in slowly the syrup and sugar. When well mixed, stir in citron and almonds, chopped, lemon rind and juice, cinnamon, allspice, nutmeg, then the melted butter and the baking soda dissolved in a little hot water. Add flour to make stiff enough to roll out. Cut in any desired shapes. Before putting in pan, spread with icing made of egg white and powdered sugar, beaten until stiff. Spread on very thinly and place one half of a blanched almond in center of cakes. Bake in a very slow oven. Mrs. A. H. Toennies.

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Macaroons

1 cup sugar
2 teaspoons baking powder
1 tablespoon butter
1 teaspoon vanilla
2 eggs
2½ cups Quaker Oats

Cream butter and sugar, add egg yolks and Quaker Oats to which baking powder has been added, also add vanilla. Beat egg whites stiff and add last. Drop on buttered tins as they spread. Bake in slow oven. Makes about 65 cookies. Mrs. R. Niedner.

Marguerites

2 cups brown sugar
4 eggs, beaten
½ teaspoon baking powder
2 cups nuts
1 cup flour

Mix well and spread on layer cake tins to bake. When nearly cold cut in oblong pieces and ice with white or chocolate icing.
Mrs. Dan Flachsbart.

Molasses Brittles

½ cup molasses
1 tablespoon butter
1 tablespoon lard
⅔ cup milk
1 egg
½ teaspoon vanilla
1⅓ cups flour
⅓ teaspoon baking soda
¾ teaspoon baking powder
½ teaspoon cinnamon
¼ teaspoon allspice

Follow general rule for mixing. Mrs. H. Bohmeyer.

Molasses Cookies

2 quarts flour
1¼ pounds molasses
1½ cups sugar
1 cup butter or lard
2 eggs
1 tablespoon baking soda
1 teaspoon cloves
5 cents worth cardamom

Let molasses and butter come to a boil, then add sugar and let cool a little. Add eggs, flour and baking soda. Let stand for 2 weeks. After that roll out thin and bake in hot oven. Pack cookies in tin box. Mrs. P. Schubert.

Molasses Cookies

1¾ cups lard
2 cups sugar
2 eggs
Flour
2 cups molasses
1 tablespoon ginger
2 teaspoons baking soda

Follow general rule for mixing.
Use flour enough to roll out. Mrs. C. Zimmermann.

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Nut Cakes

4 cups flour
1 cup butter
¾ cup sugar
1 egg white
3 egg yolks
¾ teaspoon vanilla
¼ cup chopped walnuts

Follow general rule for mixing. Mrs. M. Bohmeyer.

Oatmeal Cookies

2 cups oatmeal
1 cup raisins
1 cup sugar
1 teaspoon cinnamon
1 teaspoon baking soda
1 teaspoon salt
1 cup butter
2 cups sifted flour
2 eggs
4 teaspoons milk

Beat egg whites and yolks separately, then mix with the other ingredients, adding the milk last. Drop in pan with spoon and bake.

Mrs. Willis Brown.

Oatmeal Cookies

1 cup butter
2 cups brown sugar
2 eggs
1 teaspoon baking soda
1 tablespoon hot water
4 cups oatmeal (rolled)
1 cup cocoanut
2 cups flour
½ teaspoon baking powder
Pinch of salt

Beat together butter, sugar and eggs, then add gradually the oatmeal, cocoanut, baking soda and flour. This makes a very stiff dough. Drop into greased pans with spoon. Bake until brown.

Mrs. E. F. Daeumer.

Orange Rings

½ cup butter
1 grated orange rind
2 beaten eggs
¼ teaspoon salt
1 cup sugar
Juice of 1 orange
2½ cups flour
2 level teaspoons baking powder

Mix, roll and cut with doughnut cutter. Place chopped nuts on top. Bake in moderate oven. Mrs. C. Hunike.

Raisin Cookies

1 half pint cup butter
1⅓ cups brown sugar
1 cup walnut meats
1 cup chopped raisins
1 teaspoon cinnamon
1 teaspoon cloves
1 teaspoon allspice
1 heaping teaspoon baking soda
1 teaspoon salt
1 cup warm water
Flour enough to make a stiff batter

Cream the butter and sugar; add salt, nuts, raisins and spices; dissolve the soda in the warm water and mix in; then work in the flour. Roll in sheet about ¼ inch and cut in any desired shape.

Mrs. C. J. Metzler.

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Rocks

1 scant cup butter
1½ cups brown sugar
3 eggs
½ teaspoon baking soda
1 cup raisins
2 teaspoons cinnamon
3 cups flour

Cream sugar and butter. Flour the fruit with part of flour. Mix all together to a stiff batter. Drop spoonful at a time in a buttered tin. Not too close. Bake in moderate oven. Mrs. B. Taenzer.

Spice Cookies

2 cups sugar
1 cup butter
4 eggs
1 cup chopped raisins
1 pound nuts
1 teaspoon cinnamon
1 teaspoon nutmeg
1 teaspoon cloves
2 tablespoons minced citron
1 teaspoon baking soda
2 tablespoons sour milk
Flour

Follow general rule for cake baking.
Use enough flour to roll out. Mrs. G. Asche.

Sugar Cookies

1 cup butter
2 cups sugar
2 teaspoons baking powder
Flour
4 eggs
1 teaspon lemon extract
A pinch of pepper

Cream butter and sugar, add eggs, extract, and pepper, and baking powder sifted with enough flour to roll out thin and cut. Bake quickly in hot oven to a light brown. Mrs. S. Frantz.

Walnut Molasses Bars

¼ cup butter
¼ cup lard
¼ cup boiling water
½ cup brown sugar
½ cup molasses
1 teaspoon baking soda
3 cups flour
½ teaspoon ginger
⅓ teaspoon nutmeg
⅛ teaspoon cloves
1 teaspoon salt
Chopped walnuts

Pour water over butter and lard, add sugar and molasses mixed with baking soda, then add flour salt and spices. Chill thoroughly, roll ¼ inch thick, cut in strips and bake 10 minutes.

Mrs. B. Schieferdecker.

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White Libcakes

5 eggs
1 pound powdered sugar
½ pound almonds
½ teaspoon hartshorn
¼ pound citron
⅛ teaspoon cinnamon
⅛ teaspoon cloves

Beat eggs until light, then add sugar. Add ground almonds and citron, cloves and cinnamon. Add enough flour with hartshorn so that dough can be dropped from spoon into greased pans. Bake in moderate oven.

Mrs. E. Quense.

Cocoa Muffins

5 tablespoons butter
1½ cups sugar
2 eggs
½ cup milk
½ cup cocoa
1½ cups flour
1½ teaspoons baking powder
⅛ teaspoon baking soda dissolved in 1 teaspoon water
Vanilla

Cream butter and sugar, add eggs. Sift flour, baking powder and cocoa separately. Add baking soda, then flour. Put in muffin tins and bake in hot oven.

Mrs. H. Ellerman.

Cocoanut Gems

½ cup butter
2 cups flour
1 cup sugar
½ cup milk
1 cup cocoanut, shredded
3 egg whites

Beat butter, sugar and eggs together, add milk and cocoanut. Then add flour sifted 3 times. Bake in half filled gem pans.

Mrs. A. E. Bay.

Cocoanut Muffins

½ cup butter
1½ cup sugar
4 eggs
2 teaspoons baking powder
½ cup milk
3 cups flour
½ cup grated cocoanut

Beat butter and sugar until creamy. Add egg yolks, milk and flour and beat until smooth. Add cocoanut, egg whites and baking powder. Bake in muffin tins.

Mrs. J. H. DeBuhr.

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Marguerites

2 eggs
1 cup brown sugar
½ cup flour
¼ teaspoon baking powder
⅓ teaspoon salt
1 cup pecan meats, cut in small pieces

Beat eggs slightly and add remaining ingredients in order given. Fill small buttered tins ⅔ full of mixture and bake 15 minutes in moderate oven. Mrs. Aug. Foell.

Queen of Muffins

½ cup butter (scant)
1 cup sugar
2 eggs
A little vanilla
1 cup milk (scant)
3 cups flour
3 teaspoons baking powder

Follow general rule for mixing. Mrs. G. O. Hoppe.

CANDIES AND CONFECTIONS

Chocolate Caramels

1 cup sugar
½ cup butter
1 cup milk
¼ pound grated chocolate
1 cup molasses

Cream sugar and butter together. Add chocolate, molasses and milk. Beat well and boil until it hardens when dropped into cold water. Pour into well buttered tin pans. Mrs. Geo. Buettner.

Cocoanut Candy

2 cups brown sugar
1 egg white
½ cup water

Boil brown sugar and water until very thick, pour on stiffly beaten egg white. Beat until cool, then mix in shredded cocoanut. Fresh grated cocoanut is best, but it must be dried out in oven or slightly roasted. Miss Edith Faszholz.

Divinity Candy

3 cups granulated sugar
1 cup syrup
2 cups English walnuts or pecans or raisins
1½ cups water
1 tablespoon vinegar
1 teaspoon vanilla
Whites of 3 eggs

Boil sugar, syrup, water, vinegar and vanilla slowly without stirring, until a sample hardens in cold water. Set aside to cool.

Take whites of eggs and beat stiff; when mixture has slightly cooled, quickly turn in the whites of eggs and beat until the whole is light and smooth (about 20 minutes). Have ready the English walnuts or pecans and raisins and stir in gently avoiding as much as possible breaking the nuts. Miss Selma E. Zesch.

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Fudge

2 cups sugar
2 squares bitter chocolate or 4 tablespoons cocoa
1 cup milk
2 tablespoons butter
1 teaspoon vanilla

Boil sugar, chocolate (or cocoa) and milk together until it reaches the soft ball stage. Remove from fire and add butter and flavoring. Beat until creamy and thick. Pour quickly into buttered tin. When firm cut in squares. Nuts, raisins or fruits may be added while beating.

Mrs. J. H. Schmidt.

Marshmallows

1 envelope gelatine
20 tablespoons cold water
2 cups sugar

Soak gelatine in 10 tablespoons cold water. Heat sugar, moistened with ten tablespoonfuls water till dissolved. Add gelatine to syrup and let stand until partially cooled. Add salt and flavoring to taste; beat with a whip until stiff; then with a large spoon until only soft enough to settle into a sheet. Dust pans thickly with confectioner's sugar; pour in the candy about half inch deep and set in cool place until thoroughly chilled. Turn out, cut in cubes and roll in confectioner's sugar. This recipe will make over 100 marshmallows. Nuts, chocolate, fruit juices may be used in place of part of the water, or candied fruits, chopped, may be added, or the plain ones rolled in grated cocoanut before being sugared. Dates stuffed with this confection are delicious.

Miss Selma E. Zesch.

Peanut Brittle

1 cup peanuts
2 cups sugar

Prepare peanuts. Melt sugar over slow fire until melted, then pour this into a buttered pan into which peanuts have been strewn.

Miss Selma E. Zesch.

Turkish Delight

1 oz. (2 heaping tablespoons) Knox's Instant Powdered Gelatine
1¼ cup water
1 pound (2 cups) sugar
1 teaspoon powdered citric acid
1 teaspoon lemon extract
1 teaspoon vanilla extract
Red coloring
Yellow coloring
2 ounces finely chopped blanched almonds

Put the gelatine into a saucepan, add the water, sugar and acid; bring slowly to boiling point; then boil gently for ten minutes, stirring occasionally. Rinse two plates with cold water; put the red coloring and vanilla into one; into the other put the almonds, lemon extract and yellow coloring. Strain the mixture into each, and stir. Set in a cold place till cold and firm; then cut into neat squares, using a knife constantly dipped into boiling water, and roll in confectioner's sugar. For red coloring (Dr. Price's) fruit coloring or some of the red tablet that comes with Knox's gelatine can be used.

Miss Selma E. Zesch.

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Sea Foam

2 cups brown sugar
1 egg white
¼ cup water

Boil sugar and water about 5 minutes or until it forms a soft ball when dropped in water. Have egg beaten stiff and add the boiled mixture gradually to the beaten egg. When it sets, drop by spoonfuls on waxed paper. If desired ¼ cup chopped nuts may be added when all is mixed.

Miss Viola Schmitt.

Stuffed Dates

Remove the seed by splitting the dates lengthwise. Fill the center with chopped nut meats, cherries or peanut butter.

Mrs. H. Rapp.

Orientals

1 pound figs
1 pound raisins
1 pound dates
1 pound nuts

Grind in meat grinder and mix. Roll out on sugared board.

In grinding, after each of the fruits, throw into the grinder a handful of nuts; this will keep the stickiness away.

Cut in diamonds, squares or make into small balls.

Miss S. E. Zesch.

Salted Almonds

½ pound almonds
1 teaspoon butter
Salt

Blanche almonds and spread on shallow tin with butter. Place on upper grate in moderate oven. Stir often until slightly browned. Sprinkle with salt as soon as removed from oven. Peanuts may be made the same way.

Mrs. Theo. W. Eckhart.

SANDWICH FILLINGS

Sandwiches, form the foundation of any lunch and are of endless variety.

The bread should be at least twenty-four hours old and should be sliced very thin; if the edges are trimmed off the sandwiches are daintier but many prefer leaving the crust on.

It is not necessary to waste left-over sandwiches nor to serve them when dry. Nearly any kind of a sandwich may be toasted lightly on each side and made appetizing.

Braunschweiger Sandwich Filling

½ lb. Braunschweiger sausage
1 small can pimentos
1 sour pickle
1 small onion
1 hard boiled egg
Mayonnaise

Grind and mix with mayonnaise.

Mrs. Geo. Guenther.

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Cheese Dreams

Bread
Butter
Cream cheese

Slice bread thin, make sandwich with cheeese (use cheese sparingly). Put butter in pan on top of stove and fry sandwiches on both sides slowly to a golden brown. Cheese will be melted by the time the bread is brown. If too much cheese is used it will run out into the pan. Bread cut with a cookie cutter looks pretty. Mrs. A. Vellner.

Club Sandwich

Lettuce
Thin slices of meat, chicken, turkey, veal, etc.
Thin slices of bacon, fried
Dill pickle, sliced thin
2 slices hot toast

Place crisp lettuce leaf on toast and arrange other ingredients in order given above ending with toast. Serve hot.

Mrs. F. C. Brockmeier.

Deviled Ham Sandwich Filling

½ pound boiled ham
3 teaspoons salad dressing or mustard
4 eggs
Lettuce leaves
Pepper

Grind ham, boil eggs hard; when cool chop fine and add to ham. Season with pepper and dressing. Serve with lettuce leaf in each sandwich.

Mrs. C. W. Hessel, Jr.

Egg Sandwich Filling

1 hard boiled egg
Butter
Mustard
1 tablespoon vinegar
Salt
Sugar
1 tablespoon cream

Boil egg hard, take out yolk, mash, and add small piece of butter, a little mustard, salt and sugar to taste. Also add cream, vinegar and minced egg white.

Mrs. M. Faszholz.

Fig Sandwich Filling

½ pound figs
½ cup pecans
2 oranges

Grind figs in food chopper, add nuts and juice of oranges, pack tight in jar. Spread on whole wheat bread.

Mrs. A. Vellner.

Wyandotte Sandwich Filling

½ pound boiled ham
2 hard boiled eggs
1 sour pickle
1 small onion
2 cups shelled peanuts
Mayonnaise

Grind and mix with mayonnaise.

Mrs. Geo. Guenther.

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Pimento Cheese Sandwich Filling

2 eggs
1 tablespoon sugar
1 cup cream
½ pound cream cheese
3 tablespoons vinegar
1 teaspoon dry mustard
3 tablespoons pimento or green pepper
Pinch of salt

Mix sugar, mustard and salt, add eggs beaten a little, then add cream. Boil these ingredients and add vinegar, then boil again. Grate cheese and pour dressing over same, mix well and garnish with pimentos or green peppers.

Mrs. L. R. Simpson.

SOME WAYS OF USING LEFT-OVERS

1. Milk

Sweet Milk

(a) In soups, sauces, gravy.
(b) For cooking cereals.
(c) In puddings, custards.
(d) For baking bread, cake cookies, etc.

Sour Milk

(a) For cottage cheese.
(b) With soda in making griddle cakes, muffins, biscuits, gingerbread, cookies.
(c) In salad dressings.

2. Meat and Fish

(a) For meat pies with mashed potatoes, baking powder biscuit or pastry crusts; stews; hash; creamed or escalloped dishes; soup; baked croquettes.
(b) In omelets, or with scrambled eggs.
(c) In salad or as sandwich filling.
(d) Use bones for flavoring soup.

3. Vegetables

(a) For salad.
(b) In soup, stew, hash, croquettes, omelet, etc.

4. Eggs

Uncooked Eggs

(a) Uncooked left-over egg may be used in white sauce for scalloped dishes or croquettes, with chopped meat or with bread or cracker crumbs for egging and crumbing.
(b) Raw yolks may be used for salad dressings.
(c) Raw whites for angel cakes, etc., or icings.

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Soft Cooked Eggs

(a) Hard cook and use for sandwich filling, garnish for spinach, salad, creamed toast, soup.

(b) Add to any croquettes or hash.

5. Canned or Cut Fruit, or Juices

(a) Fruit salad.

(b) Tapioca, gelatin, or cornstarch pudding.

6. Stale Bread

(a) Dry and grind. Store in a cheese cloth sack or in a jar or crock which is covered with cheese cloth. Keep in a dry place.

Uses of Crumbs

1. Griddle cakes (half crumbs and half flour*).
2. Muffins (half crumbs and half flour*).
3. Ginger bread (one-third crumbs and two-thirds flour*).
4. Light bread (moisten and add to sponge).
5. Stuffing for meat, fish or fowl.
6. Escalloped dishes.
7. Croquettes.
8. Puddings as Brown Betty, chocolate bread pudding, etc.

*Moisten as much as for medium stuffing and add to a batter which is thicker than usual.

(b) Stuffings, puddings, etc.

(c) Toast, croutons or toasted ½ inch cubes of bread, bread sticks or toasted strips of bread. The latter two are served with soup.

(d) Patty shells. Make by cutting a slice of bread one-inch thick. Make a circular cut with a cookie cutter or baking powder can, almost through the crumb. Brown the whole slice and with a tumbler press the inner circle flat, making a cup for the creamed dish you wish to serve.

(e) Thickening for stewed tomatoes.

(f) French toast served with syrup, or as foundation for poached eggs or creamed dishes. French toast is bread which has been dipped in egg and milk and browned on a hot, greased griddle.

7. Cooked Cereal

(a) As thickening for soups.

(b) As patties or croquettes. Make of rice or hominy by mixing these with egg and browning in fat.

(c) Slice and sauté in small amount of fat.

(d) In muffins or griddle cakes in place of ¼ of the flour. Use less liquid for such batters.

(e) Rice or hominy can be used in omelets, or baked with fruits, such as apples, prunes, apricots, etc.

(f) In puddings.

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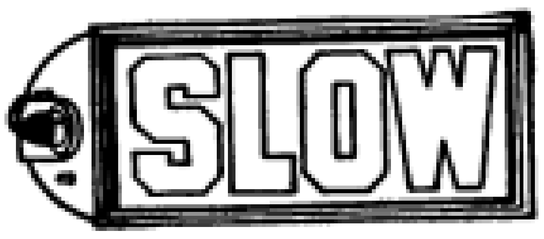

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STALE BREAD RECIPES

Bread Biscuits

2 cups bread crumbs
1 cup flour
1 teaspoon salt
2 cups milk
2 teaspoons baking powder
2 tablespoons lard

Soak bread crumbs in milk. Sift flour, salt and baking powder, add to crumbs and milk, add melted lard. Mix and use enough flour to roll out and cut with biscuit cutter. Bake in hot oven.

Mrs. John Flood.

Croutons

Cut stale bread into ⅓ inch cubes and brown in oven. Stir occasionally with a spoon so that they will brown evenly. Nice to serve with soup.

Mrs. John Flood.

Crumb Apple Sauce Pudding

3 cups bread crumbs
Sugar and cinnamon
3 cups apple sauce

Season apple sauce with sugar and cinnamon. Cover bottom of pudding dish with 1 cup bread crumbs, spread with 1 cup apple sauce. Repeat this 3 times. Bake about 20 minutes in moderate oven. Serve with cream.

Mrs. John Flood.

Bread Pop-Overs

1 cup milk
2 eggs
1½ cups bread crumbs
¼ teaspoon salt

Mix salt and bread crumbs, add milk and eggs beaten until light. Beat 2 minutes, turn into buttered gem pans and bake from 30 to 40 minutes in hot oven.

Mrs. John Flood.

Bread Pancakes

2 eggs
2 cups bread crumbs
1½ pints sour or butter milk
¼ teaspoon salt
1 tablespoon melted butter
2 tablespoons flour
½ teaspoon baking soda

Beat eggs light, add bread crumbs and sour milk, sift in flour, baking soda and salt, then the butter. Bake on griddle.

Mrs. M. Faszholz.

French Toast

4 eggs
Teaspoon salt
Slices stale bread
1 pint milk

Beat eggs. Add milk and salt. Have slices of stale bread ready. Dip the bread in mixture. Fry slices to a golden brown on both sides. Serve with sugar sprinkled over or tart jelly. Children like milk on it.

Mrs. O. F. Schmitt.

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Steak with Dressing

½ loaf stale bread
2 tablespoons butter
⅓ cup milk
A little nutmeg
1 tablespoon chopped parsley
1 teaspoon pepper
1 onion
1 egg
1 tablespoon salt
2 slices bacon

Soak bread in water, squeeze dry, add butter, milk, egg, onion, parsley, salt and pepper. Mix thoroughly and then spread this stuffing on a round steak. Roll steak and fasten with skewers. Put into baking pan, sprinkle with salt and pepper and bread crumbs. Add ⅓ cup water. Bake 1 hour in moderate oven. Mrs. John Flood.

Fried Rolls

Stale milk rolls (small)
Milk
Almonds.
Hot lard
Cinnamon
Sugar

Grate the crust of milk rolls. Soak remainder in milk. When soft roll in grated portion. Insert almonds cut lengthwise, very thin, into outside roll and fry in hot lard. Roll in cinnamon and sugar.

Miss A. M. Riethmueller.

Other ways of using stale bread will be found throughout the book.

CANNING, PRESERVING AND PICKLING

General Directions

Test all jars for leakage before using. To do this, fill with water, put on rubber and cover, seal and invert.

Sterilize all utensils, jars, covers, etc., by covering with cold water, and boil for 10 minutes. Use only new rubbers and dip in boiling water just before using.

Use wide-mouthed funnel when filling jars to avoid loss of material and keep jar rim clean.

Invert all jars after filling and sealing.

Fruit should be sound, firm and not overripe and carefully prepared.

Clean fruit, clean hands, clean utensils, and a clean kitchen free from flies, are essential for safety and success.

Keep products in a cool place. Avoid freezing in winter.

Use of Sugar in Canning Fruit

Sugar is used in canning fruit for the purpose of improving flavor and is not necessary for preservation.

Thin Syrup.—1 part sugar to 2 parts water for sweet fruits.

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Medium Syrup.—1 part sugar to 1 part water for berries and medium sweet fruits.

Thick Syrup.—2 parts sugar to 1 part water for sour fruits.

To make syrup add sugar to boiling water. Stir until all sugar is dissolved, boil 2 or 3 minutes.

Why Fruits and Vegetables Spoil

There are present everywhere very tiny plants known as bacteria, yeasts, and molds which are called micro-organisms because they can be seen only with a microscope. These small organisms cause the spoilage of food. If, in the process of canning, they are killed by heat, and if the jar is sealed so tightly that no more can enter, food will keep indefinitely. In the cold pack method of canning the partially sealed jar with its contents is heated to a high enough temperature for a sufficient time to kill all of the micro-organisms present. Then the jar is sealed tightly. Killing such organisms by heat is called sterilization.

Methods of Canning

Household canning may be done by the open kettle method or the cold pack method. In the former, the material to be canned is completely cooked before it is put into the jar. In the latter, or cold pack method, the cooking and sterilizing are mainly done after the material has been packed in the jar.

The advantages of the cold pack method over the open kettle method are: (1) It is adapted to all fruits and vegetables; (2) It is more certain; (3) it saves time and labor; and (4) it produces a more uniform product with a better color, better flavor, and better shape.

One-Period Cold Pack Method

Steps in Canning

1. Select only fresh fruits and vegetables. Do not attempt to can over-ripe fruit or over-mature vegetables.
2. Clean and prepare the product.
3. Scald or blanch as directed. Only enough of the product should be blanched at one time to fill a few jars.
4. Cold dip immediately.
5. Pack product at once in the jar and adjust rubber.
6. Add a teaspoonful of salt for each quart of vegetables.
7. Fill jar with hot water or syrup.
8. Adjust top, but leave it slightly loose.
9. Sterilize the required time.
10. Remove from canner and finish sealing. Do not remove top or rubber after sterilization. Place jars out of draft to cool.

Filling.—Add one teaspoonful of salt to each quart of vegetables. Add sufficient boiling water to vegetables and enough syrup to fruits,

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"Our Redeemer L. A. S." Apple Butter

Apple Butter, Apple Butter!
Who doesn't like Apple Butter?
"Our Redeemer L. A. S." brand
Found on hand, at the Pure Food stand,
Of their annual Harvest Social.

Kiddies cry: "The time is nigh;
Mother get it quick and spread it on thick!"
The older ones too their orders renew.
The name has always stood
For the best of everything that's good.

* * *

3 barrels Jonathan apples
10 good paring knives
1 good apple parer
10 good ladies to core them
10 pans for cores
1 large kettle
1 stirrer (stirring ladle)
1 load cord wood
54 pounds sugar
Water, cinnamon and Star Anise
5 ladies to stir
24 jars
4 pounds paraffine
3 ladies to sell it
Many children to eat it

Baked Apple Butter

1 peck apples (Jonathan preferred)
5 cups sugar
1 pint cider
3 sticks cinnamon
5 stars anise

Pare apples and cut in small pieces. Boil on top of stove with cider. Then put through a sieve. Add sugar, cinnamon and anise. Bake in oven about 3 hours. Mrs. E. Quense.

Spiced Currants

7 pounds currants (red or fresh)
5 pounds brown sugar
1 pint vinegar
3 tablespoons cinnamon
3 tablespoons cloves

Pick over currants, wash, drain and remove stems, put in preserving kettle, add sugar, vinegar and spices (tied in bag). Heat to boiling point. Add ingredients and boil slowly 1 hour and 30 minutes. Mrs. W. G. Graul.

Orange Marmalade

1 square basket blue or large red plums
2 oranges
1 small package seedless raisins
4 cups sugar

Wash plums and cut in half, removing seeds. Cut oranges in small squares, together with the rind. Add raisins and sugar and mix well. Let stand 1 hour. Then boil until thick, letting it boil about 30 minutes after it comences to boil. Put in jars while hot and seal with parafine. Mrs. C. J. Beckermann.

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Winter Marmalade

1 pound dried apricots
1 quart apple sauce
Scant quart sugar
Juice of 1 orange

Wash apricots thoroughly, cover with hot water and soak over night. Make one quart of smooth apple sauce. Rub the softened apricots through a sieve to remove fibres, and stir the pulp, the sauce, sugar and orange juice thoroughly together. Cook very slowly, about forty-five minutes. Put in jelly glasses and when cold, cover with paraffin.

Mrs. F. T. Mueller.

Cherry Conserve

2 pineapples
4 quarts cherries
1 quart strawberries

Peel pineapples and grind fine. Pick strawberries and stone cherries. Weigh fruit, add equal weight sugar and cook vigorously for 10 minutes.

Mrs. A. Vellner.

Cranberry and Raisin Conserve

3 cups seeded raisins
3 cups cranberries
1 teaspoon salt
3 cups water
1½ cups sugar

Grind raisins in food chopper. Add cranberries, water, sugar and salt. Boil slowly until thick (about 45 minutes). Pour into sterilized glasses and seal with paraffine. This makes about 6 glasses.

Mrs. H. Sieckmann.

Gooseberry Conserve

7 pounds gooseberries
6 pounds sugar
2 pounds raisins
Juice and rind of 2 oranges

Mix and boil 20 minutes after it starts to boil. Put in glasses and seal with paraffine.

Mrs. W. F. Boehning.

Pear Conserve

4 pounds cored pears
1 quart shredded pineapple
3 pounds sugar
Rind of 1 lemon
Rind of 1 orange
1 pound chopped nuts
½ pound seeded raisins
Juice of 2 oranges
Juice of 3 lemons
2 cups water

Wash the lemon and orange rind, boil until tender, drain and put through meat chopper with pears. Add sugar, lemon and orange juice, pineapple, raisins and water. Boil very slowly for 2 hours. About 30 minutes before removing from fire, add chopped nuts. This will keep well in a stone or glass jar.

Mrs. W. Riemann.

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Water Melon Conserve

Red part of 1 large melon
1 pound seeded raisins
Juice and grated rind of 1 lemon
2 oranges
¾ quantity of sugar

Boil orange peel until tender, then drain. Cut orange peel and pulp in small pieces. Remove seeds from melon and put melon through coarse food chopper. Boil 30 minutes. Skim out melon and boil juice 30 minutes longer. Then put melon back into the juice and add raisins, lemon, oranges and sugar. Boil until thick, stirring frequently to prevent sticking to bottom of kettle. Put in glasses and seal with paraffine.

Mrs. W. F. Boehning.

Plum Conserve

1 basket blue plums
1 package Sun Maid raisins
3 cups water
2 oranges
2 pounds sugar

Seed plums; cut oranges in small pieces including rind. Add water and boil slowly for about 2 hours and 30 minutes.

Mrs. Willis Brown.

Plum Conserve

6 pounds plums, chopped
6 pounds sugar
2 pounds raisins
1 lemon
1 pound pecan meats
4 oranges
Rind of 1 orange, cut very fine
½ of lemon rind cut very fine

Wash and cut plums into 8 pieces each. Remove seeds. Add sugar, raisins, lemon juice, orange juice, nuts, orange and lemon rind. Boil slowly until mixture drops heavily from spoon. This makes from 20 to 24 jelly glasses full.

Mrs. J. H. Schmidt.

Canned Beans

Break the beans instead of cutting them; cover with hot water and well salted, and boil until tender; drain off all the water; add sliced onions and vinegar; sugar and pepper to taste. Let it come to a boil, seal and put in fruit jars.

Mrs. P. J. Keller.

Canned Corn

10 cups corn (cut from cob)
1 cup salt
1 cup sugar

Boil together 5 minutes and seal. This keeps very good.

Mrs. W. Riemann.

Vegetables for the Winter Soup

1 peck tomatoes
2 stalks celery
5 cents worth of gumbo
6 green peppers
1 pound butter beans
4 ears of corn
5 cents worth of carrots
1 pound string beans
½ cup salt
1 can peas

Skin and stew tomatoes 30 minutes. Then add all other ingredients and boil 30 minutes. Seal while hot. Mrs. O. Augustine.

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Tomato Catsup

8 quarts tomatoes
3 cups green peppers
2 cups onions
3 cups sugar
1 cup salt
1½ quart vinegar
3 teaspoons cloves
3 teaspoons cinnamon
2 teaspoons ginger
2 teaspoons nutmeg

Chop tomatoes, peppers and onions fine, boil 3 hours and strain. Bottle and seal.

Mrs. E. Boester.

Catsup

1 bushel ripe tomatoes
6 large onions
1 cup salt
2 cups sugar
2½ cups vinegar
½ teaspoon cloves
½ teaspoon allspice
½ teaspoon black pepper
½ teaspoon red pepper
½ teaspoon ground mustard
5 cents celery seed (tied in bag)
5 cents mixed spices (tied in bag)

Strain tomatoes when soft, add other ingredients and boil five to six hours.

Mrs. S. Grosse.

Catsup

1 peck tomatoes
12 small onions
6 cups vinegar
6 tablespoons salt
12 tablespoons sugar
2 tablespoons mixed spices
12 small red peppers or 4 large ones

Follow general rule for mixing.
Boil 2 hours, then strain and let come to a boil.
Put in bottles and seal.

Mrs. E. Hoffmann.

Chile Sauce

18 large tomatoes
1 cup sugar
2 cups vinegar
1 extra large onion
1 tablespoon salt
1 sweet green pepper
1 hot green or red pepper
1 dessert spoon cloves
1 dessert spoon allspice

Follow general rule of mixing.
Boil about 1 hour.

Mrs. Willis Brown.

Chile Sauce

2 dozen onions, medium size
3 dozen large tomatoes
1½ red peppers
4 cups vinegar, not too strong
1¾ cups sugar
3 teaspoons ginger
1 teaspoon cinnamon in bag
1 teaspoon cloves

Follow general rule for mixing.
Salt to taste and boil 2 hours.

Mrs. M. H. Dengler.

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Corn Relish

10 cups corn
10 cups cabbage (ground)
5 cups green peppers (ground)
2 tablespoons celery seed
½ of 5 cent glass prepared mustard
2 tablespoons mustard seed
6 large onions (ground)
2½ cups sugar
½ cup salt
½ gallon vinegar
1 tablespoon tumeric

Follow general rule for mixing.
Boil 30 minutes, then seal hot in glass jars. Mrs. J. Gubser.

Chile Sauce

1 peck ripe tomatoes
3 cups green peppers
2 cups white onions
½ cup salt
3 cups sugar
3 pints vinegar

Pare tomatoes. Follow general rule of mixing.
Boil 3 hours. Mrs. E. Meinhardt.

Corn Relish

1 dozen ears corn
10 cups cabbage (ground)
6 large white onions (ground)
3 sweet green peppers (ground)
2 tablespoons mustard seed
½ cup salt
2 cups sugar
½ gallon pickling vinegar

Cut corn from cobs, mix with other ingredients, boil 25 minutes, stirring all the time. Seal while hot. Mrs. C. Hunike.

Corn Salad

1 large head of cabbage (ground)
Same amount of corn
8 large onions (ground)
2 green peppers (ground)
2 quarts vinegar
4 to 6 small red peppers
2 tablespoons salt
.1 cup sugar
½ teacup ground mustard

Mix all together and boil 20 minutes. After it begins to boil stir often, as it sticks easily. Mrs. J. H. Jeude.

Dill Pickles

Pickles
1 gallon water
4 cups vinegar
1 cup salt
2 red peppers
Dill
Whole cloves
Grape vine leaves

Scrub pickles—pack in jars with a little dill if desired, add a few whole cloves and a grape vine leaf to give it flavor. Boil vinegar, water, salt and peppers and pour over pickles in jar while hot. Seal tight. Mrs. W. G. Graul.

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Dill Pickles

Pickles
Dill
1 or 2 laurel leaves
1 small red pepper
1 pound salt
6 quarts water
1 quart vinegar
1 teaspoon alum

Put the pickles in clear water over night. Next morning wash and dry them. Put them in glass jars. Put dill, laurel leaves and red pepper in each jar. Boil vinegar, water, alum and salt. Pour this liquid over the pickles in the jars and screw covers on tight.

Mrs. Wm. Voertmann.

Dill Pickles

Make brine strong enough to bear an egg, measure, and add to it half as much fresh water as you have brine. Wash cucumbers in cold water, put them in layers in a stone jar covering each layer with grape vine leaves, then with dill. When jar is filled, pour brine over contents and lay a cloth over top of jar and on this a weighted plate. Remove the cloth every few days, wash and replace.

Mrs. E. Meinhardt.

Chow Chow

1 head cabbage
½ peck green tomatoes
15 cents worth white onions
½ dozen sour pickles
Vinegar, mustard and celery seed
4 stalks celery
1 dozen red peppers, sweet
1 dozen green peppers, sweet
String beans if desired

Chop or grind and salt over night, the cabbage, tomatoes, onions, pickles, celery and peppers. Next morning squeeze out. Boil vinegar, water, mustard, celery seed and a little sugar. Mix all together and let come to a boil. Seal in jars.

Mrs. G. Hampel.

Chow Chow

1 peck green tomatoes
3 heads cabbage
12 green peppers
1 cup salt
2½ pounds sugar
2 tablespoons celery seed
1 tablespoon black pepper
1 tablespoon ground mustard
1 tablespoon mace
Cider vinegar

Grind vegetables. Cover with cider vinegar and boil 15 minutes.

Mrs. H. F. Reim.

Sweet Tomato Pickles

½ peck green tomatoes
2 quarts small white onions
1 head cabbage
3 green peppers
3 stalks celery
4 cucumbers
2 heads cauliflower
2 tablespoons celery seed
4 quarts vinegar
6 tablespoons yellow mustard
3 tablespoons flour
½ cup sugar
1 tablespoon tumeric

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Peel onions, add tomatoes, cucumbers, cauliflower separated into flowerlets and sliced peppers, celery, and cabbage (cut in small squares). Soak over night in brine (1 cup salt to 1 quart water). Drain and cook in fresh brine until vegetables are tender, drain again. Boil vinegar, add paste made with mustard, flour, sugar, tumeric, and a little cold vinegar, stirring until mixture thickens; add vegetables, also celery seed, and cook slowly 10 minutes. Seal in sterilized jars.

Mrs. R. Pohle.

Senf Gurken

Large yellow cucumbers
Vinegar
Cinnamon sticks
Sugar
Cloves

Pare and cut cucumbers in two, remove seeds, cut in strips and soak in salt water over night. To each quart of vinegar add one pound of sugar, put in the strips and let boil until quite transparent. Take out the pickles and put in glass jars. Strain the vinegar and put over fire with small muslin bag of spices—cloves and cinnamon sticks. Boil down to half the quantity, pour over pickles and cover jars securely.

Mrs. S. Frantz.

French Mustard Pickles

4 quarts small cucumbers
4 quarts small onions
2 quarts green tomatoes, sliced
1 head cauliflower
6 green peppers
4 cups sugar
1¼ cups flour
½ ounce tumeric
⅓ pound mustard
3 quarts vinegar

Soak cucumbers, onions, tomatoes, cauliflower and green peppers in light brine over night. Drain and make a paste of the sugar, flour, tumeric, mustard and vinegar. Boil this until smooth, then pour over pickles in jars and seal while hot.

Mrs. M. Miller.

Garden Relish

1 quart white onions
1 quart green tomatoes
1 quart cauliflower (boiled)
1 quart sweet green peppers
1 quart celery
1 quart cucumbers
2 quarts vinegar
2 cups brown sugar
1 tablespoon tumeric
12 tablespoons powdered mustard
1 cup flour

Remove the seeds of the tomatoes and peppers, and *cut* all the vegetables into small pieces. Then put them in a very strong salt brine for 12 hours, after which dip them quickly in clear water.

Then boil the vinegar, sugar, tumeric, mustard and *flour* together. Add vegetables to this and let come to a boil again.

Remove from fire and put in jars.

Miss Mary Walter.

French Tomato Pickle

1 peck green tomatoes
6 good size onions
1 cup salt
2 quarts vinegar
2 tablespoons cinnamon
1 tablespoon allspice
1 tablespoon black pepper
2 tablespoons cloves
1 red pepper
1 pound brown sugar
¼ pound mustard seed

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Slice tomatoes and onions. Sprinkle cup salt between layers and let stand until morning. Drain. Add other ingredients. Boil ten minutes. Seal in quart jars. Mrs. H. Altvater.

Mustard Pickle

1 peck green tomatoes
20 green peppers
1 head cabbage
2 large heads cauliflower
8 white onions
2 cups sugar
4 large stalks celery
8 pickles
2 quarts prepared mustard
2 quarts vinegar
1 quart water

Cut in pieces tomatoes, peppers, pickles, cabbage and cauliflower and put in strong salt water over night. Cut in pieces onions and celery and leave in strong salt water over night. (In a separate vessel). Next morning drain. Heat the vinegar, water and sugar and put in this the cauliflower, cabbage, tomatoes, peppers and pickles. Boil 10 minutes. Add celery onions and pickles, let come to a boil, add mustard. Then put in jars. Mrs. O. Hermann.

Spanish Pickle

18 large pickles
18 large onions
4 cups vinegar
2 cups water
1 tablespoon celery seed
1 cup sugar
½ cup flour
1 tablespoon tumeric
1 tablespoon Coleman's mustard

Place pickles and onions in salt water over night. Next morning *slice* both pickles and onions. Make a sauce of vinegar and water. Add sugar and let come to a boil. Mix well the *flour*, tumeric and mustard. Dissolve in a little cold vinegar and then stir it into boiling vinegar. Add pickles, onions and celery seed. Boil all for 15 minutes. Mrs. A. Goerke.

Cucumber Pickles

1 dozen cucumbers
1 dozen white onions
2 stalks celery
1 quart vinegar
2 tablespoons flour
5 cents glass mustard
1½ tablespoon mustard seed
1 small red pepper
1 teaspoon tumeric

Remove seeds from cucumbers and *cut* in small pieces. Sprinkle with salt and leave over night. Drain. Let spices and vinegar come to a boil. Add pickles. Then add *flour* mixed with cold water. Boil 10 mniutes. Mrs. L. Kruse.

Cucumber Relish

1 doz. green cucumbers (ground)
2 doz. white onions (ground)
2 stalks celery (ground)
1 quart vinegar
3 small red peppers
5 cents mixed spices (in sack)
1½ tablespoons mustard seed
1 glass prepared mustard
3 cups sugar

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Sprinkle cucumbers, onions and celery with salt and leave over night. Squeeze. Boil vinegar, spices, mustard seed, prepared mustard, sugar and red peppers. Then put in cucumbers, onions and celery and let boil 5 minutes. Seal hot. Mrs. O. Augustine.

Cucumber Relish

8 green cucumbers
10 green peppers
8 large white onions
2 handfuls salt
1 quart vinegar
2 cups water
2 cups sugar
¼ cup mustard seed
1 tablespoon celery seed
1 teaspoon tumeric

Slice cucumbers thin, salt and let stand 2 hours. Then drain. Boil the vinegar, water, sugar, mustard seed, celery seed and tumeric. Add pickles, peppers and onions. Let come to a boil. Bottle and seal.
Mrs. W. G. Graul.

Pepper Relish

1 doz. sweet red peppers
1 doz. sweet green peppers
1 pint vinegar
6 onions
1 pint sugar
2 tablespoons salt

Remove seeds from peppers, grind peppers and onions. Pour boiling water over same and let stand 20 minutes. In the meantime heat vinegar, sugar and salt. Then drain peppers and onions and put all in the vinegar and boil 2 minutes and seal.
Mrs. A. F. Aszmann.

Pepper Relish

2 dozen sweet green peppers
2 dozen red peppers
2 dozen white medium sized onions
1 quart vinegar
1 large bunch celery
1 pint sugar
4 tablespoons salt

Grind peppers, onions and celery, grinding peppers separately. Let this stand 15 minutes, then drain until very dry. Then mix all together, adding sugar, salt and vinegar. Let come to a boil, then bottle and seal. Mrs. H. Ellerman.

Tomato Relish

1 peck ripe tomatoes
2 cups chopped celery
2 cups chopped onions
2 cups sugar
½ cup salt
½ cup mustard seed
2 teaspoons ground cinnamon
½ gallon cider vinegar
6 red peppers

Pare tomatoes without scalding, chop fine and salt over night. Drain 2 hours next morning, then add other ingredients and seal in bottles or jars. Do not heat or cook. Mrs. F. C. Brockmeier.

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MISCELLANEOUS

Clam Chowder

6 potatoes (sliced)
2 onions
3 slices salt pork (diced)
Butter size of egg
Salt, pepper and nutmeg to taste
1 pint water
1 teaspoon celery seed or 1 stalk celery
1 quart milk
6 crackers, rolled
1 can best clams

Fry out salt pork and add all but clams and crackers; boil until done; ten minutes before serving add the clams cut fine and juice and thicken with crackers. Mrs. M. Methudy.

Pickeled Herring

6 or 12 Holland herring
Vinegar (⅔ vinegar and ⅓ water)
1 or 2 teaspoons catsup spices
2 or 3 slices of lemon
1 onion

Put herring in clear water and leave over night. Skin, clean and cut in half and put in crock. Cover with vinegar diluted as mentioned above, add lemon and onion, also catsup spices. Press the milkners through a sieve and add to the rest. Mrs. Henry F. Metzler.

Mock Turtle Ragout

1 calf head
1 onion
A few laurel leaves
1 tablespoon sugar
1 large tablespoon butter
1 large tablespoon flour
¼ cup vinegar

Remove brains from calf head and put in cold water until needed. Boil head until meat falls off the bones. Skin the tongue and cut all in small pieces. Brown flour and butter, add stock from the head, vinegar and sugar. Cook slowly 30 minutes. Boil brains 10 minutes, then add to above mixture. It can be served hot or cold (in mold) and sliced. (Head cheese). Mrs. O. Boehlau.

Pressed Pigs Feet

1 dozen pigs feet
1 handful salt
1 large onion
2½ to 3 cups liquid (in which pigs feet are boiled)
2 cups vinegar
¼ teaspoon cloves
¼ teaspoon allspice
1 teaspoon pepper

Boil pigs feet until very tender in salt water together with large onion. When soft remove meat from bones. Set aside the water in which they are boiled and skim. To the meat add 2½ to 3 cups of the liquid, vinegar and the spices. Let all come to a boil. Put in mold and set in a cold place. When solid, **invert and remove.**

Mrs. C. Zimmermann.

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Blind Robin

Take one or two—beef, calf or pig *heart*. Wash and clean hearts and scoop some of the center out. Fill with a bread filling and bake as you would a roast.

Filling

Dry bread
Onions
Celery
2 eggs

Soak bread until soft in water. Drain and press bread until water is all out, add eggs, onions and celery, salt and pepper.

Mrs. L. R. Simpson.

THE FOOD GROUPS

The simplest and easiest way to plan food values is to divide the common food materials into five main groups and see that each of these groups appear in each day's menu.

Group 1

Foods depended on for mineral matters, vegetable acids, and body regulating substances.

Fruits	*Vegetables*
Apples, pears, etc.	Salads, lettuce, celery
Berries	Potherbs or "greens"
Melons	Tomatoes, squash
Oranges, lemons, all citrus fruits	Green peas, green beans
	Potatoes and root vegetables

Group 2

Foods depended on for protein.

Milk, skim milk, cheese	Fish
Eggs	Dried peas, beans, cow-peas
Meat	Nuts
Poultry	

Group 3

Foods depended on for starch.

Cereals, grains, meals, flour	Cakes, cookies, starchy puddings
Cereal breakfast foods	Potatoes, other starchy vegetables
Bread	
Crackers	Bananas
Macaroni and other pastes	

Group 4

Foods depended on for sugar.

Sugar	Dates
Molasses	Raisins
Syrups	Figs

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Group 5

Foods depended on for fat.

Butter and cream
Lard, suet
Salt pork and bacon
Table and salad oils
Vegetable, nut, and commercial cooking fats and oils.

SAMPLE MENUS

Breakfast—Orange, or cooked apples or stewed prunes. Dish of well cooked cereal with very little sugar. Soft cooked egg or bacon. Glass of milk. Bread and butter or toast.

Dinner—Soup of meat and vegetables free from fat, or small serving of beef, lamb, chicken, mutton, fresh fish.

Choice of well cooked vegetables, as carrots, turnips, celery, squash, beets, cauliflower, onions, asparagus or spinach. (Vegetables should be well cooked and then creamed or mashed and seasoned with a small amount of butter).

Choice of potatoes, either white or sweet, rice, well cooked macaroni, or hominy grits.

Bread and butter.

Dessert—Stewed or baked fruits, custards, junket, rice, tapioca or bread pudding, Charlotte Russe, simple ice cream, sponge cake or simple home-made cookies.

Supper—Milk toast and cocoa made of milk and a very small amount of cocoa, or milk, or bread and milk, or soft-cooked egg, bread and butter and milk, or crackers and milk.

Stewed fruit, simple custard or junket dessert with or without sponge cake or cookies.

MENU HINTS

Plan meals that combine the proper amount of proteins, carbohydrates and ash foods.

Potatoes may always be included because they are supposed to be served with all meats as well as fish.

With heavy meats (beef and pork roasts) nearly all vegetables may be served, but never macaroni or spaghetti with cheese. This is served with fish and other light meats.

Also, with heavy meats, salads, such as endive, watercress or lettuce, with French dressing, reserving mayonnaise for lighter meats.

Also, desserts made with milk may be served with meats and fowl, but not with fish. Heavy pies and rich pudding should not be served with heavy meats. (Brussels sprouts or carrots), (string or lima beans), (Cauliflower or cabbage), do not use these together; that is, use one or the other.

A menu carefully planned (with meat or without) with a soup, salad two vegetables and a dessert, give sufficient nourishment.

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Beef (Roast or Braise)

Horseradish sauce, a light soup, such as cream of celery, pea or asparagus; select vegetables from spinach, brussels sprouts or carrots, string or lima beans, cauliflower or cabbage, salads in the line of green foods endive, watercress, lettuce or Bermuda onions, using French dressing, desserts of custards, ices or fruits.

Chicken (Broiled, Roast, or Fricasee)

Brown or white gravy sauce, tomato soup, a salad of lettuce with mayonnaise; select vegetables from broiled tomatoes, boiled rice, potato puffs, egg-plant, green peas, and salsify (in winter). Any preferred desserts, but using fruit in summer.

Fish

Butter sauce, clear consomme or chicken soup; salad cucumber, watercress or Waldorf of fruit with mayonnaise or French dressing: desserts are pies, puddings, made of rice or bread, jellied oranges or pineapples, with cake; vegetables, spinach, egg-plant, any style, tomatoes, potatoes, creamed or baked, hominy, rice, parsnips, or macaroni with cheese.

Salmon

Hollandaise sauce; a clear soup; vegetables should be beets, tomatoes, lima beans, fresh peas or creamed celery.

Mutton (Roast or Boiled)

With roast mutton serve mint sauce, with boiled mutton, caper sauce. A clear bouillon to be served with both; vegetables, stewed celery or creamed potatoes, rice, spinach, or spaghetti with cheese. A salad of lettuce with tomatoes and mayonnaise.

Lamb

Mint sauce. A clear tomato soup with macaroni in it. Cheese straws go with either dandelion salad or new lettuce with mayonnaise.

Veal (Roast, Cutlets, or Timbals)

Cream of cauliflower soup; salad, cucumbers with French dressing or endives with mayonnaise; vegetables carrots, escalloped onions. tomatoes suffed with vermicelli or peas and carrots combined.

Hamburg Steak (Timbals and Beefsteak Pie or Loaf)

Onion sauce, a bouillon; vegetables, mushrooms, creamed onions. spinach, egg-plant, rice and string beans.

Sirloin or Porterhouse Steak

Asparagus cream soup. Plain butter or parsley sauce. Vegetables; stuffed peppers, corn, beets, escalloped tomatoes: creamed potatoes; salad, endive with French dressing.

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Baked Hash

Tomato or onion sauce, a clear soup, any kind of vegetables: salad of cheese balls, eggs, or apple and nut with French dressing.

Beef Heart
(Baked or with Liver, Braised or Fricaseed)

A puree of cream soup; vegetables, creamed turnips, string beans, peas, parsnip fritters or macaroni with cheese.

Fowls (Turkey, Duck or Goose)

Cream soup of spinach or split peas; vegetables, potato puffs, boiled rice, sweet potatoes (preferably baked), broiled tomatoes, hominy, baked or boiled onions, salsify, creamed turnips or egg-plant: salad, Waldorf of fruit with mayonnaise.

ATTRACTIVE FOOD DECORATIONS

Bread slices cut into rings, stars, diamonds, etc., browned in butter, make a simple and pretty decoration.

* * *

Green peppers cut in rings are an effective garnish for salads.

* * *

Parsley will adorn any dish.

* * *

Currant jelly in wee cubes on stars of tart orange with small tufts of green are attractive on game.

* * *

Hard boiled eggs, olives, nasturtium leaves, and flowers and chopped green herbs are all good salad garnitures.

* * *

Beets sliced thin and cut into star, crescent, or diamond forms lend effective color.

* * *

Green foliage is the decoration par excellence for fresh fruits.

* * *

The small, olive shaped radish is always decorative.

* * *

Mock Carrot (Ohio Cheese)

Carrot shaped with parsley in end.
Serve with pie.

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TO SERVE FIFTY PEOPLE

The following table may be found useful in calculating the amount of food necessary to feed fifty people.

Coffee, 2½ pounds.
Tea, 1 pound.
Cocoa, (to 10 qts. liquid), 1 pound.
Butter, 2 pounds.
Rolls, 2 to each person.
Vegetables, 2 heaping spoonfuls to each person.
Peas, Beans, Corn, (one pint cans) serve six.
Beef, lamb, veal, pork, (raw) one-third pound per person.
Chicken, turkey, or duck, to be roasted, one-half pound.
Chicken for pie or fricasee, one-fourth pound.
Fish (raw) one-fourth pound per person.
Ham (ten pounds) sliced thin, serves thirty people.
Salads, (salmon, potato), one-half cup per person.
Ice Cream, eight servings per quart, ten with a sauce.
Hamburger Steak, one-fourth pound per person.
Minced Ham, one-fourth pound per person.

WHAT TO TAKE ON A PICNIC

Hard boiled or deviled eggs.
Sliced or minced meat sandwiches.
Bread and butter sandwiches.
Olives, pickles, radishes.
Lettuce, watercress, or olive and mayonnaise sandwiches.
Jam or jelly.
Cheese and salad crackers.
Whole tomatoes.
Salt and pepper.
Pretzels.
Peanuts, or other salted nuts.
Fried chicken.
Potato salad (packed in glass jars).
Salmon (in cans, and open just before serving).
Fresh fruit.
Cookies.
Sardines.
Layer cake—cut in small pieces wrapped in wax paper.
Hard candy.
Chocolate candy.
Milk (in bottles to drink).
Lemon, orange, grape or Loganberry juice in bottles.
Coffee and coffee pot.
Canned milk.
Sugar.
Paper plates.
Paper cups.
Paper napkins.

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A FEW HOUSEHOLD HINTS

To brown gravy brown a tablespoon of sugar in skillet. Add to gravy of pot roast that is too light in color. It will give it a dark color and improve the taste.

* * *

To test custards insert knife. When removed and knife is free from particles of custard, it is done.

* * *

Pie crust for open pie must be baked on reverse side of pan and pricked with fork to avoid blistering.

* * *

A pinch of baking powder will make mashed potatoes very light.

* * *

⅛ teaspoon flour added to 1 teaspoon cocoa will make cocoa creamy.

* * *

When using sour milk and soda, try sifting soda with the flour for better results.

Cream Puff Dough

Makes good dumplings for soup.

Also very good fried like doughnuts, then sprinkle with powdered sugar and cinnamon.

If the cup in which molasses is measured is greased, every bit of molasses will come out.

RECIPE FOR A HAPPY DAY

Take a little dash of water cold,
  A little leaven of prayer,
A little bit of sunshine gold
  Dissolved in morning air.

Add to your meal some merriment,
  With a thought of kith and kin,
And then as your prime ingredient
  Plenty of work thrown in.

Flavor it all with the essence of love
  And a little dash of play;
Let a wise old Book and a glance above
  Complete the well spent day.

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MEASUREMENTS

Much good food is spoiled in cooking. In order to have good results, reliable recipes should be carefully and accurately followed. Correct measurements are essential to insure success and good results.

Every household should have measuring cups, tablespoons and teaspoons on hand.

To measure butter or any solid fat, pack it into the spoon and level it with a knife. To measure a spoonful of any dry material, fill the spoon to overflowing and level it with a knife. For half a teaspoonful, divide it lengthwise. For a quarter of a spoonful, divide the half crosswise.

A cupful of liquid is all the cup will hold. A teaspoonful or tablespoon of liquid is all the spoon will hold.

All flour, meal, sugar and soda should be sifted before being measured. Dry ingredients are sifted together in order to mix them thoroughly. Dry material, such as flour, should be lifted lightly into the cup and not packed.

A TABLE OF WEIGHTS AND HOUSEHOLD MEASURES

Every housekeeper knows the old saying:

A pint's a pound
The world around.

Here are others equally useful, though not as easily remembered:

1 teaspoon liquid equals 4 saltspoons, or 60 drops.
1 tablespoon liquid equals 4 teaspoons.
1 tablespoon dry material equals 3 teaspoons.
1 wineglass liquid equals 4 tablespoons, or ½ gill, or ¼ cup.
1 cup equals ½ pint, or 2 gills, or 16 tablespoons liquid, or 12 tablespoons dry.

A pinch of salt and spice is about a saltspoonful.

TABLE OF GENERAL PROPORTIONS

1 measure liquid to 1 measure wheat flour for pour batters.
1 measure liquid to about 2 measures wheat flour for drop batters.
1 measure liquid to about 3 measures wheat flour for soft dough.

These proportions are only approximate because liquid may include water, milk, fat and eggs.

1 teaspoon baking powder for 1 cup flour.

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½ teaspoon soda for 1 cup sour milk.
1 teaspoon soda for 1 cup molasses.
¼ teaspoon salt to 1 quart milk for custards.
¼ teaspoon salt to 1 cup liquid for sauce or soups.
¼ teaspoon salt to 2 cups flour for mixtures.
1 teaspoon flavoring extract to 1 quart custard or cream.
1 tablespoon flavoring extract to 1 quart mixture to be frozen.
3 eggs to 1 quart milk for plain cup custard.
1 tablespoon or half an ounce gelatin to thicken scant pint liquid.
1 tablespoon fat with 1 tablespoon wheat flour to 1 cup liquid for soups.
2 tablespoons fat with 2 tablespoons flour to 1 cup liquid for sauce.

KITCHEN REFERENCE TABLE

2 cups of lard .....1 lb.
2 cups of butter .....1 lb.
4 cups pastry or bread flour ....1 lb.
3⅞ cups entire wheat flour.....1 lb.
4½ cups graham flour .....1 lb.
4⅓ cups rye flour .....1 lb.
2⅔ cups cornmeal .....1 lb.
4¾ cups rolled oats .....1 lb.
2⅔ cups oatmeal .....1 lb.
4⅓ cups coffee .....1 lb.
2 cups granulated sugar .....1 lb.
2⅔ cups powdered sugar .....1 lb.
3¼ cups confectioner's sugar .....1 lb.
2⅔ cups brown sugar.....1 lb.
2 cups chopped meat .....1 lb.
1⅞ cups rice .....1 lb.
2 cups raisins (packed) .....1 lb.
2¼ cups currants .....1 lb.
2 cups stale bread crumbs .....1 lb.
9 large eggs .....1 lb.
2 tablespoonfuls butter .....1 oz.
4 tablespoonfuls flour .....1 oz.
6 teaspoonfuls baking powder ..½ oz.

READY RULE

This rule above all others heed,—
Have ready everything you need;
Before you start be sure to read
The whole recipe, then work with speed.

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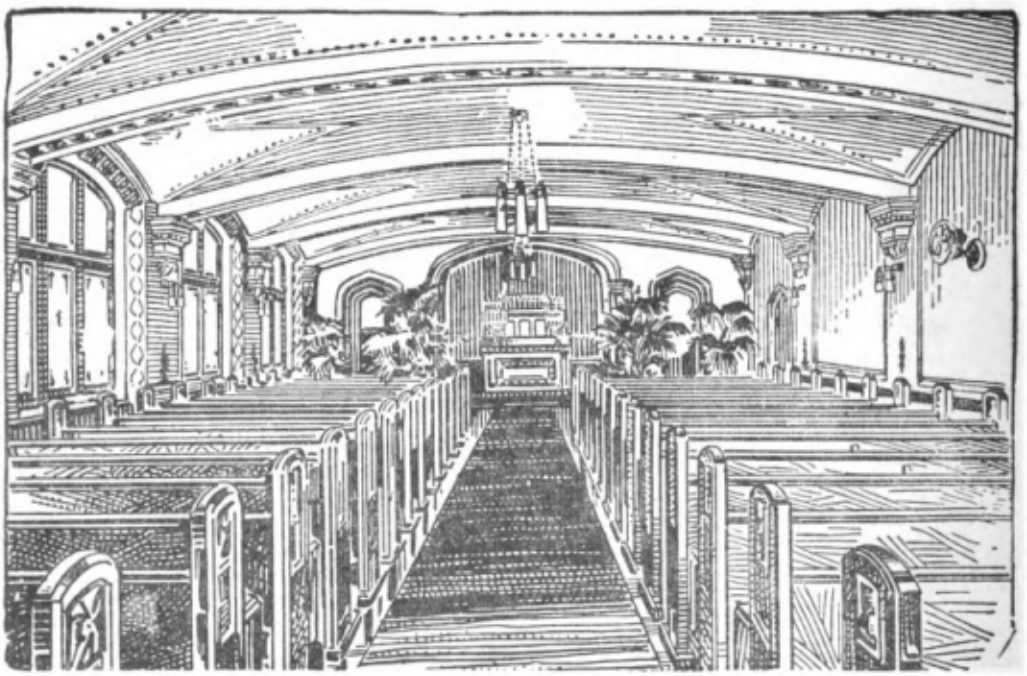

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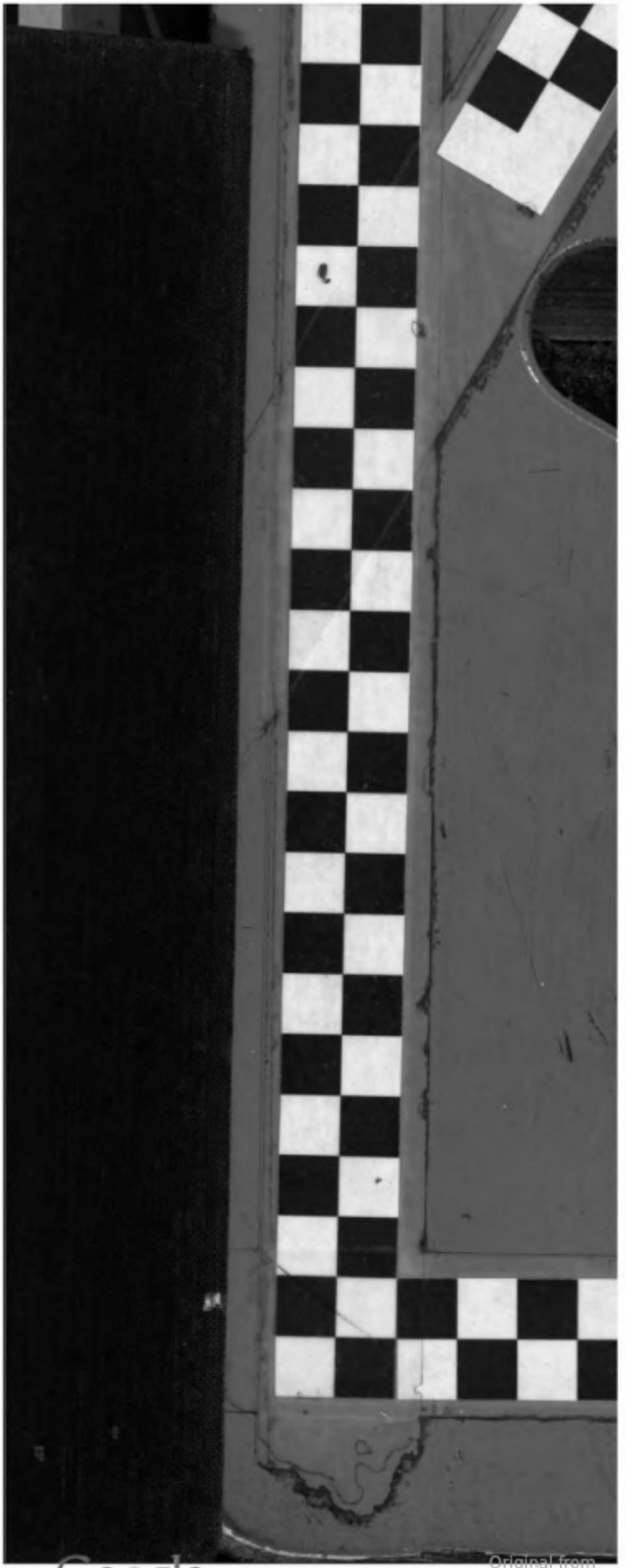

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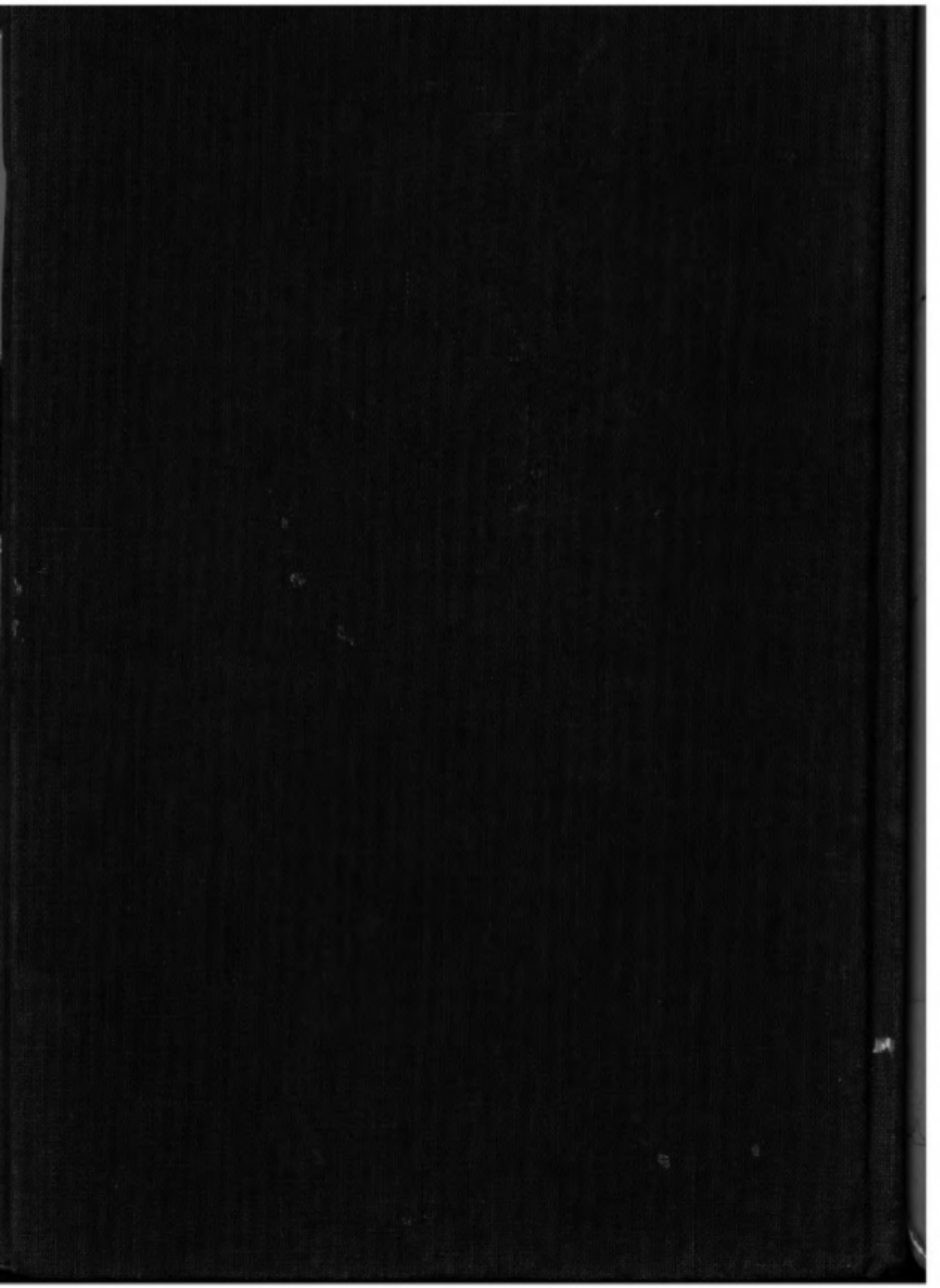

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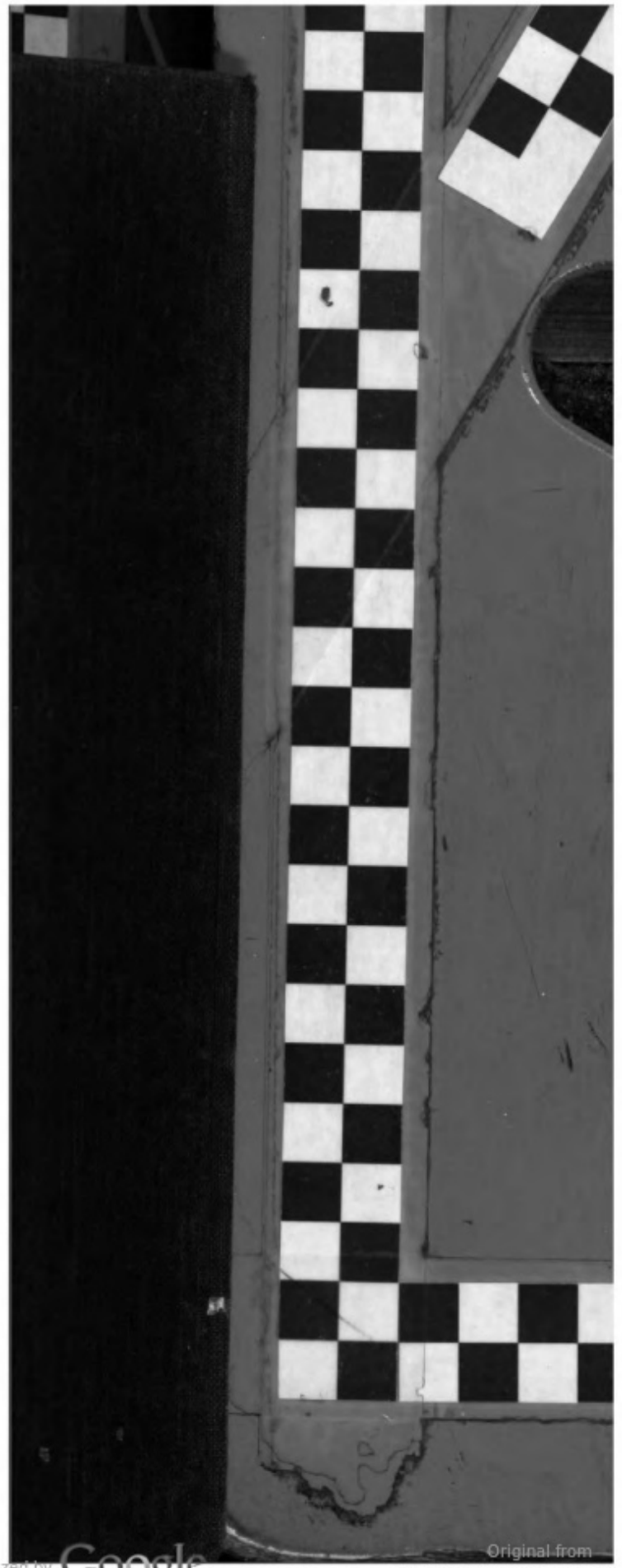

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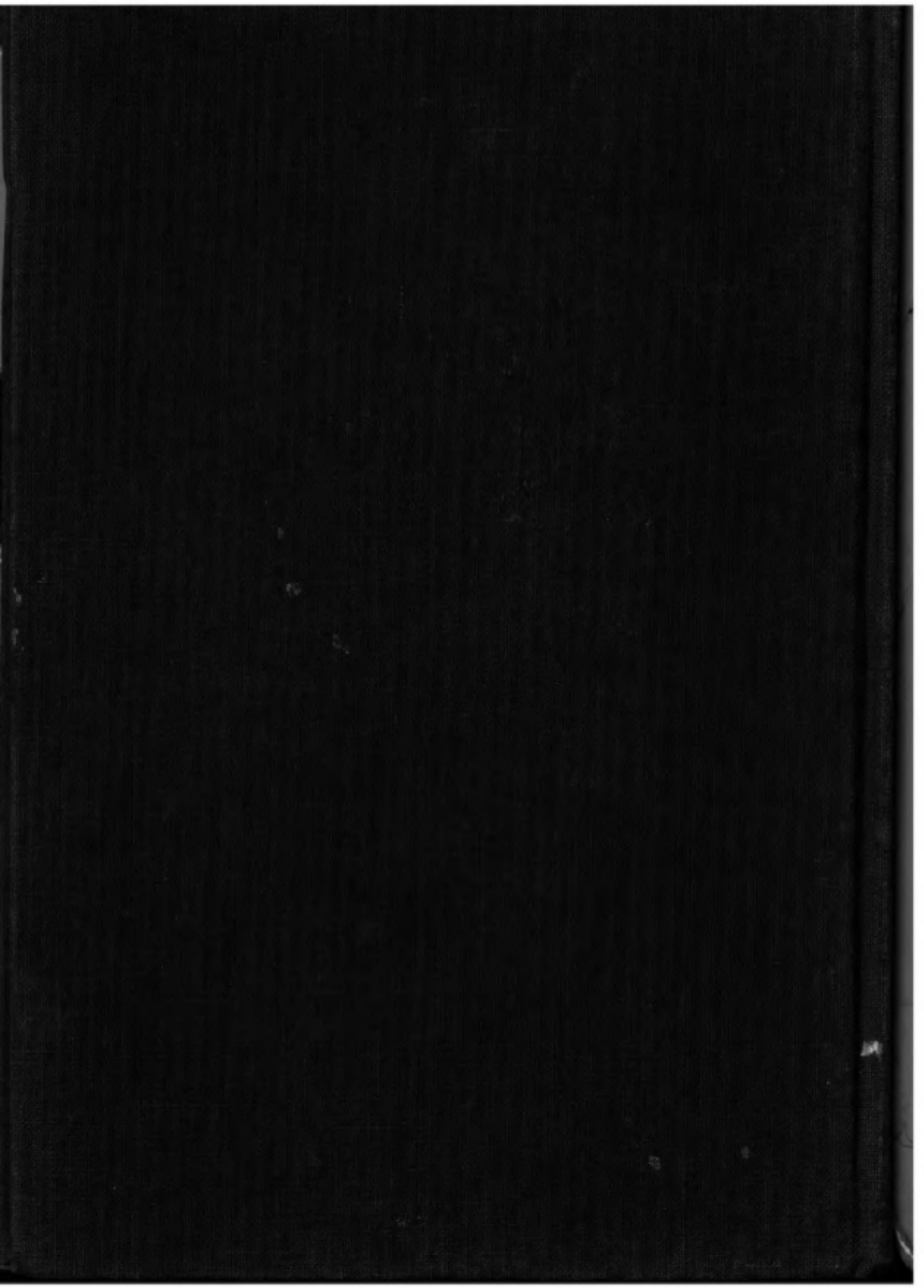

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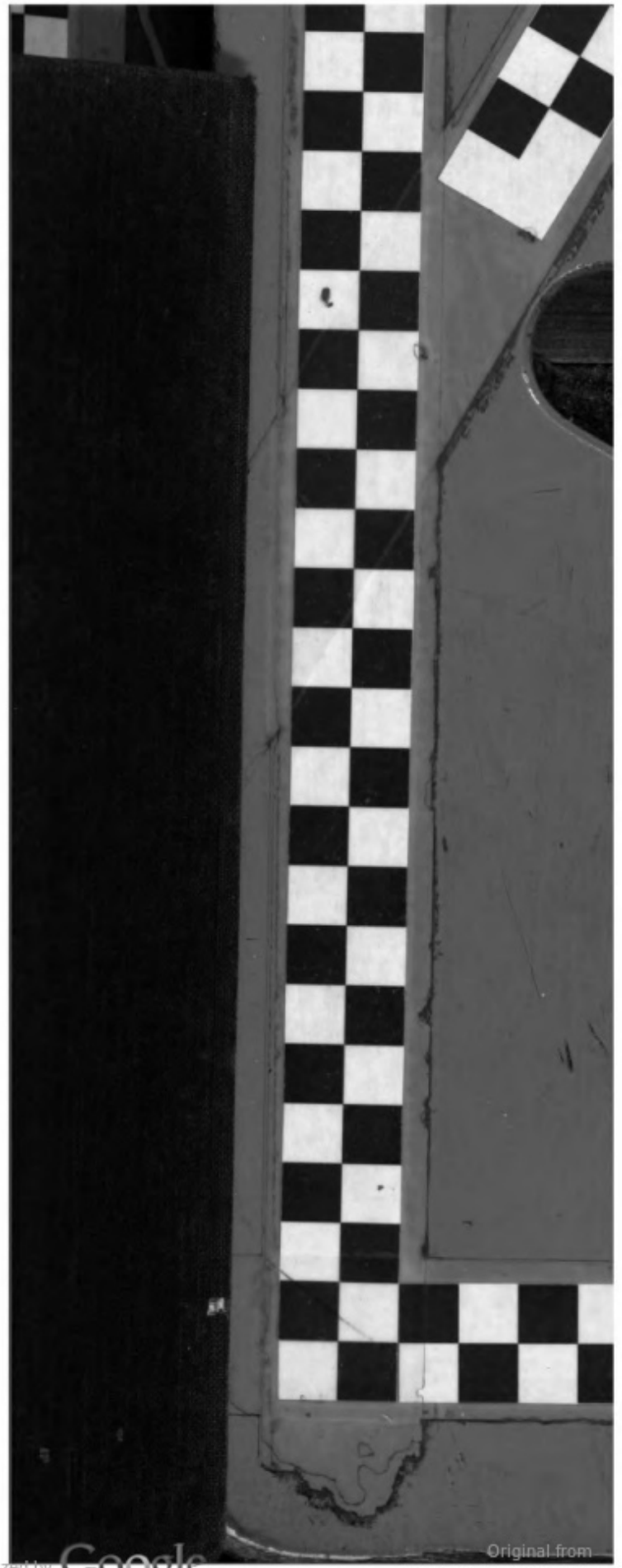

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