COOK BOOK

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Detroit, Michigan

1922

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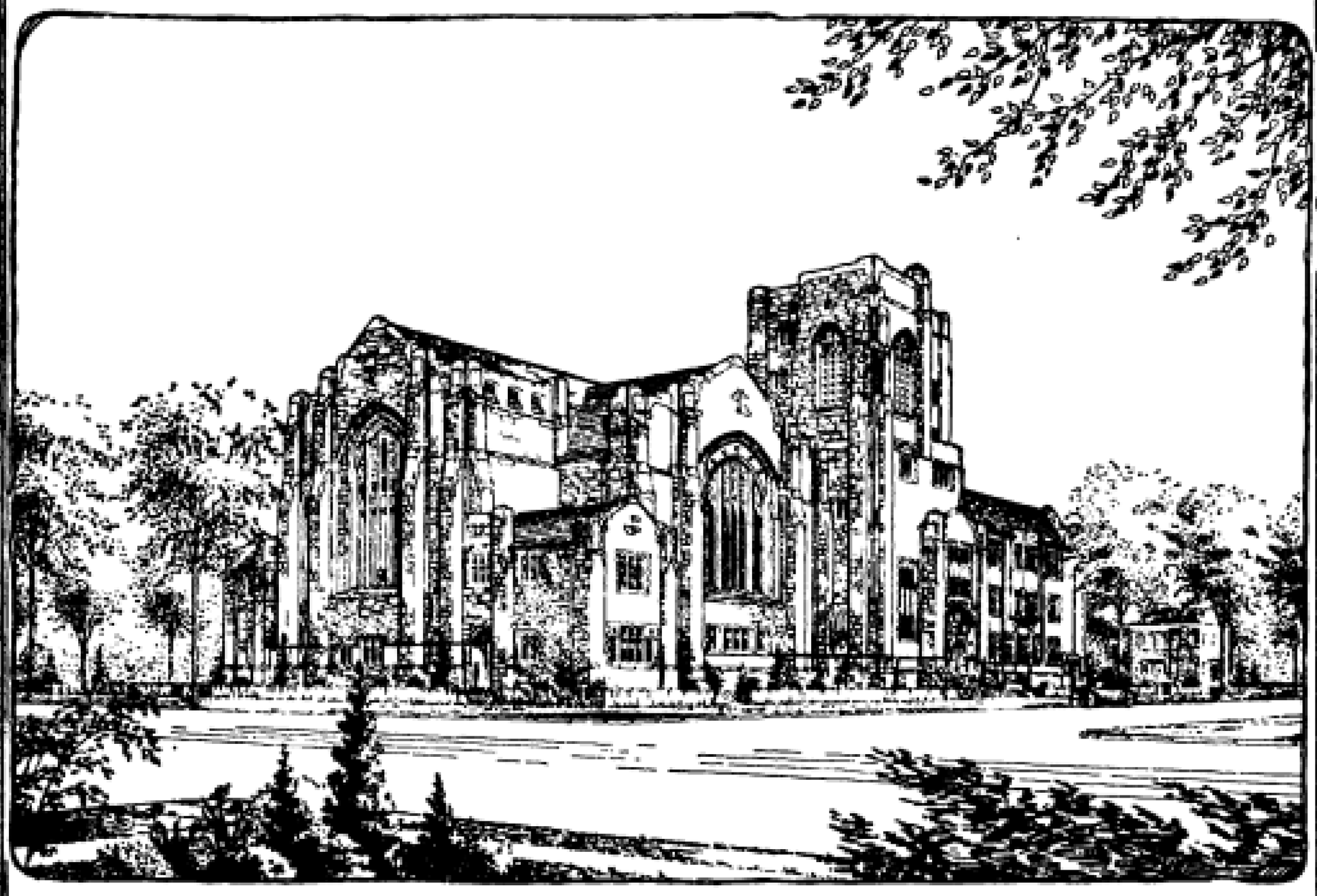
METROPOLITAN COOK BOOK



LADIES' AID SOCIETY

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Metropolitan Methodist Episcopal Church

DETROIT, MICHIGAN

1922

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Ye Cook Book

"Like the ghost of poor Banquo,
you always must meet,
That unsettled question, 'O, what
shall we eat?'
And another close follows, 'O, what
shall we cook?'
That question is answered in
this little book."

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SUGGESTIONS

IN soliciting advertisements for this book, we have been met almost universally with a cheerful and generous response. our friends believing it to be not only a valuable compilation of choice recipes, but realizing it to be one of the best of advertising mediums, while nearly if not all have been actuated by a desire to lend a little support to the good cause for which this volume is published. We would suggest therefore that the Metropolitan Methodist Church of Detroit remember these favors, and go out of their way, if necessary, to patronize those who have made the Metropolitan Cook Book a success.

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Soups

"Let company come in a regular troop,
We'll put on the kettle and make more soup."

STOCK FOR SOUPS

Stock for soups is made from meat or bones, or of cooked joints of meat (omitting the fat—this would give a tallowy flavor to the soup), to which may be added, chicken, turkey, beef or mutton bones, well broken up. Put all this in cold water without salt; let it come slowly to boiling point, then skim well; set it back and let it simmer gently for six hours, until the meat is in shreds. Rapid boiling hardens the fiber of the meat, and the savory flavor escapes with the steam. Add a little pepper and salt, strain into a stone jar, let it cool and remove all the grease. This stock will keep for many days in cold weather, and from it can be made all the various kinds of soups.

BEAN SOUP

One quart of small white beans, one quart of water and one teaspoon soda. Boil altogether for five minutes, take out the beans and rub off the skins in cold water. Put them in two quarts of cold water and boil till very soft. Add two quarts of rich milk, pepper, salt and butter to taste. Boil up once and it is done. This is a superior soup.

CREAM OF TOMATO SOUP

One can tomatoes, one quart milk, one teaspoon salt, one-eighth teaspoon pepper, one-quarter teaspoon soda, two and one-half tablespoons butter, two tablespoons cornstarch or flour. Stew the tomatoes till soft, strain and add soda. Heat the milk in a double boiler. Rub the butter and cornstarch together, adding slowly enough milk to make it pour easily. Stir slowly into the scalding milk and cook fifteen minutes. Add seasoning and strained tomatoes. Serve at once. The soda prevents the acid in the tomatoes from curdling the milk.

MUSHROOM SOUP

Two tablespoons butter, one tablespoon flour, four cups milk, one cup chicken stock, one cup chopped mushrooms boiled in two cups water and put through sieve. Add to cream sauce. Season with salt and pepper.

Mrs. B. E. Hacker.

POTATO SOUP

Three small potatoes, one pint milk, one teaspoon chopped onion, one-half teaspoon salt, one-eighth teaspoon pepper, one-quarter teaspoon celery salt, one stalk celery, few grains paprika, one teaspoon chopped parsley, one tablespoon flour, two tablespoons butter. Boil and mash potatoes. Cook onion and celery with potatoes. Rub through strainer, and add milk. Add butter and flour rubbed together. Season and let cook five minutes. Add parsley and serve.

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TOASTED CRACKERS

Split crackers, spread thinly with butter, and bake till a delicate brown. Serve with soup.

CROUTONS

Cut stale bread in one-half inch slices. Remove the crusts and cut the bread into half-inch cubes. Brown in a hot oven, or fry in deep fat. Serve with soup.

OX-TAIL SOUP

One ox-tail, one quart brown stock, one tablespoon salt, few grains cayenne. Wash and cut ox-tail in small pieces, dredge one half of joints with flour, sprinkle with salt and pepper and brown in hot fat. Add to the rest and simmer until perfectly tender, in enough water to cover. Take out the browned joints and boil the rest to shreds. Strain, cool and remove the fat. Reheat this stock, add the brown stock, salt and pepper and the reserved joints.

WHITE SOUP (From Chicken)

Three or four pounds fowl, three quarts cold water, one tablespoon salt, 6 peppercorns, one tablespoon chopped onions, two tablespoons chopped celery, one pint cream, one tablespoon butter, one tablespoon corn starch, one teaspoon salt, one saltspoon white pepper, two eggs. Singe, clean and wipe the fowl. Cut off the legs and wings, and disjoint the body. Put it on to boil in cold water. Let it come to a boil quickly, because we wish to use the meat as well as the water, and skim thoroughly. The meat may be removed when tender, and the bones put on to boil again. (Use the meat for croquettes or other made dishes.) Add the salt and vegetables. Simmer until reduced one-half. Strain and when cool remove the fat. For one quart of stock allow one pint of cream or milk. If cream, use a little less flour, for thickening. Boil the stock, add the butter and flour, cooked together and the seasoning. Strain it over the beaten eggs, stirring as you pour, or the eggs will curdle. The liquor in which a fowl or chicken has been boiled, when not wanted for any other purpose, should be saved for white soup. If the vegetables and spices are not boiled with the fowl, fry them five minutes without burning, add them to the stock and simmer fifteen minutes.

CORN CHOWDER

One dozen ears sweet corn or one quart canned corn, one pint potatoes diced, one and one-half-inch cube of fat salt pork, one small onion, two tablespoons flour, one quart milk, two teaspoons salt, one-eighth teaspoon pepper, two hard boiled eggs. If fresh corn is used cut each row of kernels and scrape corn from cob. Boil cobs twenty minutes with water to cover. Cook potatoes in boiling salted water, drain. Chop the fat and try out in kettle. Add onion and cook five minutes. Dredge with flour. Add one cup of water in which cobs were cooked; potatoes, corn, milk and seasonings. Simmer ten minutes. Cut eggs in rings and add to the chowder when ready to serve.

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SOUTHERN CHICKEN SOUP

One three-pound fowl, two quarts cold water, three tablespoons cooked rice, two teaspoons salt, one-eighth teaspoon pepper, one teaspoon minced parsley. Cut all the meat from fowl, reserving the breast whole. Cut the rest into bits, break the bones and put them with the meat and salt water into the kettle. Place the breast on top of the other meat. Cook four hours. Remove the breast as soon as tender. Skim often at first, strain and add rice and breast cut in dice, also seasonings and parsley.

OKRA SOUP

One quart okra, two quarts tomatoes, five pounds shin of beef, five quarts water, one and one-half tablespoons salt, few grains cayenne. Cut the okra in short bits, skin and slice the tomatoes, cut meat in thin slices across the grain and put all together in kettle, with seasonings and water. Bring to a boil and skim well. Simmer steadily six or seven hours. Remove all bones and unsightly pieces. Skim off grease before serving.

BOUILLON

For receptions or other large parties. It is simply beef tea on a large scale and should be prepared like a plain soup stock, allowing one pound of meat and bone to each pint of water. Season with pepper, salt, celery and onion, if liked. It is best made the day before it is served. Set on ice over night, remove every atom of grease, strain and clear according to the directions given, and serve hot or iced.

PUREE SOUP

One large carrot, one large onion, one good sized sweet potato, two Irish potatoes, two tablespoons butter. Slice the onion and fry brown in one tablespoon of the butter. Dice all the other vegetables and add onion. Boil for one and one-half hours in about three quarts of water. Put through puree sieve. Add the other tablespoon of butter. Add little sweet cream or thickening if you wish. Salt to taste.

Mrs. J. W. Brogdon.

CORN SOUP

Boil one can corn in two quarts water one hour and strain through a colander. Cream one tablespoon butter with one tablespoon flour, add to corn with one pint milk, pepper and salt. Just before serving put half a pint of whipped cream in tureen and pour over it.

Mrs. H. F. Dennis.

Mrs. L. F. Carpenter.

CORN CHOWDER

Three medium sized tomatoes, one onion, three or four ears of corn Brown onion in quite a little butter, add corn and tomatoes. Cook slowly about one half hour, then add one cup cream, a little paprika and salt.

Mrs. E. Richardson.

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CORN SOUP

One can corn, one pint boiling water ,one pint milk, two teaspoons butter, two teaspoons flour, one teaspoon salt, one-eighth teaspoon pepper, one slice onion. Chop corn, add water and simmer twenty minutes, then put through sieve. Scald milk and onion. Add milk to corn. Prepare flour and butter as for white sauce and add to the liquid. Serve with croutons.

Mrs. E. J. Osband.

CREAM OF CHICKEN WITH OYSTERS

To two quarts rich chicken broth add one quart oysters and one quart milk. Bring to a boil; season with salt and pepper.

CLAM SOUP.

One can minced clams, one quart milk. Add clams to hot milk and bring to a boil. Season highly with salt, pepper, a little onion juice and serve piping hot.

BEAN SOUP

Soak one pint of beans over night, boil in two quarts of cold water. When this boils, pour it off and replace with two quarts boiling water; simmer three hours. The last hour add celery tips and few rings of sliced onion. Put through colander, mashing beans. Return to fire and when it boils add one pint hot milk and one tablespoon butter.

WHITE SOUP

Four onions, four potatoes, boil, mash and put through colander; add one beaten egg, one quart hot milk, a little salt and butter.

POTATO SOUP FOR TWO

Dice four medium potatoes and an onion and bits of celery. Cook twenty minutes. Add one pint of milk and salt, pepper and butter to taste. Bring just to boiling point.

Mrs. D. D. Smith.

POTATO SOUP

Dice one-quarter pound of salt pork or bacon. Put in kettle and fry. Add one quart of water, four good sized potatoes, diced, one medium sized onion, finely chopped. Add salt pepper and celery salt. Cook slowly one-half hour. Blend two tablespoons of flour with one cup of milk. Add to the hot soup, stir until it comes to a boil. This will serve four people.

Mrs. E. A. Walker.

CREAM OF TOMATO SOUP

Cook together for twenty minutes one quart of tomatoes, one pint of water, four cloves, two teaspoons sugar, a small bay leaf and one small onion cut in slices. Strain and add one teaspoon salt, one-eighth teaspoon soda. Melt three tablespoons butter, add three tablespoons of flour, when thoroughly mixed add to strained liquid, boil three minutes. Then add one quart of scalded milk just before serving.

Mrs. E. A. Walker.

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TOMATO BOUILLON

Two quart cans of tomatoes, two quarts of water. Add small onion, salt and pepper and boil until tomatoes are soft. Remove onion and put tomatoes though a strainer then add one pint of bouillon. A little soda shoud be added to the tomato. This quantity will serve about thirty.

TOMATO SOUP

One peck tomatoes, one stalk celery, chopped, four onions, chopped. Boil and strain. Then cook down half. Add one-half cup flour and one-half cup butter. Seal and use for casserole dishes, macaroni or soup.

Mrs. J. N. Miller.

SPLIT PEA SOUP

One cup dried split peas, three pints cold water, two tablespoons butter, two tablespoons flour, one-half teaspoon sugar, one teaspoon salt, one-eighth teaspoon white pepper, one-half onion. Pick over and wash the peas. Soak over night or for several hours in cold water. Put them on to boil with onion in three pints of fresh, cold water, and let them simmer until soft, about three hours, adding more water as it boils away, to keep three pints of liquid in the kettle. Keep it well scraped from the sides of kettle. When soft rub through a strainer and put on to boil again. Add water, stock or milk to make it the desired consistency. Rub the butter and flour together, and when the soup is boiling, thicken. Season, and when it has simmered ten minutes, serve with croutons.

CREAM PEA SOUP

One can peas, one slice onion, two teaspoons sugar, two tablespoons butter, two cups water, two tablespoons flour, two cups milk, one teaspoon salt, little pepper. Drain peas from liquor, add sugar and water. Simmer twenty minutes. Rub through sieve, heat and thicken with butter and flour rubbedtogether. Scald milk with onion, remove onion and add milk to pea mixture.

Mrs. H. H. Blakely.

CREAM OF CELERY SOUP

Two small potatoes, one small onion, one-half dozen stalks of celery, Slice, cover with hot water, boil till tender. Boil most of water off, then drain off in dish, mash fine the vegetables, then add sufficient milk and cream. Rub to a cream butter size of an egg and a teaspoon of flour, add to soup and let it come to a boil. Add a little parsley, salt and pepper to taste. Serve with crisps made of thin slices of bread, buttered on both sides, cut in small cubes and then placed in the oven and browned.

Mrs. Bruce Simpson.

NOODLE SOUP

Take a veal soup bone; cook by starting it in cold water and cook until meat falls from bone. Strain. Vegetables may be added before you finish cooking to give a different flavor then strained out.

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NOODLES

One egg beaten light; salt, flour to mix stiff so you can roll out. Let stand one hour. Then roll up and beginning at the end slice very thin. Cook about five minutes.

VEGETABLE SOUP

Cook a beef bone with about one pound of meat on it, in two quarts of water. When done add one cup each of finely chopped cabbage, carrots and potatoes, one can tomatoes, two tablespoons of rice. Salt and pepper to season. Cook twenty mniutes. Serve with crackers.

Mrs. E. A. Walker.

VEGETABLE SOUP

One good sized soup bone or three pounds soup meat. Put on in cold water, bring to boil and skim. Salt and pepper to taste. Boil slowly. Add vegetables one hour before it is done; two small onions, two carrots, one small turnip, two potatoes and a little celery, diced. When done add a little chili sauce.

Mrs. L. F. Carpenter.

VEGETABLE SOUP

Cook two or three pounds rib boiling beef for an hour then add two cupfuls each cabbage and tomatoes, one cupful each celery, green epper, turnips, onions, carrots and potatoes, all cut in small pieces. Add salt and pepper to suit the taste and cookslowly for three hours.

Mrs. F. E. Henry.

GLENGARY SOUP

Two tablespoons of oatmeal, one quart cold water. Cook one-half hour then add two medium sized potatoes sliced, two onions, boil until tender, strain all through a wire sieve, add salt, pepper and a lump of butter, serve hot. If too thick, thin with hot milk or any meat stock.

Cora Howes.

CREAM OF CELERY SOUP WITH RICE

One-half pound celery, one-fourth cup rice, one quart cold water, two tablespoons butter, drippings or other fat, one teaspoon onion juice, two teaspoons salt, one-fourth teaspoon pepper, one quart milk. Cut celery in half-inch pieces. Cook rice and celery in the water until both are tender. Press them through a colander and add the fat, the seasonings and the milk and reheat.

Mrs. D. M. Robins.

TOMATO SOUP

One peck tomatoes, one-half dozen onions, medium size, one large head celery, one-half cup melted butter, one-half cup flour, one-quarter cup sugar, one-quarter cup salt, one-quarter teaspoon red pepper. Cook tomatoes till soft, then strain. Cook onions and celery in two quarts of water till soft. Strain and add to tomatoes. Put in other ingredients and cook till thickened (like gravy). Bottle while hot.

Mrs. E. C. Roraback.

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ESCALLOPED SALMON (With Green Peas).

One can salmon, one half can peas, cracker crumbs, butter, salt, pepper and white sauce. Sprinkle a layer of cracker crumbs in bottom of dish, over this a layer of salmon, on this some peas, a little butter, pepper and salt. Moisten with white sauce. Repeat until pan is full, covering top with cracker crumbs dotted over with butter. Bake a nice brown.

Mrs. S. Straith.

BOILED FISH IN A POTATO BORDER

Two cups of cooked fish, flaked, two cups of hot or cold mashed potato, one hard cooked egg, one cup of drawn butter sauce, one tablespoon of minced parsely. Press the potato through a ricer letting it fall lightly around the edge of baking dish to form the border. In the center of the dish put alternate layers of fish, sliced eggs and sauce, sprinkling each with parsley. Place in hot oven until sauce bubbles. Serve in baking platter.

Mrs. Ernest R. Seward.

CODFISH BALLS

Two cups codfish or tuna, two cups mashed potatoes, one egg well beaten, three tablespoons butter. Make desired size and shape, roll in egg and fry in deep fat.

Mrs. E. J. Osband.

SALMON CROQUETTES

One small can salmon, two cups rice, season with salt and pepper, one half cup crackers rolled; make into small cakes, roll in egg and cracker crumbs. Fry in fat deep enough to prevent burning.

Mrs. H. B. Bogrette.

BOILED HALIBUT

Soak in tepid water until sufficiently fresh, then boil about five minutes in very little water. Serve hot with butter and pepper.

BAKED HALIBUT

Freshen one hour in tepid water, bake from one-half to one hour according to size. Serve with drawn butter gravy.

CAFILTHA FISH

Bone two or three white pickerel; chop meat fine, and add two chopped onions, mix with this the same quantity of bread crumbs as of fish, and season with salt and pepper, and garlic also if desired. Put into a bag and shape in loaf form; place in a large kettle, and pour over it two or three quarts water and four diced onions. Boil slowly two hours, then cut bag open and lay the loaf on a platter garnished with lettuce, parsley, or steamed carrots. (This is also good with Salmon or Tuna Fish.)

Mrs. C. M. Heiserman.

ESCALLOPED SALMON

Bone one can Salmon, add one half loaf bread crumbs moistened with water. Stir in one or two eggs, add salt and pepper, and stir up lightly and fry in bacon fat or butter.

Mrs. C. M. Heiserman

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Oysters

"Old Tray licked all the oysters up,
Puss never stopped at crimps,
But munched the cod, and little kit
Quite feasted on the shrimps."

Thomas Hood.

FRIED OYSTERS

Mix one cup cracker crumbs with half cup corn meal and add little salt. Beat the eggs and for each egg add one tablespoon water, then dip in egg and crumbs, lay on platter until all are dipped then repeat the process. Fry in half butter and half lard. The water prevents the cover from cracking off.

OYSTER PATTIES

Line the patty-tins with rich puff paste. Season the oysters (after having dried them on a napkin) with salt and pepper. Place three or four in each tin, according to size, and add a little butter to each, wet the edges of the crust and cover, pinching the edges together tightly. Bake about twenty minutes in hot oven.

Mrs. Ellen Green.

LITTLE PIGS IN BLANKETS

Slice bacon thin, wrap each oyster in a slice and fasten securely with a tooth pick. Place in baking dish and bake until bacon is crisp.

Mrs. J. F. Selleck.

OYSTER COCKTAIL

Place small oysters on ice until needed. Make sauce of two tablespoons tomato catsup, twelve drops tabasco sauce or one teaspoon pepper sauce, juice of one lemon, one half teaspoon grated horse radish, little salt and paprika. Add two tablespoons oyster liquor. Mix thoroughly and set on ice to chill. Put five oysters in each glass, pour sauce over and serve at once.

Mrs. F. P. Child.

ROYAL SCALLOP

One cup salmon (canned), three hard boiled eggs, two cups white sauce, two cups buttered crumbs, seasoned with one fourth teaspoonful salt and one eighth teaspoonful pepper. Rule for white sauce; four tablespoonfuls butter, two tablespoonsful blour, one half teaspoonful salt, one eighth teaspoonful cayenne, two cups hot milk, seasoned slightly with mace. Break up salmon with fork and remove bones. Butter a baking dish and put one layer of crumbs, one layer of salmon, one layer of eggs (cut in layers or chopped), one layer of sauce. Repeat until dish is full, cover with buttered crumbs, brown in hot oven.

Mrs. H. G. Dollison.

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Fish and Shell Fish

"I fished all day and caught a cold;
And just at night I had a bite.
'Twas not for naught I fishing went,
I hooked at least an appetite."

BAKED SALMON WITH TOMATO SAUCE.

To one can salmon add one cup tomatoes, one half cup water, one sliced onion, three whole cloves, one teaspoon vinegar, two teaspoonfuls butter, one and one half teaspoons flour, one half teaspoon salt. Pepper to taste. Cook tomatoes, water onions and cloves twenty minutes. Melt butter, add flour and stir into hot mixture. Add salmon and put in baking dish, pour half the sauce around it and bake thirty-five minutes, basting often. Remove to hot platter, pour remaining hot sauce around it and garnish with parsley.

Mrs. D. M. Robins

SALMON LOAF.

Two cups salmon, noe cup stale bread crumbs, one teaspoon onion juice, one teaspoon chopped parsley, three eggs. Flake salmon fine, mix with bread crumbs and seasonings and moisten with the well beaten eggs. Pack into a buttered mold and steam for two hours. Serve hot. Any left over of this dish may be broken into small pieces, and served with mayonnaise, making a palatable salad.

Mrs. D. M. Robins.

PARSLEY BUTTER (For Fish)

One half tablespoon chopped parsley, half teaspoon salt, one fourth cup butter, one eighth teaspoon pepper, one tablespoon lemon juice. Cream butter, add salt, pepper, parsley and then lemon juice slowly.

TUNA FISH SOUFFLE.

One can tuna fish, one half cup bread crumbs, one half cup milk, salt, pepper, juice of one lemon, chopped parsley, paprika, three eggs. Cook bread crumbs in milk ten minutes. Add fish and seasoning. Beat eggs separately. Fold whites in last. Bake until firm.

Eveline Bersey.

SHRIMP WIGGLE.

Melt four tablespoons butter, one half teaspoon salt, two even tablespoons of flour, dash of cayenne, then gradually pour in one and one half cups of milk. When it thickens add one cup of shrimps and one cup of French peas. Remove as soon as heated through. Salmon may be used instead of shrimps and is very good.

Mrs.F. G. Dodshon.

FROG LEGS.

Wash and wipe in dry towel, fasten the feet together and dip them in beaten egg, roll in fine crumbs, then fry in hot fat. Serve on hot platter with slices of lemon and parsley.

Mrs. D. A. Thomson.

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FISH CHOWDER.

Two pounds fresh haddock, one large onion, four potatoes, sliced, one fourth pound fat salt pork, butter size of egg, one quart milk, salt and pepper. Fry pork cut fine, place in kettle, add fish (cut) in alternate layers with potatoes, and onion, season, add enough water to cover; cook one half hour. Add milk, butter and crackers. Bring to boiling point and serve.

Mrs. H. B. Bogrette.

SHRIMP RELISH.

Two onions fried a golden hour in butter, add one cup boiled rice, one half pint cream, one can shrimps. Heat before adding one half cup catsup. Serve very hot.

Mrs. Frank R. Hutchinson.

LOBSTER WIGGLE. (Six Portions)

Melt three tablespoons butter and add three tablespoons flour, one teaspoon salt, one quarter teaspoon paprika and one quarter teaspoon celery salt. Mix well and add one and one half cups milk and cook until creamy, then add one tablespoon chopped cooked green peppers, two teaspoons pimento, one cup peas, one cup lobster, one teaspon salt and cook three minutes or until very hot. Add well beaten yolks of two eggs and cook one minute. Serve on triangles of toast.

Mrs. H. D. Chase.

TARTARE SAUCE.

Chop one tablespoon sweet pickle, one tablespoon parsley, one tablespoon stuffed olives, one teaspoon capers, one half teaspoon onion and one quarter teaspoon salt and add to one half cup of mayonnaise.

Mrs. H. D. Chase.

WELSH RAREBIT.

One fourth pound rich cream cheese, one fourth cup milk or cream, one egg, one teaspoon mustard, one fourth teaspoon salt, speck of cayenne pepper. Melt butter in chafing dish, add seasoning and cheese, when melted add milk and stir rapidly, when smooth add egg well beaten and cook until it thickens. Serve on toast.

Blanche Wilson.

CREAMED LOBSTER.

One half can lobster or two pounds fresh, one fourth cup butter, one half tablespoon flour, one half teaspoon salt, few grains cayenne, speck of nutmeg, one cup thin cream, yolks of two eggs. Cut lobster in small cubes, melt butter, add flour, seasoning and cream gradually. Add lobster and when heated add the beaten yolks.

PLANKED WHITE FISH.

Clean, split and hone a three pound fish. Put skin side down on a hot oak plank, one and one half inches thick and a little longer and wider than the fish. Sprinkle with salt and pepper and bruch over with melted butter. Surround fish with a border of coars salt to prevent plank burning. Bake twenty-five minutes in hot oven. If cooked in gas range have flame over fish.

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SAUTED HALIBUT STEAK (Four Portions)

One and one half pounds halibut steak, (one inch thick) two cups cracker crumbs, two teaspoons salt, one quarter teaspoon paprika, one quarter teaspoon celery salt, one egg, two tablespoons cold water, four tablespoons fat, one cup tomato pulp. Wipe fish with damp cloth, mix crumbs, salt, paprika and celery salt. Place fish in crumb mixture and then in egg mixed with cold water and again in crumbs. Pat crumbs into steak and put in hot fat in baking pan and pour over tomato pulp. Cover with lid and bake in moderate oven forty minutes. Turn often to brown well. Serve with Tartare Sauce.

DEVILED CRABS.

Pick meat from a boiled crab and cut into fine bits, add one third as much bread crumbs, two or three chopped hard boiled eggs, and lemon juice, season with pepper, salt butter or cream, clean shells nicely and fill with the mixture, sprinkle over with bread crumbs and small bits of butter and brown in oven. Lobsters may be prepared in same way, served in scallop shells, or, boil one pint milk, thicken with one tablespoon cornstarch mixed with a little cold milk, season with salt and pepper and pour over the picked up lobster; put in baking dish and cover with bread crumbs and bits of butter and brown in oven.

BOILED FISH (Preferably Bass)

Do not remove the head from the fish. Use water to cover and salt until strongly flavored, put in a few cloves, several bay leaves, and a few slices of onion. Let this boil up thoroughly then remove from fire and let stand firteen minutes. Serve with drawn butter and chopped parsley.

BOILED WHITE FISH (With Hollandaise Sauce)

Clean, wrap in cloth and boil for twenty minutes in well salted rapidly boiling water. Drain. Carefully turn on hot platter to preserve fish whole, cover with Hollandaise sauce, and garnish with lemon quarters, hard boiled eggs and sprigs of parsley. Saratoga chips or potato croquettes should be served with above.

HOLLANDAISE SAUCE.

Cream four tablespoons butter, one third cup boiling water, the yolks of two eggs, one at a time, and beat until mixed, add the juice of three fourths of a lemon, one half teaspoon salt, one eighth teaspoon white pepper, dash of cayenne. Beat until smooth and when ready to use, place over boiling water, stirring constantly until it thickens. This makes one half pint and must be served immediately.

SAUCE TARTARE.

To one cup mayonnaise dressing add one finely chopped shallot, two tablespoons each of finely chopped capers, olives, gherkin and one of parsley, one fourth teaspoon powdered tarragon. Can be used with fish.

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SALMON (In Mold).

Drain one pound can salmon from the liquor, rinse well and flake. Mix together one half tablespoon sugar, one half tablespoon salt, one half tablespoon flour, one teaspoon mustard (groud), few grains cayenne, add two eggs yolks, one and one half tablespoons melted butter, three fourths cup thick cream or milk and one fourth cup malt vinegar. Cook in double boiler stirring constantly until mixture thickens. Add three fourths tablespoon gelatine previously soaked in two tablespoons cold water, strain and add to flaked salmon. Fill mould and serve with or without cream sauce.

SALMON AU GRATIN.

One can salmon; make a cream gravy of two cups milk, thicken with two tablespoons flour, lump of butter, pepper and salt to taste. Place in buttered dish alternate layers of salmon sprinkled with cracker crumbs and the cream gravy. Over the top layer of cream gravy sprinkle cracker crumbs and place dots of butter. Bake fifteen to twenty minutes. Serve with sliced lemon.

SCALLOPED SALMON.

One can salmon, one cup white sauce, one cup bread or cracker crumbs. Take out all bones and skin and juice from fish, butter a baking dish, put in a layer of fish, then a layer of buttered and seasoned crumbs, then a layer of fish then crumbs. Pour the white sauce over, cover the top with buttered crumbs and brown in oven.

SALMON LOAF.

One pound can salmon, one cup fine bread crumbs, two eggs, one half cup milk, one teaspoon lemon juice, one half teaspoon onion juice, one tablespoon fine chopped parsley, a dash of paprika, one half teaspoon salt. Remove skin, bones and liquid from fish and pick fine, mix together thoroughly with other ingredients, and turn into buttered mold. Cook in a steamer, or in the oven in a dish of hot water about one half hour or until the center is firm. Serve hot with sauce. Garnish with parsley.

CREAM SAUCE.

Melt two tablespoons butter, add two teaspoons flour, a few grains of mace and cayenne, then add one cup milk and the strained salmon liquor. Cork until smooth.

SALMON CUTLETS.

One can salmon, one half cup bread crumbs, one half cup white sauce, one half lemon, one teaspoon salt, dash paprika. Remove skin and bones, chop salmon fine, pour over juice of one half lemon, mix in bread crumbs then white sauce. Shape into cutlets and dip in egg and cracker crumbs and let stand for two hours. Fry in olive oil or half lard and half butter. Can be served with French peas.

SALMON CROQUETTES.

From one can salmon take bones and bits of skin. Mix with meat one egg yolk, one half cup cracker crumbs and pinch of salt and pepper. Roll in balls, then dip first in beaten egg, then in cracker crumbs. Let stand several hours and when ready to serve, fry in deep fat until a rich brown. Serve with sliced lemon, or with cream sauce. *Mrs. D. D. Smith.*

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Meats and Poultry

"Some hae meat and canna eat,
And some would eat that want it.
But we hae meat, and we can eat,
Sae let the Lord be thankit."

Burns.

ROAST BEEF

Have the oven hot and do not put water in the pan; pepper and salt it slightly and moisten the meat with the juices and fat that will soon be made in the pan. Let the oven cool a little after the cut surfaces are browned.

TO KETTLE ROAST MEAT

Take beef or fresh pork, three or four pounds, and allow two hours to cook. Wash, place in kettle, season well, pour upon it cold water enough to partially cover. Turn it over occasionally while boiling and when tender cover and let it roast in the kettle. Mutton should be par-boiled first. Veal does not need so much time.

BEEFSTEAK BROILED

Lay a thick tender steak upon the gridiron, well greased with suet, over the coals; when done on one side have ready a platter well warmed, with a little butter on it, lay the steak without pressing it, cooked side down, then quickly place it upon the gridiron again and cook the other side. When done place upon the platter, spread with butter, season with salt and pepper, serve on hot plates, garnish with sprigs of parsley.

BEEFSTEAK SMOTHERED IN ONIONS

Grease a hot spider with butter or suet and fry the steak until half done then cover, very thickly, with sliced onions, season well with butter, pepper and salt, and put a little water in the spider to prevent burning. Cover closely and set where they will cook more moderately. Serve hot with onions on top of steak.

BEEFSTEAK PIE

Take some fine, tender steaks, beat them a little, season with salt and pepper and put bits of butter over the whole surface. Dredge a teaspoonful of flour over, then roll up and cut in pieces two inches, put a rich pie paste around the sides and bottom of basin, put the steak in and nearly fill the basin with water. Add a piece of butter the size of an egg, cut in small pieces, dredge in a little flour, add a little salt and pepper. Roll a top crust to half an inch thickness, cut a slit in center. Dip your fingers in flour and neatly pinch the top and side crust together all around the edge. Bake an hour in quick oven.

Mrs. Frank Marshall

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SAVORY STEW

One and one half pounds round steak, one pint boiling water, one sliced onion, two tablespoons catsup or chili sauce. Cut the meat in small pieces and brown in hot butter or suet. Add other ingredients and cook very slowly until meat is tender.

Mrs. S. Straith

SWISS STEAK

Get slice of choice round steak cut nearly two inches thick. Remove fat and bone. Criss-cross steak with a chopping knife on both sides, chopping into the meat all the flour it will hold. Sear a little in suet, or tablespoon each of butter and lard in an iron frying pan, then partly cover with water. Cover and let cook slowly for three hours. Add salt and pepper when about half done. Sliced onions may be added if desired. *Mrs. D. D. Smith*

SPANISH ROAST

Take a roast two inches thick, season with salt and pepper. Slice two onions over it, sprinkle with flour, pour on one cup of catsup, add potatoes and roast in an oven not too hot, two and a half hours. Add a little hot water if needed.

Mrs. Ernest R. Seward

SPANISH STEAK

One round steak, two medium size onions, one quart canned tomatoes and one green pepper. Have steak cut from one inch to one and a half inches thick. Sprinkle with salt and pepper. Sear on both sides in a hot frying pan. Put in baking dish, pour the tomatoes over with chopped pepper and onions sliced very thin. Bake forty-five minutes.

Mrs. D. M. Robins

HAMBURGER STEAK WITH NOODLES

Take one and a half pounds round steak, put through food chopper. then brown in butter, add a little water, one pint tomatoes, two large onions, two sweet green peppers, salt and pepper to taste. Boil thirty minutes, then thicken gravy and serve over noodles which have been boiled, blanched and reheated in butter.

Frank R. Hutchinson.

HAMBURG EN CASSEROLE

Place thick layer of sliced raw potatoes in buttered caserole, salt and pepper, then add a layer of sliced onions, season, then a layer of Hamburg steak as much as desired. Season with salt and pepper, add a pint or more of stewed tomatoes and bake until the vegetables are tender.

Mrs. Howard Simpson.

SPAGHETTI

One quart tomatoes, one package spaghetti, one pound Hamburg steak, one quarter cup bacon fat, two green peppers, grated cheese. Put bacon fat in frying pan, add pepper and meat and brown well. Cook until done. Add the tomatoes. Cook spaghetti. When all are cooked and seasoned, put together and mix well. Serve on plate covered with snappy cheese (grated).

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SHREDDED VEAL

One pound round of veal, small piece of suet, one half cup hot water. Fry veal brown on both sides in suet. Boil slowly one hour. Add two cups diced celery, boil one half hour, or until celery is well done. Shred veal, season highly and serve on plain boiled rice.

Mrs. Carleton E. Ehle

STEAMED VEAL

Dip a veal steak in fine bread crumbs, then in egg, and again in bread crumbs. Fry in butter long enough to brown the crumbs, then put in a basin and pour over it one cup of white sauce. Put in a steamer and steam from two and one half to three hours. Sauce. Put two tablespoons of butter in saucepan and stir until melted and bubbling, add two tablespoons of flour in which is mixed one quarter teaspoon of salt and a few grains of pepper, and stir until thoroughly blended. Pour on gradually one cup of milk, stirring unitl well mixed, then beating until smooth and glossy.

Mrs. J. F. Miller.

VEAL BIRDS

Veal cutlets cut in pieces three inches square. Cover with highly seasoned dressing. Roll up and pin with toothpicks. Roll in flour, brown in butter and cook slowly about three quarters of an hour. Make brown gravy.

Mrs. E. Richardson.

LAMB EN CASSEROLE

Roll lamb in flour which has been salt and peppered. Brown lamb in hot butter or fryings. Place lamb in roaster, fill frying pan with water and thicken like gravy. Add to gravy three quarters cup of catsup and one large onion chopped fine. Pour over lamb, bake two and one half hours, then add one can drained peas. Bake one half hour.

Mushrooms can be added to gravy with catsup and onions if desired.

Katherine Sanford.

BROILED MUTTON CHOPS

Cut chops from tenderloin of mutton, remove portion of fat. Rub bars of broiler with a little fat and lay on chops. While broiling turn often and in about eight minutes they are done. Season with salt and pepper and rub a small piece of butter on each chop and serve on a hot platter.

MINT SAUCE

Half cup vinegar, quarter cup chopped mint leaves, one tablespoon powdered sugar. Add sugar to vinegar. When dissolved, pour over mint and let stand 30 minutes on back of range to infuse. Use diluted vinegar.

Mrs. E. H. Wicks

DELICIOUS PORK CHOPS

Put a layer of pork chops in the bottom of a dripping pan and cover them with onions sliced thin. Season with pepper and salt and pour over them one cup of water. Bake one hour.

Mrs. W. S. Watson

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HAM MOUSSE

One tablespoon butter, two tablespoons flour, half cup milk, one cup chopped ham, two eggs. Make a white sauce of first three ingredients. Let sauce get cold, then mix with ham. Beat in yolks of eggs (unbeaten) and pound in whites (unbeaten). Fill custard cups half full. Stand in pan of hot water and bake half hour. Unmold and serve with following sauce: Half can tomatoes, one cup rice (cooked), one small bottle of pimento olives; slice the olives. Serve sauce hot. *Mrs. Walter S. McVittie.*

HAM DELIGHT

One slice ham three quarter of an inch thick. Pound in as much brown sugar as ham will absorb. Place in frying pan and fry until brown. then pour over ham one cup black coffee and fry until this is cooked in.

Harrison C. Burch

BAKED HAM

One cup of vinegar diluted with water, one cup brown sugar, sprinkling of cloves pound over slices of ham, put in oven and bake one hour.

Mrs. Hunt

BOILED TONGUE

Use a corned tongue. If very salt, it should be soaked in cold water several hours, or over night before cooking. Wipe, cover with cold water and bring slowly to boiling point. Boil five minutes, remove scum, and cook at a lower temperature until tender. To remove skin blanch in cold water, peel off skin and roots. Reheat and serve. Tongue requires from four to five hours cooking.

TO CORN BEEF

Five pounds beef rump or round. Put in the kettle you wish to cook it, then add five heaping tablespoons of salt, one heaping tablespoon sugar, half teaspoon of soda. Salt petre the size of small bean. Dissolve these ingredients in water and pour over the meat. Let stand two days and a night or two nights and a day, then cook in the same water, skimming as it cooks.

Mrs. David W. Pell

JIGGS DELIGHT

Wash a piece of corned beef weighing five or six pounds, and put into one gallon of water; when it comes to a boil, pour off water and put fresh water on and boil slowly three and one half hours. At the beginning of the last half hour, add one large head of cabbage, quartered, 15 minutes later add 3 carrots quartered and three small turnips sliced. One half hour before serving add six medium sized potatoes. Cook beets in a separate kettle. Put meat on a large platter and arrange vegetables around it, or, can serve vegetables in a separate dish. *Maggie*

MEAT LOAF

One and a half pounds of beef, half veal, half pork, boil and chop; two cups of the broth strained and add two beaten eggs while hot. Season and mould into loaf. Best cold. *Mrs. Pollard*

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MEAT LOAF

Three pounds veal on beef, half pound salt pork chopped fine, two cups rolled crackers, two cups sweet milk, quarter cup butter, one tablespoon salt, one tablespoon pepper, three eggs. Bake two hours.

Mrs. H. Zanger.

VEAL LOAF

Chop three pounds veal and one quarter salt pork, one cup bread crumbs, three teaspoons salt, one teaspoon black pepper, a little red pepper, and a pinch of cloves. Work in thoroughly two raw eggs; put in a mould and steam three hours; remove and put in the oven a short time to dry off.

Mrs. Belle F. Hill

VEAL LOAF AND TOMATO SAUCE

Grind one and a half pounds of veal and one quarter pound of pork together. Season with pepper and salt, adding one egg, three tablespoons milk, and one cup cracker crumbs. Place half the prepared meat in roaster, lay two hard-boiled eggs end to end on top; then add remainder of meat, pouring half can of water around it. Bake until brown.

SAUCE FOR MEAT

Strain one pint of tomatoes, season with salt, pepper and butter. Thicken with one tablespoon of flour, wet with little milk. Pour over meat and serve.

Mrs. J. E. Atkinson

VEAL FRICASSEE

Cook about two pounds of lean veal with bay leaf, onion, three cloves, salt and pepper. Cut in small pieces and pour over the following. Melt two tablespoons butter and thicken with flour. Beat egg in cup, fill cup with cream, add slowly to the broth. Vinegar to taste.

Mrs. W. T. Kuhlman

CHILI CON CARNE

Three quarter round steak cut in small pieces and browned in butter, one medium sized onion cut in pieces, two cups tomatoes, one tablespoon chili powder, two little red peppers, half teaspoon celery seed ground, half teaspoon sage (may be omitted), one large sweet pepper, salt. Cook about half hour, then add one can kidney beans and cook slowly half hour longer.

Mrs. E. Richardson

CHILI CON CARNE

One pound hamburger steak, browned in butter; one small can tomatoes strained; two sliced onions, one can kidney beans, a little sugar, salt and cayenne pepper to make pretty hot. Cook slowly about one hour, or more.

Mrs. T. C. Loveless

CHILI CON CARNE

One pound chopped beef, one can tomatoes, one can red kidney beans, three onions cut small, six potatoes diced, one stalk celery cut fine, paprika and salt to taste, two quarts water, boil three hours.

Mrs. W. C. Bowen

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AMERICAN CHOP SUEY

Two or three small onions chopped fine, one pound hamburg steak, one cup boiled rice, one cup cooked spaghetti, one can tomato soup. Put one tablespoon butter in frying pan. When hot add onions and cook until done. Then add rice, spaghetti and tomatoe soup. Season with salt and pepper. Serve hot.

Mrs. C. M. Millspaugh

AMERICAN CHOP SUEY

Two pounds hamburg steak, three large onions, one package spaghetti. small can tomatoes or one can tomato soup, little butter and pepper. Cover spaghetti with boiling salted water and cook about twenty minutes. Cut onion fine and fry in the butter to a light brown; put in the steak and when it is about done, add the drained spaghetti and tomato and let cook a little.

Flora Fairchild

CHOP SUEY

One pound veal (cooked as below), one cup onions, one pound pork off leg (cooked as below), one cup mushrooms, two tablespoons black molasses, two tablespoons of water. Add plenty of salt. Brown meat in butter. Add rest of recipe and fry for 15 minutes.

Mrs. A. H. Stevenson

BEEF AND KIDNEY BEAN STEW

Quarter pound beef (fresh or cooked.., quarter cup red kidney beans, quarter onion, half cup tomatoes, two tablespoons pork fat, salt. Cut beef in small pieces and brown with onion in the hot fat. Add tomatoes and water to cover. Cook very slowly. Add beans about 15 minutes before done.

Mrs. H. D. Chase

SHEPHERD'S PIE

Use pork or beef stew until very tender. Put in a casserole and cover with mashed potatoes to which a beaten egg has been added.

Mrs. Walter Scott

FRICATELLIS

Use cold roast beef chopped fine or you may use hamburg steak, salt and pepper, two eggs, stale bread crumbs soaked, and squeeze: dry onions chopped fine and steamed in butter and parsley; mix all together and roll into balls, then fry in drippings.

Mrs. H. M. Hungerford.

YORKSHIRE PUDDING WITH ROAST BEEF

One and one quarter cups Henkel's flour, salt to taste, milk to make thin batter. Add lastly three eggs beaten very light. Raise the roast up on an ironstand. Pour the batter in pan and let the roast drip on the pudding. Bake about half hour.

Mrs. Thomas Hanes, Kalamazoo.

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GOULASH

Half package spaghetti, half cup rice, one onion, half pound ground beef, one pint tomatoes. Cook each separately, mix, put in baking dish. Cover with crumbs and grated cheese. *Mrs. W. T. Kuhlman*

COTTAGE PIE

Cover bottom of small greased baking dish with hot mashed potatoes (or cold), add a thick layer of roast beef (or any cold meat), cut in pieces or ground. Season with salt and pepper, and onion juices and moisture with some gravy, cover with a thin layer of potatoes and bake in hot oven long enough to heat through. *Mrs. P. J. Wilson.*

CORN BEEF CREAMED

Creamed dried beef can be made delicious by covering with cold water, heat slowly when slices of meat have increased in size, by absorbing the water, drain and cover with a thick white sauce.

Mrs. Chas. O. Hiscock

HASH

The best meat for a hash is from a stew or the sides of a a la mode beef; the corned beef is excellent and any scraps of old meat can be used if care be taken to first simmer until tender all tough bits. Mince evenly but not too fine, allowing one quarter fat to lean. Add an equal bulk of chopped, freshly cooked potatoes, mix well together and season with salt and pepper; moisten with cream, gravy or rich broth, add a tablespoon of butter or good beef drippings to a frying pan and when smoking hot add the hash even over the top. Cook over a moderate heat for twenty minutes without stirring so that a brown crust may form over the bottom, fold over and turn out like an omelet on a hot platter. This hash may be baked in the oven instead of over the fire.

DANISH STUFFED CABBAGE.

Get about one pound of beef and one third of pork, and have the butcher grind it fine. Then, when you get home put it through your own grinder twice more, using the fine knife, adding two or three onions and grinding them with the meat. Then put the meat in a mixing bowl tnd mix it thoroughly with a wooden mixing spoon. Add salt and pepper, and alternately turn in milk and flour until it is of such consistency that it can be molded into balls. Pick the leaves from a head of cabbage, being careful that they are not torn or broken. Wash and drain them. Take about a cupful of the meat, mold it into a ball, wrap it in about three or four layers of the cabbage leaves, and tie firmly with a soft cord. Put these balls into a kettle of boiling water. The water should cover the balls well. With these you can boil sweet and white potatoes, peeled and cut in halves. Cooking with the meat and cabbage gives them a delicious flavor. Butter gravy is served with this dish, and is made by melting a large lump of butter in a saucepan, adding flour and thinning it to the right consistency with the water in which the cabbage has been cooked. When the dinner is cooked remove the cord from the cabbage, arrange the puddings on a platter and surround them with potatoes.

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Poultry

"Here's to our national birds,
The Amerigan cagle and the Thanksgiving turkey!
May the first give us peace in all our states,
And the last a piece for all our plates."

Jessie Laurence.

ROAST TURKEY.

Dress the fowl, being careful not to break the gall, draw tendons from the leg with a pair of pliers. This is done by catching hold of them at the joint after the feet have been removed in the usual manner. Wash thoroughly outside and in, then fill the stuffing made from dry stale bread broken in pieces and wet slightly with cold water. Do not have the stuffing wet; merely moist; season with half a cup of melted butter, salt, pepper and powdered sage. Allow ample time for roasting--for a large fowl four hours is none too much. Remove the fowl from the pan and brown the gravy. Add the chopped giblets if so desired, thicken with flour wet up with cold water, stirring it in when the liquid is not at boiling point, as this prevents lumps from forming; set over the fire and stir constantly until the gravy thickens.

Jessie Laurence.

ROAST TURKEY No 2.

Procure a nice young turkey, dress nicely, rub with salt aud pepper inside and out, and fill with dressing made by pouring boiling water over bread crumbs, plenty of butter, salt and pepper to taste, a little sage. The giblets cooked tender and chopped fine, one can of oysters chopped and added to bread. Stuff turkey and sew up. When ready to put in oven, make a paste of flour and water. Roll out and spread over turkey, baste often, take off cover when turkey is done but browning, which will be in about three hours if turkey is young.

Lena B. High.

TURKEY ESCALLOP.

Make a pint of gravy from the bones and skin, chop the bits of meat, picked from the bones, very fine. Have ready a buttered baking dish, with a layer of dried or rolled bread or cracker crumbs, add a layer of minced turkey and dot with bits of butter, seasoning with salt and pepper. Moisten each layer with some of the gravy, and milk, and so continue until the dish is full. Let the top layer be of crumbs, seasoned and dotted with butter and moistened with the gravy and milk, mixed, beaten up with two eggs. Spread it smoothly over the top about one quarter of an inch thick; invert a pie dish over it and bake in a moderate oven until it begins to bubble at the sides; remove the cover and brown.

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CHICKEN A LA KING.

Boil one fat chicken until tender, when cool cut into cubes, melt two tablespoons butter, mix until smooth with two tablespoons of flour, add gradually one pint of liquor in which the chicken has cooked and which has been previously strained, one half pint cream or milk, little Worchestershire sauce, tomato catsup, paprika, salt and pepper, one green pepper chopped fine then add the chicken, a small can of mushrooms, and cook thoroughly. Serve on toast. Some prefer to use peas instead of mushrooms.

Mrs. R. M. Fairchild.

CREAM CHICKEN.

Cut the chicken into nice pieces for serving, salt, place them in baking dish, cover with one cup cream and a little butter. Bake uncovered until tender. Use milk for gravy.

Mrs. E. M. Rixon.

CHICKEN CREOLE.

Fry three sliced onions in three tablespoons of hot drippings until light brown; disjoint a large tender chicken, roll in flour and fry in hot fat until brown, then place in a large heated casserole; add to the fat two tablespoons flour, add slowly one pint strained tomatoes, three minced green peppers, a sprig of parsley and a teaspoon salt. Cook five minutes, add onion and pour over chicken, bake two hours.

CHICKEN CHOP SUEY

One chicken, three or four pounds in weight, cut up and boiled in water until tender. Let stand until cold. One cup rice boiled in three quarts water, one can mushrooms, (button) braised in two tablespoons of butter until it is all absorbed by mushrooms. Make a cream sauce of one cup milk, one cup cream, two tablespoons cornstarch. Cut all the meat from the chicken into small pieces. Butter a baking dish and put in a layer of cream sauce then a layer of mushrooms. Cover with another layer of sauce. Continue the layers until all the ingredients are used, having a layer of the sauce on top, which sprinkle with bread crumbs and little bits of butter. Bake for twenty minutes. This can also be baked in individual moulds.

QUAIL.

Quail are very nice to stew until nearly done, then roast in the oven to a nice brown, basting often with melted butter and water, Serve on soft buttered toast.

CROQUETTES.

Take one pint of finely chopped cooked meat, chicken, veal, beef or a mixture of all. Make a cream sauce of one cup milk, one tablespoon butter and two tablespoons flour creamed together. Mix the meat, let it stand until cold, make in a shape wished, roll in cracker crumbs, then in egg, then in crumbs again, fry light brown in deep fat. Salt and pepper to taste, dash of nutmeg, onion juice and sage may be added if desired.

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SQUABS.

Dressing:-One fourth loaf stale bread, one half cup milk, two livers of squabs finely chopped, one egg, pepper and salt, a little grated onion. Method:-Crumb bread into scalding milk and mix with fork. Add the livers finely chopped, then the seasoning, and stir in lightly one beaten egg. This amount is sufficient for six squabs. Dredge the squabs in flour, brown on top of stove in three pounds butter. when well browned transfer to casserole. Make a gravy of the butter in which the squabs have been browned, pour over the squabs and cook slowly in the oven until they are tender.

VENISON.

Venison slices better if frozen. Slice extremely thin, roll in flour. Fry quickly in bacon fat and serve with crisp bacon. Must be well done. Venison is also delicious sliced thin and broiled and served with broiled bacon.

TO FRY VENISON.

Take the chops or steak, remove bone, pound, then scald until seared over. Season, roll in flour and fry in drippings until brown on both sides.

STEWED RABBITS.

Brown in butter two rabbits cut in pieces. Add two cups boiling water, one cup cream, one half cup of vinegar and capers. Stew two hours.

NUT LOAF - MEAT SUBSTITUTE.

One cup English walnuts, one cup pecans, one half cup cracker crumbs, teaspoon minced celery, three-quarters teaspoon salt, one-eighth teaspoon pepper, one-quarter cup water, one cup white sauce, one-half teaspoon lemon peel. Sauce above mentioned. One cup milk one and one half tablespoon butter, one and one half tablespoon flour, one quarter tablespoon salt. Bake twenty minutes. Can be served surrounded by tomato sauce.

Mrs. F. P. Todd.

CHICKEN PIE CRUST.

Six tablespoons melted butter, one cup sweet milk, one egg, two cups Henkel's Velvet pastry flour, three teaspoons Royal baking powder sifted with flour two or three times, one half teaspoon salt. Spread over the top with a spoon; bake slowly. This is a good crust for any meat pie.

Georgiana Smith.

DUMPLINGS.

Two cups Henkel's Velvet pasrty flour, one tablespoon butter, two teaspoons Royal baking powder, pinch salt, enough milk to make butter drop from spoon into kettle. Cover same and cook until done.

Mrs. J. D. Elliott.

DROP DUMPLINGS.

Two cups Henkel's pastry flour, one-half teaspoon salt, three heaping teaspoons Royal baking powder, one scant cup of milk. Drop in boiling liquid and boil fifteen minutes. Do not remove cover until cooked.

Mrs. Annie Downie.

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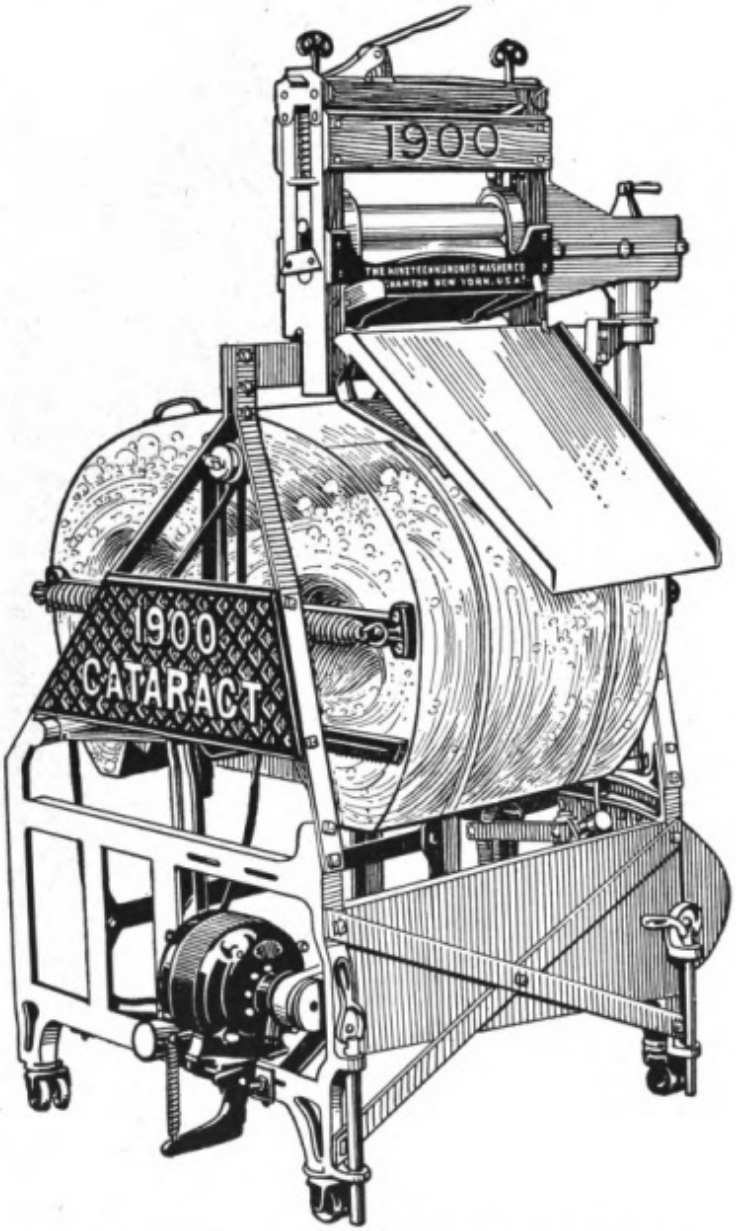

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Vegetables

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STUFFED POTATOES.

Bake the potatoes, open and mash them, mix with meat or cheese. Put back in shells, cover with beaten white of egg, put back in oven and leave until egg is browned.

Mrs. E. Gudakunst.

OVEN FRENCH FRIED POTATOES.

Did you know that you can fry French sliced potatoes in the oven, much easier than on the top of the stove, and without any odor? Peel and slice as usual, put two tablespoons grease in baknig pan, put in layer of potatoes with more grease, put into a piping hot oven. Bake one half hour. They must be baked quickly. Salt after taking from oven.

Mrs. Robt. C. Kingsley.

"MY AMERICA" POTATOES.

Two cups diced cold boiled potatoes, two level tablespoons butter, two level tablespoons flour, one cup milk, one fourth pound American cheese (cut small), one tablespoon finely cut parsley. Melt butter, add flour and milk, cook slowly until smooth and creamy, add cheese and continue stirring until cheese melts. Add parsley. Mix the sauce through the potatoes and spread in a shallow breaker or deep pan, cover top with bits of butter and brown in oven.

Mrs. Robt. C. Kingsley.

POTATO CROQUETTES.

Pare, boil and mash six good sized potatoes, add one tablespoon butter, two thirds cup sweet cream, the whites of two eggs well beaten, salt and pepper to taste. When cool enough to handle, work into shape, roll in egg and cracker crumbs and fry in hot lard.

Mrs. Frank Marshall,

CANDIED SWEET POTATOES.

Boil potatoes with skins on. Peel and cut lengthwise. Roll in brown sugar and place in buttered pan and pour on a little maple syrup.

Mrs. F. G. Dodshon.

BAKED CORN.

One can corn, one egg, one-fourth cup milk, salt, one tablespoon butter, one tablespoon sugar. Bake in oven until set.

Mrs. R. O. Harper.

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RED CABBAGE.

Slice one head of cabbage and soak in salt water. Cook with one apple, two cloves, sugar and vinegar to taste. *Mrs. Wm. Kuhlman.*

ESCALLOPED ONIONS.

Boil onions in salt water until tender, cut in halves, put in baking dish. Make cream sauce of two cups milk, four tablespoons flour, four tablespoons butter, two tablespoons lemon juice. Melt butter, add flour, then milk and lemon juice. Cook until thickened, cool and add one egg-yolk, beaten. Pour over onions; cover with bread crumbs and a little paprika. Bake in oven. *Mrs. E. M. Rixom.*

GLAZED SWEET POTATOES.

Wash and pare six potatoes. Cook ten minutes in boiling water. Drain and cut in halves lengthwise; dip in syrup made of one half cup of sugar and one fourth cup of water. Place in buttered pan. Make syrup by boiling water from three to four minutes. Bake fifteen minutes, basting with the syrup. This is delicious. *Mrs. E. J. Osband.*

CORN OYSTERS.

Score corn and scrape. Three tablespoons flour to five ears corn, one egg (beat white separate), two teaspoonfulls sugar, one half teaspoonful soda, level teaspoonful cream tartar, pinch salt, then add white of egg. Fry in lard and butter. *Mrs. Alice V. Keeler.*

PEANUT CROQUETTES.

One cup peanuts, two cups potatoes, salt, pepper, one tablespoon milk, one tablespoon eggs, onion juice, one half cup pimento. Grind peanuts in meat grinder, then add potatoes, salt and pepper, milk, egg, onion juice and pimento. Roll in beaten egg, then cracker or bread crumbs, and fry in deep fat. *Mrs. Eva Morris Hayes.*

SPANISH RICE.

One pound ground beef fried in butter, five tablespoons rice and one green sweet pepper cut in small pieces. Cook in one cup water. Then add the meat, two cups tomatoes, one teaspoon salt. Cook all slowly one and one half hours. *Mrs. E. Richardson.*

SPANISH RICE.

Two large tomatoes or one cup cooked ones, one green pepper, chopped, one small onion, one half cup uncooked rice, two cups cold water, one fourth cup butter, salt. Cook altogether in double boiler until rice is tender. Just before serving add a dash of red pepper and one tablespoon butter. May be put in oven and browned by sprinkling a few corn flakes on top.

Mrs. E. H. Wicks.

SPANISH RICE.

Four cups boiled rice, four onions chopped fine, one half can tomatoes, one half teaspoon chili. Brown onions in bacon fat, mix with rice, tomatoes and chili. Season to taste and cook about thirty minutes.

Mrs. E. S. Jenks.

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SPAGHETTI.

One large can tomatoes, two bay leaves, one teaspoon celery seed, one half teaspoon mustard, one teaspoon salt, one tablespoon Worcestershire sauce, three tablespoons vinegar, two large onions, one box spaghetti. Chop the onions up fine and fry in bacon fat for five minutes. Mix this with everything but the spaghetti and stew for twenty minutes. Place in buttered baking dish—one layer cooked spaghetti, one layer grated cheese, one layer sauce. Bake one hour.

Mrs. E. S. Jenks.

PEANUT BUTTER CROQUETTES.

Mix two cups mashed potatoes with two tablespoons butter, one tablespoon milk, one egg, one small chopped onion, and one quarter teaspoon salt. Heat one quarter cup cream and one quarter cup bread crumbs in pan and stir to thick paste. Cool and add one half cup peanut butter. Then add to potato mixture and form into croquettes. Roll croquettes in bread crumbs, then in beaten egg and in bread crumbs again. Fry in deep, hot fat and drain.

Eveline B. Bersey.

POTATO PUFF.

Two cups cold mashed potatoes, two tablespoons melted butter, two cups choped cooked meat, two beaten eggs, one cup milk. Bake in buttered dish in hot oven.

Mrs. W. F. Kuhlman.

SQUASH AU GRATIN.

Prepare as much Hubbard squash as will be needed by removing seeds and stringy inner part. Cut in small slices and steam until tender. Scrape pulp and mash. Season with salt, pepper, butter. Put in buttered baking dish, cover with bread crumbs and bake slowly fifteen minutes.

Mrs. Chas. O. Hiscock.

SCRAMBLED RICE AND BACON.

Fry six slices of bacon until crisp. Pour off half the fat and set bacon aside to keep warm. Mix together one and one half cups cooked rice and two well beaten eggs, salt, pepper. Pour into bacon fat and scramble. Heap in mound in platter and surround with bacon.

Eveline B. Bersey.

STUFFED ONIONS.

Parboil large onions for about fifteen minutes in salted water. Scoop out the hearts, chop them fine and mix with bread crumbs and chopped nut meats. Season with pepper, butter and more salt, if needed; put mixture back in the onions, put onions into baking dish, pour cream sauce over them and bake until tender.

Mrs. H. M. Robins.

SCALLOPED POTATOES.

Slice potatoes thin, about a quart. Line casserole with the potatoes, season, salt, paprika, a little dried onion, cracker crumbs, butter, add a little chopped pimento, add more potatoes, and seasoning. Cover two thirds full with milk and bake for one hour in medium oven.

Mrs. Frederick M. Du Devoire.

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WALDORF SALAD

One head celery, three good eating apples, one-half cup chopped English walnuts. Dice celery and apples and mix with nuts. Arrange on crisp lettuce leaves and serve with mayonnaise.

Mrs. Chas. O. Hiscock.

DATE-NUT SALAD

Dates seeded and stuffed with English walnuts. Serve on lettuce with following dressing: Juice one lemon, juice one orange, one cup sugar. Let come to a boil. Beat white of an egg and add level teaspoon corn starch, then the beaten yolk. Add this to cooked mixture and let come to boil. When cool, add one-half pint whipped cream. *Mrs. J. E. Atkinson.*

ENGLISH WALNUT SALAD

One-half pound nuts, six hard boiled eggs. Chop yolks, whites and nuts separately. Celery is nice to add. Use any salad dressing.

FRUIT SALAD

One grape-fruit, remove pulp from sections. Two oranges, two bananas, one-half pound of either malaga or tokey grapes skinned, one-quarter pound marshmallows cut in small pieces, one-half cup English walnut meats. Mix all together and serve with following dressing: One tablespoon Taragon vinegar, one tablespoon sugar, one egg yolk. Beat all together and cook until slightly thickened. When cold add to one-half pint whipped cream. Serve on lettuce.

Mrs. M. S. Rice.

SALAD (Delicious)

One can "Del Monte" white cherries, one can sliced pineapple, two boxes "Campfire" marshmallows, one-half pound almonds. Drain cherries one hour, cut in two and seed. Cube pineapple. Blanch almonds and cut in three pieces. Cut marshmallows in four pieces.

Dressing: Yolks of four eggs, one cup milk. Cook until it creams. When cold, add juice of one lemon, pinch salt, pinch mustard and one-half pint whipped cream. Mix night before using. Mix the dressing and fruit for serving.

Flora Fairchild.

SAUCE PIQUANTE

Three tablespoonfuls of sugar, two teaspoonfuls of salt, one teaspoonful of onion juice, one teaspoonful of paprika, one small red pepper, cut water until soft and water is nearly evaporated. Cook one quart canned tomatoes, one half teaspoon salt, one half teaspoon pepper, one half teaspoon allspice, one half teaspoon mace, one bay leaf, one eighth teaspoon cayenne, ten minutes, then rub through seive. Cut one half pound bacon in small pieces and fry. Add one half cup flour and stir until slightly browned. Add strained tomato and lima beans. Re-heat and serve.

Eveline B. Bersey.

SOUTHERN SUCOTASH.

Two quarts of wax beans cut in inch lengths, add one half pounds of breakfast bacon, cook on slow fire for two and one half hours. Add corn cut from eight ears, or one can of good canned corn, make delicious side dish.

Mrs. Frederick M. Du Devoire.

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VEGETABLE SALAD.

One small head of cauliflower boiled in weak salt water. Separate into small portions. To this, add one cup green lima beans, cooked—and same amount of peas. Serve with following dressing: Boil together one half cup vinegar and lump butter size of large walnut. Beat yolks of two eggs, add heaping teaspoon sugar, pinch mustard, small pinch salt, little black pepper and good pinch of paprika. Stir this mixture slowly into above ingredients and put back on fire to boil until thickened, stirring constantly. Add a little cream either sweet or sour before serving.

Mrs. M. S. Rice.

HARLEQUIN CUP.

In the bottom of sherbert cups, put a layer of marshmallows cut in small pieces, then a layer of coarsely chopped, walnut meats, and then fill with pineapple cut in dice. Place on top of each cup a generous, spoonful of whipped cream and a "Maraschino Cherry," "classy."

Mrs. C. H. Lemke.

LUNCHEON SALAD

One envelope Knox sparkling gelatine, one cup cold water, one and a half cups boiling water, half cup lemon juice, half cup sugar, three tart apples, one cup celery, cut in small pieces, half cup pecan nut meats. Soak gelatine in cold water for five minutes and dissolve in boiling water. Add lemon juice and sugar. When mixture begins to stiffen, add apples, sliced in small pieces, chopped celery and broken meats. Turn into mold, first dipped in cold water, and chill. Accompany with mayonnaise dressing, This mixture may be served in cases made from red apples.

PERFECTION SALAD

One envelope Knox sparkling gelatine, half cup cold water, half cup mild vinegar, two tablespoonfuls lemon juice, two cups boiling water, half cup sugar, one teaspoonful salt, one cup cabbage, finely shredded, two cups celery, cut in small pieces, two pimentos, cut in small pieces. Soak gelatine in cold water for five minutes. Add vinegar, lemon juice, boiling water, sugar, and salt. Strain, and when mixture begins to stiffen, add remaining ingredients. Turn into mold, dipped in cold water, and chill. Remove to bed of lettuce or endive. Garnish with mayonnaise dressing, or cut in cubes, and serve in cases made of red or green peppers, or turn into molds lined with canned pimentoes . A delicious accompaniment to cold sliced chicken or veal.

BRIDE'S SALAD

One can sliced pineapple cubed, one can pears cubed, one can white cherries or white grapes cubed, one pound marshmallows, cubed, one pound almonds finely chopped. Dressing to be used: Four yolks beaten, one-quarter teaspoon dry mustard, half cup sweet milk, juice of one lemon. Put milk in double boiler and cook with eggs and mustard, beating lightly, adding lemon juice when thick. When cold mix with fruit. Make day before and put in ice-box to chill. Just before serving, add one pint of cream which has been thoroughly whipped. This will serve 25 to 30 guests.

Mrs. Clarence D. Smith.

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HALIBUT SALAD

Two cups cold halibut, one cup shredded lettuce, one-half cup cold boiled potatoes. Flake halibut into small pieces, shred the lettuce with scissors, cut the potatoes into half inch cubes. Mix fish and potato lightly. Lay in a nest of lettuce and pour French dressing over it.

Mrs. D. M. Robins.

COMBINATION TUNA SALAD

To one pound can Tuna fish add three hard boiled eggs, two heads firm lettuce, one small can peas, one-half cucumber. Shred the fish lightly with a fork, cut lettuce into fine strands and mix both together lightly, then add the peas free from all moisture, and decorate with finely sliced cucumber and egg cut into rings. Serve with mayonnaise on lettuce leaves.

Mrs. D. M. Robins.

MAYONNAISE

Blend one tablespoon flour and sugar, one teaspoon mustard and one-half teaspoon salt. Add one beaten egg. Stir one cup warm vinegar (not strong) in above mixture and cook until thick. Thin with cream.

Mrs. Wm. Kuhlman

THOUSAND ISLAND DRESSING

Three eggs, hard boiled, one green pepper, one pimento, twelve chives, one small onion. Chop all ingredients fine. Mix with one-half pint boiled mayonnaise dressing. Three tablespoons oil dressing, one-half bottle Heinz' chile sauce, one-half pint cream, whipped. *Mrs. Paul Hickey.*

FRENCH DRESSING

One dessert spoon papriki, one dessert spoon white pepper, one tablespoon mustard, one teaspoon salt, one teaspoon sugar; yolk of one egg, one cup oil (any kind), half cup vinegar. Mix dry ingredients first; add balance then stir gently with spoon for a few minutes; then beat with egg beater; this makes two-thirds of a pint and will keep indefinitely in a cool place supposed not to separate, but if it does, mix well before serving.

Mrs. T. B. Hamill.

COMBINATION SALAD

Three well blanched heads of lettuce, one half cupful of celery hearts, cut small, two thin cucumbers, sliced fine, eight crisp red radishes, sliced, one tablespoonful of finely minced red or green pepper, tomatoes and green peppers to decorate. Wash peppers and let it get crisp in a cloth laid on ice overnight. On each plate place one of the most perfect curled leaves, take the best part of the rest and pick apart in pieces easy to handle with fork. Add all other parts prepared as directed, pour on part of the sauce and toss up well, then place a portion in center of each leaf. Scald, then chill small ripe tomatoes, remove skin and cut a slice for top of each plate; cut some peppers into narrow strips and cross two over the tomato, pour on a teaspoonful of the sauce and serve.

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FRUIT SALAD DRESSING

One egg, one-half cup sugar, one-half cup vinegar, one-half teaspoon mustard and butter size of walnut. Cream sugar and butter, add egg, mix mustard in sugar add vinegar slowly. Boil in double boiler until thick. Mix with whipped cream.

Mrs. J. D. Elliott.

AN EASTER SALAD

Arrange young, crisp leaves of head lettuce to resemble a bird's nest; put a tablespoon of mayonnaise dressing within the leaves, placing one or two extra leaves to cover dressing; make the eggs for the nest by rolling into shape neufchatel cheese, shaking over the eggs a little paprika to speckle them after they are placed in the nest. Arrange as many nests as covers at table.

EGG SALAD

Four eggs boiled hard; use the yolks only, rubbed with a piece of butter the size of a hickory nut; add a tablespoon of vinegar, half cup granulated sugar, half cup cream after it is whipped, half pound nutmeats chopped, and pineapple.

STUFFED TOMATOES

Select firm tomatoes. Remove skins with sharp knife as scalding destroys freshness and crispness. Scoop from stem end a part of center and place tomatoes on ice to thoroughly chill. When ready to serve, stuff with chopped celery and well cooked sweet breads which have been mixed with a mild Russian dressing. Serve on lettuce hearts.

Mrs. Alfred Morrell.

TOMATO JELLY

Soak one-half envelope Knox Sparkling Gelatine in one half cup cold water. Take one and one-half cups of tomato and add onion, pepper, celery or any desired flavor, and boil for ten minutes. Strain and turn into a mould first dipped into cold water, and chill. Cut in thin slices and serve on lettuce leaves with mayonnaise thinned with whipped cream. Or the jelly may be moulded in individual cups, and served on lettuce leaves with mayonnaise dressing and served between thin slices of bread, with or without cream cheese, sandwich fashion.

Mrs. Eldreth G. Allen.

COTTAGE CHEESE SALAD

Mix together cottage cheese, English walnues, pimentos and boiled salad dressing. Serve on lettuce.

Mrs. E. Richardson.

SALAD DRESSING

Two teaspoonfuls salt, two heaping teaspoonfuls sugar, one teaspoonful mustard, pinch cayenne pepper, mix dry ingredients thoroughly, add three eggs, stirred not beaten, half cup vinegar, hot, stirred in slowly. One half pint cream put in last. When thick around boiler remove at once. This will keep a month.

Mrs. S. S. Kresge.

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FRUIT SALAD DRESSING

Yolks of two eggs beaten, three tablespoons sugar, three tablespoons tarragon vinegar, one teaspoon lemon juice and pinch of salt. When ready to serve, add one-half pint whipped cream. *Mrs. E. H. Wicks.*

SALAD DRESSING FOR HEAD LETTUCE

Three parts of olive oil to one of vinegar. Pinch of salt and sugar. Lots of sweet paprika. You may add Roquefort cheese to this dressing if you like and pour over the lettuce. *Mrs. A. M. Hungerford.*

SALAD DRESSING FOR FRUIT

Three eggs beaten, two-thirds cup sugar, one-eight spoon salt, butter size of egg. Juice of one can pineapple, juice of one lemon, juice of one orange. Cook until thick. *Mrs. Robt. F. Young.*

SALAD DRESSING

Six eggs, two tablespoons dry mustard, two tablespoons salt, four tablespoons sugar, two tablespoons corn starch. Add beaten eggs to dry ingredients and to this add one and one-half cup hot water and one and one-fourth cup vinegar. Mix well and cook in double boiler. When ready to serve, thin with cream. *Blanche Kinsell.*

One tablespoon flour, one tablespoon sugar, one teaspoon mustard, one-third teaspoon salt and pinch of paprika. Mix all dry ingredients, then put on low fire with three- fourths cup vinegar and one-fourth cup water. Add butter size of egg. Let boil until thick, stirring constantly. Take from fire and add two eggs well beaten. *Mrs. Hyland.*

PINEAPPLE SALAD DRESSING

Two tablespoons butter, one tablespoon flour, two eggs, three-fourth cup sugar and juice of one large can pineapple. Cream butter and flour, add egg yolks (whipped stiff) and hot pineapple juice. Cook in double boiler until thick. When cold, add whipped cream. Serve on any fruit salad.

Mrs. Robt. G. Blaine.

FRENCH MAYONNAISE

Two egg yolks, one teaspoon salt—dash of paprika, one-half teaspoon dry mustard, three teaspoons lemon juice or vinegar, one cup salad oil, large lump butter, one-third cup flour, one cup hot water. Beat eggs, salt, mustard and vinegar together. Blend in oil. Melt butter, stir in flour, add water. Cook until smooth. *Mrs. Howard Simpson*

COOKED OIL SALAD DRESSING

Yolks of two eggs (beaten with fork), two tablespoons of vinegar mixed with two tablespoons of lemon juice, even teaspoon of mustard, salt, and sugar each, one-quarter teaspoon of pepper, four tablespoons of olive oil. Put in double boiler and cook until thick. Beat whites of eggs stiff and pour hot mixture into the whites of the eggs. *Mrs. J. F. Miller.*

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SALAD DRESSING FOR CUCUMBERS

One-half cupful sour cream whipped stiff. Season with salt and pepper, add gradually three tablespoons lemon juice or vinegar.

Mrs. G. Pottle.

FRENCH MUSTARD

Six tablespoons mustard, one tablespoon of granulated sugar; mix thoroughly; add one egg, then gradually six tablespoons vinegar; add one tablespoon butter; boil all together until thick. *Mrs. T. B. Hamill.*

THOUSAND ISLAND DRESSING

One tablespoonful or red pepper, chives and onion, two tablespoonfuls of chile sauce, four tablespoonfuls of boiled salad dressing, one teaspoonful each of oil and vinegar, sprinkle liberally with paprika. Chop the three first articles fine before measuring, add chile sauce and dressing and mix together. Now add oil and vinegar and beat well, then stir in the paprika.

TARTARE SAUCE

Yolks of two eggs, one-half teacup olive oil, three tablespoons vinegar, teaspoon salt, one teaspoon sugar, one teaspoon prepared mustard, little pepper, one tablespoon chopped Capers, two tablespoons chopped cucumber pickles, one small onion chopped. *Mrs. Jerry C. Hayes.*

COLD MINT SAUCE

Add to two tablespoonfuls of washed and finely chopped mint a little white pepper and a gill of vinegar in which two tablespoonfuls of sugar have been dissolved. Let stand a half-hour before serving. If this sauce is preferred hot, the vinegar and sugar may be heated to the boiling point and the minced mint stirred in just before serving.

CURRANT MINT SAUCE

Separate one glassful of currant jelly into pieces, but do not heat. Add two tablespoonfuls mint leaves minced fine, and the thin yellow shavings from the rind of one-third of an orange.

PINEAPPLE AND MARSHMALLOW SALAD

One quart can pineapple—cut in small pieces. One-half pound marshmallows cut into four pieces. One ounce of pecans or English walnuts chopped. Mix all together and add following dressing: One egg, two level tablespoons sugar, two level tablespoons butter, two tablespoons lemon juice, two tablespoons water, pinch of salt. To well blended egg, add slowly water, butter, salt and lemon juice. Cook in double boiler stirring constantly until thickened. When cold add one-half pint cream (whipped.) Let stand over night in covered earthen vessel and keep in cold place. Serve on lettuce, garnished with nuts and paprika. *Mrs. Robt. G. Welsh.*

MARSHMALLAW AND PINEAPPLE SALAD

One-half pound marshmallows cut in small pieces. Four slices pineapple diced. One-half pint whipped cream with about one tablespoon of salad dressing. Sprinkle with celery seed and serve on lettuce.

Mrs. D. G. Renton.

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RAREBIT

Scald one cup milk; add one egg, one-fourth teaspoon mustard, one teaspoon salt, one-half pound mild cheese, cook until cheese is melted. Add one teaspoon butter the last thing.

CHEESE SOUFFLE

Two tablespoonfuls butter or oleomargarine, three tablespoonfuls of flour, half cup scalded milk, half teaspoonful salt, quarter cup grated American cheese, three eggs, speck cayenne. Melt the oleomargarine ,add the flour and when well mixed add gradually the scalded milk. Then add salt, cayenne and cheese. Remove from the fire and add the yolks of eggs, beaten until lemon colored. Cool the mixture and fold into it the whites, beaten until stiff. Pour into a buttered baking dish and cook 20 minutes in a slow oven. Serve at once. Cheese souffle is suitable as the main dish for luncheon, dinner or Sunday night supper.

EGGS

When boiling eggs be sure the water is boiling when you drop them in and you will have notrouble in removing the shells.

Place salt in water when boiling eggs and it will prevent a cracked egg from spreading.

About taking raw eggs: After egg is beaten thoroughly strain through wire sieve; will take out all the stringy substance; will find it pleasanter to take. A few teaspoons of milk, a little sugar or salt improves the taste.

To save eggs: Two eggs will make as good a cake as six. A spoonful of corn starch equals an egg in all cooking. *Lillian Wicks.*

SOFT OMELET

Six large eggs. Pinch of salt. Put in a cup, two heaping cooking spoons of flour (larger than a tablespoon), and two teaspoons baking powder. Slowly fill the cup with milk. Stir into the beaten eggs; add another cup of milk, beating up thoroughly. Let stand until ready to use. Make individual omelets. Heat small fry pan piping hot with enough butter to cover the bottom. Turn in two spoonfuls of the mixture (after stirring up well from the bottom). Roll and serve brown. Makes from fifteen to twenty omelets. *Mabel Leonard Schorr.*

BAKED EGGS

Cover a plate with bread crumbs, break the eggs carefully on this and cover lightly with seasoned and buttered crumbs. Bake until the crumbs are brown.

OMELET.

This omelet never fails to be light. Four eggs. Beat the whites until "dry." Add to the yolks four tablespoons water; salt and pepper to taste. Heat thoroughly. Put a tablespoon of butter in a frying pan; when hot add the carefully folded mixture of whites and yolks. When brown underneath place in oven or underneath gas blaze to set. Do not fold the omelet. Serve with cream sauce poured over it.

A Knox Gelatine Dessert or Salad is attractive and appetizing

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BAKED OMELET

Six eggs beaten separately, then stirred together; one cup heated milk, one tablespoon butter melted in milk, one tablespoon flour mixed smooth in cold milk. Stir into the warm milk when it cools. Add salt and pepper and bake twenty minutes. Serve in same dish as baked. Always to be depended upon.

OMELET

One teaspoon flour, one-half teaspoon baking powder, four eggs; beat separately. One tablespoon milk to each egg. Pinch of salt and a dash of paprika. Have frying pan well buttered. Beat yolks, flour, baking powder and salt together; add whites last. Turn into heated, buttered pan. Set it in not too hot oven about twenty or twenty-five minutes. When done fold it together and serve at once on a hot platter. *Mrs. S. Straith.*

OMELET.

One cup bread crumbs soaked in a cup of sweet milk for one hour. Add yolks of three beaten eggs, one-half teaspoon salt, beat together; beat stiff the whites of three eggs and fold in last, then pour into buttered frying pan. Cook slowly about fifteen minutes. Fold over before taking out of pan. Serve on hot platter. *Mrs. R. L. McMicking.*

OMELET.

Three eggs, pinch of salt. Separate eggs, add salt to whites. Beat both whites and yolks very stiff and fold together carefully. Have deep frying pan hot, buttered; pour in eggs evenly and cover tight. Put asbestos plate over gas and turn gas very low. Bake till omelet is dry on top. Filling for omelet: About five slices of bacon cut in small pieces; fry and add a sliced onion and a pint or more of stewed tomatoes. Season with salt and pepper to taste. Put omelet in platter. Pour filling over one-half and fold other half over. *Mrs. H. W. Simpson, Dearborn.*

SCRAMBLED EGGS

Take three tablespoons cream or milk, a piece of butter, put in frying pan; when boiling add four eggs and stir with fork; salt, pepper and let cook two minutes. Serve at once.

HAM OMELET.

Chop the ham fine. To half a pint of ham take three eggs; beat very light. Put the ham in frying pan and when quite hot add the eggs; stir till partly cooked, then let it stand over fire till set; fold and take up.

EGG CUTLETS.

Four hard boiled eggs, one rounded tablespoon butter, two heaping tablespoons flour, one tablespoon chopped parsley, one cup milk, one teaspoon grated onion, three-quarters tablespoon salt, one-eighth teaspoon pepper. Make croquette sauce of above, add chopped eggs; when cool form into cutlets; egg crumb and fry. Serve with peas or asparagus tips.

Mrs. Robert B. Reed.
Mrs. H. A. Brasbie.

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CREAMED EGGS.

Boil hard as many eggs as needed from five to eight minutes; let stand in water till cool, then remove shells. Dressing: Enough milk to cover eggs well, butter, salt, pepper; when boiling thicken with flour or cornstarch as desired.

Mrs. Hugh Connolly.

DEVILED EGGS

One-fourth pound grated cheese; butter a baking dish; spread the cheese in bottom with bits of butter and sprinkle with a dash of salt and pinch of paprika. Break six eggs, one at a time, over the cheese, being careful not to break the yolks. Stir into half a cup of cream, one teaspoon of mixed mustard and pour over eggs. Set in a hot oven for fifteen minutes and serve.

ASPARAGUS WITH STUFFED EGGS.

Boil asparagus in salted water or heat canned asparagus; drain; arrange on a platter in a border of buttered toast and quartered stuffed eggs; pour over all a hot French sauce made as follows: Two ounces of butter, one-half ounce of flour blended in saucepan, one pint of chicken stock or a small can of chicken broth. Stir for fifteen minutes, then add one cupful of hot cream and juice of one lemon, strain and cook five minutes longer. Stuff eggs with the chopped yolks and ham or tongue in the proportion to one teaspoonful of the meat to each egg. Season to taste.

Mrs. E. R. Seward.

EGG CROQUETTES

Four hard boiled eggs, chopped; little onion juice, one teaspoon salt. Make a white sauce of two tablespoons flour, two tablespoons butter, one cup milk. When the sauce is cooked, stir in egg, onion and salt. Turn out on platter and let it get very cold. Mold in little croquettes, roll in beaten egg, bread or cracker crumbs and fry in hot fat. This makes ten croquettes.

Mrs. Nellie Fisher Waite.

EGGS A LA GOLDENROD.

Boil eggs, cut open and remove the yolks, chop whites, press yolks through colander or sieve. Make a white sauce, seasoning well with salt and pepper. Have ready well buttered toast. Add whites to cream sauce and spread on toast; sift yolks over each piece until yellow. Serve very hot.

Mrs. Vinnie R. Hiscock.

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One medium sized white potato, one pint potato water, one pint scalded milk, two tablespoons of lard, two tablespoons butter, two tablespoons sugar, three teaspoons salt, one cake compressed yeast dissolved in one-quarter cup of warm water, about twelve cups of bread flour.

Directions—Mix a sponge of luke warm potato water, mashed potato, yeast and about three cups of flour. When this is foamy (about one hour) add the lukewarm milk, in which the lard, butter, sugar and salt have been melted. Add flour to make a soft dough, then turn onto floured board and knead about fifteen minutes. Put into greased bowl, grease the top of the dough and place in a warm spot until the dough has doubled in bulk. Turn onto slightly floured board, knead out all bubbles, form into loaves, saving out small amount for rolls. Put into greased pans, grease top of loaves and again allow dough to double in bulk. Bake fifty minutes in moderate oven, increasing heat after ten minutes. When bread begins to brown, decrease heat, and finish baking in slow oven.

Mrs. Mabel Mittelberg.

GRAHAM BREAD.

One pint sour milk, a little salt, one teaspoon soda dissolved in a little warm water and added to milk; half teacup molasses; stir in three cups of Henkel's graham flour and half cup of seedless raisins. Pour into a well greased pan and bake immediately in a moderate oven one hour.

Mrs. C. S. Chibnall.

NINA L. PERKINS' GRAHAM BREAD.

Four cups graham flour (Henkel's), one cup raisins, two cups sugar, two teaspoons soda, two and one-half cups sour milk, one teaspoon salt. This will make two loaves. Bake in moderate oven for nearly an hour.

Mrs. H. E. Hubbard.

GRAHAM BREAD.

Two and a half cups graham flour (Henkel's), half teaspoon salt, half cup white flour, one teaspoon soda, half cup sugar, two cups sour milk, one cup seedless raisins if desired. Mix the dry ingredients. Add the sour milk and beat thoroughly. Bake in a moderate oven three-quarters of an hour.

Mrs. Ira J. Turnbull.

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GRAHAM BREAD.

Half cup of brown sugar, one cup sour milk, two tablespoons butter, one egg, one teaspoon soda, one cup wheat flour, one cup graham flour (Henkel's), half cup bran. Bake slowly.

Anna M. Stewart, Los Angeles, Calif.

GRAHAM NUT BREAD.

Two and two-thirds cup sour milk or buttermilk, one teaspoon soda, one teaspoon salt, one cup molasses, half cup brown sugar, three cups Henkel's graham flour, one and one-half cups white flour, two-thirds cup nut meats, chopped, one cup raisins. Let stand half hour after mixing. Bake one hour.

Mrs. William Prakken.

OATMEAL BREAD

Three cups oatmeal, one-half cup butter, two-thirds cup molasses (New Orleans), two teaspoons salt, one compressed yeast cake dissolved in one pint warm water. Pour enough boiling water over oatmeal to thicken it, let cool. Mix with other ingredients. Add enough Henkel's Best bread flour to mix well. Knead well and put into two pans. Let rise to top of pans and bake three-quarters of an hour.

Mrs. M. S. Rice.

NEVER FAIL BROWN BREAD

One cup Henkel's graham flour (full cup), one-half cup white flour, one-half cup cornmeal, one cup sour milk, one teaspoon soda dissolved in milk, one-half cup molasses. Bake one hour in slow oven in one-pound coffee can, well greased. Put little batter in can, then three or four raisins, then more batter, etc. Very good.

Mrs. Emory E. Perrin.

BROWN BREAD

Cup Henkel's graham flour, one cup white flour, one cup corn meal, one cup sweet milk, one cup sour milk, one cup molasses, one dessertspoon soda, one-quarter teaspoon salt, one cup raisins (heated). Steam two hours in cans half full.

Mrs. J. D. Elliott.

BROWN BREAD

One teacup molasses, one teaspoon salt, one teaspoon ginger, two teaspoons soda. Mix the above thoroughly before adding one pint sweet milk, four cups Henkel's graham flour. Steam two hours and bake fifteen minutes to dry out.

Mrs. Bruce Anderson.

NUT BREAD

Sift together three cups Henkel's flour, four teaspoons Royal baking powder, three-fourth cup granulated sugar and pinch of salt; add nearly two cups sweet milk and one well beaten egg, one cup chopped walnuts; let rise twenty minutes in oblong bread tin, greased and floured. Bake one hour in very cool oven.

Mrs. J. G. Merithew.

CORN BREAD

Two cups sweet milk, two eggs, one teaspoon soda, one basting spoon melted lard, two cups corn meal one cup flour (Henkel's).

Mrs. Chas. A. Schurtz.

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NUT BREAD

One-half cup sugar, two eggs, two cups sweet milk, one teaspoon salt, four cups sifted flour (Henkel's Velvet Pastry), four heaping teaspoons Royal baking powder, one cup chopped walnut meats. Mix thoroughly in order given. Put in two bread pans. Let rise twenty to thirty minutes. Bake in slow oven for one hour.

Eveline B. Bersey.
Mrs. M. S. Rice.
Mrs. H. F. Reid.

NUT LOAF

Two eggs, two cups brown sugar, one tablespoon butter, one cup milk. Cream eggs, butter and sugar together. Three cups Henkel's Velvet Pastry flour, one teaspoon Royal baking powder, one-half teaspoon salt, one cup chopped walnuts. Bake slowly about an hour. *Mrs. E. M. Rixom.*

NUT BREAD

One cup sugar, one egg, one and one-quarter cups milk, four cups Henkel's flour, four teaspoons Royal baking powder, one and one-half cups chopped nuts. Let rise twenty minutes. Bake forty minutes in moderate oven. Make two loaves. *Mrs. Currie Downie.*

NUT BREAD

One-half cup sugar, one egg beaten with sugar, one cup milk, two cups Henkel's flour sifted with two teaspoons Royal baking powder, salt, one-half cup chopped nuts. Let rise twenty minutes before baking about twenty minutes.

Henrietta M. Rowe.
Mrs. Cora Snyder.

FINGER ROLLS

One pint milk boiling hot, one tablespoon butter, one tablespoon sugar, one teaspoon salt. Let cool. Add cake compressed yeast, dissolved in a little warm milk when above mixture is luke warm. Sift Henkel's Best bread flour enough to make a soft dough. Put in the beaten white of an egg and knead twenty minutes. Cover dough in a dish or kettle and wrap in cloth to keep warm until noon, if started in the morning. The dough should be about twice its original bulk. Roll thin and cut with long roll cutter. Rub melted butter between and on top. Let raise about one hour and bake about fifteen minutes. *Mrs. Fred Todd.*

LUNCHEON ROLLS

One and one-quarter cups milk, one tablespoon sugar, one tablespoon butter, one tablespoon lard, one yeast cake, four cups Henkel's Best bread flour, one teaspoon salt, one egg. Scald milk and when cool add sugar, butter, lard and dissolved yeast cake, then two cups of flour. Beat thoroughly, add well beaten egg, then remainder of flour. Knead well on board. Let rise two hours. Mold into biscuits and let rise one-half hour and bake in hot oven fifteen minutes. *Eugenia A. Maas.*

Knox Gelatine is the one dessert for all appetites

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CORNMEAL ROLLS

One and one-fourth cups flour, three-fourths cup of cornmeal, one-half teaspoon salt, one tablespoon sugar, four teaspoons Royal baking powder, two tablespoons lard, one egg, one-half cup of milk. Sift together flour, cornmeal, salt, baking powder and sugar; rub in the shortening, then add egg well beaten and milk, roll out about one-half an inch thick, cut in rounds with cookie cutter, brush over the top with melted butter and fold over same as for Parker House rolls. Brush top with milk. Bake in a hot oven about ten minutes.

Mrs. E. R. Seward.

SNICKER DOODLE

One-half cup butter, one cup sugar, one cup milk, one egg, two and one-half cups Henkel's flour, salt, one-half cup currants, two teaspoons Royal baking powder. Before baking sprinkle with cinamon and sugar. Bake twenty minutes.

Mrs. J. P. Main.

ROLLS

One quart Henkel's best bread flour, one tablespoon salt, one tablespoon sugar, two tablespoons butter, mix together; one pint milk scalded, when cool dissolve in it three compressed yeast cakes and beat into flour. Let stand one hour. Turn on board, roll out, cut with round cutter, wipe over with melted butter and lap over. Put in tins, let stand one hour. Brush top with milk and bake.

Mrs. E. W. Bliss.

WHITE HOUSE ROLLS

One cake compressed yeast dissolved in one pint of lukewarm milk and a tablespoon of sugar; rub two tablespoons of butter in one quart of sifted Henkel's best bread flour with one spoon of salt. Mix all together and beat well ten minutes. Set to rise for three-quarters of an hour, then if necessary add a little more flour, roll out and cut in size desired. Bake in moderate oven.

YEAST

Boil three medium sized potatoes in plenty of water, have one-half cup Henkel's flour in a small crock, pour potato water on boiling hot, then mash and add potatoes and water to make one quart. When luke warm add one and one-half cakes of yeast (Foam) thoroughly soaked. Cover lightly and let stand twenty-four hours in a warm place. Put away in a quart can but do not screw top on tight. Use one pint at a baking.

Mrs. E. C. Plaisted.

FRENCH ROLLS

One pint sweet milk, one pint yeast, one-half cup lard and butter mixed, four eggs, whites and yolks beaten separately, one cup sugar. Knead like bread about 10 o'clock at night and let rise until morning, then roll out and cut into strips large as you want them. Three inches long by two inches wide makes a good size. Grease the top with melted butter and fold over. Do not place them too close together in the pan as they must rise again before you bake them.

Mrs. E. C. Plaisted.

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Publishers and Printers

HIGHLAND PARK, MICHIGAN

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BISCUITS

Sift twice one quart Henkel's flour, three heaping teaspoons Royal baking powder, one teaspoon salt. Put in a large pan all except about one cup of flour which you save for the kneading board. Rub with the flour one tablespoon each of lard and butter, mix in gradually about three-quarters of a quart of milk, or enough to soften. Roll, cut and put in tins greased with lard.

Mrs. G. H. Elliott.

DROP BISCUITS

Four level cups Henkel's flour, four teaspoons Royal baking powder, one teaspoon salt. Sift into mixing bowl. Work in four tablespoons of lard, then stir in enough sweet milk to make a soft dough. Drop into gem tins and bake fifteen or twenty minutes. This will make one dozen biscuits.

Mrs. McClintock.
Mrs. Kinsel.

BAKING POWDER BISCUITS

Two cups Henkel's flour, four teaspoons Royal baking powder, four tablespoons shortening, one cup milk, salt to taste. Sift dry ingredients together, work in shortening. Add milk a little at a time. Makes twelve.

Mrs. J. R. Waters.

DUTCH APPLE CAKE

Two cups Henkel's pastry flour, three-quarters cup of milk, two teaspoons Royal baking powder, five apples sliced, one-half teaspoon salt, one-quarter cup butter, one egg, one-quarter cup sugar, one teaspoon cinnamon, one-quarter cup dried currants. Sift together three times, flour, salt and baking powder. Work butter into mixture. Beat egg, add milk and stir into dry ingredients. Spread dough in well buttered shallow pan. Press the sharp edges of the apples into the dough in parallel rows, sprinkle with cinnamon, sugar and currants mixed together. Bake in moderate oven until apples are done. Serve hot for breakfast. *Mrs. E. Richardson.*

DATE GEMS

Three and one-half cups Henkel's graham flour, one cup brown sugar, one package dates, cut in pieces, one teaspoon salt, two cups sour milk, to which add one teaspoon soda, two teaspoons butter.

Mrs. M. S. Rice.

TWIN MOUNTAIN MUFFINS

One-quarter cup of butter, one-quarter cup of sugar, one-half teaspoon salt, one egg, one cup of milk, two cups of Henkel's flour, five teaspoons Royal baking powder. Cream butter, add sugar, add egg well beaten. Sift flour, baking powder and salt together. Alternate adding of milk and flour to first mixture. Beat until light. Bake in buttered muffin tins twenty-five minutes in a hot oven.

Mrs. Boydell.

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CORN MEAL MUFFINS

Stir together in order mentioned two eggs, two tablespoons white sugar, one and one-half cups sweet milk ,or milk and water), one-half teaspoon salt, one cup Indian meal, two cups Henkel's flour and two heaping teaspoons Royal baking powder, one tablespoon melted butter.

Mrs. C. E. Smith.

BRAN MUFFINS

One cup bran, one cup Henkel's flour, three level teaspoons Royal baking powder, one-half teaspoon salt, one tablespoon shortening, one egg, three-quarters cup of milk, three tablespoons sugar. Mix all dry ingredients. Add shortening melted. Makes enough for about four persons.

RICE MUFFINS

Two and one-quarter cups Henkel's Velvet Pastry flour, three-quarters cup cooked rice, three tablespoons Royal baking powder, two tablespoons sugar, one cup milk, one egg, two tablespoons butter, one-half tablespoon salt. Beat thoroughly and bake twenty or twenty-five minutes.

Mrs. J. W. Brogdon.

WHOLE WHEAT MUFFINS

One cup Henkel's whole wheat flour, one-half cup white flour, two teaspoons Royal baking powder, one-quarter cup sugar, one egg, three-quarters cup sweet milk, five teaspoons melted butter and no more. Have muffin tins hot.

Mrs. E. H. Wicks.

DATE MUFFINS

One-third cup butter, two cups Henkel's Velvet Pastry flour, one-quarter cup sugar, three teaspoons Royal Baking Powder, one egg, one-hald teaspoon salt, three-quarters cup milk, scant one-half pound dates. Cream butter, add sugar and egg beaten light. Sift three times flour, baking powder and salt. Add these to the first mixture alternately with the milk. Beat thoroughly and add the dates cut in pieces. Bake in hot, well buttered muffin pans.

Mrs. E. Richardson.

QUEEN OF MUFFINS

One-quarter cup butter, one-third cup sugar, one-half cup milk (scant), one and one-half cups Henkel's velvet pastry flour, two and one-half level teaspoons Royal baking powder, one egg. Cream butter, add sugar and egg well beaten. Sift baking powder with flour and add to first mixture alternating with the milk, Bake in moderate oven about twenty-five minutes.

Mrs. E. Richardson.

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BREAD

One medium-sized potato, riced, one pint potato water, one pint hot water or milk, four tablespoons lard, two tablespoons sugar, two heaping tablespoons salt, one cake compressed yeast dissolved in one-half cupful luke warm water, three quarts or twelve cups Henkel's Best Bread flour sifted. Put lard, sugar and salt in mixing bowl, pour on boiling water, add potato water and potato. When luke warm add dissolved yeast cake and five cups flour. Stir until well mixed. Add remaining flour, mix and knead fifteen minutes. Return to bowl; let rise over night. In the morning cut down, knead again for about two minutes and return to pan for about two hours. Shape into loaves, place in greased pans to rise. grease top of loaves. Bake fifty minutes in moderate oven, increasing heat after ten minutes. When bread begins to brown, decrease heat and finish baking in slow oven. For graham bread use four cups white flour, eight cups Henkel's graham flour and one sup sugar. *Mrs. F. E. Henry.*

GRAHAM MUFFINS

One cup brown sugar, one-half cup shortening, one egg, beat well, then add alternately one cup sour milk and one cup white flour to which has been added one-half teaspoon baking powder and one scant teaspoon soda. To this add two cups Henkel's graham flour and one teaspoon salt. Bake in muffin pans. *Mrs. F. E. Henry.*

BOSTON BROWN BREAD

One cup sour milk, one cup sweet milk, one-half cup molasses, one-quarter cup sugar, lard size of walnut, one teaspoon soda in sour milk, two cups Henkel's graham flour, three tablespoons white flour, one-half teaspoon Royal baking powder in white flour, one-half teaspoon salt, one-halp cup raisins. Bake one hour in moderate oven.

Mrs. W. C. Bowen.

BROWN BREAD

Two heaping cups Henkel's graham flour, one heaping cup white flour, one teaspoon soda and little salt, two-thirds cup molasses, three cups sour milk (and one teaspoon soda in milk). As many raisins as you like. Soak them in hot water and put in last. Bake one hour in slow oven.

Charlotte B. Ecker.

BRAN BISCUIT

One cup Henkel's pastry flour, one cup sour milk, two cups bran, one teaspoon soda, if milk is very sour, one-half cup molasses. Add as many raisins as desired. Drop from spoon in pan. *Charlotte B. Ecker.*

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FRITTERS

Two eggs, one teaspoon sugar, one-half teaspoon salt, one cup milk, two cups Henkel's pastry flour, one and one-half teaspoons Royal baking powder. Drop into hot lard. To be served with maple syrup.

Mrs. C. A. Grinnell.

APPLE FRITTERS

One cup of milk to two cups of Henkel's flour, a heaping teaspoonful of Royal baking powder, two eggs, the yolks and whites beaten separately, one tablespoon of sugar and a saltspoon of salt. Heat the milk a little more than lukewarm, add it slowly to the beaten yolks and sugar, then add flour and whites of the eggs. Stir all together and throw in thin slices of good sour apples, dipping the batter up over them. Drop into boiling hot lard in large spoonfuls with pieces of apples in each and fry to a light brown. Serve with maple syrup, or a nice syrup made with clarified sugar. Bananas, peaches, sliced oranges and other fruits may be used in the same manner.

A Friend.

CORN FRITTERS

One cup sweet mily, one cup drained corn, one heaping cup Henkel's pastry flour, two eggs and pinch of salt, one teaspoon Royal baking powder. Drop with teaspoon in deep fat. Sprinkle with powdered sugar. Serve with maple syrup.

Mrs. A. M. Hungerford.

PINEAPPLE FRITTERS

Two eggs, one-half cup of milk, one cup of Henkel's sifted flour, one-quarter teaspoon of salt, one tablespoon of sugar, thin slices of pineapple. Mix all dry ingredients, beat eggs well and add to milk, stir this into flour and beat to a smooth batter. Cut pineapple into thin slices, remove rind and core. Have a kettle of hot lard or other frying compound ready. Dip the slices in batter to coat all around, then with a fork drop into the fat. when nicely browned and fritters can be easily pierced with a toothpick take up and lay in fine sieve to drain, then arrange on hot plate and sift confectioner's sugar over.

FRITTERS

Put one-half pint water and two ounces of butter in saucepan to boil. Put in four ounces of Henkel's flour when boiling. Stir rapidly until it forms a ball. Take from fire, beat hard and let cool. Then add one egg not beaten. Beat until thoroughly mixed. Then add another egg and beat again and so on until you have added four eggs. Give the whole a thorough beating. Have ready a kettle of hot fat. Drop a spoonful in and fry a delicate brown. Serve with maple syrup.

A Friend.

FRITTERS

One egg, one teaspoon sugar, one-half pint milk, two teaspoons Royal baking powder, pinch salt and enough Henkel's pastry flour to mix.

Charlotte B. Ecker.

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OAT MEAL COOKIES

One cup sugar, two eggs, one cup shortening, four tablespoons sour milk, one-half teaspoon each soda and salt, one teaspoon cinnamon, one teaspoon vanilla, two cups rolled oats, one cup raisins mixed with oats, two cups Henkel's Velvet Pastry flour, one teaspoon Royal Baking Powder. Part drippings may be used for shortening. *Mrs. G. E. Shrom.*

OAT MEAL ROCKS

One-half cup lard, one half cup butter, one and one-half cups brown sugar, two eggs, one cup sour milk, two cups ground oatmeal, three cups Henkel's Velvet Pastry flour, one cup chopped raisins, one-half cup chopped walnuts, one teaspoon cinnamon, one teaspoon soda. Put in a little hot water. This will make thirty to forty drop cakes.

Mrs. John J. Fezzey.

ROCKS

One pound dates, wash, stone and cut up; one pound English walnuts, cut up quite coarse; cream one one-half cups brown sugar, three-quarters cup butter (scant), one teaspoon cinnamon, one teaespoon cloves, three cups Henkel's Velvet Pastry flour, one level teaspoon soda dissolved in a little hot water, one teaspoon vanilla. Flour dates same as you would raisins. Mix and drop a heaping teaspoon at a time on the buttered tins. Bake in a medium oven as they burn easily. *Mrs. C. H. Tryon.*

COOKIES

Fig cakes (makes 100). Cream two large cups rolled oats (run through food chopper) with two cups lard, add two cups brown sugar and pinch of salt. Add Henkel's Pastry flour (enough to thicken) with one-half teaspoon soda, two teaspoon Royal Baking Powder and alternate with one cup sour milk. Roll thin, cut and spread filling between cookies before baking. Filling: one package figs or dates, one package raisins (ground), two cups brown sugar, three-quarters cup water. Boil slowly until thick. *Mrs. C. M. Heiserman.*

WALNUT WAFERS

Mix together one coffee cup brown sugar, two eggs and one-third teaspoon salt, add three rounding tablespoons Henkel's Velvet Pastry flour well mixed with one-half teaspoon Royal baking powder, then add one coffee cup English walnuts broken fine but not chopped. Drop on buttered tins and let run together as thin as possible. Bake quickly to a light brown and when done cut in squares. Take out at once.

Mrs. J. G. Merithew.
Mrs. W. E. N. Hunter.

1-2-3 COOKIES

One cup sugar, two eggs(whites only and beaten stiff), three cups Kellogg's Corn Flakes. Drop on buttered tins. Cocoanut or nuts can be used. *Mrs. H. E. Hubbard.*

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DROP CAKES

Three cups brown sugar, one cup shortening, two eggs well beaten, two cups oatmeal, one cup boiling water, two cups of Henkel's Velvet Pastry flour, three teaspoons Royal baking powder, one package Sultana raisins, one teaspoon vanilla, a pinch of salt. Pour boiling water over oatmeal and mix all together. Drop with teaspoon and bake in hot oven.

Mrs. C. E. Holmes.

CINNAMON DROPS

Three cups brown sugar, one cup butter, one cup seeded raisins, one cup sweet milk, three eggs, two teaspoons cinnamon, one teaspoon Royal baking powder, three and one-quarter cups Henkel's Velvet Pastry flour, sifted. Drop into pans and bake.

Dorothy A. Brogdon.

DROP CAKES

Cream one-half cup butter, one level cup brown sugar, one egg, one-half teaspoon soda, one-half cup sour milk, one-half cup walnuts, spices, two tablespoons syrup, one teaspoon vanilla, two small cups Henkel's Velvet Pastry flour.

Mrs. H. F. Ried.

DROP COOKIES

One cup granulated sugar, one-half cup shortening, one egg; flavoring, nutmeg and vanilla; one-half cup sour milk, one-half teaspoon soda, one-quarter teaspoon Royal baking powder, salt, one cup raisins, Henkel's Velvet Pastry flour to make a soft dough. Drop by spoonful and bake in quite hot oven.

Mrs. Wicks.

OATMEAL DROPS

Two eggs, one cup sugar (one-half brown, one-half white), one cup shortening (softened), two cups oatmeal, two cups Henkel's Velvet Pastry flour, one cup seedless raisins (cooked), five tablespoons juice in which raisins were cooked, one-half teaspoon salt, one-half teaspoon soda, one teaspoon Royal baking powder. Put together in order named and drop from spoon. Moderately hot oven.

Mrs. T. B. Hamill.

COOKIES

One cup butter and one cup lard, one cup brown and one cup white sugar, one teaspoon soda, eight tablespoons boiling water, one teaspoon salt, two eggs, six cups rolled oats (ground), two cups Henkel's flour. Roll out half the dough and place the following filling on top: Two pounds raisins (chopped), two cups sugar. Boil until thick. Put on cookies. Roll out the other half of dough and place on top. Pinch down the edges and bake.

Mrs. W. R. (Edith V.) Alvord.

MOLASSES COOKIES

One cup sugar, one cup Crisco, one cup molasses, two-thirds cup coffee, two even teaspoons soda, one small teaspoon ginger, one tablespoon vinegar, little salt, Henkel's Velvet Pastry flour to make stiff. Roll thin and bake in medium hot oven.

Mrs. D. G. Renton.

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FILLED COOKIES

One cup sugar, one-half cup butter and lard mixed, one egg, one-half cup sweet milk in which one teaspoon soda is dissolved, three and one-half cups Henkel's Velvet Pastry flour sifted with two teaspoons cream of tartar, one teaspoon vanilla. Mix well and roll out very thin. Cut and place on each cookie a teaspoon of the following filling: One cup chopped raisins, one-half cup sugar, one-half cup water, one tablespoon flour blended with a little cold water and lemon juice to taste. Cook until thick. When all are filled, drop another cookie on top and bake. *Flora Fairchild.....*
Mrs. Kohl.

FILLED COOKIES

One-half cup butter, one-half cup lard, one cup brown sugar, one-half cup sour cream, one-half teaspoon soda, two cups Henkel's Velvet Pastry flour, two cups oatmeal. (Put oatmeal through meat grinder.) Filling: Three-quarters pound of dates, one-half cup brown sugar. Add water. Cook until smooth and thick. *Mrs. B. E. Hacker.*

DATE COOKIES

One and one-half cups brown sugar, one and one-half cups shortening, one cup sour milk, one teaspoon soda, three cups oatmeal or rolled oats, Henkel's Velvet Pastry flour to roll out soft. Filling: Two cups white sugar, one cup water, one pound dates (washed and cut up. Boil slowly 15 minutes. Put filling between cookies before baking. *Mrs. E. Richardson.*
Eva Mason.

EGGLESS COOKIES

One sieve Henkel's Velvet Pastry flour, two teaspoons Royal Baking powder, one teaspoon each soda and extract, one cup lard, two cups brown sugar, one cup sweet milk, salt. Sprinkle sugar on top of cookies.
Mrs. Peter Wilson.

GINGER CAKES

Three-quarter cup molasses, one-half cup granulated sugar, scane one-half cup butter, one cup hot water, one teaspoon soda, three cups Henkel's Velvet Pastry flour (sifted), one teaspoon cinnamon, one teaspoon ginger. Two eggs (beaten) stirred in last. Beat all together well.
Miss Nell Sweet.

THIN MOLASSES COOKIES

One cup granulated sugar, one cup shortening, one-half cup molasses, two eggs, one dessert spoon vanilla, one level teaspoon soda, enough Henkel's Velvet Pastry flour for dough stiff enough to roll. Roll thin and cut small if a dainty wafer is desired. *Mrs. Fred Todd.*

GRANDMA WATER'S GINGER SNAPS

One cup sugar, salt, one cup shortening, one tablespoon ginger, one cup molasses, one teaspoon soda. Mix all together, using Henkel's Velvet Pastry flour to make stiff dough. Roll very thin. Bake in slow oven. Will keep well if locked up. *Mrs. J. R. Waters.*

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GINGER COOKIES

One cup granulated sugar, one cup molasses, one cup shortening (half lard), two well beaten eggs, one teaspoon soda dissolved in four tablespoons sour milk or buttermilk, one tablespoon ginger. Stir in Henkel's Velvet Pastry flour with spoon until stiff enough to mold with the hand and bake in quick oven.

Mrs. W. E. Wildon.

DROP GINGER COOKIES

One cup Duff's molasses, one-half cup butter and Crisco, one cup sugar, one-half cup warm water, two teaspoons soda, one-half teaspoon ginger, one-half teaspoon cinnamon, two eggs. Henkel's Velvet Pastry flour to make stiff enough to drop. Raisins may be added.

Mrs. Shrom.

PEANUT COOKIES

One cup brown sugar, four tablespoons oleomargarine, two eggs, one-half cup sweet milk, one teaspoon vanilla, one cup chopped peanuts. Henkel's Velvet Pastry flour to make a stiff batter, with one teaspoon Royal baking powder. Drop on greased pan.

Mrs. White.

CHOCOLATE SQUARES

One cup sugar, two squares chocolate or three tablespoons cocoa, one-half cup melted butter, yolks and whites two eggs (beaten separately then together), one-half cup Henkel's Velvet Pastry flour. Mix as given. Spread thick on cookie pan. Sprinkle top with one cup chopped English walnuts. Bake not too brown; slow. Cut in squares while hot.

Mrs. E. R. Hoag.

LEMON COOKIES

Four eggs, two cups sugar, one cup butter, one teaspoon Royal baking powder, one teaspoon soda, the grated rind and juice of two lemons, Henkel's Velvet Pastry flour to roll. Beat the eggs, butter and sugar to a cream, then all the grated rind and juice of the lemons. Sift the soda and Royal baking powder with the flour. Bake in a rather quick oven.

Mrs. Rose M. Bodmer.

DATE BARS

One cup sugar, three eggs, one cup broken walnuts, one pound dates (quartered), one teaspoon Royal baking powder, one cup Henkel's Velvet Pastry flour, a pinch of salt. Beat yolks of eggs combined with sugar. Mix together with flour, baking powder and salt. Add nuts and dates. Beat white of eggs stiff and add alternately with the flour. Mix to the yolks and sugar. Bake in shallow pan, 30 minutes, in moderate oven. Remove from oven, cut in bars and roll in powdered sugar while warm, or ice with orange chocolate.

Mrs. W. T. Kuhlman.
Anna M. Stewart.

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WALNUT WAFERS

Beat two eggs light without separating, add gradually one cup of brown sugar, beating all the while, and a pinch of salt. Mix with four tablespoons Henkel's Velvet Pastry flour and one cup of walnuts, chopped fine, If not stiff enough add more flour, but the batter should drop easily from a spoon. Drop by spoonfuls on greased pans and put half a walnut meat in center of each wafer. Bake five minutes in a quick oven. Hickory nuts are very nice.

Mrs. W. E. Collins.

GINGER COOKIES

One cup sugar, one cup molasses, one cup butter (or substitute), three eggs, one teaspoon soda, four tablespoons vinegar, one teaspoon ginger, one-half teaspoon cinnamon. Henkel's Velvet Pastry flour to to mix in a soft dough.

Mrs. Katherine Sanford.

SPRINGERLIES

Eight eggs (beat steadily), two pounds pulverized sugar (sifted), pinch of salt, Henkel's Velvet Pastry flour (enough to make soft dough), pinch of ammonia. Roll and press and lay on table which has been spread with annis seed and let them freeze over night. Bake next morning a delicate brown.

Mrs. Kinsel.

ENGLISH TEA CAKES

One-half pound butter, one-half pound sugar, beat to a cream. Beat in two eggs, one at a time. Add three ounces mixed candied orange, lemon and citron peel, chipped fine, two ounces currants, two ounces sultanas, two ounces seeded raisins (chopped). Weigh three-quarter pound Henkel's Velvet Pastry flour and put one heaping teaspoon Royal baking powder to flour and stir well. Flour hands and shape in little balls. Bake in moderate oven.

Mary Dodshon (England).

CHOICE RECIPE FOR XMAS COOKIES

Three cups sugar, two cups butter, cream. Beat six eggs separately, adding first the yolks then the white. Two teaspoons Royal baking powder in enough Henkel's Velvet Pastry flour to roll. Flavor with two teaspoons essence of anise. Roll quite thin and cut with animal or fancy cutter. Ice with powdered sugar icing, also anise flavored and while moist sprinkle with colored sugars. Small pieces of currants may be used for animal eyes, buttons, etc. This makes a great many cookies, but is fine for a family with children instead of so many Christmas candies.

Mrs. Fred Todd.

CHOCOLATE COCOANUT MACAROONS

One-half pound dry cocoanut, small can condensed milk, two squares melted chocolate. Mix. Drop by teaspoonfuls on greased paper. Bake fifteen minutes.

Mrs. Robt. F. Young.

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CHOCOLATE COOKIES

One-half cup butter, one and one-half cups sugar, three eggs stirred in, one-half cup Baker's chocolate (melted), one cup Henkel's Velvet Pastry flour, to which has been added three heaping teaspoons Royal baking powder. Mix in order given and add two cups flour. Roll thing, cut and bake.

Mrs. M. S. Rice.

FRUIT COOKIES

Two cups sugar, one cup butter, three eggs, one cup raisins (chopped fine), one teaspoon soda dissolved in one tablespoon sour milk, one teaspoon ground cinnamon, one-half teaspoon cloves, one-half teaspoon allspice, one teaspoon vanilla. Add Henkel's Velvet Pastry flour enough to mix very soft.

Mrs. M. S.Rice.

HERMITS

One-half cup brown sugar, one cup butter, three eggs, one cup chopped raisins, one cup chopped nuts, one-half cup sour milk, one teaspoon soda, one-half teaspoon cloves, one-half teaspoon cinnamon, enough Henkel's Velvet Pastry flour to mix.

Miss Min Sweet.
Mrs. W. E. Wildon.

HERMITS

Two cups brown sugar, one-half cup butter, one and one-half cups chopped raisins, one-half cup nuts, one teaspoon soda dissolved in three-fourths cup hot water, one teaspoon each cloves, cinnamon, allspice, two and one-half cups Henkel's Velvet Pastry flour, four eggs. Drop from teaspoon in pan and bake quickly. Grease pan first time.

Mrs. E. Gudakunst.

HERMITS

One large cup butter and lard, three eggs, one teaspoon ground cinnamon, three-quarter teaspoon ground cloves, one small or one-half large nutmeg, one cup milk, one cup lukewarm water with two teaspoons baking soda, one cup walnuts and two pounds chopped dates, five cups Henkel's Velvet Pastry flour (if commercial flour use five and one-half cups sifted). Drop from spoon and spread to prevent getting too thick. Bake in moderate oven, turning pans frequently.

HERMITS

Two cups brown sugar, one cup butter and lard mixed, two eggs, one pound chopped raisins, three-quarter cup sour milk, one teaspoon soda, one teaspoon cinnamon, cloves and nutmeg, three cups Henkel's Velvet Pastry flour, nuts. Drop in buttered pan with teaspoon and brown in moderate oven.

Mrs. S. E. Hook.

FRIED CAKES

One large cup sugar, one egg, pinch of salt, little nutmeg, small dessert spoon of melted lard. Stir these together and add one cup sour milk with one-half teaspoon soda stirred in it, two teaspoons Royal baking powder, Henkel's Velvet Pastry flour to mix moist.

Mrs. J. E. Gallinger.

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HERMITS

One-half cup butter, two cups sugar, three eggs, five chopped figs, one cup raisins, fifteen walnuts, pinch salt, one-quarter teaspoon cinnamon, one-quarter teaspoon cloves, one-half teaspoon soda dissolved in three tablespoons sweet milk, Henkel's Velvet Pastry fiour enough to make stiff dough.

Mrs. Hungerford.

POTATO FRIED CAKES

Take four potatoes size of an egg, boil and mash them. While hot add one cup sugar and let stand till cool, then add two eggs, one-half cup sweet milk, four heaping teaspoons Royal baking powder, Henkel's Velvet Pastry flour, nutmeg and salt.

Mrs. D. S. Hoyt.

NEW ENGLAND FRIED CAKES

Cup granulated sugar, rounding tablespoon butter, one cup sweet milk, two eggs, one teaspoon gniger, one-quarter teaspoon salt, one-quarter teaspoon nutmeg, four cups Henkel's Velvet Pastry flour, four rounding teaspoons Royal baking powder. Cream butter and sugar, add eggs and beat thoroughly. Add milk. Mix ginger, salt, nutmeg and baking powder in one and one-half or two cups of flour. Sift three times. Add remainder of flour. Flour board and rolling pin and have Crisco or fat right heat for baking. Serve rolled in confectioner's sugar.

Mrs. Ji Di Elliott.

POTATO DOUGHNUTS

One cup mashed potatoes, butter size of a small walnut mashed in potato while hot, one cup sugar, one-third cup sweet milk, two eggs, two and one-half cups Henkel's Velvet Pastry flour, three level teaspoons Royal baking powder, one teaspoon salt. Will keep moist a long time.

Mrs. Carlton E. Ehle.

MACAROONS

One pound sugar, one-quarter pound almonds, blanched and pounded, whites of three eggs. Mix, sprinkle sugar on paper, then drop the mixture there on and bake quickly. Very fine.

Mrs. S. S. Kresge.

DAFFODIL COOKIES

One cup sugar, three egg yolks, one-half cup butter, one-half cupt sweet milk, one teaspoon lemon extract, two teaspoons Royal baking powder. Henkel's Velvet Pastry flour to make a soft dough. Roll rather thin and sprinkle with sugar.

Cora Howes.

KISSES

One cup butter, two cups sugar, three eggs, one teaspoon soda, two teaspoons cream tartar, four cups Henkel's Velvet Pastry flour. Mix all together and roll in little balls. Put on tin and bake in a moderate oven.

Mrs. Kohl.

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DATE BARS

Three-quarter cup sugar, one cup chopped walnuts, one cup chopped dates, three tablespoons Henkel's Velvet Pastry flour, two teaspoons Royal baking powder, one teaspoon vanilla, two eggs, whites and yolks beaten separately. Bake in sheet. Cut in bars when cold. Bake about 20 minutes.

Cecil Whalen.

PEPPERNUTS

Four large eggs (beaten very light), one pound pulverized sugar (sifted very fine), three ounces chopped citron, one tablespoon cinnamon, one teaspoon cloves, one-half teaspoon white pepper, one nutmeg, one pound Henkel's Velvet Pastry flour (sifted very light), two and one-half teaspoons Royal baking powder.

Mrs. Hyland.

CINNAMON STARS

One pound pulverized sugar, one pound almonds, six whites of eggs, rind of one lemon, grated. Wash almonds and chop with skins. Sift sugar fine. Beat white of eggs. Add grated rind of lemon. Cinnamon to taste. Roll out like cookies. Bake in waxed pans. *Mrs. Hyland.*

PETER PANS

One-half cup brown sugar, one-half cup white sugar, one well beaten egg, one-fourth cup butter, one-half cup Henkel's Velvet Pastry flour, three-quarter cup nut meats. Mix all together. Drop in small bits on buttered tin. Set in oven with door open until they spread. Close and bake until light brown. Makes about 50 cookies, thin like wafers.

Mrs. Frank E. Parker.

WALNUT COOKIES

One cup butter, one one-quarter cups sugar, four eggs well beaten, one pound chopped dates, one-half cut chopped walnuts, two teaspoons Royal baking powder, Henckel's Velvet Pastry flour enough to thicken. Have lots of flour on board and do not roll too thin. *Mrs. C. E. Holmes.*

BUTTERSCOTCH COOKIES

One-half cup butter, two cups brown sugar, two eggs (beaten), one teaspoon cream of tartar, one teaspoon soda, three and one-half cups Henkel's Velvet Pastry flour. Cream butter and sugar. Beat two eggs slightly. Add this to butter and sugar. Put the cream of tartar and soda in flour and sitf three times. Stir this into the above ingredients until stiff. (Make in roll. In the morning, slice off thin and bake in a moderate oven.

Mrs. Bruce Simpson

Mrs. David W. Pell.

PEANUT BARS

One cup granulated sugar, three good teaspoons butter, one-fourth teaspoon salt (cream well), two eggs well beaten, one cup warm water, one teaspoon vanilla, two teaspoons Royal baking powder, and two cups Henkel's Velvet Pastry flour. Bake in long or square pan. When cooked, cut into bars or squares and ice with powdered sugar icing. Two and one-half cups powdered sugar, one teaspoon butter, one-half teaspoon vanilla and about one-third cup of cream. *Mrs. W. S. Bond.*

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CHOCOLATE COOKIES

One-half cup butter, one and one-half cups sugar, three eggs stirred in, one-half cup Baker's chocolate (melted), one cup Henkel's Velvet Pastry flour, to which has been added three heaping teaspoons Royal baking powder. Mix in order given and add two cups flour. Roll thing, cut and bake.

Mrs. M. S. Rice.

FRUIT COOKIES

Two cups sugar, one cup butter, three eggs, one cup raisins (chopped fine), one teaspoon soda dissolved in one tablespoon sour milk, one teaspoon ground cinnamon, one-half teaspoon cloves, one-half teaspoon allspice, one teaspoon vanilla. Add Henkel's Velvet Pastry flour enough to mix very soft.

Mrs. M. S.Rice.

HERMITS

One-half cup brown sugar, one cup butter, three eggs, one cup chopped raisins, one cup chopped nuts, one-half cup sour milk, one teaspoon soda, one-half teaspoon cloves, one-half teaspoon cinnamon, enough Henkel's Velvet Pastry flour to mix.

Miss Min Sweet.
Mrs. W. E. Wildon.

HERMITS

Two cups brown sugar, one-half cup butter, one and one-half cups chopped raisins, one-half cup nuts, one teaspoon soda dissolved in three-fourths cup hot water, one teaspoon each cloves, cinnamon, allspice, two and one-half cups Henkel's Velvet Pastry flour, four eggs. Drop from teaspoon in pan and bake quickly. Grease pan first time. *Mrs. E. Gudakunst.*

HERMITS

One large cup butter and lard, three eggs, one teaspoon ground cinnamon, three-quarter teaspoon ground cloves, one small or one-half large nutmeg, one cup milk, one cup lukewarm water with two teaspoons baking soda, one cup walnuts and two pounds chopped dates, five cups Henkel's Velvet Pastry flour (if commercial flour use five and one-half cups sifted). Drop from spoon and spread to prevent getting too thick. Bake in moderate oven, turning pans frequently.

HERMITS

Two cups brown sugar, one cup butter and lard mixed, two eggs, one pound chopped raisins, three-quarter cup sour milk, one teaspoon soda, one teaspoon cinnamon, cloves and nutmeg, three cups Henkel's Velvet Pastry flour, nuts. Drop in buttered pan with teaspoon and brown in moderate oven.

Mrs. S. E. Hook.

FRIED CAKES

One large cup sugar, one egg, pinch of salt, little nutmeg, small dessert spoon of melted lard. Stir these together and add one cup sour milk with one-half teaspoon soda stirred in it, two teaspoons Royal baking powder, Henkel's Velvet Pastry flour to mix moist. *Mrs. J. E. Gallinger.*

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APPLE CAKE

Cream one cup of sugar and one large tablespoon of butter, then add two well beaten eggs, one cup of milk, two and one-half cups of Henkel's Pastry flour, two large teaspoons of Royal baking powder, vanilla to flavor. Beat well. Put in a pan and cover with sliced apples. Sprinkle well with sugar and cinnamon. This is enough for two cakes.

Mrs. J. F. Miller.

AFTERNOON TEA CAKES

Two cups cornflakes (crumble fine), one cup cocoanut, one-half cup sugar, one tablespoon vanilla, one egg. Mix and drop on greased pan in small quantities and bake fifteen minutes.

Mrs. C. E. Fisher, St. Catherine, Ont.

BROKEN CAKE

One cup powdered sugar, one cup walnuts, one cup dates, two eggs not beaten, pinch of salt, little butter, two cooking spoons Henkel's Pastry flour, two teaspoons Royal baking powder. Bake about thirty minutes in slow oven. Serve whipped cream flavored with sugar and vanilla.

Mrs. Lee Warner.

BUTTERMILK CAKE

One cup sugar, one cup raisins, one cup buttermilk or sour milk, two and one-half cups Henkel's Pastry flour, one-quarter cup cooking oil, one teaspoon each of the following: salt, soda, Royal baking powder, cinnamon, nutmeg, half teaspoon cloves. Bake in bread pan.

Mrs. E. G. McCollom.

BANANA LAYER CAKE

One small cup sugar, two cups sugar beaten together until light, then add four eggs well beaten and one cup milk; add three cups Henkel's Pastry flour with two teaspoons Royal baking powder sifted together. This makes three large layers. When cool, slice bananas one-fourth inch thick and place them between layers and whip one-half pint cream with one heaping tablespoon of powdered sugar and spread over bananas.

Mrs. Paul W. Voorhies.

BANANA CREAM CAKE

One cup sugar, one-third cup butter, two eggs well beaten, one-half cup milk, one and three-fourths cups Henkel's Pastry flour sifted with two and one-half level teaspoons Royal baking powder. When baked, dispose on top four bananas cut lengthwise in halves. Cover with thick cream filling and meringue. Brown delicately and serve with jelly sauce.

Mrs. W. E. Weldon.

CUP CAKES (Loaf or Layer Cake)

One cup sugar, three-fourths cup shortening or one-half Crisco, salted; one egg, one cup milk, two cups Henkel's Pastry flour, two teaspoons Royal baking powder, one teaspoon vanilla, one-half teaspoon lemon.

Mrs. J. D. Elliott.

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CUP CAKES (With Filling)

Break one egg in a cup, put in three tablespoons melted butted, then fill up cup with sweet milk; one cup sugar, one and one-half cups Henkel's Pastry flour, two teaspoons Royal baking powder. Pour cupful on Henkel's Pastry flour and beat well. Flavor and bake in muffin or gem tins that are tall shape. When done turn upside down, cut center out of bottom and make hole in center of cakes large enough to fill with whipped cream flavored with vanilla and powdered sugar. This makes sixteen cakes and one-half pint cream is required. Crushed strawberries with sugar is also good. Frosting the tops should be done after cente ris out, being careful in cutting and fitting bottom to be replaced after filling.

Mrs. R. L. McMicking.

GOLD CAKE

Yolks of eight eggs, one and one-fourth cups granulated sugar, two-thirds cup butter, two-thirds cup sweet milk, two and one-half cups Henkel's Pastry flour, one teaspoon cream tartar, one-half teaspoon soda. Flavor to taste. Measure flour then sift, then add soda and sift three times. Cream butter and sugar, then beat thoroughly. Add milk, then flour. Beat hard. Bake in slow oven thirty to fifty minutes. Ice with plain icing of powdered sugar and add nut meats.

Mrs. C. R. Wind.
Mrs. Gerald Powell.

GOOD CAKE

Beat well together one cup sugar, level full seven tablespoons melted butter, two eggs beaten in, fourteen tablespoons sweet milk, two level cups sifted Henkel's Pastry flour, two teaspoons Royal baking powder. Flavor and make two layers.

Mrs. Frank Marshall

OLD-FASHIONED GINGERBREAD

Two-thirds cup molasses, three-fourths cup sugar, salt, one teaspoon ginger, one-half teaspoon soda, butter size of large egg, one egg. Mix all together, adding Henkel's Pastry flour to make dough which can be kneaded. Knead on board, divide into four equal parts, roll and twist each part and lay side by side in pan. Bake forty-five minutes in slow oven.

Mrs. J. R. Waters.

EXCELLENT GINGER BREAD

One-half cup butter or shortening, one-half cup granulated sugar, one cup New Orleans molasses, one teaspoon soda dissolved in one cup boiling water, one teaspoon each of cinnamon and ginger, one-half teaspoon salt, two cups sifted Henkel's Pastry flour, two eggs well beaten and added last. Bake in a sheet pan for about thirty minutes in moderate oven. Do not use more flour than directed.

Mrs. R. B. Reed.

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CHOCOLATE SOUR MILK CAKE

One cup sugar, one-fourth cup butter, one cup sour milk, one egg, one and one-half cups flour, one teaspoon soda, two teaspoons cocoa.

Mrs. C. A. Schurtz.

HOT WATER GINGER BREAD

One cup molasses, one-half cup boiling water, two and one-half cups Henkel's Pastry flour, one teaspoon soda, one teaspoon cinnamon, one and one-half teaspoons ginger, one-half teaspoon salt, one-fourth cup melted fat. Add water to molasses. Mix and sift dry ingredients. Combine mixtures. Add fat and beat vigorously. Pour into greased pan or muffin tins and bake twenty-five minutes in moderate oven. One well beaten egg may be added to the liquids. This may be steamed and served as a pudding with hard sauce, whipped cream or fruit sauce.

Mrs. E. Bond.

HOT WATER CAKE

One-half cup shortening, pinch salt, one cup sugar (cream together), one egg, one and one-half cups Henkel's Pastry flour, oneteaspoon Royal baking powder, one cup hot water poured over one cup raisins with one-half teaspoon soda added; let cool and add to other ingredients.

Mrs. Kohl.
Mrs. C. R. Wind.

HICKORY NUT CAKE

Eight egg whites beaten stiff, two cups sugar, one-half cup butter, three fourths cup milk, three cups Henkels Pastry flour, two teaspoons Royal baking powder. Before baking add two cups hickory nut meats. Flavor with vanilla.

Mrs. W. E. Weldon.

ICE BOX CAKE

Melt two cakes of German sweet chocolate in two and one-half tablespoons granulated sugar and stir. Beat in four yolks one at a time, add vanilla, stir in well beaten whites of eggs. Take one dozen lady fingers, separated, line pan with oil paper and a layer of cake, then mixture. Put in ice box to harden.

Mrs. Lee Warner.
Mrs. Isabel Brown.

ROLL JELLY CAKE

Beat together one cup sugar and the yolks of five eggs ten minutes. Add to it one cup Henkel's Pastry flour sifted with one teaspoon Royal baking powder. Flavor and add the beaten whites. Bake in a dripper, turn out on damp cloth, spread with any kind of jelly and roll up quickly.

Lena B. High.
Mrs. White.

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SPICE CAKE

Cream one cup brown sugar with one-half cup butter or lard, add beaten egg. Sift together two cups Henkel's Pastry flour, one teaspoon cinnamon, pinch of cloves, nutmeg and salt, one teaspoon soda and Royal baking powder. Add this with one-half cup sweet milk to former mixture. Add one cup chopped raisins and one-half cup ice water. Bake in two layers. Frost with whipped cream or plain icing.

Mrs. C. M. Heiserman.

SUNSHINE CAKE (Makes Two Cakes)

Yolks of eleven eggs, two and one-half cups of sugar, beating into the eggs little by little with wire spoon. Flavor to taste. Add one cup of cold water, three rounding cups of Henkel's Pastry flour (sifted), to which has been added three teaspoons Royal baking powder, this to be sifted thoroughly and carefully folded into egg and sugar, baking slowly.

Mrs. H.T. Dennis.

SILVER CAKE

One cup sugar, three egg whites, one-half cup butter, one cup sweet milk, one and one-half cups Henkel's Pastry flour, three teaspoons Royal baking powder, one teaspoon lemon or vanilla flavoring. Beat sugar, egg whites and butter till creamy, add milk, then flour and baking powder. Beat all together until very light. Bake in slow oven. Will make two layers or a loaf cake.

Cora Howes.

SPONGE CAKE

Two eggs, one cup sugar, two tablespoons melted butter, two level teaspoons Royal baking powder, one-half teaspoon salt, one and a half cups Henkel's Pastry flour (sifted), one-half cup boiling milk, last flavoring. Bake in shallow pan, cut in squares, cover with frosting. Made with one cup strawberries, one cup sugar, white of one egg beat until thick. Serve at once as dessert.

Mrs. S. G. McCallom.

HOT WATER SPONGE CAKE

One cup sugar, two eggs well beaten, one cup Henkel's Pastry flour, one teaspoon Royal baking powder, one and one-third cups boiling water. Flour to suit taste. Bake twenty minutes in moderate oven.

Catherine L. Zimmerman.

SPONGE CAKE

One cup sugar, one and one-half cups Henkel's Pastry flour, two teaspoons Royal baking powder, pinch of salt. Put this in dish. In cup two eggs, beat well, fill with sweet cream. Add vanilla.

Mrs. S. E. Hook.

SPONGE CAKE

One-half cup water and mix one cup sugar, three egg yolks beaten, one and one-half cups sifted Henkel's Pastry flour, one teaspoon Royal baking powder. Last of all beat whites of eggs and flavoring.

Mrs. W. E. Weldon.

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SPONGE CAKE

Five eggs, one cup fine granulated sugar, one-fourth teaspoon salt, one-half grated rind and juice of one lemon, one cup Henkel's Pastry flour, one teaspoon Royal baking powder. Beat yolks of eggs till very light, add sugar gradually and beat ten minutes; add flavoring and salt, fold in beaten whites, sift flour carefully but do not stir. Bake in an ungreased pan nearly an hour. The oven should turn a white paper light yellow in five minutes.

Mrs. F. J. Boydell.

SPONGE CAKE

One cup sugar (sifted), two eggs (keep out one white), beat fifteen minutes. One teaspoon Royal baking powder, one cup Henkel's Pastry flour (sifted three times together), one-half cup hot water, flavor. Add one beaten white folded in. Bake fifteen minutes in ungreased tin. Do not have oven hot to start baking.

Mrs. J. D. Elliott.

VELVET SPONGE CAKE

Beat four eggs and two cups sugar well together, add two cups Henkel's Pastry flour, two teaspoons Royal baking powder. Flavor with vanilla and last add two-thirds cup boiling water just as it is ready for the oven. Bake in tube pan.

Mrs. G. E. Shrom.

SNOW BALLS

One cup butter, two cups white sugar, one cup milk, two tablespoons Royal baking powder, three cups Henkel's Pastry flour, five egg whites well beaten. Bake in deep tins. The day after baking cut two-inch squares, take on a fork, frost on all sides and roll in cocoanut.

Mrs. W. E. Weldon.

SWANSDOWN CAKE

Two cups of sugar, one and one-half cups cold water, one-half cup butter, three and one-half cups Henkel's Pastry flour, whites of four eggs, three heaping teaspoons Royal baking powder, fold in the whites of eggs at the last. Cream sugar and butter with hand, beat the whites of eggs stiff and add at the last. This can be made in layer or loaf cake. Filling for Layer Cake—Two tablespoons of milk, one teaspoon butter, heat this and add enough powdered sugar to spread nicely and add almond flavor.

Mrs. E. J. McClintock.

STRAWBERRY CAKE

One cup sugar, one-fourth cup butter, three-fourths cup pineapple juice, two cups Henkel's Pastry flour, two teaspoons Royal baking powder, three egg whites beaten stiff. Bake in tin with hole in center, fill hole with berries and serve with whipped cream.

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SWISS CREAM FROSTING

A piece of butter the size of an egg, four tablespoons of cream or milk, one-half teaspoon of vanilla, confectioner's sugar. Cream the butter, add cream and vanilla and work in confectioner's sugar until thick enough to spread.

WHITE CAKE

One cup sugar, one-half cup butter, one-half cup sweet milk, two cups Henkel's Pastry flour, a little salt, two teaspoons Royal baking powder, one teaspoon lemon extract. Cream butter and sugar then add milk, flour and baking powder, then fold in the whites of three eggs beaten stiff.

Mrs. D. G. Renton.

CORA BELLE'S WHITE CAKE

Two cups sugar and one-half cup butter creamed, one cup sweet milk, two and three-fourths cups Henkel's Pastry flour and cornstarch mixed with three teaspoons Royal baking powder, three whites of eggs, beaten stiff and put in last. Either loaf or layer cake. *Mrs. C. H. Tryon.*

WHITE CAKE

Cream one-half cup of butter and two cups sugar. Add one cup milk, three cups Henkel's Pastry flour, two teaspoons Royal baking powder and one teaspoon vanilla. Into creamed butter and sugar add a little milk and flour at a time until all is used and last the beaten whites of four eggs.

Mrs. H. Brundle.

WHITE CAKE

One cup water, one and one-half cups sugar, one-half cup butter (scant), three cups Henkel's Pastry flour measured after sifting, four egg whites beaten till light. Cream butter and sugar. Add two-thirds of the water and one cup flour; stir. Then one cup flour, rest of water; stir. Then add last cup of flour with two heaping teaspoons Royal baking powder and flavoring; stir. Then beat in beaten whtes. *Mrs. Kuhlman.*

WHITE CAKE

One and one-half cups sugar, one-half cup butter, one-half cup sweet milk, two teaspoons even full of Royal baking powder, one teaspoon of rose water, whites of six eggs, two and one-half cups Henkel's Pastry flour. Stir butter and sugar to a cream, adding milk, a little at a time. Beat whites to a stiff froth. Add whites and flour alternately, a little at a time. Mix baking powder with flour. *Mrs. Clara L. Pike.*

WANDERING JEW

Two cups brown sugar, one cup butter, two teaspoons Royal baking powder, one-half teaspoon each cloves, cinnamon and nutmeg, three eggs, two and one-half cups together, figs, dates and raisins. Henkel's Velvet Pastry flour enough to press into pans. Frosting—Two cups sugar, one-half cup butter, one-half cup water. Boil until done and beat.

Mrs. Weimar.

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WHITE CAKE

Two cups sugar, whites of four eggs, one-half cup butter, one cup sweet milk, three cups Henkel's Pastry flour, three teaspoons Royal baking powder.

Mrs. Chas. A. Schurtz.

WEDDING CAKE

Two pounds raisins, two pounds currants, one pound citron, one teaspoon each of mace and cinnamon, cloves and allspice, eleven eggs, four cups Henkel's Velvet Pastry flour, one teaspoon soda dissolved in water. Roll fruit in flour. Bake in slow oven three hours. *Mrs. Wentworth.*

WALNUT LOAF CAKE

Two cups sugar, one-half cup butter, three eggs, one cup milk, pinch of salt, two teaspoons vanilla, three and one-half cups Henkel's Velvet Pastry flour, four level teaspoons Royal baking powder, one cup chopped nuts.

Mrs. A. H. Stevenson.

CARAMEL CAKE

One cup sugar, one-half cup butter, two-thirds cup milk, two cups Henkel's Velvet Pastry flour, three level teaspoons Royal baking powder. Filling—Two cups light brown sugar, butter about the size of a walnut, four tablespoons cream. Cook slowly until it forms a solid ball in cold water. Do not stir while on stove only just enough to keep from burning. Flavor immediately upon taking from stove and stir gently until cool enough to spread.

Mrs. F. E. Parker.

CHECKER BOARD CAKE

White Part—Two-thirds cup sugar, one-half cup butter, one-half cup sweet milk, whites of two eggs, two teaspoons Royal baking powder, one and one-half cups Henkel's Velvet Pastry flour, salt. Dark Part—One-half cup sugar, one-half cup molasses, one-half cup butter, one-half cup cold water, yolks of two eggs, one level teaspoon soda, two cups flour, spices to taste, salt. Bake in three round tins. Place first a ring of dark batter, then one of light, alternating till the tin is covered. This in two tins. In the third tin for the middle layer begin with the white batter and around as before being careful to have each ring the same width. Put layers together with white cooked icing flavored with vanilla. *Mrs. Rose M. Bodmer.*

SOLID CHOCOLATE CAKE

One-half cup sugar, one-half cup milk, three squares chocolate (boil hard five mniutes). One cup sugar, one-half cup butter, two eggs broken in sugar and butter, one-half cup milk, two cups Henkel's Velvet Pastry flour, two teaspoons Royal baking powder. Put boiled mixture into above. Bake in square pan. Icing—Two cups powdered sugar, three squares chocolate in sugar, butter size of an egg. Vanilla. Then add three tablespoons boiling water.

Mrs. Robert Kingsley.

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CHOCOLATE CAKE

Two cups light brown sugar, one-half cup butter, two eggs, one-half cup sour milk, three tablespoons cocoa, in one-half cup hot water, one teaspoon soda, one-half teaspoon baking powder, two cups Henkel's Velvet Pastry flour. Bake as a loaf cake. Any kind of frosting can be used such as powdered sugar, vanilla, cocoa, a little butter and nut meats, and hot water to make the right consistency.

Mrs. C. E. Ehle.
Mrs. Blakely.

SPANISH CHOCOLATE CAKE

One-half cup butter, one and one-half cups sugar, four eggs, one teaspoon vanilla, two squares melted chocolate, five teeaspoons boiling water, one and three-quarters scant cups Henkel's Velvet Pastry flour, four teaspoons Royal baking powder, one-half cup milk. Melt chocolate, add boiling water, cream the butter, add sugar, cream all thoroughly, add yolks of eggs and beat hard. Add milk, melted chocolate and flour gradually. Beat vigorously; fold in the stiffly beaten whites of eggs with vanilla and baking powder. Mix quickly. Bake in two layers in moderate oven. Frost with chocolate or caramel.

Mrs. D. M. Robins.

COFFEE CAKE

Five tablespoons of sugar, one tablespoon of butter, one tablespoon of lard, two teaspoons Royal baking powder, one egg, one cup milk, salt, three cups Henkel's Velvet Pastry flour. Small raisins may be added. Icing—Three tablespoons of sugar, one-half tablespoon butter and one-half tablespoon flour, one teaspoon cinnamon. Cream together and sprinkle on top before baking.

Mrs. D. G. Renton.

CHOCOLATE ROLL

Five eggs, one cup powdered sugar, one tablespoon Henkel's Velvet Pastry flour, three cups cocoa. Beat yolks and sugar add the flour and cocoa, grease pan with butter and flour. Bake in moderate oven and when cold fill with whipped cream and roll. Ice with chocolate.

Mary A. MacKay.

CHOCOLATE NOUGAT CAKE

One cup sugar, one-half cup butter, one cup sour milk, one teaspoon soda, two-thirds cup walnuts, two cups Henkel's Velvet Pastry flour, two eggs (beaten), three-fourths cup cocoa, one teaspoon vanilla. Just mix it up and stick it in.

Mrs. H. E. Hubbard.

CHOCOLATE NOUGAT

One and one-half cups granulated sugar, one cup butter. Cream well. Two eggs (beaten light). One-fourth teaspoon salt, one teaspoon vanilla, one square Baker's melted chocolate or two teaspoons cocoa, put in with sugar. One cup chopped walnuts, one cup chopped dates, one cup sour milk with one teaspoon baking soda, two cups Henkel's Velvet Pastry flour. Bake in long or square pan in slow oven from forty-five minutes to one hour.

Mrs. W. S. Bond.

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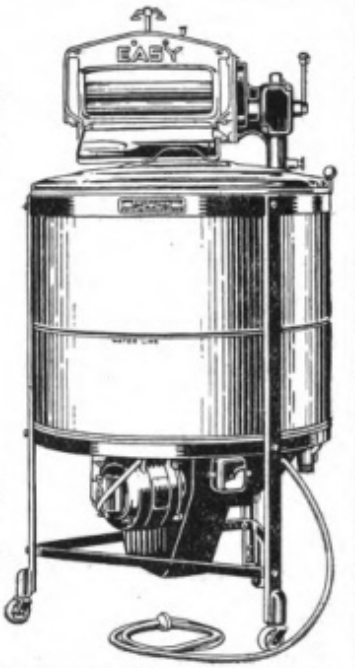

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CARNATION CAKE

Yolks of three eggs, one cup brown sugar, three-fourths cup butter, nutmeg and spice to suit, one cup buttermilk, one teaspoon Royal baking powder dissolved in a little warm water, one and one-half cups Henkel's Velvet Pastry flour, one cup chopped raisins. Bake in two layers. Icing: One-fourth cup sweet cream, one-fourth cup butter, eight tablespoons pulverized sugar (4 X.), one-half cup chopped walnuts. Mix all together.

Mrs. Malcolm McPhail.

SOUR CREAM CAKE

One cup brown sugar, one-half cup butter, one egg, one and one-half cups Henkel's Velvet Pastry flour, salt, cinnamon, one cup sour cream, one teaspoon soda. Dissolve soda in teaspoon of water before addng to sour cream. Cream butter and sugar. Add egg. Sift together the flour salt and cinnamon and add alternately with sour cream to which the soda has been added.

Mrs. Lorne A. Putnam.

DATE CAKE

One pound seeded dates. Sprinkle one teaspoon of soda over seeded dates then pour one cup boiling water on them and let stand until cool before stirring into batter. One cup brown sugar, two cups Henkel's Velvet Pastry flour, two eggs, two tablespoons butter, two teaspoons Royal baking powder, ten cents worth nut meats. Mix and bake.

Mrs. Cora V. Snyder.
Mrs. S. J. Livingston.

DATE CAKE

One cup dates chopped, one teaspoon soda, one cup hot water, two tablespoons butter, one cup sugar, two eggs, one-half cup chopped nuts. one and three-fourths cups Henkel's Velvet Pastry flour, pinch of salt, one teaspoon vanilla. Cover dates with soda and water. Allow to cool. Cream butter and sugar. Add eggs, nuts, dates and flour. Bake about thirty minutes in loaf.

Mrs. R. G. Blaine.

DATE STICKS

One cup Henkel's Velvet Pastry flour, one cup sugar, four eggs, one cup nuts, one cup dates, two teaspoons Royal baking powder. Bake twenty minutes.

Mrs. E. C. Kinsel.

DATE CAKE

One cup sugar, three eggs beaten one half hour, one cup Henkel's Velvet Pastry flour, one and one-half teaspoons Royal baking powder, two cups dates, two cups walnuts. Bake in a slow oven.

Mrs. E. C. Kinsel.

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EGGLESS CHOCOLATE CAKE

One cup either sour milk or cream, two cups brown sugar, one-half cup butter, one-half cup cocoa. Dissolve one teaspoon baking soda in a little warm water with two cups Henkel's Velvet Pastry flour.

Mabel Maloney.

DATE STRIPS

One cup white sugar, two well beaten eggs, one pound dates chopped, one-half cup chopped walnuts, one teaspoon vanilla, two teaspoons Royal baking powder in one cup Henkel's Velvet Pastry flour. Cream sugar and Bake in loaf tin about one inch thick. When done, cut in strps and roll in powdered sugar.

Mrs. White.

DEVIL'S FOOD

One and one-half cups sugar, one-half cup butter, three eggs, one-eighth cake chocolate dissolved in one-fourth cup hot water, one-half cup sour milk, two cups Henkel's Velvet Pastry flour, one-half teaspoon soda, one teaspoon vanilla. Cream butter and sugar. Add eggs and beat well. Add milk and flour, sifting soda in flour. Add chocolate last. Bake in three layers. Set together with following filling and cover top and sides with white frosting. Filling: Coffee cup of milk, one-half cup sugar, one egg, heaping teaspoon cornstarch dissolved in milk. Stir all together and cook in double boiler. Add vanilla and chopped nut meats.

Mrs. Roy E. Smith.

DEVIL'S FOOD

One cup sugar, one-half cup butter, one egg, one level teaspoon soda dissolved in one cup sour milk, about three tablespoons cocoa, one teaspoon vanilla, two cups sifted Henkel's Velvet Pastry flour, one heaping teaspoon Royal baking powder. Cover with white icing.

Mrs. T. C. Loveless.
Mrs. C. H. Tryon.

DEVIL'S FOOD

Two cups sugar, one-half cup butter (cream together), two eggs, one teaspoon salt, three tablespoons cocoa dissolved in three-fourths cup hot water, one cup sour milk, two and one-half cups Henkel's Velvet Pastry flour, two teaspoons Royal baking powder, one teaspoon soda, two teaspoons vanilla.

Mrs. S. E. Hook.

DEVIL'S FOOD

One cup white sugar, one-half cup butter or oleomargarine, two eggs, two-thirds cup of sweet of milk, three teaspoons of cocoa in one-half cup of boiling water, one teaspoon vanilla, one scant teaspoon soda and one teaspoon of Royal baking powder in two cups of Henkel's Velvet Pastry flour. Filling: One and one-half cups of powdered sugar, one square of melted chocolate, enough coffee or milk to make a smooth paste Flavor with vanilla.

Mrs. White.

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DELICIOUS CAKE

Three eggs beaten very light, one and one-half cups granulated sugar sifted and beaten slowly into eggs; then sift one and one-half cups Henkels' Velvet Pastry flour, three teaspoons Royal baking powder, a saltspoon of salt. Sift this three times and then fold into beaten eggs and sugar. Lastly add three-fourths cup boiling milk into which one and one-half teaspoons butter have been stirred; vanilla. Bake in layers. Have oven warm for first ten minutes cake is in; then have it hot to brown cake. This cake rises more evenly if baked slowly the first few mnutes. A soft icing with bananas between and on top.

Mrs. W. F. Fife.

EGGLESS CAKE

One cup sugar, one-half cup lard, one teaspoon each of cloves, cinnamon, allspice and nutmeg, one cup raisins, one cup water. Boil all together three minutes or until lard is dissolved, then, when cool, add one teaspoon soda dissolved in tablespoon hot water. Add two cups Henkel's Velvet Pastry flour and one teaspoon Royal baking powder.

ONE EGG CAKE

One-four cup of butter, one cup sugar, one-half cup milk, one egg well beaten, one and seven-eighths cups Henkel's Velvet Pastry flour, two teaspoons Royal baking powder.

A Friend.

ENGLISH FRUIT CAKE (Wedding Cake)

Four eggs, one cup butter, two cups brown sugar, one cup molasses, three cups flour, one cup sour milk, one large teaspoon soda, one and one-half pound raisins, one and one-half pound currants, one-fourth pound citron peel, one-fourth pound lemon peel, one teaspoon each of cloves, allspice and cinnamon. Bake three hours. Do not open oven for one hour.

Mrs. B. F. Will'ston.

WHITE FRUIT CAKE

One-half pound butter, one-half pound sugar, five eggs, ten ounces Henkel's Velvet Pastry flour, five cents' worth lemon peel, two pounds seeded raisins, one teaspoon lemon extract, one slice candied pineapple, one-eighth pound candied cherries. Bake in slow oven one hour.

Mrs. F. E. Parker.

WHITE FRUIT CAKE

The whites of four eggs, one cup sugar, one-half cup butter, two cups Henkel's Velvet Pastry flour, two teaspoons Royal baking powder, one-fourth pound blanched almonds, one-fourth pound lemon peel, one-half cup cocoanut. Beat butter and sugar, add eggs, then milk. Sift in flour with baking powder. Add fruit.

Mrs. George A. Clarke.

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LAYER FRUIT CAKE

One cup molasses, two eggs, one-third cup butter, two-thirds cup sour milk, one teaspoon soda, two cups Henkel's Velvet Pastry flour, one cup raisins, two teaspoons spices. Cream butter and sugar. Add well beaten eggs. Dissolve soda in the sour milk and molasses. Chop the raisins. Sift the flour, add the spices and stir all well. Put one-half cup chopped raisins in the boiled frosting to use for filling between layers.

Mrs. J. S. Morris.

SMALL FRUIT CAKE

One cup of butter or oleomargerine, one-half cup brown sugar, four tablespoons molasses, one-fourth teaspoon soda, four eggs beaten, one-half cup citron cut fine, one-four pound seeded raisins chopped, one-fourth pound currants, one-fourth pound almonds blanched and chopped, one tablespoon nutmeg, one tablespoon cloves, one tablespoon cinnamon, one teaspoon lemon extract, two cups Henkel's Velvet Pastry flour. Add the whites of the eggs, well beaten, last. Bake one hour in a moderate oven.

Mrs. J. W. White.

FRUIT CAKE

Two pounds of raisins and two pounds of currants, one pound butter, one pound brown sugar, one-half pound dates, one-half pound mixed peel, one-half pound almonds, five cups Henkel's Velvet Pastry flour, one teacup molasses, ten eggs, four tablespoons fruit juice, one tablespoon cinnamon, one tablespoon nutmeg, one teaspoon Royal baking powder. Steam three hours. Put in moderate oven one-half hour.

Mrs. L. J. Lakin.

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RAISIN PIE

One cup each of sugar, raisins, water, juice and rind of one lemon, two dessert spoons Henkel's Velvet Pastry flour, one egg, butter size of an egg. Mix all together and cook until it thickens. Bake with two crusts.

Mrs. Robert C. Kingsley.

RAISIN PIE

Grate and chop one lemon, add one cup raisins, butter size of walnut. one-half cup brown sugar, two cups water. Boil five minutes and add five tablespoons Henkel's Velvet Pastry flour, one-half teaspoon salt. Use two crusts. Will make two pies.

Mrs. Roy Austin.

CURRANT PIE

Mix one cup sugar and two and one-half tablespoons Henkel's Velvet Pastry flour. Stir in two cups driend currants. Put into a raw crust. Pour on carefully one-half cup cream and put dabs of butter around. Put on the top crust and bake in hot oven one-half hour.

Mrs. Robt. F. Young.

MOCK CHERRY PIE

One cup cranberries, one cup raisins (put through food chopper), piece of butter. Add one cup hot water; stew till tender. Add one cup sugar into which has been mixed a tablespoon of flour. Add one-half teaspoon vanilla or mapleine. Makes one pie. May be doubled. This is nicer made with lattice top crust.

Mrs. Geo. P. Kessberger.
Mrs. T. B. Hamill.

PIE CRUST (1-2-3 Rule)

One cup Henkel's Velvet Pastry flour, two tablespoons lard, three tablespoons water, pinch of salt.

Mrs. C. R. Wind.

ALMOND CREAM PIE

Put into the pan of a double boiler one cup of milk and butter the size of an egg. When the butter is melted add the yolks of three eggs creamed with one-half cup of sugar and two tablespoons of cornstarch. Cook until like custard then remove from the stove and add one-half cup each of ground almonds and walnut meats. Put in a baked crust same as lemon pie and cover with a meringue made by beating up the whites of the eggs to a stiff froth and then adding three tablespoons of powdered sugar. Brown lightly in the oven.

Mrs. Ernest Seward.

Each package of KNOX GELATINE makes FOUR PINTS of jelly

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PIE CRUST

For two piec. Two and one-fourth cups Henkel's Velvet Pastry flour three-fourths cup lard, pinch salt. Cut well into the flour with a knife. Knead as little as possible with cold water to make a stiff dough.

Lillian Wicks.

CREAM PIE

Two cups sweet milk, one-half cup sugar, two tablespoons corn starch, yolk of two eggs, pinch of salt. Flavor with lemon or vanilla. Heat milk scalding hot, add sugar, salt, cornstarch, dissolved in a little cold water, beaten eggs, and stir constantly until cooked. Flavor and pour into baked crust. Beat whites of two eggs, sweeten, flavor and spread over top. Brown carefully in oven.

Flora Fairchild.
Mrs J. D. Elliott.

CHOCOLATE CUSTARD PIE

One cup granulated sugar, two eggs, two heaping teaspoons cocoa, one and one-half teaspoons corn starch, small piece butter, pinch salt, few drops vanilla. Beat all together then add one pint sweet milk. Line pie pan with crust, pour mixture in and bake in hot oven for few minutes, then turn heat down and bake slowly until set. *Mrs. Lewis J. Pierce.*

CUSTARD PIE

One tablespoon butter and one-half cup sugar creamed, two eggs, one tablespoon Henkel's Velvet Pastry flour, milk to suit pie tin (one and one-half cups). Flavor with nutmeg. *Mrs. J. D. Elliott.*

MY MOTHER'S CREAM PIE

Beat well yolks of two eggs with one-half cup sugar and one heaping tablespoon flour. Add one even tablespoon cornstarch dissolved in milk. Pour into one pint boiling milk. Let cook in double boiler five minutes, stirring. Let cool and flavor with vanilla. Pour into baked crust. Cover with meringue of two well beaten whites, heaping tablespoon of sugar and few drops of vanilla. Put in hot oven and allow to brown.

Mrs. L. S. Tackabury.

SOUR CREAM PIE

Yolk of two eggs, three-fourths cup chopped raisins, three-fourths cup sugar, one cup sour cream, one teaspoon cinnamon, one-halt teaspoon cloves. Bakee with one crust and use whites for frosting. *Mrs. E. H. Wicks.*

SOUR CREAM PIE

One cup sour cream, one cup sugar, one-half cup seeded raisins chopped fine, yolks of three eggs, white of one egg, one-half teaspoon cinnamon, one-quarter teaspoon cloves. Bake with one crust. Beat the whites of two eggs stiff, add two tablespoons sugar. Put on after pie is baked and brown in oven. *Mrs. C. S. Chibnall.*

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SOUR CREAM PIE

One cup sour cream, one cup sugar, one cup chopped raisins, one egg, a little salt. Bake between two crusts.

Mrs. E. A. Walker.

WHIPPED CREAM PIE

Take one cup thick sweet cream, beat until light as eggs for frosting, sweeten and flavor to taste. Make a rich crust and bake. Spread on the cream, drop bits of jelly over the top. The above will make two pies.

PIEPLANT PIE

One cup of stewed pieplant, one cup sugar, yolks of two eggs, flavor with lemon. Bake an under-crust as for custard. When done add the beaten whites of the eggs with a little sugar; set in oven until nicely brown.

Mrs. Bruce Simpson.

BANANA PIE

Fill pie-tin with crust made of butter, prick and bake. While warm fill with thin slices of bananas, cover with sweetened whipped cream and serve at once.

BAKEWELL PATTIES

Break in a basin one egg, add the yolks of six more; beat in a half pound of sugar. When dissolved add half a pound of warm butter; beat the whole until it forms a custard; line the pans with nice paste and spread with raspberry or strawberry preserves, then pour on as much of the custard as will make it a quarter of an inch thick. Bake in quick oven.

Mrs. Will Robson.

COMBINATION PIE

Bake a pastry shell for the bottom crust. Make a cream filling of yolks of two eggs, one-half cup of sugar, one-half pint of milk, one heaping tablespoon corn starch dissolved in a little milk, vanilla to flavor. Cook till thick; turn in shell and put in oven till set. Take from the oven and let cool. Then make a second cream filling, using the same ingredients, except add two teaspoons of cocoa to the mixture with less of the vanilla flavoring. Cook this until thick and turn over the first cream mixture. The whites of the eggs should be saved from both fillings. This makes two layers, one of the cream and the second of chocolate filling. Beat the egg whites until very stiff, add about one-third cup of sugar and heap over the top of the pie. Set in a moderate oven and let bake slowly to a golden brown. This pie is almost a meal in itself, and should be served cold. Any other mixtures may be combined in the same way.

PUMPKIN PIE

To one pint of pumpkin add three eggs, two cups of sugar, one teaspoon each of cinnamon and ginger, a pinch of salt, one quart of milk.

Mrs. Arnold.

KNOX GELATINE solves the problem of "What to have for dessert?"

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PUMPKIN PIE

One cup of well cooked pumpkin , one tablespoon flour, one egg, pinch of salt, one-fourth teaspoon cinnamon, one-half teaspoon ginger, pinch cloves and allspice, four tablespoons sugar. Beat thoroughly. Add creamy milk to fill a deep pie plate lined with crust. Bake from three-quarters to one hour in moderate oven.

Mrs. J. D. Elliott.

PUMPKIN PIE

Two pies. One pint stewed pumpkin (rubbed through seive), one pint milk, two rounding tablespoons butter, one cup sugar, one teaspoon each of vanilla, salt, ginger, cinnamon, three eggs. Heat all ingredients but eggs, stirring well. Take from fire, add eggs well beaten. Mix and pour into pie plates lined with good pastry. Bake in hot oven about fifteen minutes, then reduce heat and bake until filling is well puffed up and a delicate brown.

Mrs. Malcolm McPhail.

PINEAPPLE PIE

Drain the juice of a can pineapple. Mix one-half cup sugar, two teaspoons Henkel's Velvet Pastry flour, yolks of two eggs, tablespoon butter in a little water. Bring juice to a boil, add mixture. When thickened, cut in small pieces and add two slices of pineapple. Fill pie shell and put beaten whites with little sugar added on top and brown.

Lou M. Woodworth.

CANTALOUPE PIE

One large, ripe melon cut in small pieces. Put in double boiler with one cup of sugar. Cook until soft, stirring and mashing with a fork. Beat yolks of two eggs, a pinch of salt, two tablespoons of cornstarch mixed with a little cold water. Add it to the hot mixture and cook until well thickened. Pour in a crust previously baked. Use the whites of the eggs for a meringue.

Cora Howes.

LEMON PIE

One lemon juice and grated rind, two cups sugar, two cups water, three eggs, two tablespoons corn starch.

Mrs. Chas. A. Schurtz.

LEMON PIE

One lemon, one cup sugar, three tablespoons cornstarch, two eggs, one pint hot water, one tablespoon butter. Dilute cornstarch with cold water, put sugar, butter and grated rind and juice of lemon in sauce pan; add cornstarch and cook for ten minutes, then add the yolks of eggs slightly beaten. Cook until thickened, cool, pour into pie shell. Beat whites of eggs very stiff, add two tablespoons sugar, spread on top of pie and brown slightly in oven.

Mrs. E. A. Walker.

LEMON PIE BAKED IN CRUST

One lemon, juice and grated rind, one cup sugar, one cup sweet milk, yolks of two well beaten eggs, two level tablespoon corn starch, small piece of butter. Stir these all together in order. Add whites of eggs beaten to a stiff froth, stirring lightly but thoroughly. Pour in pie plate lined with crust and bake.

Mrs. Kohl.

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LEMON PIE

One cup sugar, one heaping tablespoon Henkel's Velvet Pastry flour. Mix well together and add the juice of one lemon, one and one-third cups warm water, lump of butter and beaten yolks of two eggs. Cook in double boiler until smooth and thick. Stir while cooking. Fill baked crust with this. Beat egg whites stiff, add two tablespoons sugar, spread over pie and return to the oven to brown.

Mrs. S. Straith.

LEMON CUSTARD WITH MILK

One cup sugar, one tablespoon butter, two tablespoons corn starch, two eggs, one lemon, one cup milk. Cream butter and sugar, add Henkel's Velvet Pastry flour and egg yolks well beaten. Add grated rind and juice of lemon, then hot milk. Lastly, whites of eggs beaten stiff. Stir well into mixture. Bake in crust in a moderate oven. If too hot it burns on top.

Mrs. Shrom.

LEMON SPONGE PIE

Grated rind and juice of one lemon, yolks of two eggs, two tablespoons corn starch, one cup sugar, butter size of an egg, one cup sweet milk, pinch of salt. Beat the whites and stir in the last thing. Bake in one crust. This is a little different and delicious.

Mrs. Carleton E. Ehle.

SPONGE CAKE LEMON PIE

Part one: One heaping tablespoon corn starch, one cup sugar, one lemon, rind and juice, large lump melted butter. Second part: Two eggs beaten separately, one cup milk. Third part: Two egg whites beaten stiff. Stir second part into first and fold in third. Bake in unbaked crust in slow oven.

Mrs. Walter Sheill.

LEMON CUSTARD PIE

Two tablespoons Henkel's Velvet Pastry flour mixed in one cup of white sugar, juice and grated rind of one lemon, yolks of two eggs, butter size of walnut, one large cup of sweet milk. Beat whites of eggs and add last. Cook in crust like custard and bake slowly thirty minutes.

Mary A. MacKay.

LEMON PIE

One cup sugar, three tablespoons corn starch, one cup boiling water, one teaspoon butter, grated rind and juice of one lemon, yolks of two eggs. Mix corn starch and sugar, add to boiling water, stirring constantly until clear. Add butter, beaten yolks, juice and rind of lemon. Let cool before putting in shell. Meringue—Beat until dry the two whites, add two tablespoons sugar, a little vanilla and lemon juice. Brown.

Mrs. Malcolm McPhail.

BUTTERSCOTCH PIE

One large cup of brown sugar, one etablespoon of butter. Melt together on stove; add one cup of boiling water, dissolve a heaping teaspoon of corn starch in cold water, whip yolks of two eggs into than then add to mixture on stove. Beat whites for frosting.

Mrs. E. H. Millington.

Use Knox Gelatine—the Four Pint package

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BUTTERSCOTCH PIE

Bake crust. Cook five minutes one cup dark brown sugar, one teaspoon butter, four tablespoons cream, beat yolks of two eggs with two teaspoons Henkel's Velvet Pastry flour, add one cup milk and cook until thick. Fill crust, beat whites of eggs until stiff froth, add two teaspoons sugar and spread on top and brown. This will delight the family or guest.

Mrs. W. L. Fife.
Mrs. C. A. Luse.

BUTTERSCOTCH PIE

One cup brown sugar, yolks of two eggs, one tablespoon Henkel's Velvet Pastry flour, one cup sweet milk, good sized lump of butter. First melt the butter, add sugar, eggs and flour. Beat well and add milk, and cook in a double boiler. Bake the pastry first in an inverted pan. Fill with the cooked buttersctoch and add a meringue made from the whites of the eggs and a little sugar beaten until stiff. Brown slightly in slow oven.

Mrs. Shrem.

BUTTERSCOTCH PIE

Cook to a wax one and one-fourth cups light brown sugar and one tablespoon of butter. Stir constantly while wax is cooking. Heat one-half pint milk in double boiler, add yolks of two eggs and small one-quarter cup corn starch dissolved in milk and cooked. When it thickens like custard, add wax slowly and stir. Put into cooked crust, meringue and brown.

Miss Z. Farthing.

BUTTERSCOTCH PIE

Cook to wax two and one-half cups of dark brown sugar and three tablespoons of butter. In separate dish mix yolks of three eggs, three tablespoons of Henkel's Velvet Pastry flour, one cup of milk, one cup of water. Stir wax in this and cook until it thickens. Put whites of eggs on top of pie. (Enough for two pies). *Mrs. B. E. Hacker.*

MINCEMEAT PIE

Four pounds cooked beef chopped fine, two pounds suet chopped fine, three pounds sugar, four pounds raisins, two pounds currants, two cups molasses (N. O.), two ounces cinnamon, one and one-half ounces cloves, four nutmegs. Peel to taste, a little pepper and one orange, four lemons grated and juice. Moisten with cider and a little coffee, add apples (two-thirds apples to one-third meat). Add anything else you like, as fruit juice, jelly, etc.

Mrs. Malcolm McPhail.

MINCEMEAT PIE

Ten pounds beef, one pound suet, two pounds pork butts, one-half bushel apples, one-half gallon sweet cider or pint cider vinegar, two quarts cranberries, two packages currants, four packages seedless raisins, four tablespoons ground cloves, four tablespoons cinnamon, one-half pound citron. Cook the beef and pork. Grind, put through food chopper the suet, apples, citron. Save the stock of meats, skim off the fat and strain. Mix with the above ingredients and cook one-half hour. Sweeten to taste. Can.

Mrs. I. J. Turnbull.

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SOUR CREAM COOKIES

One cup butter, one cup white sugar, one cup light brown sugar, two eggs, one cup thick sour cream, nutmeg to taste, one teaspoon soda, one teaspoon Royal baking powder with enough Henkel's Velvet Pastry flour to make a soft dough. Roll and cut.

Belle Braidwood.

CURRANT TARTS

One egg, one cup white sugar (scant), vanilla and cinnamon to taste, one cup washed dried currants, four tablespoons milk, one tablespoon melted butter. Mix all together and fill tart tins, which have been lined with pastry. Cook pastry and filling together until delicate brown. Will make twelve tarts.

Mrs. Malcolm McPhail.

NUT TARTS

Eighteen graham crackers ground, two cups sugar, one cup English walnut meats, five eggs, yolks creamed, whites of the five eggs beaten stiff, one tablespoon Royal baking powder. Mix dry ingredients, then add egg yolks. Last fold in beaten whites. Bake in two layers in slow oven thirty minutes. Loosen and leave in pan until cold. Serve with whipped cream on top.

Mrs. M. S. Rice.

ALMOND TARTS

One pound pulverized sugar (scant), five egg whites beaten stiff; one-half teaspoon cinamon, three-quarters cup Henkel's Velvet Pastry flour, one-half pound almonds, ground fine. Place raisins in center and bake.

Mrs. Weimar.

TARTS

One cup currants, one cup brown sugar, one-half cup butter, one egg, one-half teaspoon cinnamon, cloves, dash or nutmeg, one teaspoon vanilla, one tablespoon cornstarch. Bake in rich crust in patty pans.

Mrs. H. Brundle.

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Puddings and Desserts

"Your dressing, dancing, gadding,
Where's the good in,
Sweet lady, tell me, can you
Make a pudd'n'?"

CHRISTMAS PUDDING

Six eggs, one pound brown sugar, two pounds raisins, one pound currants, one-half pound mixed peel, one teacup almond nuts (blanched), one pound suet, one loaf of bread, one-half teacup molasses, two teaspoons vanilla, one large tablespoon cinnamon, one-fourth teaspoon cloves, two ground nutmegs, one pint sweet milk, one quart Henkel's Velvet Pastray flour, three teaspoons Royal baking powder sifted into flour. Cut crusts off bread and grate inside (use day-old bread). Mix fruit and nuts and flour them. Beat eggs and add sugar, then molasses and milk. Stir this into fruit and add bread. Add spices to flour, add flour until very stiff, using more than one quart if necessary. Use one yard square heavy cotton cloths. Dip into boiling water and wring dry, then flour them thoroughly. Boil four and one-half hours. This makes three large pudding. Maple sugar sauce—One-half pint maple sugar, one cup water, one-half cup butter, two tablespoons flour. Boil until thick.

Mrs. Wm. Christian.

GENUINE ENGLISH PLUM PUDDING FOR CHRISTMAS

One-half pound suet, one-fourth pound bread crumbs, one-fourth pound Henkel's Velvet Pastry flour, one-half grated nutmeg, one-half teaspoon cinnamon, one pound raisins, one-fourth pound citron, little salt, one-half pound apples, one and one-half ounces blanched almonds, one-half pound sugar, one teaspoon Royal baking powder, one lemon, one-third cup molasses and five eggs. Grate lemon peel and strain juice. Mix everything in order given. Strain in molds (either one large or two small) for six hours. This will keep a long time and when wanted steam again one-half hour. Serve it with any nice pudding sauce.

Mrs. E. R. Seward.

ENGLISH NUT PUDDING

One egg, one teaspoon soda in one cup molasses, one tablespoon butter, one-half cup milk, one and one-half cups English walnuts cut up fine, one-half cup brown sugar, one teaspoon of spices (mixed), two and one-ahlf cups Henkel's Velvet Pastry flour, little salt, Scald a piece of cheesecloth in boiling water and dredge with flour. Put pudding in and tie, leaving room to swell. Steam one hour, turn over and steam another hour. Sauce: One cup sugar, one-half cup butter, one-half cup dates, juice of one lemon, one and one-half cups water. Boil, stir in one teaspoon corn starch.

Mrs. F. A. Lewis.

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SCOTCH CROW'S NEST

Three cooking apples, one-half cup sugar, one egg, butter size of walnut, one-half cup sweet or sour milk, one cup Henkel's Velvet Pastry flour, one teaspoon vanilla. Pare, slice and remove cores from apples; put in bottom of pudding dish and sprinkle little sugar and cinnamon over top. make batter of sugar, egg and butter creamed together. Add milk; if sour, put one-half teaspoon soda in flour; if sweet, two teaspoons Royal baking powder sifted three times in flour. Add ingredients together and pour over apples. Bake in moderate oven.

Mrs. C. F. Bahm.

DATE PUDDING

Three-fourths cup sugar, one cup chopped dates, one cup chopped walnuts, two tablespoons Henkel's Velvet Pastry flour, one teaspoon Royal baking powder, two eggs. Beat eggs and sugar, add sifted flour and baking powder, then dates and walnuts. Put in a greased pan and bake slowly thirty to forty minutes. Serve with whipped cream.

Contributed by Fifteen Ladies.

DATE PUDDING

One pound whole dates, one cup sugar, one cup Henkel's Graham flour (skimp), one quart boiling water, pinch salt, one cup walnuts. Mix all together and boil twenty minutes, keep stirring all the time. Serve cold with whipped cream.

Mrs. J. H. Greenwood.

PRINCE OF PUDDINGS

Chop one-third to one-half pound suet, add one-half pound chopped figs, one-half cup chopped walnuts, two cups stale bread crumbs. Soak in one-half cup milk. Two eggs, three-fourths cup sugar, one pinch salt. Mix ingredients and steam three hours in buttered dish. Sauce: Beat one-half cup butter to a cream with one cup powdered sugar added gradually. Add one well beaten egg and beat again. Heat one-half cup milk, one-third nutmeg and grated rind of one lemon. Mix together when ready and serve at once on pudding.

Mrs. L. S. Tackabury.

DATE AND FIG DESSERT

One-half pound dates, one-fourth pound figs, one-half cup walnut meats, one package lemon gelatine. Chop dates, figs and nuts and add two tablespoons sugar. Dissolve gelatine and when partly cool mix with other ingredients. Mould in pan one and one-half inches deep and set on ice. Cut in squares and heap high with sweetened whipped cream.

Mrs. W. E. Collins.

SNOW PUDDING

One pint hot water, four level tablespoons corn starch. Put in double cooker. Add three tablespoons sugar, pinch of salt and juice of one lemon. When thoroughly cooked remove from stove and beat in with wire egg beater the stiffly beaten whites of four eggs. Turn into moulds and set away to cool. Sauce: One and one-half cups milk in double cooker, one-half cup sugar, grated rind of one lemon, pinch of salt and beaten yolks of four eggs. Stir constantly for about two minutes after eggs are added and remove from fire before custard separates.

Mrs. Paul W. Voorhies.

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OLD ENGLISH PLUM PUDDING

Two pounds raisins, one and one-half pounds currants, one pound chopped suet, one-fourth pound citron peel, one pound brown sugar, three cups bread crumbs, three eggs, three teaspoons Royal baking powder, two cups Henkel's Velvet Pastry flour, spice to taste and enough milk to moisten. Steam three hours.

Mrs. Alice S. Keel.

STEAMED SUET FRUIT PUDDING

Two and one-half cups Henkel's Velvet Pastry flour, one teaspoon soda, one-half saltspoon cinnamon, two teaspoons salt, one-half saltspoon nutmeg, one heaping cup chopped suet, one cup raisins, one cup currants, one cup milk, one cup molasses. Put flour, soda, cinnamon, salt and nutmeg through flour sifter; add suet, mix milk and molasses together and add. Steam three hours. Serve with foamy sauce. One-half cup butter, one cup sugar, one teaspoon vanilla, one tablespoon molasses, one dessert spoon corn starch. Cream butter and sugar, then add vanilla, corn starch and molasses. Add one cup boiling water and boil a short time. Pour this slowly over wh te of one egg beaten stiff. Beat until foamy.

Mrs. J. E. Gallinger.

SUET PUDDING

One heaping cup bread crumbs, one cup sour milk, one cup molasses, one heaping cup suet, one-half cup sugar, one and one-half teaspoons soda, two cups Henkel's Velvet Pastry flour, one cup raisins, one cup currants, a little mixed peel, one-half teaspoon cinnamon, one-fourth teaspoon cloves, a little nutmeg and salt. Steam for three hours. *Mrs. W. R. W'gle.*

CARROT PUDDING

One cup raw grated carrots and potatoes, one cup brown sugar, one-fourth cup white sugar, one and one-half cups Henkel's Velvet Pastry flour, pinch of salt, one level teaspoon soda in luke warm water, one cup raisins and currants mixed, one cup chopped suet, one teaspoon cinnamon, one-fourth teaspoon cloves, a little grated orange peel. Steam four hours. Sauce: One-half cup butter and one and one-half cups powdered sugar, one teaspoon vanilla. Then drop in a whole unbeaten egg. Cream again.

Contributed by Four Ladies.

GRAHAM PUDDING

One cup molasses, one cup sweet milk, two cups Henkel's Velvet Pastry flour, one cup raisins, one-half cup dates, one salt spoon salt, two teaspoons soda dissolved in warm water. Do not sift flour. Steam two hours. Don't be anxious if it seems thin when put in pan. Sauce: One-half cup powdered sugar, one cup whipped cream to which add one egg, the yolk and white beaten separately, a tiny grating of nutmeg if des red.

Mrs. George P. Kessberger.

DATE PUDDING

One egg, one cup molasses, one cup milk, one teaspoon soda, four cups Henkel's Velvet Pastry flour, one teaspoon salt, one cup brown sugar, one tablespoon butter, one package chopped dates. Steam one and one-half hours. Serve with whipped cream.

Mrs. Chas. B. Allen.

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FLOATING ISLAND

Two cups scalded milk, three eggs, one-quarter cup sugar, one-eighth teaspoon salt, one-half teaspoon vanilla. Beat eggs, add sugar and salt. pour slowly over this the scalded milk, cook in double boiler until coating forms on spoon. Be careful not to cook until it curdles but if cooked too long, beat well with Dover egg beater and it will become smooth again. Add pinch of cream of tartar to whites of eggs and beat until stiff then add one-fourth cup confectioners sugar. Place the custard in individual dishes with a spoonful of the beaten whites on top. Place in a moderate oven and brown. Dates cut in pieces may be added to the custard if desired.

Mrs. E. Richardson.

FLOATING ISLAND

Three eggs (yolks), one tablespoon cornstarch, one cup sugar, four cups milk. Flavor when cool. Cook in double boiler. Beat whites and add little sugar, place on custard in mounds. *Mrs. Roy Austin.*

FRENCH FRUIT PUDDING

One cup chopped suet, one-half teaspoon cloves, one cup molasses, one cup sour milk, one and one-half teaspoons soda, one-half teaspoon salt, one and one-quarter cups cut raisins, three-quarters cup currants, one teaspoon cinnamon, two and one-half cups Henkel's Velvet Pastry flour. Add molasses and milk to suet then two cups flour mixed with soda, salt and spices; using remainng one-half cup flour to flour the fruit. Steam four hours. Serve with Sterling sauce. (One-half the recipe will serve six.) Sterling Sauce—One-half cup butter, one cup brown sugar, one teaspoon vanilla, four tablespoons cream. Cream the butter, add sugar, gradually the cream drop by drop to prevent separation. Beat well.

Mrs. Robt. B. Reed.

PARSONS PUDDING

One small cup sugar, pinch of salt, two tablespoons corn starch, juice and rind of one large lemon. Into these stir one pint boiling water and cook till it thickens. Then beat the whites of three eggs to a stiff froth and add to the above and cool. Serve with custard made from yolks of eggs, one cup milk, sugar to sweeten, cook until it nearly boils, add vanlla and pour over the pudding. Put pudding in sherbert glasses and add custard.

Mrs. J. E. Gallinger.

ALMOND PUDDING

To five well beaten yolks of eggs add three-quarters cup sugar. Beat to a cream and add one-half cup fine bread crumbs, four ounces finely chopped almonds. Bake in two layers in a moderate oven thirty minutes. Turn out on oiled paper. Filling—One cup butter, one-half cup powdered sugar creamed together. Flavor with vanilla. Spread between layers. Sprinkle top with powdered sugar. Garnish with whipped cream.

Margaret Ballantyne.

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BROWN SUGAR FLUFF

One cup brown sugar, three tablespoons cold water, white of one egg. Have water boiling and inside vessel hot. After beating well, put in container. Stir with egg beater eight minutes. *Mrs. W. J. McH.*

SAILOR'S DUFF

One egg, two tablespoons sugar, beat; one-half cup molasses beaten in. Two tablesepoons butter, beat again, one teaspoon soda in ltle warm water, one and one-half cups boiling water added last. Steam three-quarters of an hour. Sauce—Yolks of two eggs, one cup confectioners sugar, one teaspoon vanilla, beat well, add one-half pint whipped cream just before serving.

Mrs. E. C. Plaisted.

JELLIED FIGS FOR DESSERT

One cup stewed figs cut in small pieces, one cup of juice the figs were cooked in, one tablespoon Knox gelatine, one-third cup sugar. Soak gelatine a few minutes in a little water then add boiling juice, sugar and a little lemon juice. Add figs and pour into moulds to cool. Serve with whipped cream.

Mrs. E. R. Seward.

PINEAPPLE DELIGHT

One small can pineapple, one-half pound marshmallows, one-half cup walnut meats, one-half pint whipping cream. Cut marshmallows in quarters and soak them for two hours in the juice drained from the pineapple. Cut pineapples in cubes and the walnuts n small pieces. Drain the juice from the marshmallows and mix the pineapple nut meats and marshmallows with the cream which has been whipped. Serve in sherbet glasses. Garnish with maraschino cherries. This will serve six. *Mrs. S. Bertrand.*

APPLE DUMPLINGS

Into a boiling dish put one cup sugar, one cup maple syrup, two tablespoons butter, two cups water. Boil all together. The crust—Sft one and one-half cups Henkel's Velvet Pastry flour and one-half teaspoon salt into a bowl, rub in one tablespoon shortening. Mix to a stiff paste with cold water and fill with the apples, pinch the edges together and make round then put them into syrup and bake in a moderate oven. Baste with syrup.

Margaret Ballantyne.

ORANGE PUDDING

Six oranges, peeled and cut into small pieces; add one cup sugar and let stand. Into one quart boiling milk stir two tablespoons cornstarch mixed with a little water and the yolks of three eggs well beaten. Let it cool. Then mix with the eoranges. Frost with the whites of the eggs.

Mrs. W. C. Bailey.

DATE WHIP

Whites of four eggs beaten stiff, one pound of dates cut fine, one cup English walnut meats, one-half cup sugar, one teaspoon vanilla. Bake very slowly in moderate oven thirty minutes. Serve with whipped cream, cherry on top.

Mrs. J. E. Atkinson.

Knox Gelatine is economical—one package makes Four Pints of jelly

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PRUNE WHIP

One pound of best prunes, whites of three eggs, two-thirds cup sugar, one-half pint sweet cream, juice of one-half lemon. After prunes are well washed stew them until soft, add sugar while cooking, when cold remove pits, whip the whites of eggs to a stiff froth, add prunes and lemon juice, whip all together for ten or fifteen minutes, put in a pudding dish and bake twenty minutes in a moderate oven till a light brown. When icy cold serve with whipped cream slightly sweetened. *Mrs. F. M. Rose.*

CARAMEL PUDDING

One quart milk, three tablespoons Henkel's Velvet Pastry flour, three eggs. Mix and cook. One-half cup raisins, one-half cup nuts, one-half cup figs all chopped. Melt three cups brown sugar in a spider until it becomes a syrup, then add custard and fruit; stir until smooth. Serve with whipped cream. Will serve twelve or fifteen. *Mrs. H. U. Biggar, Lansing.*

PEARL'S PUDDING

One-half cup hot sweet milk, one tablespoon butter, two tablespoons Henkel's Velvet Pastry flour. Make same as white sauce. One cup sugar, beat with yolks of three eggs, add to sauce in double boiler. Melt one square of chocolate, beat whites of three eggs stiff, one teaspoon vanilla, fold all together and bake in ramekins, set in hot water. Put whipped cream on top.

Mrs. F. G. Dodshon.

APPLE PUDDING

Five apples, pared, quartered and sprinkled with sugar. One tablespoon butter, one-half cup each sugar and milk, one egg, one teaspoon Royal baking powder; add flour to make as thick as cake batter and pour over apples. *Mrs. T. P. Hubbard.*

PUDDING SAUCE

One and one-half cups brown sugar, one tablespoon Henkel's Velvet Pastry flour, one large spoon butter; mix well and add boiling water to make it the proper consistency. *Mrs. Snover.*

CHARLOTTE RUSSE

One pint cream. Add pulverized sugar to taste and drop of vanilla. Whip cream and add one-half package Knox gelatine dissolved in one-fourth cup water, place over hot water to dissolve. Add slowly to cream.

Mrs. H. B. Bogrette.

CARAMEL SPONGE

One cup brown sugar, one-half cup water, one tablespoon Knox gelatine dissolved in a little water, whites of four eggs beaten stiff. Boil sugar and water to a thick syrup, add gelatine and let come to a boil. Beat slowly into beaten whites. Put into individual or large pudding dish. Serve with custard sauce made with the yolks of four eggs. *Mrs. M. A. Brasbie.*

KNOX GELATINE—Economy with highest quality

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STEAMED PUDDING

One egg, two tablespoons sugar, two tablespoons melted butter, one-half cup molasses, one teaspoon soda in hot water, one cup Henkel's Velvet Pastry flour. Add to batter one-half cup boiling water, pinch of Royal baking powder. Steam one and one-half hours. Sauce—Yolks of two eggs, one cup powdered sugar, one-half pint whipped cream. Beat yolks and sugar and whipped cream. Beat well and flavor. *Mrs. W. S. Watson.*

TAPIOCA PUDDING

Soak two tablespoons tapioca in warm water over night. One quart milk, yolks of two eggs beaten with one-half cup sugar, salt, flavor as you wish. Bake one hour. Beat the whites of two eggs with two tablespoons powdered sugar. Frost and return to the oven to brown.

Mrs. G. B. French.

RICE AND PINEAPPLE DESSERT

One cup rice cooked in boiling salt water until tender, put in collander and let cold water run through, drain. When cold add one-half cup sugar, one-quarter pound marshmallows cut up, four slices pineapple, diced, and one-half pint whipped cream. Put in refrigerator and serve very cold. Enough for eight or ten people. *Mrs. W. Sheill.*

RICE CREAM

Beat into one pint of whipped cream one cup boiled rice not quite cold, and one large tablespoonful Knox gelatine dissolved in one-quarter cup hot water. Put in individual or large mould. When cold serve with sauce. Make a rich white sugar syrup and add a glass of orange marmalade or strawberry jam. If served in large mould pour the cold sauce over all and serve. Can be made the day before serving. *Mrs. G. P. Kessberger.*

CHOCOLATE RICE PUDDING

One and one-half cups cold cooked rice, two cups milk, one cup sugar, one tablespoon cornstarch, pinch of salt, vanilla to taste. Bring milk to a boil, add yolks of eggs, sugar and corn starch, beat to a cream. Cook in double boiler until it thickens then beat in cold rice. Frosting—Whites of two eggs beaten light, three-quarters cup sugar, one heaping tablespoon cocoa melted. Spread on custard and put in oven until frosting is set.

Mrs. S. Straith.

CREAMY RICE PUDDING

Wash one-third cup rice, add to it one-third cup sugar, a pinch of salt and one quart of milk. Put into a buttered baking dish and add one stick of cinnamon or grated rind of one-half lemon. Bake for two or three hours with flame as low as possible, stirring three times during the first hour to prevent settling. When done, the top should be a rich brown and the pudding moist and creamy. *Mrs. R. Cromie.*

Knox Gelatine is the one dessert for all appetites

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BAKED CUSTARD

One quart milk, pinch of salt, four eggs, sweeten and flavor to taste. Boil the milk. When cool add beaten eggs, salt and flavoring. Bake in a pudding dish. Take especial care not to cook too much or it will whey.

QUEEN'S PUDDING

One pint bread crumbs, one quart milk, yolks of four eggs, one cup sugar, butter size of an egg. Grate the rind and add juice of one lemon. Bake in moderate oven. Spread jelly and beaten whites of eggs, sweetened with pulverized sugar over the top.

Mrs. J. C. Phillips.

PINEAPPLE DESSERT

Two cups brown sugar, one-half cup butter, melt in iron skillet, lay slices of pineapple eover top, then mix a batter of two eggs beaten, one cup sugar, five tablespoons boiling water, one and one-half cups Henkel's Velvet Pastry flour, one and one-half teaspoons Royal baking powder, one teaspoon vanilla. Bake forty-five minutes in slow oven.

Mrs. L. P. Warner.

APPLE PUDDING

Cream together three-quarters cup sugar and one tablespoon shortening, add three-quarters cup buttermilk, one-half teaspoon soda, one teaspoon Royal baking powder and a little salt. Sift this in flour twice and make quite stiff. Peel and slice apples to cover bottom of ungreased pan. Put batter over apples. Bake in good hot oven about half an hour. Serve while hot with the following sauce: Three-quarters cup sugar, a small tablespoon of butter, brown this; add a heaping tablespoon flour and cold water and let boil slowly fifteen minutes. Flavor with nutmeg.

Mrs. Frank B. Stafford.

YORKSHIRE PUDDING

An accompan ment to roast beef. One cup milk, one cup Henkel's Velvet Pastry flour, two eggs, one-fourth teaespoon salt. Mix salt and flour, add milk, forming a smooth paste, lastly the beaten eggs. Cover bottom of hot pan with some beef fat from the roaster and pour in. Bake twenty minutes, cut in squares and serve at once with beef. (This was given me by Mrs. T. J. Leake, a former member, much beloved by many.)

Mrs. F. P. Todd.

BUSY BRIDE'S PUDDING

One-half cup each of butter, brown sugar and molasses, one cup of cold water, one teaspoon of soda, dissolved in the water, one teaspoon Royal baking powder, sifted with three and one-half cups Henkel's Velvet Pastry flour, two cups of seeded raisins. Steam for two and one-half hours. Sauce—One-quarter pound butter, two and one-half cups powdered sugar, four tablespoons hot water, white of an egg beaten stiff and one teaspoon of vanilla. Cream sugar and butter, add one tablespoon hot water and beat well before adding the other spoonful; and when well beaten stir in the egg and vanilla and set away to cool before using. Most delicious.

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COTTAGE PUDDING

One cup Henkel's Velvet Pastry flour, one heaping teaspoon Royal baking powder, one tablespoon butter, one-half cup milk, one saltspoon salt, one egg. Sauce—One-half cup butter, one cup powdered sugar, one teaspoon vanilla, one-half cup boiling water. Cream butter and sugar, add vanilla and beat well. Just before serving stir in the boiling water, add white of one egg and beat until foamy.

BAKED INDIAN PUDDING

Scald one pint of milk, stir in six tablespoons Indian meal (first moistened with cold water), add one pint cold milk, one cup molasses, two well beaten eggs, raisins, chopped suet (or butter), one-half teaspoon cinnamon and little salt. Bake one and one-half hours. *Mrs. Jay W. Russell.*

STEAMED PUDDING

One cup molasses, one cup milk, one cup chopped raisins, one-half cup butter, one teaspoon soda, three and one-half cups Henkel's Velvet Pastry flour. Steam three hours in a covered pail. Sauce—Beat sugar and butter together until creamy, add vanilla and little nutmeg.

Mrs. Jay W. Russell.

STRAWBERRY SHORTCAKE

Three cups Henkel's Velvet Pastry flour, one-half cup shortening, pinch of salt, three teaspoons Royal baking powder, one cup milk, two tablespoons sugar, one egg. Bake in two pans. For a small family use one-half this recipe.

Mrs. C. A. Luse.

STRAWBERRY SHORTCAKE

One pint Henkel's Velvet Pastry flour, one-half teaspoon salt, two ounces butter, two teaspoons Royal baking powder, one quart strawberries. Stem berries, sweeten to taste and slightly mash them with wooden spoon, cover with one-half pint cream. Rub the butter into flour, add salt, baking powder and sufficient milk to make a soft dough; mix quickly, roll out about one and one-half inches in thickness, put into pie pan and bake in quick oven. When done split in two and spread each half lightly with butter. Place lower half on chop plate, put half the berries on this, cover with other half of short cake and pile on remaining half of berries. Add whipped cream if desired.

Mrs. W. E. Collins.

BAKED CORN MEAL PUDDING

One quart sweet milk, three tablespoons corn meal, one-half cup sugar, one-half cup raisins, three eggs. Bake three-quarters of an hour or until custard is set. Serve with rich milk and nutmeg or whipped cream, or creamed sugar and butter sauce. Also makes good breakfast dish.

Mrs. Eldreth G. Allen.

ORANGE PUDDING

Six oranges, peeled and cut in small pieces. Add one cup sugar and let stand. Into one quart boiling milk stir two tablespoons corn starch mixed with a little water and the yolks of three eggs well beaten. Let it cool, then mix with oranges. Frost with the whites of the eggs.

Mrs. W. C. Bailey.

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BUTTER CHRYSANTHEMUMS

To serve butter in dainty patties, take a piece of mosquito netting, rinse in boiling water with a little salt, then dip in cold water. Take small pieces of butter and press through with fingers. Set in ice until wanted.

Mrs. D. L. Griffen.

ICING

Place in a bowl, one cup sugar, white of one egg, one cup crushed strawberries. Beat twenty minutes.

Mrs. D. G. North.

CARAMEL FILLING

One cup of brown sugar, one-fourth pound of chocolate, two tablespoons butter, one-half cup milk, two teaspoons vanilla. Boil until thick.

A Friend.

CREAMY ICING

Two tablespoons butter, three tablespoons milk, one teaspoon vanilla, one-fourth teaspoon cinnamon, one-eighth teaspoon salt, one and one-half cups sifted powdered sugar. Cream the butter, add milk and vanilla. Add cinnanmon and salt. Add sugar slowly, beating until creamy. This may be varied by omitting cinnamon and adding cocoa or chocolate or cocoanut as desired.

Mrs. H. M. Sproule.

MARSHMALLOW OR PLAIN FROSTING

One large cup white sugar, five tablespoons water. Boil until it threads. One white of an egg, two teaspoons cold water, one pinch of salt. Beat and pour on boiling syrup. Cut in squares one-half pound marshmallows and beat in frosting wh le cool.

Mrs. C. H. Tryon.

DELICIOUS PUDDING SAUCE

One whole egg Beat in bowl and add one cup four X sugar. Flavor. Whip one-half pint whipping cream short time before serving. Serves eight persons.

Mrs. Robert L. McMicking.

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That Invisible Old Man

Has it ever occurred to you that there is an invisible old man at your elbow whom you are supporting?

It is yourself at 60, 65 or 70 years of age.

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Ice Cream and Sherbert

"I always thought cold victuals n'ce—
My choice would be vanilla ice."—Holmes.

ONE GALLON OF ICE CREAM

Three pints cream, three pints milk, three eggs, two cups confectioners sugar, one tablespoon vanilla, pinch of salt. *Mrs. C. Bassett.*

VANILLA ICE CREAM

Four eggs beaten light, one cup sugar, one pint heavy cream, one pint milk, one teaspoon vanilla. Mix all together and freeze. This will make one-half gallon.

MAPLE MOUSSE

Two cups maple syrup, yolks of five eggs, one pint whipping cream, one tablespoon vanilla. Boil syrup. Beat yolks untl thick. St.r into hot syrup. Cook thoroughly in double boiler. When cold beat in whipped cream. Put in mould and pack in ice four hours. (One and one-half quarts.)

Mrs. Edwin Merrithew.

MAPLE MOUSSE

Into the yolks of four eggs, beat one pint maple syrup, boil, stirring constantly unt.l it forms a thick custard. Let cool, whip one pint cream and beat into custard. When it is thoroughly cooled, put into a mould and pack in ice and salt and let stand several hours.

Helen Marshall, Ovid, Mich.

MAPLE MOUSSE

Yolks of eight eggs, one cup hot maple syrup, one pint cream whipped stiff. Beat yolks of eggs very light, stir into them very slowly the maple syrup. Put in double boiler and cook until a coating forms on a spoon. Remove from fire and when cool add whipped cream. Pack in mould and freeze.

Mrs. Kinsel.

VANILLA ICE CREAM

The following recipe fills a three-quart freezer and has a very nice caramel flavor: One quart milk, one pound sugar (half brown), two tablespoons corn starch stirred smooth in a little milk, one and one-fourth spoons vanilla and one and one-half pints cream, added after the above has cooled. Sometimes the yolks of one or two eggs are mixed w.th the sugar before addng to the hot milk. While cooking, stir constantly. After freezing, remove dasher and stir in the well beaten whites of eggs.

Mrs. F. P. Todd.

ORANGE SHERBET

One pint cream, one-half pint milk, two and one-half cups sugar, three oranges, one lemon. Freeze. *Mrs. J. H. Greenwood.*

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BANANA ICE CREAM

Beat together one large coffee cup of sugar and four eggs very light, add one dessert spoon vanilla, mash eight or nine bananas and beat with fork, add to sugar and eggs and beat all with egg beater and pass through colander. Add one and one-half pints light cream. The success of this depends on the beating.

LEMON SHERBET

One pint scalded milk, two cups sugar, rind of grated lemon, scald together, cool and strain. Before freezing add one pint of cream and when partly frozen add one-half cup of strained lemon juice.

FRUIT SHERBET

Three ripe bananas, three oranges, three lemons, three cups water, three cups sugar, three egg whites. Put bananas through potato ricer. Extract orange and lemon juices. In the meantime boil together sugar and water for ten minutes, and when cool add fruit juices and bananas. Pour into freezer, add egg whites beaten stiff, and freeze in three parts ice to one part salt. This makes about two and one-half quarts.

Mrs. F. E. Henry.

PINEAPPLE SHERBET

Pare and shred a fine mellow pineapple, sprinkle one pint sugar over it and let stand one hour. Then add one-half pint water, juice of one lemon and one-half package Knox Gelatine soaked in one cup cold water for one hour. Then dissolve in one cup of boiling water. Mix well and freeze.

Mrs. A. M. Hungerford.

RICE FRAPPE

One pint water, one-half cup rice. Boil until tender, add one pint milk and boil. One pint cream, two eggs, two cups sugar, three oranges. Freeze.

Mrs. J. H. Greenwood.

GRAPE FRAPPE

Two cups sugar, four cups water. Put in saucepan and bring to boiling point. Boil fifteen minutes. Remove from fire and add two cups grape juice, two-thirds cup orange juice and one cup lemon juice. Cool, strain and freeze to a mush. Serve in frappe glasses and garnish with whipped cream sweetened and flavored with vanilla. *Mrs. Eldrith G. Allen.*

FRUIT ICE

Three cups water, three cups sugar, juice of three oranges, juice of three lemons, three sliced bananas, Stir until sugar is dissolved. Freeze.

Mrs. Wm. H. Phillips.

CHOCOLATE SUNDAE DRESSING

One-half pint coffee cream, four tablespoons grated chocolate, one-half cup sugar, one-half teaspoon vanilla. Heat cream in double boiler. Dissolve sugar and chocolate by melting with a little hot water. Add to cream and cook ten minutes. Pour over vanilla ice cream.

Mrs. W. E. Collins.

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GRAPE JUICE

Wash twenty pounds of Concord grapes and add three quarts cold water. Bring to the boiling point and let simmer thirty minutes. Strain through colander and add one quart water. Strain through cheesecloth and add four pounds granulated sugar. Br ng to the boiling point to dissolve the sugar. Bottle while simmering over the fire. Have bottles well corked and sealed with wax. *Mrs. Margaret Schnaple.*

RASPBERRY SHRUB

Cover ripe berries with fresh cider vinegar (dilute if too strong), let stand twenty-four hours. Put into a bag and squeeze. To every pint of juice add one pound sugar. Boil five minutes, skim and bottle, sealing tightly. For serving add two tablespoons shrub to a glass of water.

Mrs. Carlton Shier.

FRUIT PUNCH

Boil together two minutes one pint cherry, strawberry and raspberry juice, juice of four lemons and one pint sugar. When cold add one cup rather strong tea. To serve add one cup of fruit syrup to one quart ginger ale or carbonated water thoroughly cold. Serve with thin slice of orange or pineapple and one teaspoon cracked ice to each glass.

Mrs. M. L. Veenfliet, Alpena, Mich.

GRAPE JUICE

Wash and pick grapes off stems. Fill a one-quart jar, place in one large cup of grapes and one-half cup of sugar. Fill jar with boiling water, seal and set away until wanted. *Mrs. Cecil P. Matthews.*

PUNCH

Eight quarts grape juice, twelve quarts White Rock or Appolonaris water, one dozen lemons, two dozen oranges, three large pineapples, one bottle Maraschino cherries. Sweeten to taste. *Mrs. Jerry Hayes.*

ICED COCOA

Mix one-half cup cocoa and one cup of sugar with a little cold water to make a paste. Add one point boiling water. Cook five minutes. Remove from fire, add one-half teaspoon vanilla and cool. When cool, add one pint milk. Serve in tall glasses with cracked ice. If desired a teaspoon of whipped cream may be placed on top of each glass. This syrup before milk is added can be kept in refrigerator for an indefinite time, serving when desired by adding milk. Serves six people.

Mrs. R. R. Stewart.

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Candy

"My mission in life is a sweet one, I claim,
For the children's eyes brighten when hearing my name."

CRACKERJACK

Three quarts corn, two cups brown sugar, one cup white sugar, one cup corn syrup, one-half cup water, one-eighth cup butter. Cook until it hairs. May use all brown sugar. Can add peanuts.

Mrs. I. S. Morris.

NUGA

Two and one-half cups sugar, one-half cup corn syrup, one-half cup cold water, two eggs. Boil untli it forms a ball in cold water. Stir one-half of it into the well beaten whites of two eggs. Boil the rest of the syrup until it cracks in cold water. Add to the first mixture. Flavor and add nuts, raisins, chocolate, cocoanut or anything you may desire. Beat until thick, then pour into a well greased pan. Cut and serve in squares

Mrs. Eva Morris Hayes.

MACAROONS

Beat the whites of two eggs to a froth. Add slowly one cup powdered sugar and one cup grated cocoanut. Mix well and drop on buttered tins, and bake slowly. *Josie Wigle.*

MAPLE CREAM

Three cups light brown sugar, two cups milk, small lump butter, one cup chopped nuts, vanilla. Boil sugar, milk and butter six minutes. Do not stir while boiling. As you remove it from the stove, add vanilla and nuts and stir until thick. Pour on buttered plate. *Josie B. Wigle.*

FUDGE

Two cups sugar, four teaspoons cocoa. Mix sugar and cocoa, one-half cup milk. Cook until a ball will form in cold water, add one-half tablespoon butter, pinch of salt. Beat until stiff and creamy.

Harry D. Spencer.

BUTTERSCOTCH

Eight tablespoons sugar (brown and white), six tablespoons molasses, four tablespoons butter, two tablespoons vinegar, pinch of soda, added last. Cook until ball forms in water. *Harry D. Spencer.*

SEA FOAM FUDGE

Make a syrup with two cups light brown sugar, one cup water and one teaspoon vanilla. Beat the white of one egg until stiff and stir in the syrup. Add one-half cup chopped walnuts and stir until stiff.

Mrs. R. Weir.

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CHOCOLATE CARAMELS

Boil together two cups medium molasses and one cup sugar (granulated) fifteen minutes. Then add one-fourth cup cream, four tablespoons cocoa and boil until it will harden in cold water. Remove from fire, add a pinch of salt, one-half teaspoon soda (or enough to make it foam up), one-half teaspoon vanilla and one teaspoon butter. *W. H. West.*

A COLLEGE BOY'S RECIPE FOR FUDGE

Two cups granulated sugar, one cup milk, three squares unsweetened chocolate, butter the size of a walnut. Make the fudge in the usual way, when it has cooked sufficiently take from the fire and begin to beat. When it has cooled somewhat add one ten cent box of marshmallows and beat until quite stiff. Add one teaspoon vanilla and pour into buttered tins.

Ruth Houghton.

PEANUT BUTTER FUDGE

Two cups confectioners' sugar, one-half cup sweet milk, two heaping tablespoons peanut butter. Boil exactly five minutes, remove from the fire and stir until it thickens. Pour into a buttered platter and cut into squares.

Maude Radcliffe Streeter.

KISSES

Boil ten cups granulated sugar with water enough to cover to an inch above the sugar and two rounding teaspoons cream tartar until it will form a hard ball when tried in water. Add butter the size of a walnut. Pour on marble slab and when cool pull over a hook. *Mrs. H. J. Arnold.*

KISSES (Caro)

Two cups Caro corn syrup, one cup granulated sugar, one tablespoon vinegar, small piece of butter. Boil until when dropped in cold water it will form a rather hard ball. Pour in pan, let stand until cool enough to handle, then pull. *Mrs. H. J. Arnold.*

CREAM FUDGE

Melt slowly three-fourths cup milk, two cups sugar and two squares chocolate. Then boil hard three or four minutes, adding flavoring and one tablespoon butter. Put in a cool place and leave until it is absolutely cold, about one hour. Beat until it is quite stiff, turn into a buttered pan and if it does not harden quickly stir in the pan. Stir in chopped figs, nuts and raisins or chopped pineapple and nuts. *Ruth Kern, California.*

BROWN SUGAR CANDY

Boil without stirring two cups brown sugar, one cup water, piece of butter the size of an egg, pinch of salt, two teaspoons vanilla and one tablespoon vinegar until it will drop hard in cold water. Add nut meats if desired and pour in buttered pans. Will make two pans full.

Mrs. R. O. Harper.

PENOCHE CANDY

One cup white sugar, one cup brown sugar, one cup milk, butter size of egg, one-half teaspoon vanilla. Boil until forms soft ball in cold water. Take from fire, add vanilla. Beat well and pour in buttered tin.

Mrs. E. J. Osband.

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FONDANT

Four cups XXXX sugar, one cup boiling water, one-half teaspoon cream tartar. Boil together. Do not stir until one drop in cold water makes a little ball. Place carefully to cool until it will dent, then stir.

Mrs. E. J. Osband.

BROWN SUGAR KISSES

Put three cups brown sugar and a good sized piece of butter into a pan, just cover with water and boil until it will make rather a solid ball when dropped in water. Add flavoring and one-half cup nut meats chopped. Pour on buttered plates and leave until cool enough to pull.

Blanche A. Wilson.

PEANUT BRITTLE

Put two cups granulated sugar into a small spider over a moderately hot fire. Cook, stirring occasionally, until clear brown in color. Turn in one-half cup shelled peanuts and pour in buttered tins.

Frances Booth.

COLLEGE FUDGE

Mix together three cups granulated sugar, two heaping tablespoons cocoa, one cup milk. Boil until it forms when dropped in cold water. Remove from fire, add one level tablespoon butter and let cool. Beat and add one cup chopped walnuts when beginning to fudge.

Hazel Collinson.

MARSHMALLOWS

Melt two cups granulated sugar and ten tablespoons water, letting it just come to a boil. Put half a box of Knox's gelatine into a cup with ten teaspoons water. Keep this standing in hot water until the syrup is lukewarm. Then stir the gelatine (thoroughly melted) into the syrup and beat with a Dover egg beater until it becomes resistant. Flavor and beat with a spoon until stiff. (This makes a delicious cake frosting). Pour into shallow pans dusted with powdered sugar and let stand half an hour. Cut into squares and roll in powdered sugar. *Gladys Kern.*

COCOANUT CANDY

Boil two and one-half cups granulated sugar, one-half cup milk and a small piece of butter six minutes. Remove from fire and stir in cocoanut until quite thick, adding one teaspoon lemon extract. Drop large spoonfuls on buttered platter.

Blanche Hickey.

NOUGAT

Boil three cups granulated sugar, one cup Karo corn syrup and one cup cold water until it forms a stiff ball when dropped in cold water. Pour over the beaten whites of two eggs and beat twenty minutes. Add one cup nut meats and one-half cup candied cherries just before pouring out on a buttered platter. *Esther Thompson Ely.*

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Jellies, Preserves and Marmalades

"Feel, masters, how I shake."
Shakespeare.

PRESERVING HINTS

Just a few helpful hints to the busy housewife. When making preserves, such as gingered pears, peach conserve or pear butter, instead of cooking down on top of the range, put in the oven in the last process of boiling. This saves much needless stirring and sweating on the part of the housewife. Have a moderate oven. You housewives who have done cooking all your lives can determine the right temperature of the oven for this process. You will have less scorched preserves if you do this. This applies to any kind of preserves.

HOW TO MAKE JELLY WITHOUT COOKING

To make jelly without cooking, crush any acid fruit that is very juicy, red currants preferably, and strain off the juice. Do not heat or cook at all. Put in a stone jar or granite pan, add sugar in equal quantity, and stir until this dissolves. When sugar is all dissolved strain into jelly tumblers and let stiffen. This is one of the finest jellies made. It is clear and red and of a flavor unequalled. Another way to make currant jelly is to heat the fruit till the juice exudes, crush the fruit and strain off the juice. If quantity is the object, then press and squeeze. A very nice clear jelly may be made even if the fruit is pressed, if the juice is strained a second time. When the juice is drained, measure and put the liquid over the fire. Let boil twenty minutes. In the meantime, measure sugar, a quantity equal to the amount of juice, put in a pan and place in the oven to heat. When juice has boiled twenty minutes, add the heated sugar, and just allow to come to a boil. Strain into jelly glasses. This jellies immediately and the sheerest novice cannot fail if these rules are followed. The same rule may be followed in nearly all jelly making. Now I will tell you a secret. If currants are high priced and you want more jelly than the amount of juice seems to warrant, I know for a fact that one-third water may be added and still the jelly will set and be to all appearances as nice as though made from clear fruit juice. This would not apply to fruits that are not very acid, but currants will jelly if even one-half water be added to the pure juice. I have experimented and know.

CRAB APPLE JELLY

Cut apples in quarters and cover with water. Cook until the apples are soft. Strain through jelly bag and to each cup juice add cup sugar. Boil until it has large bubbles and test by putting a spoonful in small dish to cool.

Mrs. Bruce Simpson.

Give the growing children Knox Sparkling Gelatine

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ORANGE MARMALADE

Three thin skinned oranges and three thin skinned lemons. Squeeze juice of all. Put through food chopper and to each measure of fruit use three measures of water. Put in granite kettle and let stand twenty-four hours (no less). Then put on stove and bring to boil and boil ten minutes. Set aside and let stand twenty-four hours again. Next morning, to each measure of juice and fruit allow one measure of sugar and one over. Cook until it jells. In fifteen measures of juice add sixteen of sugar.

Mrs. Emory E. Perrin.

PLUM CONSERVE

Three pounds plums, three pounds granulated sugar, three oranges grated and juice. Cook until quite thick, then add one-half pound walnut meats chopped. Cook five minutes. *Mrs. E. H. Wicks.*

GRAPE CONSERVE

Five pounds grapes, three pounds sugar, two pounds seedless raisins, one-half pound English walnut meats. Separate pulp from skins and cook pulp until seeds will float or separate easily. Remove seeds. Add skins to pulp, then add sugar. Boil slowly twenty minutes. Add raisins and boil fifteen or twenty minutes longer until juice thickens. Add nuts and boil minute. Seal. Two oranges ground may be added if desired. This makes seven or eight glasses. *Mrs. Cecil P. Matthews.*

PEACH CONSERVE

Three pounds peaches, three pounds sugar, one pound raisins, two oranges, one pound walnut meats. Cook until dark.

Mrs. Walter Sheill.

Six pounds plums, six pounds sugar, four oranges(rind and juice), two pounds raisins, one pound walnut meats. Cook until dark.

Mrs. Walter Sheill.

BLUE PLUM CONSERVE (Or Any Fruit)

Two quarts fruit cut up, four cups sugar, four oranges, rind and pulp cut thin, one pound raisins. Cook two hours slowly. After removing from fire add one-half pound English walnut meats. *Mrs. Robt. F. Young.*

QUINCE PRESERVES

Ten pounds of quinces, seven pounds of pears, five pounds of sugar and about two quarts of water. Make a syrup of the sugar and water, then add the fruit and cook as any preserve. *Mrs. Bruce Simpson.*

SPICED PEACHES

Nine pounds of peaches quartered, four pounds of sugar, one pint of vinegar, one ounce of sassia buds. Make this syrup and boil the peaches few at a time. *Mrs. Bruce Simpson.*

Ask your grover for Knox Gelatine—take no other

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CARROT MARMALADE

Put two pounds carrots through food chopper. Cook until tender with two lemons which have been put through chopper. Then add two pounds sugar and boil until thick.

Mrs. C. Bassett.

ORANGE MARMALADE

Three oranges, one lemon, three tablespoons sugar. Cut fruit very fine and put three quarts water in. Let stand over night. Then boil three-quarters of an hour, let get cold. Add sugar and cook again until it jells.

Mrs.Shrom.

ORANGE MARMALADE

Six oranges and four lemons chopped fine, eighteen cups of water. Let stand twenty-four hours. Boil one and one-half hours with equal amount of sugar.

Mrs. Lewis Lakin.

ORANGE MARMALADE

One orange, one lemon. If fruit is thick skinned, reject the slice from each end. Quarter and shred the fruit with sharp knife. Use all but seeds. Allow three measures of water to one measure of fruit. Put in granite kettle and set away to soak until same hour next day. Next put on stove to boil for ten minutes. Again set away until next day. To every cup of pulp allow same of sugar and at last add one measure extra. Cook until it jells.

Mrs. Laura P. Norris.

ORANGE MARMALADE

Six large oranges, six lemons, ten cups water. Peel oranges as thin as possible. Throw away yellow. Take juice and pulp of lemons and put all through food chopper. Let all come to a boil. Set aside until next morning, then bring to boiling point again. On the third morning measure equal measure of sugar and pulp. Let boil hard one hour from time it begins to boil. Put in glasses. Cover with paraffin when cold.

Mrs. E. Richardson.

CARROT MARMALADE

Four cups grated carrots, four lemons, two oranges, scant one-half cup vinegar, six cups white sugar, one cup brown sugar. Boil carrots until soft in two cups water. Chop lemons and oranges fine. Put all together and boil twenty minutes. This makes about twelve glasses.

M. Ella Wood.

RHUBARB CONSERVE

Eight cups cut rhubarb, eight cups sugar. Mix together and let stand over night. In the morning heat slowly and cook till nearly done. Add three large oranges peeled and cut in small pieces, three tablespoons lemon juice, one pound seedless raisins. Seal in pint cans.

Mrs. J. R. Waters.

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SUN DRIED STRAWBERRIES

Use one cup of sugar to one cup of strawberries. Let stand over night, then drain off juice and boil it to a thick syrup. Drop in the berries and boil slowly for ten minutes. Skim berries out on platters and pour over juice. Let stand in sun twenty-four hours, then can in pint cans cold.

Mrs. A. Woodworth.

HEAVENLY HASH

Six pounds of grapes pulped, cooked and strained, six pounds of sugar, two pounds of raisins, juice of three oranges. Cook until thick like conserve. Put in hot jelly glasses. This makes about thirty-two ordinary jelly glasses full.

Mrs. Ernest Seward.

SPICED CURRANTS

Wash and pick from stems five pounds currants, add four pounds light brown sugar, one tablespoon ground cinnamon, one tablespoon ground cloves. Cook about one hour then add one pint vinegar. Cook one and one-half hours or till thick as desired. This is delicious with cold meats.

Mrs. E. Hugh Smith.

CHIPPED PEARS

One peck hard pears, seven pounds sugar, four lemons, one-half pound crystalized ginger. Slice pears on a cabbage slicer. Cut lemons and ginger fine. Add sugar and cook two hours or until transparent.

Mrs. C. Bassett.

GRAPE DELIGHT

Separate pulp from skins, separate seeds from pulp. Take three cups sugar to two cups grapes and boil about ten minutes.

Charlotte B. Ecker.

CRANBERRY CONSERVE

Three quarts cranberries, pulp and grated rind of three oranges, one pound seedless raisins, sugar to sweeten. Add a little water, cook until thick. Put in glasses. Cover with paraffin.

Mrs. E. Richardson.

CRANBBERRY CONSERVE

Take five pounds cranberries washed and cut in halves (I put mine through a meat grinder), five pounds sugar, five oranges seeded and ground, and two and one-half pounds seeded raisins. Mix and cook as thick as jam. Put into jelly glasses and when cold cover with paraffin.

Mrs. Belle F. Hill.

CHIPPED PEARS

Eight pounds pears cut in small pieces, six pounds granulated sugarfi three lemons sliced and boiled until tender in one pint water, one-eighth pound green ginger root. Put all together and boil slowly for three hours or until the mixture becomes red and rich looking. Seal while hot.

Mrs. W. C. Bowen.

PEACH CONSERVE

Three quarts peaches, three pounds sugar, three orangees (inside only). Boil until thick and seal.

Mrs. Frank B. Stafford.

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Pickles and Relishes

"Peter Piper picked a peck of pickled peppers."

CUCUMBER PICKLES

Put cucumbers into brine for twenty-four hours, take out and wash and simmer on stove until heated through. Pack into jars and to each quart jar add one pod red pepper or small piece of larger one, one teaspoon black pepper corns, one teaspoon salt, one-half teaspoon white mustard seed, small piece horseradish, one-half teaspoon dill. Have vinegar hot and sugared to taste. Pour vinegar over and seal. Put small piece of alum in top of each jar.

Mrs. Wm. Christian.

COLD VINEGAR PICKLES

Eight hundred two-inch gherkins, one gallon vinegar, one cup brown sugar, one cup salt, one cup dry mustard. Wash gherkins and soak over night in a strong brine. In the morning rinse thoroughly in clean water. Wipe each one with a clean cloth and pack in jars. Mix above ingredients and fill jars. Seal.

Mrs. Walter S. McVittie.

CUCUMBER PICKLES

One gallon vinegar, one cup ground mustard, one cup salt, two tablespoons mixed spice, one teaspoon saccharine. Mix thoroughly and pour over pickles, which have been packed in cans. Shake once a day for about two weeks.

Mrs. S. J. Livingston.

SLICED CUCUMBER PICKLES

Pare and slice six quarts cucumbers, six good sized onions. Let stand in salt water over night. In morning drain in colanders. Make a dressing of one quart vinegar, two cups sugar, one-half teaspoon pepper, one teaspoon celery seed, one tablespoon dry mustard, one-fourth tablespoon tumeric, three tablespoons Henkel's Velvet Pastry flour. Mix, bring to boil, put in cucumbers and onions and let them come to a boil slowly.

Mrs. Charles Sauble.

CUCUMBER RELISH

Twelve green cucumbers, eight medium sized onions. Pare and slice. Let stand in salt water over night, drain and rinse in cold water. Dressing: One and one-half cups vinegar, one cup sugar, two heaping teaspoons Henkel's Velvet Pastry flour, one level teaspoon mustard, one-half teaspoon black pepper, one-third teaspoon tumeric. Mix all together and boil, then put in the cucumbers and onions and boil twenty minutes. Seal in glass jars.

Margaret Ballantyne.

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BORDEAUX SAUCE

One gallon green tomatoes, one head cabbage, one head celery, ten onions, all chopped fine, one-half cup salt. Mix and let stand one hour to drain. Put in kettle with one ounce tumeric, one-fourth pound white mustard seed, two pounds brown sugar, one gallon vinegar. Boil one hour.

Mrs. P. P. Johnson.

GREEN TOMATO PICKLE

Slice one peck green tomatoes and eight medium sized white onions, sprinkle salt through them and let stand twelve hours. Drain, put in kettle and cover with part vinegar and water and boil tender. Drain again, put two and one-half pints vinegar on to boil with one and one-half pounds sugar, four ounces white mustard seed, one tablespoon each of ground mustard, salt, cinnamon and tumeric, one teaspoon black pepper and dash of cayenne. Add tomatoes and onions and cook ten minutes.

Mrs. W. E. Collins.

CHILI SAUCE

Eight quarts ripe tomatoes chopped, one cup green peppers, one cup onions, one-half cup salt, five cups sugar, one-half quart vinegar, two teaspoons each ground cloves, nutmeg, cinnamon and ginger. Cook slowly three hours.

Mrs. S. J. Livingston.

CHILI SAUCE

One peck ripe tomatoes, eight small, hot peppers, eight medium onions. Boil two hours and add three tablespoons salt, two teaspoons each cinnamon, black pepper, ginger and cloves, five cups vinegar, three cups sugar. Boil fifteen minutes. Can.

Mrs. C. E. Smith.

CHILI SAUCE

One bushel ripe tomatoes, three cups brown sugar, eleven teaspoons salt, two tablespoons mustard, five tablespoons each cinnamon, cloves and allspice, twelve large queen peppers chopped fine, two quarts onions, one gallon vinegar. Boil three hours.

Mrs. C. H. Tryon.

PEPPER RELISH

Twelve large green peppers, twelve large red peppers, one quart cider vinegar, six large onions, one and one-half cups of sugar, two tablespoons salt. Cut peppers in small pieces or put through food chopper. Sprinkle with salt and cover with boiling water. Let stand till cool, then drain and rinse with cold water. Place all in kettle, add vinegar, chopped onions and sugar. Boil twenty minutes and seal.

Mrs. J. F. Burkhardt.

CELERY RELISH

Two dozen celery, six large onions sliced in thin slices, one quart vinegar, four cups white sugar, one-half mustard seed, one-half cup ground mustard, one teaspoon currie powder, two tablespoons salt, one teaspoon red pepper. Cook two hours and can.

Mrs. Lewis Lakin.

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SLICED PICKLES

Six quarts sliced cucumbers, three quarts little onions, scald brine for three mornings, pour over hot each morning. Boil three quarts of cider vinegar, four pounds brown sugar, half ounce celery seed, quarter cup small red pepper, half cup allspice, half cup white mustard seed, one tablespoon tumerice, two tablespoons of mustard, pour hot over pickles, and can.

Mrs. Z. L. Stringer.

CUCUMBER RELISH

One dozen large cucumbers, three large onions, three green sweet peppers, three red peppers, three cups sugar, two tablespoons celery seed, two tablespoons white mustard seed, enough vinegar to cover cucumbers, onions and peppers, put through food chopper (large knife). Sprinkle one-half cup salt over all, let stand three hours, then drain in colander over night. Mix all together and can.

Mrs. E. R. Putnam.

CUCUMBER RELISH

One quart onions, one dozen cucumbers, one head cabbage. Chop fine and sprinkle with salt. Let stand over night, then drain. Dressing—Three pints vinegar, four cups sugar, one cup Henkel's Velvet Pastry flour, four level tablespoons mustard, one teaspoon tumeric, one teaspoon celery seed. Mix well and bring to a boil, then pour over the ingredients and heat. Stir well to keep from burning.

PICKLE RELISH

Twelve cucumbers (table size), twelve medium sized onions, one red pepper, one green pepper, one cup sugar, one-half cup salt, one quart vinegar. Pare and slice cucumbers as for the table, slice onions, remove seeds of peppers and slice thin. Add sugar and salt to the vinegar, turn on the pickle cold. Let stand over night and can cold in the morning.

Mrs. McClintock.

QUEEN OF PICKLES

One quart large cucumbers, one quart onions, one large head cauliflower, three strong red peppers, three good sized apples. Chop all medium fine, cover with hot brine. Let stand over night, drain (squeeze as dry as possible. Take one quart vinegar, eight cups brown sugar, one-fourth pound mustard seed. Let come to a boil and add chopped ingredients. Make a smooth paste of two-thirds cup of flour (more if necessary), one-fourth pound mustard, one-half ounce tumeric. Add slowly, stir quickly and let boil up.

Mrs. Malcolm McPhail.

SWEET PICKLES

Three sour "store" pickles, one quart vinegar, three or four sticks cinnamon, one ounce mace, two pounds brown sugar, one pound raisins. Cut pickles in small pieces. When vinegar is hot put in sugar, cinnamon, mace, raisins and pickles. Cook until pickles are clear. Add enough white mustard seed to mix all through. Put in earthen jar and pour hot vinegar over.

Mrs. J. F. Miller.

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SPANISH PICKLES

One peck green tomatoes cut two or three times, six large onions sliced thin. Sprinkle with cup of salt and let stand over night. In morning pour off water. Four quarts vinegar, two pounds dark brown sugar, one-half pound yellow mustard seed, two tablespoons each allspice, cloves, cinnamon, ginger and mustard, one teaspoon red pepper. Boil all until soft.

Mrs. Anna Newton.

CHERRY PICKLES

Stone cherries, cover with vinegar and let stand over night. Drain, take equal parts sugar and cherries, let stand in a stone jar until sugar is dissolved. Seal cold in glass jars. Delicious and will keep all the year around.

Mrs. D. Sayles.

PICKLED PEACHES

Eight pounds fruit, four pounds brown sugar, one quart vinegar, two ounces stick cinnamon, three ounces whole cloves. Tie spices in bag, boil vinegar, sugar, spices and skim. Boil fruit until easily pricked. Take out and put in rest. Boil vinegar to one-half the original amount. Pour over fruit. Green tomatoes may be pickled this same way. Let sliced tomatoes stand in brine over night, drain well and proceed as above.

Mrs. A. H. Stevenson.

SPICED PEACHES

One bushel peaches, two or three sticks cinnamon. Pare peaches, putting five cloves in each. Place in kettle a layer of fruit then a layer of sugar; let stand over night. Pour off juice, boil down and skim, then add fruit. Do not boil too long. Should remain firm. *Mrs. K. M. Burns.*

PICKLED PEACHES

One-half peck cling peaches, two and one-half pounds brown sugar, one pint vinegar, one ounce stick cinnamon, cloves. Boil sugar, vinegar and cinnamon twenty minutes. Dip peaches quickly in hot water and rub off fur with a crash towel. Stick two cloves into each peach. Put into syrup and cook until soft, using half of peaches at a time. Place in jar. Cook syrup until thick and pour over peaches. *Mrs. Mary E. Nicholas.*

CANNED BEETS

One gallon cider vinegar, two quarts of water, three cups of sugar, five tablespoons white mustard seed, one-half pint salt. Boil one hour. This amount will cover fifteen quarts. Put cooked beets in jars and cover with liquid. Seal.

Mrs. Edw'n R. Merithew.

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SLICED CUCUMBER PICKLES (Dill Size)

Six quarts sliced cucumbers, four green peppers (chopped), twelve large onions. Salt in layers, and let stand three hours. Add two and one-half quarts vinegar, ten cups granulated sugar, three teaspoons tumeric powder, one-half cup mustard seed and few whole cloves. Bring to boil and can.

Mrs. Wm. V. Butler.

MUSTARD PICKLE

Two hundred small cucumbers, two quarts pickling onions, two heads cauliflower, six tablespoons mustard, two tablespoons tumeric, four cups brown sugar, one and one-half cups flour, four quarts vinegar. Cut cucumbers and cauliflower, let stand in salt over night with onions. Scald with vinegar in morning. Pour off vinegar and cook with fresh vinegar and spices till tender.

Mrs. Walter Sleep.

Two dozen large green cucumbers, three large onions, three or more large green peppers. Pare cucumbers and cut lngthwise in fourths. Run knife down to remove large seeds and put all through chopper. Sprinkle with scant one-half cup of salt and let stand over night. Drain and rinse well. Place one and one-half quarts vinegar, two pounds brown sugar, two tablespoons white mustard seed, two tablespoons of celery seed in kettle, put on stove. Take one tablespoon ground mustard, three tablespoons of flour, one-half teaspoon tumeric and mix with cold vinegar and turn into kettle. Add vegetables. Boil five minutes. Can while hot.

Mrs. W. A. Campbell.

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Chafing Dish Cookery

"Isn't it jolly, on a winter's night,
The chafing dish supper to cook;
Whatever it is you wish to make
You'll find it right here in our book."

WELSH RAREBIT

Cut up small one pound of American cheese and put in the chafing dish with a gill of milk, and stir until the cheese is melted, then season with pepper, salt and a saltspoon of mustard flour, and add just before serving the yolks of two eggs beaten up; pour it over slices of hot toast and serve at once.

Lucile Cobb.

CREAMED SHRIMPS

Melt one ounce of butter in the brazier directly over the flame, then add in gradually one ounce of flour, and when thoroughly blended dilute with half a pint of stock or milk, or half and half, added by degrees; bring to the boil, keeping it well stirred, and let it boil for ten minutes, seasoning it with salt and a squeeze or so of lemon juice, and coralline pepper, adding at the last a spoonful or so of cream. Now stand the brazier over the hot water pan, and stir in a quarter of a pint of pickled shrimps, or the equivalent amount of cooked lobster cut into dice; heat up thoroughly and serve. Any fish can be served in this way, but in this case it is a good thing to let it marinate for an hour or two beforehand in lemon juice, oil, chopped parsley, pepper and salt.

Aileen Simpson.

CHICKEN A LA NEWBURG

Take one-half pound of cold chicken, cut into cubes and put it into the double pan with two ounces of butter, and a seasoning of salt and coralline pepper; stir these all lightly together till the chicken is thoroughly heated (about three minutes), cook for three minutes longer, add half pint of milk and cream (a tablespoon of cream being used), or milk or cream alone; just stir the mixture for a minute to set the egg and serve at once. Fish may be cooked ni this way, and should be flaked up rather large. Lobster may also be prepared in this way.

Narcena Bassett.

CRAB MEAT A LA MARYLAND

Take a pint of fresh cooked crab meat, one hard-boiled egg, chopped fine; one tablespoon of butter; half pint of pure cream, and salt and pepper to taste. Place in your chafing dish and cook eight or nine minutes. Thicken with cream sauce and when thoroughly heated add a glass of fruit juice and serve from the chafing dish.

Kathryn Casey.

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LOBSTER A LA NEWBURG

Cut the lobster meat from a pound can into small pieces and heat in a chafing dish in one rounded tablespoon of butter. Sprinkle over it a little salt and papr.ka and add one tablespoon milk. Beat the yolks of two eggs, add one cup cream and turn it over the lobster, stirring until thick and smooth. Serve at once over toast or wafers. *Ellen Woodworth.*

STUFFED PIMENTOS

Use canned pimentos, open and stuff with one-fourth bread crumbs, one-half cheese, one-fourth minced ham and chicken, season to taste. Pour the liquid from can into chafing dish with pimentos. Cover and cook twenty minutes. *Aletha Bassett.*

SWEETBREADS WITH PEAS

Stand sweetbreads in cold water one hour. Parboil and remove rough edges, membrane, etc. Put in cold water and put on ice until wanted. Put in chafing dish, one-half teacup butter, one-half teaspoon browned flour, celery leaf and pepper. Add three sweetbreads, cut up, and can of peas. *Ruth Conway.*

FRIED CORN CAKES

One can corn, one egg, one cup bread crumbs, salt and pepper to taste. Beat the egg, add corn, the seasoning, then the crumbs. Form into little flat cakes and fry in hot butter. *Olive S. Areson.*

PANNED OYSTERS

Put two tablespoons butter into chafing dish and melt. When it is bubbling hot lay in two dozen oysters that have been drained. Cook until the edges of the oysters are ruffled. Add one teaspoon salt, a dash of red pepper, squeeze in the juice of a lemon and serve at once on hot buttered toast.

CREAMED SWEETBREADS AND CHICKEN

Parbo l a sweet bread and cut in one-half inch cubes. Reheat with equal parts of cold cooked chicken and two cups white sauce.
Mildred Woodworth.

VEAL WITH ASPARAUS TIPS

Two cups very tender veal, roast or stew, one cup of cooked asparagus tips, one tablespoon of butter, yolks of two hard boiled eggs, one-half pint of milk, salt, white pepper. Rub the yolks and butter to a paste and heat it with the milk in the chafing dsh, stirring until thoroughly blended. Put in veal and asparagus with salt and pepper. Cook five minutes.

OYSTERS ALGONQUIN

Take three stalks celery, clean and chop fine. Put three tablespoons butter in chafing dish. Add celery and cook well. Add one cup of cream, season with salt and pepper. When it comes to a boil add one dozen large oysters and cook until the edges of the oysters curl. Serve on squares of toast. *Irene Sauble.*

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Sandwiches

"A picnic without a sandwich!
It couldn't be—you know,
'Tis the same at a reception or party,
You find them wherever you go."

HAM AND PICKLE SANDWICH

Boil ham until it falls apart. Chop fine, mixing with pickles (chopped) and mayonnaise.

Mrs. E. Gudakunst.

DEVILED NUT SANDWICHES

Blanch and shred two ounces of almonds, saute in a small quantity of butter until delicately browned. Mix two tablespoons chopped pickles, one tablespoon each of Worcestershire sauce and chutney, one-fourth teaspoon salt, few grains cayenne. Add to almonds and cook two minutes, stirring constantly. Spread unsweetened wafers with mashed cream cheese seasoned with salt and paprika. Sprinkle with nut mixture and cover with unsweetened wafers. Arrange on a plate covered with a lace paper doily.

Yvonne Stevenson Long.

CHICKEN SANDWICHES

Mince cold cooked chicken very fine, season with enough boiled salad dressing to make moist enough to roll in size about like fingers, adding enough finely minced celery and onions to season; cover each roll with Royal baking powder biscuit dough, rolled very thin, pinching the ends tightly together. Brush with beaten egg and bake.

HICKORY OR PEANUT SANDWICHES

Chop nuts fine and mix with a dressing made of the yolk of one hard boiled egg, mustard, salt, pepper, melted butter and lemon juice between buns or graham wafers.

DATE AND NUT SANDWICHES

Cook dates, add chopped nuts, spread between thin slices of buttered bread.

Mrs. E. H. Wicks.

CHOPPED HAM SANDWICHES

Chop ham fine as grated cheese, add melted butter to make a paste, or butter and cream, mixed mustard, pepper and a little pickle.

EGG SANDWICH

Chop whites of hard boiled eggs very fine, mash the yolks and mix with melted butter, pepper and salt. If not smooth enough, add thick cream.

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PEANUT SANDWICHES

Skin freshly roasted peanuts, put them through the meat chopper. Mix with mayonnaise. Spread the paste between slices of unbuttered graham bread.

Mrs. D. M. Robins.

CHEESE AND CELERY SANDWICH

Beat one-half cup thick cream, add enough grated cheese to make thick paste. Season with celery salt and spread on thinly sliced bread (brown or white.)

EGG SANDWICH

Chop six hard boiled eggs and one small onion. Season with salt and pepper and moisten with two tablespoons of olive oil and a little lemon juice. Spread between slices of white bread lightly buttered.

CELERY AND ONION SANDWICH

Rounds of white bread or one each of brown and white bread lightly buttered. Filling—Chop celery, onion and pimento fine and mix with salad dressing.

Mrs. F. Lewis.

CHEESE AND NUT SANDWICHES

One cake cream cheese, one-half cup finely chopped nuts. Mayonnaise to moisten. Spread between thin slices of buttered bread.

SANDWICH FILLING

One-half pound chopped cooked ham, one cup chopped nuts, four eggs hard boiled, pinch of mustard, salt and celery seed to taste. Moisten enough to spread well with mayonnaise dressing.

SALMON SANDWICH

One can salmon, one cup mustard pickles. Grind all together. Use with brown or white bread.

NOVEL SANDWICHES

Spread thin slices of buttered bread with the following: Calf's liver boiled, chopped and run through meat chopper, seasoned well with salt and pepper, and mixed with mayonnaise dressing.

BOHEMIAN SANDWICH

Chop shrimps very fine and mix to a paste with melted butter. Season with lemon juice, Worcestershire, salt, pepper. Spread between thin slices of bread.

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FIG SANDWICH

Remove stems and chop fine. Put in double boiler with a little water and cook until a paste is formed. Add a few drops of lemon juice and set aside to cool, then spread.

DATE AND FIG SANDWICH

Equal quantities dates and figs. Stone dates and add one-fourth quantity of blanched almonds. Run mixture through grinder. Moisten with orange juice and press into cocoa can. When ready to use dip can in hot water and slice very th.n between bread.

NUT SANDWICH

Moisten chopped nuts of any kind with cream or mayonnaise, add salt and spread on slices of brown bread. *Mrs. L. S. Tackabury.*

NUT AND RAISIN SANDWICH

Take equal amount of nuts and raisins, moisten with cream or grape juice and spread.

OLIVE SANDWICH

Take either ripe or green olives, remove pits, mince and m x with dressing. Spread between whole wheat or graham bread.

LETTUCE AND CREAM CHEESE

Mix equal parts cream cheese and chopped head lettuce, add salt and serve. *Mrs. L. S. Tackabury.*

SURPRISE SANDWICH

Take equal quantities of orange marmalade, pecan meats and cream cheese and mix thoroughly and spread. *Mrs. L. S. Tackabury.*

RIBBON SANDWICH

Cut two slices of white bread and two of brown. Butter three slices and spread w.th thick paste made of hard-boiled eggs mixed with mayonnaise, butter, salt and pepper, Worcestershire sauce well mixed. Buiid slices up, placing the unbuttered slice on top. Before serving, slice down like layer cake. *Mrs. L. S. Tackabury.*

SANDWICHOLA FILLING

One nice slice center cut smoked ham. Parboil and fry or boil lightly, then grind. Add three hard-boiled eggs, three sweet cucumber pickles, one sweet green pepper, one large pimento and salad dressing to make a paste. Spread between white bread. Very del cious.

Mrs. L. S. Tackabury.

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CHEESE SANDWICH

Grate one-fourth pound of cheese and mix with one-half teaspoon of salt, pepper and mustard, melt one tablespoon of butter and add one tablespoon of vinegar.

SARDINE SANDWICHES

These may be prepared as above, using sardines rubbed to a paste, instead of cheese and leaving out the butter.

PEANUT SANDWICH

Chop or roll peanuts, and when fine season with salt and butter and place between layers of salt rising bread lightly buttered. Fine for lunch or refreshments.

Try cottage cheese and a little onion chopped or chives and chopped nuts.

OLIVE SANDWICHES

Remove pits from olives, chop fine with nuts and spread between two thin slices of bread, use a little salad dressing.

SANDWICH FILLING

Jim Dandy cheese, with strawberry preserve, salad dressing.

LETTUCE SANDWICHES

Cut bread in thin slices, spread with salad dressing and lay a piece of lettuce between the slices.

CLUB HOUSE SANDWICH

Thin slices of buttered bread, thin slices of turkey or chicken. Sprinkle salt, thin slices of dill pickle, thin slices of bacon fried crisp, season with paprika.

ROAST BEEF SANDWICH

Thin slice rare cold roast beef, thin slice of tomato, paprika and salt.

SANDWICH FILLING

One cup tongue chopped fine, one cup seeded raisins. Put both through food chopper, add two teaspoons orange extract. Mix with plenty of salad dressing, spread between thin white buttered bread. This makes enough for fifty people.

TOASTED SANDWICHES

Cut slices of white or of graham bread thin, butter lightly and spread one with cream cheese. Press the two slices firmly together and toast the outside of each before a quick fire. Send to table wrapped in a napkin.

All you add is water and sugar to the Knox Acidulated package

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Some Recipes that Men Call Good

"The love of man oft' takes its flight
If his stomach be not well filled."

ONE OF DR. M. S. RICE'S FAVORITE MEATS—Vealed Chicken

Thin cuts of veal steak, one-half pound to a person. Cut in pieces three to four inches square. Mince parsley, put on meat with a little butter, salt and pepper to taste. Roll veal tightly and fasten together with toothpicks. Brown in frying pan on top of stove. Place in baking pan. Make thickened gravy in pan in which the meat has been browned, pour over meat and bake slowly for two and one-half or three hours.

NEW ENGLAND INDIAN PUDDING

Two quarts milk, one cup of meal, one cup molasses, one-half cup sugar, one teaspoon salt, one teaspoon cinnamon or ginger, two eggs. Heat one quart of the milk "lukewarm," then stir in slowly the meal, and keep stirring gently until it thickens, but does not quite boil. Remove from stove and add molasses, sugar, salt and spice. Then beat the eggs well and stir them in. Pour into the pudding dish and turn the second quart of milk in. Send immediately to the oven and cook slowly five hours. Serve either warm or cold with cream. *Dr. C. B. Allen.*

William Christian's favorite dessert is his wife's "Christmas Pudding." (See Puddings).

Mr. L. B. Rodger says fried liver and bacon is very fine.

SWISS ROAST (Fireless)

Fred P. Todd's Favorite Meat Dish

Have round steak cut an inch and a half thick. Pound flour into both sides with a meat pounder or edge of a plate until well filled with flour. Brown quickly in beef drippings in a hot skillet. Season and remove to roasting vessel of a fireless cooker with two tablespoons hot water and pour drippings from skillet over meat. Place in cooker, using two hot disks, one under vessel and the other hung from hook on inside of cover. Cook from one and one-half to two hours, according to the quality of meat.

CREAM MUSHROOM SOUP

Two cups of fresh mushrooms cooked in four cups of water. Press through a sieve. Melt two tablespoons of butter, add two tablespoons of flour, four cups of chicken stock. Cook five minutes. Add the mushroom mixture, salt, pepper and one cup of cream. *Mr. C. A. Grinnell.*

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BREADED LAMB CHOPS

French the chops by trimming off the strips of fat and skin on the long end of the bone. They should be thick and juicy. Wipe with a damp cloth. Have ready on a plate an egg beaten slightly and mixed with a tablespoon of warm water. Salt and pepper to season. On another plate have some fine, dry, sifted bread crumbs, also seasoned with salt, pepper and a tiny bit of minced parsley. Have in readiness a kettle of smoking, hot fat. Dip each chop in the egg, then in crumbs. Draw to edge of fire and cook for six or eight minutes. *Dr. E. H. Wicks.*

S. S. GLASS' FAVORITE CAKE (Huckleberry)

One cup butter, two cups sugar, creamed, five eggs beaten light. Stir in above m.xture. One cup of sweet milk, one heaping teaspoon baking soda, three cups flour. Stir well and add one quart of huckleberries dredged thickly with flour. Break to serve. This is fine for breakfast.

DOUGHNUTS

Two cups mashed potatoes, two eggs, one cup sugar, one cup buttermilk in which dissolve one level teaspoon soda, one-half teaspoon salt, one teaspoon nutmeg, two teaspoons baking powder sifted with three cups flour.

Dr. Wm. H. Poole.

J. R. Waters likes "Old Fashioned Ginger Bread." (See Cakes).

ICEBOX CAKE

One-half pound sweet chocolate put in double boiler with two tablespoons sugar, pinch of salt, three tablespoons hot water and stir until blended. Beat whites of five eggs separate, add one tablespoon sugar. Beat yolks, take chocolate from fire and beat yolks in slowly. Let stand for a few minutes and add whites. Flavor with small teaspoon vanilla. Line pan with oiled paper and put lady fingers around side and at bottom, then custard, then lady fingers. Serve with whipped cream, cherry on top. This is very nice made in individual molds. *Mr. J. E. Atkinson.*

Mr. J. F. Miller's favorite meat is "Steamed Veal." (See Meats).

QUICK COFFEE CAKE

One-fourth cup fat, one and one-fourth cups sifted flour, one cup sugar, one-fourth cup cornmeal, two eggs beaten separately, one-half cup m.lk, one teaspoon Royal baking powder, one-fourth teaspoon salt. Cream the fat, add sugar gradually, then the well beaten eggs and milk, then the flour, measured, mixed and sifted with the baking powder and cornmeal. Spread mixture in a well greased shallow tin. Spread the top with melted fat or butter, sprinkle with sugar or cinnamon. Bake in a moderate oven thirty minutes. By putt.ng sliced apples on top before adding sugar and cinnamon makes a delicious apple cake. *Mr. Edwin Bond.*

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STRAWBERRY ICE CREAM PIE

Fill a baked pie shell two-thirds full of fresh, sweetened strawberries. When about ready to serve, cover the berries with slices of ice cream. Cover all with a meringue and brown quickly in a hot oven.

Mr. H. M. Robins' Favorite Dessert.

DATE TORTE

One cup sugar, one cup dates cut up fine, one cup walnut meats cut up fine, one tablespoon Henkel's Velvet Pastry flour, three-fourths teaspoon Royal baking powder, three eggs well beaten. Spread in buttered tin and bake in moderate oven. When cold, smother with whipped cream and serve.

T. Paul Hickey's Favorite Dessert.

MOLASSES COOKIES

One cup sugar, one cup shortening, one cup molasses, two eggs, four tablespoons vinegar, three teaspoons soda, one teaspoon ginger, one teaspoon lemon extract, one teaspoon vanilla extract, one-fourth teaspoon each cinnamon and nutmeg and a little salt.

R. J. Redhouse.

BROWN BREAD

Three cups sour milk, one-half cup sugar, two level teaspoons soda, three cups graham flour, one and one-half cups Henkel's Velvet Pastry flour, two tablespoons molasses, one teaspoon salt, one cup raisins.

Mr. J. C. Merithew.

DRESSING A LA ROYAL

Two cups mayonnaise, one cup chili sauce, one teaspoon paprika, dessertspoon Worcestershire sauce, one teaspoon walnut, catsup, dash of tobasco, small pinch of garlic, salt and pepper to taste. Put all in bowl except chili sauce. Mix well then add chili sauce. Mix again and keep in a cool place.

R. R. Van Court.

CLUB SANDWICH

Allow three slices of toast for one sandwich. One first piece of buttered toast place a layer of cold chicken, crisp bacon and mayonnaise, on next piece cold chicken, bacon, pieces of dill pickle or tomato and mayonnaise; top slice plain, with salad dressing on the side. Serve with dill pickles and olives.

T. P. Hubbard's Favorite Lunch.

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"A dillar, a dollar, a ten o'clock scholar,
What makes you come so soon?
You used to come at ten o'clock;
But now you come at noon."

RICE FLUFF

Boil one and one-half cupfuls of rice in a large quantity of water, until tender. Blanch in cold water. One cupful pineapple, cut in small pieces; one-third of a pound of marshmallows, chopped fine; one-half pint whipped cream. Mix all together and sweeten with powdered sugar to taste. Keep in cold place until ready to serve. *Mrs. C. E. Morton.*

PEACH CONSERVE

This conserve requ.res four cups of peaches cut rather fine; two oranges pulp and juice; two teaspoons lemon juice, and three cups sugar. Mix all togeether and boil rapidly until transparent. Add one cup blanched almonds, cut into th:n slices. Boil up just once and put into glasses or jars.
Mrs. C. E. Morton.

CHRISTMAS SALAD or CANDLE SALAD

Slice firm bananas lengthwise, lay halves flat side down on plate, sprinkle grated nuts on it and tip it with á marachino cherry. Make the candle holder of a curly leaf of lettuce and put the salad dressing over the lettuce. *Mrs. J. F. Selleck.*

FLUFFY ICING

One teaspoonful Knox sparkling gelatine; three tablespoons cold water; one-half teaspoonful vanilla; one teaspoonful orange extract, if desired; one cup sugar; one-quarter cup hot water; two egg whites.

Soak the gelatine in the cold water in a small cup and dissolve by melting over hot water. Add the sugar to the hot water and cook directly over the fire until the syrup will spin a thread. Turn out the heat, or remove pan from the fire, and add the liquid gelatine immediately, pouring it through a strainer into the syrup. Have egg whites beaten until stiff on a platter or a very large plate, and very slowly add the syrup, beating constantly between additions. When all the syrup has been added, add flavoring, pour icing in top of double boiler and cook over hot water, beating constantly with a slotted or other wooden spoon. When icing becomes so thick spoon can be drawn through it without icing running together aga.n, it is ready to pile on cake. Remove from fire and pile icing quickly on cake, evening top with a broad-bladed knife. If the icing should lose its shine, continue icing cake as usual but leave a little of the icing in the double boiler; to th,s add two or three tablespoonfuls of hot water and cook until thickened, but not as thick as he first icing. Pour th's on top of the dull icing and a glossy finish will be the result.

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BAKED APPLE DUMPLING

One cup Henkel's Velvet pastry flour; one tablespoon butter; one pinch salt; one pinch sugar; one teaspoon baking powder (Royal). Roll rather thin and cut in four-inch squares. Wrap around thin sliced apples, flour well and drop into pan of boiling syrup made of one quart water, three cups brown sugar, nutmeg and a large piece of butter. Bake until a rich brown.

Mrs. L. S. Tackabury.

DELICIOUS FRUIT SALAD

One cup each of the following fruits: Banana, orange, apple, grapes, cut fruit in small pieces. Grapes cut in halves. Add enough dates so that the taste of the dates predominates. A few stalks of tender celery, cut very fine, may be added. Have fruit very cold. Whip one cup of thick cream. When ready to serve add the whipped cream and stir just enough to hold the fruit together. Have it all very cold when served.

Mrs. F. A. Lew's.

OYSTER PIE

Line a deep pie plate with rich crust, spread on a layer of oysters, one of rolled crackers and another of oysters, season with salt, pepper and butter. Pour in the liquor from the oysters and a little cream or milk, and lay on it a top crust. It is cooked sufficient when the crust is browned.

Mrs. C. S. Babbington.

OYSTER ROLL

Take either o round or a long loaf of bread and remove the inside leaving only the crust. Dry three cupfuls of the crumbs in the oven, then fry in a little butter until a golden crisp. Make a cream sauce nicely seasoned, place in the loaf a layer of sauce, then a layer of oysters with salt and pepper until full, having the crumbs for the last layer. Bake thirty minutes. This requires three pints of oysters and one pint of sauce.

Mrs. C. W. Burnside.

NEVER-FAIL CHOCOLATE CAKE WITH MARSHMALLOW ICING

Two cups granulated sugar; one-half cup butter; two yolks eggs; one-half cup sour cream or milk (sweet cream or milk may be used); two cups flour; one level teaspoon of soda (if sour milk is used); two teaspoons of baking powder; one teaspoon vanilla; whites of two eggs; one-half cake of Baker bitter chocolate (pound cakes). To mix—Sift flour and baking powder together. Put chocolate in one cup boiling water, stir and boil until dissolved, then cool, cream, butter and sugar, adding sugar gradually, then add well beaten yolks, now add melted chocolate and heat well. Then add flour and milk alternately, this gives a nice and good texture. Lastly, fold in whites of eggs very lightly. Bake in moderate oven in layer pans. You may use any kind of icing. I use chocolate, and marshmallows make a lovely cake.

Make your chocolate icing; lay marshmallows on top and between layers. You may put them on whole or split, as desired. Then pour on icing, either fancy or on solid. I have never failed on this cake or seen it in print in any cook book.

Mrs. J. G. Hall.

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OYSTER SAUCE

Prepare some nice drawn butter, scald the oysters in a little water and mix with the butter, stir well and let it come to a boil, serve with oyster crackers.

WHITE CAKE WITH COCOANUT ICING

Two cups granulated sugar, one-half cup butter, one cup milk, three cups flour, three level teaspoons baking powder, two level teaspoons vanilla, whites of seven eggs. To mix: Mix sugar and butter; beat to a cream; sift baking powder and flour together. Add flour and milk alternately, add flavoring then beat well. Lastly add well beaten whites, fold in lightly. Bake in layer pans in moderate oven. Do not have oven too hot at first, let cake rise to top of pan, then turn fire up, watching that it does not bake too fast. I have never failed on this cake. Ice with white icing, adding dry cocoanut on top. One-half cup of granulated sugar, one-half cup water. Boil until you can pour in glass of cold water and make a hard ball. Pour over the whites of two eggs, well beaten, and stir fast until it breaks or is brittle. If too hard add a few drops of water. Add dry cocoanut on top of icing.

Mrs. J. G. Hall

SPANISH PIE

Place in the bottom of a deep dish one layer of sliced, raw potatoes, one layer of chopped beef; one layer of sliced onions; one layer of cooked rice. Put bits of butter and salt and pepper between layers, over all pour cooked tomatoes, and bake until onions are done.

Mrs. W. A. Campbell.

DROP SPICE CAKES

Four eggs; one and one-half cups sugar (brown); one cup butter; one-half cup lard; one cup best cooking molasses; one level tablespoon of soda; two teaspoons of baking powder; one teaspoon salt; one tablespoon of spices (best liked); eight cups Henkel's Velvet pastry flour. Drop small spoonful on buttered tins and bake in moderate oven. These cakes are fine for lunches and will keep for a long time.

Mrs. F. A. Lewis.

SOUR MILK OR BUTTERMILK PANCAKES

One quart of thick sour milk or buttermilk added to two or three well beaten eggs; three cups Henkel's Velvet pastry flour sifted with three teaspoons baking powder, to make rather a stiff batter; a heaping teaspoon of soda, stirred into a tablespoon of boiling water. Beat this into your batter until it bubbles up. Beat thoroughly a few minutes more. If possible let stand half an hour before using. Bake on aluminum griddle if you have it. Otherwise in hot drippings. Dip from bottom but do not beat batter after standing.

Mabel Leonard Schorr.

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HUNGARIAN GOULASH

One pound round steak cut in cubes; one small onion. Cover with boiling water and cook until nearly done, have plenty of broth to cover all thicken with a little flour, season with salt and pepper, add one pint cooked tomatoes and as many sliced raw potatoes as you think necessary. Bake until potatoes are done. *Mrs. W. A. Campbell.*

POTATO FLOUR MUFFINS

Four eggs; pinch salt; one-half cup white potato flour; one teaspoon baking powder; two tablespoons ice water; one tablespoon sugar. Beat whites of eggs very stiff, add salt and sugar to beaten yolks and fold into whites; sift flour and baking powder twice and thoroughly beat into egg mixture. Add ice water last. Bake in a moderate over fifteen to twenty minutes. *Olive S. Areson.*

STRAWBERRY PUDDING

Whites of two eggs; yolk of one egg; one cup milk; half cup water; two tablespoons melted butter; pinch salt; three even teaspoons baking powder, sifted twice n one and one-half cups flour. Place in tea cups (three-quarters full) set into flat bottomed pot containing small amount of boiling water, cover pot tightly and steam three-quarters of an hour. Water must not rise above three-quarter depth of the cups. Sauce for above—Two cups powdered sugar, creamed, with three-quarters cup butter. Mash large box of berries and mix all thoroughly. *May M. Sweet.*

POTATO CHOWDER

Quarter pound ham; one onion; six potatoes; one pint milk; one pint boiling water; rounding tablespoon butter and one of flour; two of parsley; salt and pepper to taste. Pare and cut potatoes in disc, throw in cold water, chop onion fine, cut raw ham in small pieces (disc). Fry ham and onion until golden brown, place potatoes in bottom of kettle, salt and pepper, next onions and parsley, cover with boiling water. Simmer until tender (not soft), add milk, rub flour and butter, stir in, boil up and serve at once. *Mrs. R. R. Stewart.*

PEAR CONSERVE

Five pounds of pears; five pounds of sugar; one pound raisins; three oranges; three lemons; two cans pineapple; one cup nut meats. Cut fruit fine, cover with sugar and let stand one night. Cook until thick.

Mrs. Edwin Merithew.

HAM AND RICE

Slice smoked ham and place in bottom of pan, then sprinkle rice over meat. Alternate ham and rice and fill pan with milk, dot with butter or butter substitute, and bake in oven, keeping all covered with milk until thoroughly cooked. A pound of ham prepared this way will serve five people. *Mrs. W. R. Wigle.*

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ORANGE CAKE

One cup sugar; one-half cup butter; three eggs; one and one-half cups Henkel's Velvet pastry flour; one heaping teaspoon baking powdr; half cup orange juice. Mix in order mentioned, heat well and bake in moderate oven.

Mrs. Anna Kaufman.

COCOANUT CUSTARD PIE

Two cups sugar; one grated cocoanut; four eggs (whites separate); four tablespoons melted butter; three tablespoons flour; two and one-half cups milk; one teaspoon van.lla. Mix and fold whites into custard.

Mrs. Anna Kaufman.

DELICIOUS FROSTING

Take one cup stoned cherries, no juice, white of one egg, one cup granulated sugar. Put all into a quart bowl and beat with egg beater; in about five minutes it is ready, as it beats up stiff in a very few minutes, requ res no seasoning and is delicious.

SWISS ROAST

Five pounds round steak, three inches thick, put on board and chop into it all the flour it will take. Put into hot lard to fry, about one inch in depth, and fry until a cinnamon brown then cover with boil.ng water, add salt, pepper, a little sugar, half teaspoon mixed spice and half can Campbell's tomato soup. Put in double roaster and bake very slowly until tender, adding water as needed. Garnish with parsley.

Mrs. W. J. McH.

SALMON LOAF

One can salmon; one cup bread crumbs; four eggs, well beaten; half cup melted butter. Take bones out of salmon and expose to the air one hour before mincing. Add salt and pepper to taste. Mix all well together and mold in an oblong loaf. Put into the dripping pan, strew with fine bread crumbs and bits of butter. Bake forty minutes and serve with hard-boiled eggs and cream sauce. Sauce—One pint cream; one and one-half tablespoons cornstarch; salt and pepper; when cooked add three spoons capers, stir well, then add one cup butter. *Mrs. W. J. McH.*

DATE CRACKERS

Stone and chop one pound dates. Boil with one cup granulated sugar, half cup water, unt.l like jam. Allow to cool One cup brown sugar; one cup butter; two and one-half cups rolled oats; two and one-half cups flour. Mix well with hands, then add one scant teaspoon soda, d ssolved in half cup warm water. Set away for dough to harden. Use as little flour as possible to handle. Roll thin, spread jam between two cookies and bake slowly.

Mrs. L. S. Tackabury.

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DATE HERMIT CAKE

Two cups brown sugar, one cup butter, three eggs beaten light, one-fourth pound chopped walnut meats, one piece lemon peel, small piece citron peel, two pounds chopped dates (not too fine), one-half teaspoon soda dissolved in one-half cup sour milk, three and one-half cups Henkel's Velvet Pastry flour, one-half teaspoon Royal baking powder, pinch of salt, one teaspoon lemon flavoring. Bake about one hour. This makes three small cakes and keeps moist a long time like any fruit cake.

Mrs. L. S. Tackabury.

GINGER BREAD

Two cups Henkel's Velvet Pastry flour, one-half teaspoon salt, three-fourths teaspoon soda, one teaspoon cinnamon, two teaspoons ginger, one-eighth teaspoon cloves, one egg, one cup thick sour milk, one-half cup molasses, one-half cup sugar, three tablespoon shortening. Mix all dry ingredients except sugar. Beat egg in mixing bowl. Add sour milk, molasses, sugar, then add liquid and shortening. Bake in moderate oven in two flat pans.

Mrs. Wm. V. Butler.

ORANGE SAUCE

Mix thoroughly half a cup of sugar and a rounding tablespoon corn starch. Then add in the following order one tablespoon of lemon juice, juice of one orange and a little grated rind, three-fourths cup of boiling water. Cook ten minutes, stirring constantly. When cool pour over diced fruit. If desired, add one-half cup of chopped nuts.

Mrs. I. J. Turnbull.

GINGER PUDDING

One beaten egg, one-half cup hot water, one cup molasses, one teaspoon soda, one-half cup shortening, one cup raisins or currants, Henkel's Velvet Pastry flour to make a stiff dough. Steam one hour and serve with a sour sauce. One tablespoon sugar, butter size of a walnut, one heaping teaspoon corn starch, one cup boiling water. When cooked add two tablespoon vinegar or juice of one-half lemon.

GRAPE CONSERVE

Four pounds Concord grapes, four pounds granulated sugar, two oranges, two lemons, one pound walnut meats, one pound raisins. Cook pulp of grapes and seed. Squeeze juice of oranges and lemons, then boil up the peels in three waters. Then add skins, sugar, etc. Cook one-half hour and add peels, cut in narrow strips five minutes before conserve is done.

Mrs. L. S. Tackabury.

GINGER SNAPS

One cup sugar, one cup butter, one cup Duff's molasses, one teaspoon ginger, two eggs, one scant teaspoon soda, flour to thicken. Roll thin and bake in slow oven.

Mrs. L. S. Tackabury.

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DEVILED SPAGHETTI

Boil one small package of spaghetti and when blanched and cold chop it rather fine. Put two tablespoons of butter and two of Henkel's Velvet Pastry flour in a saucepan, mix and add one pint of milk. Stir until boiling. Now add, pressed through sieve, the hard-boiled yolks of three eggs chopped very, very fine, add a tablespoon of chopped parsley, a level saltspoon of red pepper, a grating of nutmeg, a tablespoon of grated onion and the spaghetti. Put this into a baking dish, cover the top with bread crumbs that have been slightly moistened with melted butter and brown in a quick oven.

Mrs. R. Cromie

FRENCH TOAST (Blind Fish)

Beat three eggs with a pinch of salt, add an equal amount of milk. Dip crusts of bread until egg has penetrated through. Fry in piping hot bacon drippings or butter and serve, when browned on each side, with strips of crisp bacon and maple syrup. *Mabel Leonard Schorr.*

RHUBARB CONSERVE

Cut fine eight cups rhubarb, two cans of pineapple and three large oranges peeled, add three tablespoons of lemon juice and eight cups of sugar and let stand over night. Cook until tender. When done stir in one pound of walnut meats cut fine. Put in jelly glasses.

Mrs. Edwin Merithew.

GINGER SNAPS

One egg, one cup molasses (New Orleans), one cup granulated sugar, one cup lard, five tablespoons water, one teaspoon soda, one teaspoon cinnamon, small teaspoon ginger, one teaspoon salt. Roll thin. Bake in hot oven. Sprinkle with sugar. *Mrs. Howe.*

DELICATE CAKE

One cup cornstarch, one cup butter, two cups sugar, one cup milk, two cups Henkel's Velvet Pastry flour, whites of seven eggs, one teaspoon cream tartar, one-half teaspoon soda. Flavor to taste. Very good.

Mrs. C. H. Lemke.

SPONGE CAKE

Three eggs, one cup boiling water, one and one-half cups granulated sugar, sift three times; one teaspoon Royal baking powder, one and one-half cups Henkel's Velvet pastry flour. Sift three times; vanilla. Drop eggs in bowl whole, whip light as possible. Beat into the eggs gradually with perforated spoon the sugar, salt, flour and vanilla and scant cup of boiling water. After mixing thoroughly add baking powder. Bake from forty-five minutes to one hour in slow oven. Bake in angel food tin.

Eugenia A. Maas.

SPANISH RICE

One cup rice (uncooked), two cups water, two medium sized onions, two pimentos or green peppers chopped fine, two cups strained tomatoes, one tablespoon butter, one teaspoon salt. Mix all well, boil up, then bake in oven in covered dish one and one-half hours. *Mrs. R. R. Stewart.*

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SALAD DRESSING

One egg; one tablespoon flour; two tablespoons sugar; one teaspoon mustard; quarter teaspoon salt; quarter cup vinegar; quarter cup water. Mix flour, sugar, mustard and salt, gradually add the vinegar and water, then the egg. Cook slowly, then add one teaspoon butter.

Mrs. W. R. Wiglc.

GRAHAM NUT BREAD

Three-quarters cup molasses, fill cup with brown or white sugar; two and one-half cups sour or buttermilk, in which dissolve two teaspoons of soda; one cup walnut meats; three cups graham flour; one cup white flour. Let rise one hour and bake one hour in slow oven.

Mrs. W. R. Campbell.

GRAHAM TURNOVERS

One cup brown sugar; two tablespoons lard; one cup sour milk; one teaspoon soda; two cups graham and one cup Henkel's Velvet pastry flour; cook one package dates. Roll dough out in squares, spread some of the dates on one end and turn other end over; bake in moderate oven.

Mrs. W. R. Campbell.

GRAHAM NUT BREAD

Two cups white flour; two cups graham flour; four teaspoons baking powder; one teaspoon salt; one cup sugar; one cut not meats. Mix dry materials, including nuts, together, add two cups sweet milk and one well beaten egg. Let rise twenty minutes and bake in moderate oven about forty-five minutes. Makes one loaf.

Mrs. H. M. Robins.

BLACK CAKE

One cup sour cream; half cup melted lard; two cups brown sugar; three cups Henkel's Velvet pastry flour; one cup raisins mixed with one of the cups of flour; two eggs; one nutmeg; one teaspoon each cloves, allspice, cinnamon, soda. Bake in a slow oven. Makes two loaves.

Mrs. Anna Kaufman.

NUT CROQUETTES

Chop one cup walnuts or other nuts fine, mix into two cups mashed potatoes, add half cup cooked peas, one tablespoon minced parsley, salt and pepper to taste. Add one beaten egg, quarter cup sweet milk, form into croquettes, roll in beaten egg and then in cornmeal or bread crumbs. Fry in deep fat and serve with white sauce.

Olive S. Arcson.

LEMON RICE

Half cup rice; salt; one cup water, boil until water is absorbed; two cups milk added and cook in double boiler till done. Beat yolks of two eggs, half cup sugar and only grated rind of half lemon, cook two minutes then put in buttered bake dish, whip up whites, add sugar and lemon juice to taste and brown.

Mrs. L. P. Warner.

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PINOU-CHI (Maple Fudge)

Two pounds light brown sugar, one cup milk, one teaspoon butter. Allow to come to boiling point and boil exactly fifteen minutes. Stir to keep from burning. Remove from stove. Add one cup broken walnut meats and one teaspoon of vanilla. Cream five minutes. Pour into buttered pan. A fresh cocoanut, peeled and grated, is delicious in place of nuts.

Mrs. L. S. Tackabury.

SEA FOAM CANDY

Three cups brown sugar, whites of two eggs, one-half cup of water, three-fourths cup English walnuts broken in pieces. Boil sugar and water till it strings, add this to beaten whites of eggs, beat ten minutes then add nuts. Drop from spoon on oiled paper. *Mrs. E. R. Seward.*

POPCORN BALLS

One cup Duff's molasses, one cup granulated sugar, one tablespoon hot water, one tablespoon Karo syrup. Let just thread and pour over corn.

Mrs. E. H. Wicks.

KISSES

Two egg whites beaten stiff, one and one-half cups pulverized sugar, pinch of salt. one cup dates, one cup nuts, cut small.

Mrs. E. C. Kinselli

FETTERS FLOWERS, 39 E. Adams, Main 1255. 7625 Woodward, Market 2688

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FACTS ONE OUGHT TO KNOW

To Keep Milk Sweet—Put into a pan first a teaspoon of grated horse-radish. It will keep sweet for days.

An Agreeable Disinfectant—Sprinkle coffee on a shovel of hot coals, or burn sugar on hot coals.

To Remove Discoloration From Brushes—Apply a cloth wrung out in very hot water and renew frequently.

To Remove Iron Rust—Lemon juice and salt will remove ordinary iron rust.

Salt Will Curdle New Milk—Hence, in preparing porridge, gravies, etc., do not add salt till the dish is prepared.

To Preserve Bouquets—Put a little saltpetre in the water you use and the flowers will live for a couple of weeks.

Red Ants Will Leave if the infested places are soaked in camphor gum, powdered borax, cloves or anything that has tar in it.

To Preserve Brooms—Dip them for a few minutes in boiling suds once a week. This tends to toughen the fibre.

To Ventilate a Room—Place a pitcher of cold water in room and it will absorb all the gases from the respiration of those eating or sleeping in the apartment.

When Clothes Become Shiny at the elbows, rub gently with emery paper to raise the nap, then go over the place with a warmed piece of silk.

For Perspiration Stains—Place blotting paper beneath article and sponge with alcohol and ether, equal parts mixed. Rub dry and then touch lightly with ammonia. If it leaves a blur, rub with powdered French chalk on the wrong side.

To Whiten Faded Cotton Goods—Soak in buttermilk for two or three days, then hang on line in sun. Do not rinse or wring buttermilk from the goods.

To Rid Room of Flies or Mosquitoes—Take half teaspoon of black pepper, one teaspoon brown sugar and tablespoon of cream and mix together. Place mixture on a plate and flies will soon disappear. Oil of peppermint, lavender or citronella sprayed about room will keep mosquitoes away.

Wet Chopping Bowl before putting in meat and it will prevent grease sticking.

A Tablespoon of Vinegar in a kettle of taffy will prevent it from turning back to sugar, as it will also in the case of icing.

Desserts can be made in a short time with Knox Gelatine

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By Taking a Lemon and cutting it in two and squeezing in dishwater no soap is needed. The lemon will cut all grease. Use lemon over and over again.

To Extract a Splinter—A wide-mouthed bottle almost filled with hot water, placed under injured part and gently pressed. The suction will draw the flesh down and in a minute the steam will extract the splinter.

Chocolate Stains may be removed from linen by washing with soapy, tepid water.

After Washing Hair dip brushes in cold water before drying and it will keep bristles stiff.

Always Rinse Egg Beater in cold water immediately after use and it will not be hard to clean.

For severe Headaches, nervousness and sleeplessness, apply the hot water bottle to back of neck and to the feet.

Always Use a Knife dipped in boiling water to cut a frosted cake.

For Troublesome Corns—Paint with equal parts of iodine and alcohol.

Greasy Spots in Black woolen clothing can be removed by washing in a solution of borax and rinsing in clean water.

When Mashing Potatoes never use cold milk, but use hot and potatoes will be fluffy.

A Few Drops of black ink mixed with a teaspoon of olive oil will restore black kid gloves.

If a Teapot Is Discolored boil it in a strong solution of borax for a short time and all the brightness will return.

If New Tinware is rubbed over with fresh lard and thoroughly heated in the oven before it is used, it will never rust.

To Remove Ink—Wash at once in cold water followed by milk and sprinkle with salt.

Medicine May Be Made Tasteless by rinsing the mouth with vinegar before taking.

Plants Should Be Watered in lukewarm water; never cold. Water them only when they need it and then the thing should be done thoroughly by standing them in water of sufficient depth to cover the pot for half an hour.

The Use of Lime and Charcoal will keep even a damp cellar sweet and clean.

Let Ham Soak in Milk Over Night. In the morning wipe the ham off and dip it in flour and fry; ham will be as tender as chicken.

A Tablespoon of Sugar added to the water for basting roast beef will give a rich brown color and improve the flavor.

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Directions for Laying the Table

1. See that the dining room is in perfect order, that the air is fresh and sweet, warm in winter and cool as possible in summer.
2. Cover the table with a silence cloth of felt or Canton flannel. Over this spread a spotless tablecloth evenly, the middle fold upward, dividing the table exactly in half.
3. Place silver one inch from edge of table, allowing width of largest plate between knife and fork.
4. Place knife at right of the plate with sharp edge of blade turned towards plate.
5. Place fork at left, with tines turned up.
6. Place spoons at right.
7. Place silver in order which it is to be used, the article used first being farthest from the plate.
8. Place tumbler at tip of knife and bread and butter plate at tip of fork.
9. Place napkin, straight and square, at left of fork.
10. Place pepper and salt near corners or one of each between the places for two people.
11. Place carving knife at right and fork at left of host and the tablespoons beside the dishes to be served.
12. Place the coffee pot, sugar basin, cream pitcher, cups and saucers in a semicircle in front of hostess.
13. Arrange the chairs so far away that they need be pulled out only a little while the family are being seated.

Table of Weights and Measures

1 cup, medium size	½ pint
1 cup butter	½ pound
1 cup chopped meat, packed	½ pound
1 cup raisins	6 ounces
1 cup English currants	6 ounces
1 cup ordinary liquid	½ pound
1 cup granulated sugar	½ pound
1 cup siffted flour	¼ pound
9 large eggs ..	1 pound
1 heaping tablespoon flour	½ ounce
1 heaping tablespoon sugar	¾ ounce
2 tablespoons liquid	1 ounce
Butter size of an egg	2 ounces

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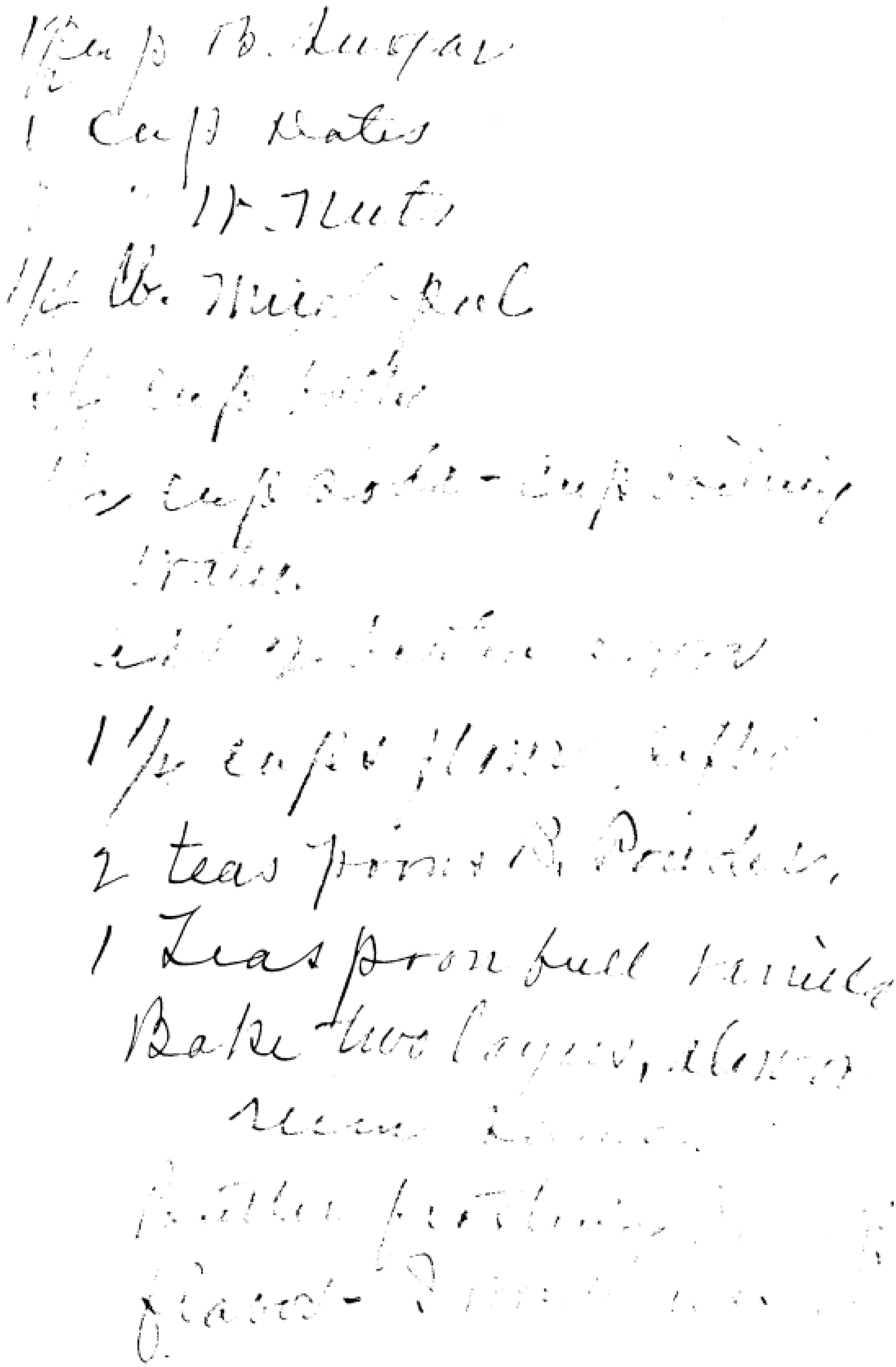

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Cookery
1922
Me

Metropolitan cook book. 35669
gift of:
Janice B. Longore

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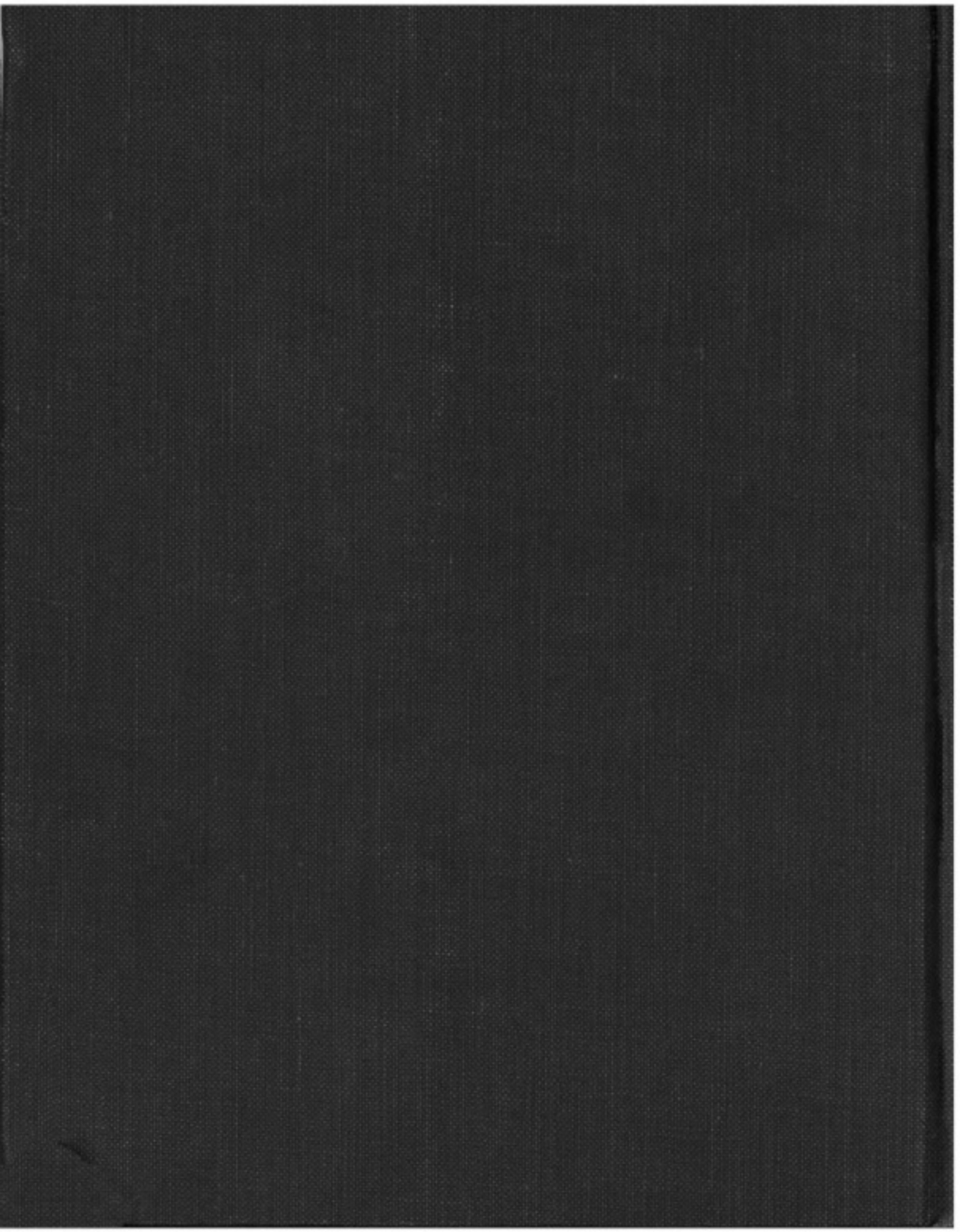

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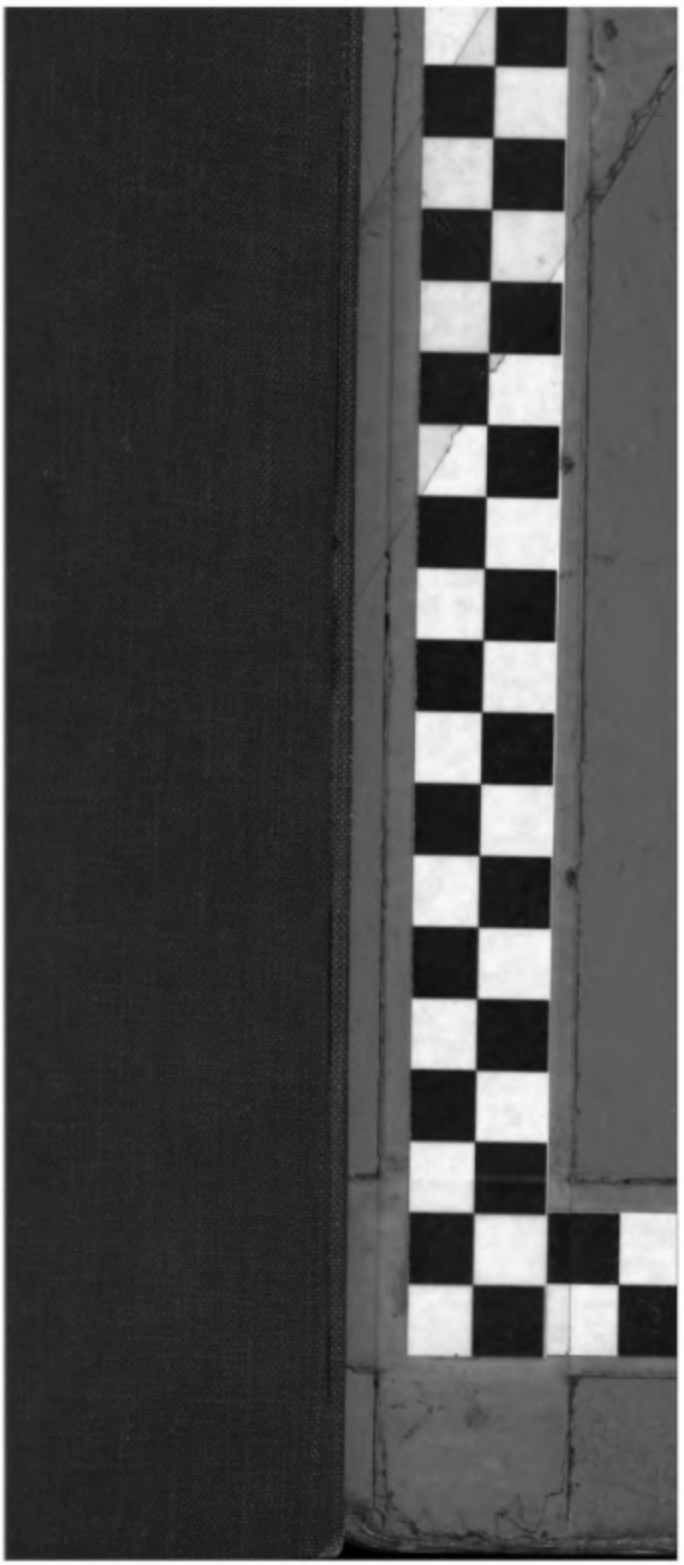

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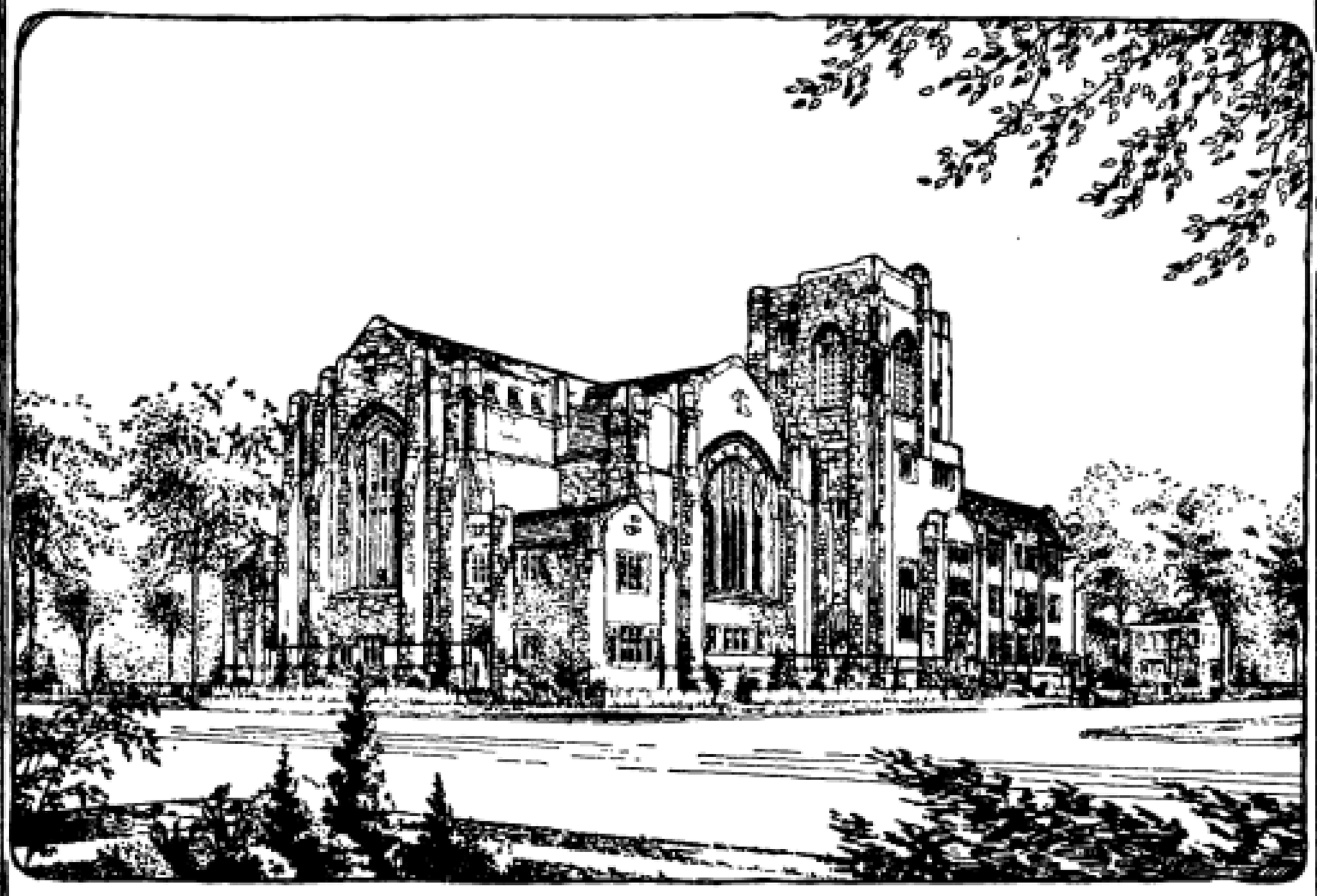

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— OF —

Metropolitan Methodist Episcopal Church

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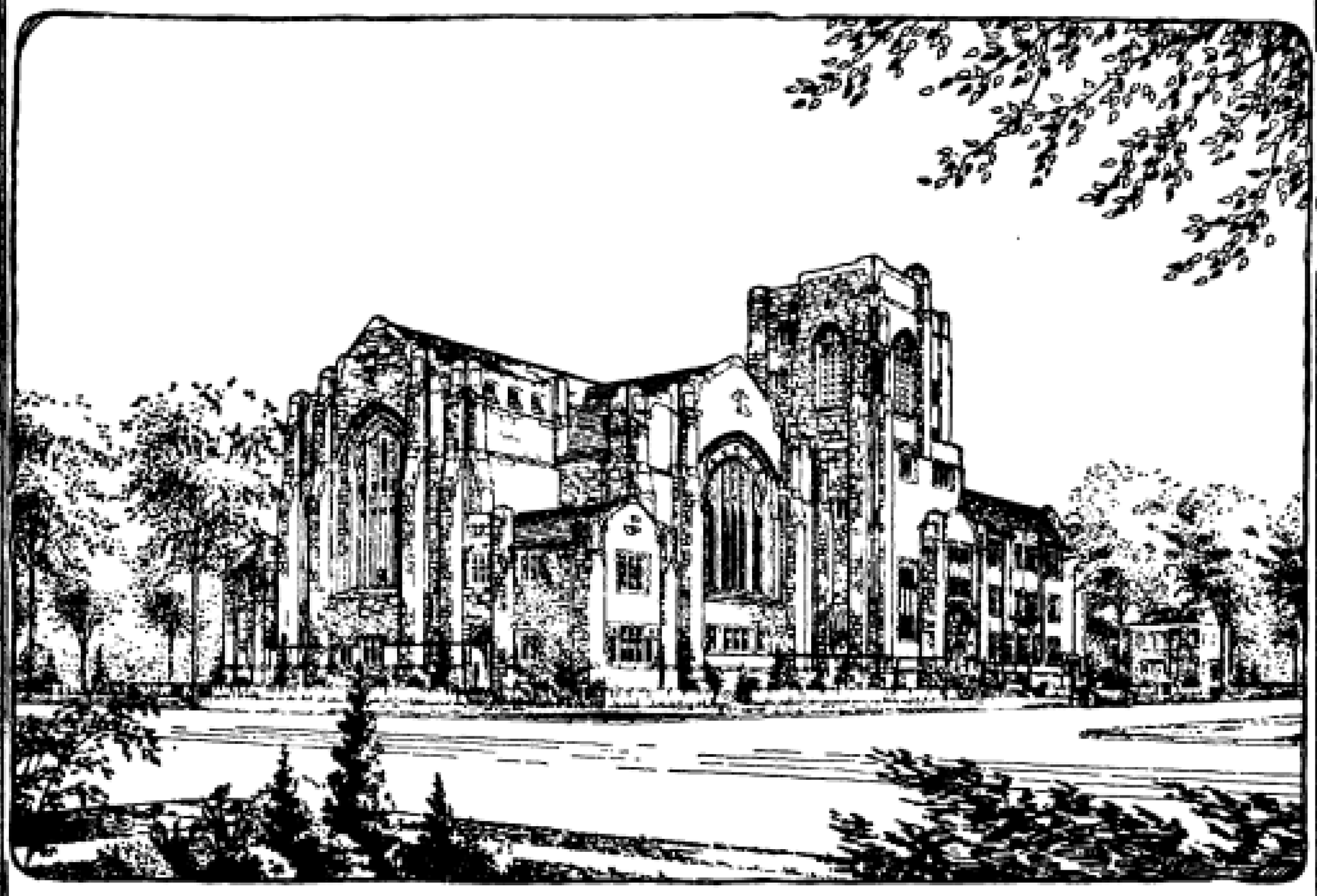

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