

TESTED AND PRACTICAL RECIPES

by the Ladies Auxiliary
MAPLE AVENUE HOSPITAL
DUBOIS, PA.



Second Edition
February, nineteen hundred and twenty-two

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Tested *and* Practical Recipes

*By The Ladies' Auxiliary of the
Maple Avenue Hospital of
DuBois, Pennsylvania.*



Second Edition Revised and Enlarged
Nineteen hundred and twenty-two.

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PREFACE

THE LADIES AUXILIARY OF THE MAPLE AVENUE HOSPITAL present this revised edition of Listed Recipes to the public, hoping it will prove as useful and popular as the first edition.



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MENUS

"Life's a mockery and a cheat, so much you life and dussent eat."
Old Song.

BREAKFASTS

Vary the menu but do not crowd the breakfast table with too many dishes and thus rub the appetite of its chance to be tempted at this most delightful meal of the day. The morning meal should be dainty, appetizing and prettily served, with just enough variety to make one feel the joy of living.

Breakfast Combinations

Codfish in Cream
Baked Potatoes
Rolls
Coffee

Fruit
Broiled White or
Blue Fish
Fried Potatoes
Rolls
Coffee

Fruit
Chipped Beef in
Cream
Rolls
Coffee

Fruit
Minced Chicken
with Poached Eggs
Rolls
Chocolate

Fruit
Lamb Chops
Rolls
Coffee

Fruit
Omelet
with Ham
Potatoes
Toast
Coffee

Fruit
Liver and Bacon
Hashed Brown Potatoes
Rolls
Chocolate

Fruit
Sausage Links
Baked Potatoes
Buckwheat Cakes
Coffee

Fruit
Ham and Eggs
Fried Potatoes
Rolls
Coffee

Fruit
Corned Beef Hash
with Poached Eggs
Toast
Coffee

Fruit
Lamb Chops
Potatoes au Gratin
Rolls
Coffee

Fruit
Codfish Cakes
Fried Potatoes
Coffee

Fruit
Tenderloin Steak
with Bacon
Lyonnaise Potatoes
Rolls
Coffee

Fruit
Broiled Chicken
German Fried Potatoes
Rolls
Coffee

Baked Apples with
Cream
Rice Gems
Coffee

Fruit
Hamburg Steak
Potatoes in Cream
Rolls
Coffee

Fruit
Pork Chops with
Fried Apples
Rolls
Coffee

Fruit
Broiled Squab
on Toast
Rolls
Chocolate

Cereal
Boiled Eggs
Toast
Coffee

Fruit
Chopped Dates in
hot Oatmeal
Broiled Bacon
Whole Wheat Bread
Coffee

Fruit
Chicken Hash on
Toast
Rolls
Coffee

Oranges
Cereal and Cream
Toast
Coffee

Fruit
Cereal and Cream
Hash on Toast
Coffee

Fruit
Cereal and Cream
Shirred Eggs
Toast
Coffee

Stewed Prunes
Oatmeal and Cream
Muffins
Coffee

Fruit
Griddle Cakes
and Syrup
Coffee

Fruit
Broiled Bacon
German Fried Potatoes
Muffins
Coffee

Fruit
Omelet
Creamed Potatoes
Bread
Coffee

Sliced Peaches
with Cream
Fried Perch
Muffins
Coffee

Fruit
Oatmeal and Cream
Toast
Coffee

Fruit
Sausages
Fried Apples
Baking Powder Biscuits
Coffee

Oranges
Ham and Eggs
Bread
Coffee

Fruit
Fish Balls
Brown Bread
Coffee

Fruit
Oatmeal and Cream
Liver and Bacon
Hot Biscuits
Coffee

Fruit
Bacon and Eggs
Wheat Cakes
with Syrup
Coffee

Fruit
Ham and Eggs
Country Style
Pop-Overs
Coffee

Fruit
Scrambled Eggs
Biscuits and Butter
Coffee

Bananas
Oatmeal and Cream
Minced Ham on Toast
Coffee

Fruit
Fried Eggs
French Toast
Cocoa

Fruit
Omelet
Rolls
Coffee

Fruit
Poached Eggs on Hash
English Muffins
Coffee

LUNCHEONS

Even if one should be alone, this meal should not be made doubly dismal by lack of preparation. One should not encourage the habit of eating from the ice-chest or pantry. Spread the cloth and make the table attractive no matter how little is to be served. This is good for one's energy and keeps one from becoming slack in method.

Suggestions for Luncheons

Cream Hash
Tea
Jelly
Wafers

Cold Roast Beef
Romaine Salad
Bread and Butter
Cocoa

Cream Potatoes
Gems
Boiled Rice with Cream
Tea

Cheese Souffle
Whole Wheat Bread
Ice Cream
Tea

Bouillon
Broiled Chops with
Parsley Sauce
Potato Balls
Spinach
Coffee

Nut Salad
Bread and Butter
Sandwiches
Cake
Coffee

Chicken Croquettes
Stewed Celery
Brown Bread and
Butter
Tea

Fish Croquettes
with Tomato Sauce
Waldorf Salad
Ice
Cake
Coffee

Deviled Crabs with
Tartare Sauce
Cream Biscuits
Lettuce Salad
Strawberries
Wafers
Cheese
Coffee

Broiled Chicken
Rice Muffins
Stewed Prunes
Coffee

Creamed Oysters
in Cases
Cheese Sandwiches
Lemon Jelly
Macaroons
Coffee

Fish Salad
Brown Bread
Mixed Fruit in Orange
Baskets
Coffee

Cream of Pea Soup
Cold Lamb
Wafers
Cheese
Coffee

Codfish Balls
Celery Salad
Brown Bread
Wafers
Cheese
Coffee

Bouillon with
Bread Sticks
Broiled Chicken
Alabama Waffles
Lettuce Salad
Ice Cream
Cake
Coffee

Creamed Dried Beef
Milk Biscuits
Cup Custard
Cocoa

Clam Bouillon
 Peas
 Cream Biscuits
 Tomato Mayonnaise
 Frozen Strawberries
 with Whipped Cream
 Angel Cake
 Coffee

Bouillon
 Fried Smelts with
 Tartare Sauce
 Potato Balls
 Endive Salad
 Wafers
 Neufchatel Cheese
 Coffee

Curry of Rice with
 Jelly
 Chilled Canteloupe
 Rolls
 Coffee

Nut and Date Sandwiches
 Baked Tomatoes
 Berries with Whipped
 Cream
 Coffee

Broiled Chicken
 Milk Biscuit
 Peas
 Strawberry Cocktail
 Lettuce Salad
 Saratoga Wafers
 Coffee

Clam Bouillon with
 Bread Sticks
 Stuffed Peppers with
 Brown Sauce
 Snow Pudding with
 Custard Sauce
 Coffee

DINNERS

Whatever may be done for the cheerfulness of other meals of the day, dinner should come in for one's best thought. The wear and tear of the day for both husband and wife should terminate at the dinner hour, when the magic touch, dainty service, and good cooking, coupled with good humor and tact,

will surely tend to bring the day's work in the household to a successful close.

Suggestions for Dinner

Clear Soup
Broiled Flank Steak
Brown Gravy
Baked Potatoes
Spinach
Lettuce Salad
Crackers
Coffee

Clear Soup
Fricassee of Chicken
Dumplings
Rice
Onions
Orange Jelly in Orange
Cups
Coffee

Bouillon
Fillet of Fish with
Tartare Sauce
Tomato Gelatine Salad
Lemon Rice Pudding
Coffee

Tomato Soup
Meat Pie
Asparagus on Toast
Waldorf Salad
Charlotte Russe
Coffee

Tomato Bisque
Broiled Steak with
Butter Sauce
Stuffed Potatoes
Lettuce Salad
Cheese
Wafers
Coffee

Oyster Soup
Boiled Fish with
Egg Sauce
Boiled Potatoes
String Beans
Apple Pie
Cheese
Coffee

Venison Steak
Currant Jelly
Brown Bread and Butter
Endive Salad
Baked Pears
Coffee

Oyster Stew
Veal Cutlets with
Tomato Sauce
Cress Salad
Burnt Almond Bisque
Coffee

Cream of Asparagus
Lamb Chops with
Tomato Sauce
Celery and Apple Salad
Cup Custard
Coffee

Vegetable Soup
Lamb Chops
French Potatoes
Scalloped Tomatoes
Cottage Pudding with
Cream Sauce
Coffee

Bean Soup
Roast Mutton
Boiled Rice
Stewed Turnips
Stuffed Tomato Salad
Pumpkin Pie
Coffee

Beef Broth
Roast Lamb with
Mint Sauce
Rice
Peas
Orange Jelly
Coffee

Oyster Soup
Broiled Halibut Sauce
Bernaise
Potato Balls
Cabbage Salad
Cottage Pudding
Custard Sauce
Raisins Nuts
Coffee

Chicken Broth
Roast Beef with
Brown Gravy
Baked Sweet Potatoes
Snow Pudding
Coffee

Tomato Soup
Smothered Chicken with
Cream Sauce
Baked Onions
Cabbage Salad
Sliced Oranges
Coffee

Cream of Celery Soup
Roast Goose
Hominy Stuffing
Apple Sauce
Sliced Beets
Emerald Gelatine
Coffee

Cream of Celery Soup
Club Steak with
Butter Sauce
Boiled Turnips
Creamed Potatoes
Tapioca
Coffee

Tomato Bisque
Tenderloin of Beef
Mushroom Sauce
Scalloped Potatoes
Stewed Tomatoes
Chocolate Gelatine with
Whipped Cream
Candied Fruit
Coffee

Roast Duck with
Walnut Stuffing
Macaroni
Tomatoes
Lettuce Salad
Sliced Pineapple
Cake
Coffee

Tomato Soup
Halibut Steak
Potato Balls
Watercress
Asparagus Vinegarette
Custard Pie
Coffee

Green Pea Soup
Beef Stew and
Dumplings
Mashed Turnips
Cold Slaw
Apple Tapioca
Coffee

Clam Broth
Crown Roast Filled with
Stewed Peas
French Fried Potatoes
Summer Salad
Preserved Figs with
Whipped Cream
Coffee

Clam Broth
Planked Shad
Stuffed Potatoes
Tomato Jelly Mayonnaise
Prunes with Whipped
Cream
Coffee

Oyster Soup
Baked White Fish with
Tomato Sauce
Lettuce Salad
Fruit Gelatine with
Whipped Cream
Coffee

SUNDAY NIGHT LUNCHEONS

The question of what to serve for the Sunday night meal depends largely upon the time and character of the regular Sunday dinner. To tempt the appetite it is preferable to arrange a menu entirely different from the preceding dinner, although it is a very common practice to utilize cold roast meat or fowl that may be left over from that meal. There are many

simple combinations, however, that are easy of preparation and are more likely to please the palate of those to be served.

Combinations for Sunday Night Luncheons

Sausage
Tomato Catsup
Brown Bread
Fruit
Coffee

Cold Beef
Chili Sauce
Prune Whip
Gingerbread
Tea

Baked Eggs on Toast
Canned Peaches
Sponge Cake
Tea

Broiled Sardines
on Toast
Brown Bread Sandwiches
Coffee

Fried Oysters
Pickles
Bread
Coffee

Cold Sliced Ham
Nut Sandwiches
Fruit
Chocolate

Bread and Butter
Sandwiches
Sliced Onions and
Tomatoes
Wafers
Cocoa

Cold Mutton
Tomato Jelly Mayonnaise
Brown Bread
Wafers
Fruit
Tea

Fish Turbot
Muffins
Omelet
Toast
Coffee

Cold Roast Chicken
Lettuce Sandwiches
Buns
Tapioca
Cream Cake
Tea

Rice Croquettes
Tomato Sauce
Apple Sauce
Cake
Tea

Figs in Blankets
Hot Cream Biscuit
Celery Salad
Preserved Figs
Cake
Cocoa

Cheese Sandwiches
Fruit with Whipped
Cream
Coffee

Fish Salad
Hot Gingerbread
Grape Fruit
Coffee

Baked Beans
Pickles
Bread and Butter
Sandwiches
Tea

Cold Turkey
Cranberry Jelly
Rolls
Cocoa

Creamed Lobster on
Toast
Pickles
Wafers
Coffee

Cheese
Brown Bread
Water Cress Sandwiches
Lemon Jelly
Cake
Tea

Cold Pork
Corn Bread
Apple Sauce
Tea

Veal Loaf
Brown Bread
Lettuce Salad
Cocoa

Oyster Stew
Crackers
Bread and Butter
Sandwiches
Coffee

Alabama Waffles with
Syrup
Broiled Bacon
Coffee

Scalloped Salmon
Creamed Potatoes
Baking Powder Biscuits
Strawberries
Cake
Tea

FIVE O'CLOCK TEAS

The Five O'clock Tea is, at least in an informal way, a delightful, easy and delicate means of entertainment and continues to grow in popular esteem. Menus for this service are more effective when simple and served without ceremony. It is entirely proper to utilize ordinary utensils and dishes, but the pretty custom is largely aided by special china of some distinctive and delicate pattern.

Menus for Five O'clock Teas

Wafers Nuts Tea	Surprise Cakes Candied Violets Tea
Peanut Sandwiches Fruit Tea	Fruit Cake Mints Tea
Lettuce Sandwiches Nuts Tea	Assorted Tea Wafers Candied Orange Peel Tea
Basket of Date Sandwiches Candied Ginger Russian Tea Tea	Toasted Crackers Glazed Nuts Tea Hypocrites Figs

THE CHAFING DISH

While entirely practical for use in preparing any menu of the day, the chafing dish, from the standpoint of the private family circle, has its greatest utility in the giving of late suppers. To those who will take the trouble to learn what may be done with a chafing dish will come the knowledge that nearly the whole range of cookery is within its compass. The menus under this head, although limited in number, will give sufficient

experience to warrant the use of practically all of the entree and egg recipes to be found elsewhere.

Chafing Dish Menus

Clam Bouillon
Lobster a la Newburg
Rolls
Lettuce
Toasted Marshmallows
Camembert Cheese
Wafers Coffee

Plain Bouillon with
Whipped Cream
Pigs in Blankets
Waldorf Salad
Brown Bread
Butter Creams
Coffee

Creamed Chicken with
Mushrooms
Milk Rolls
Chickory Salad
Coffee
Nuts

WE can live without poetry, music and art;
We may live without conscience, and live
without heart;
We may live with friends, we may live without
books;
But civilized man cannot live without cooks.

We may live without books—what is knowledge
but grieving!
We may live without hope—what is hope but
deceiving!
We may live without love—what is passion but
pining!
But where is the man that can live without
dining!

—Meredith

BREADS, HOT BREADS, and GRIDDLE CAKES

*"And no doubt Eve was glad because
Her hubby could not say
Her bread was not like mother made,
Back in his youthful days."*

Bread

Handful of sugar, 1 tablespoonful salt, 1 tablespoonful lard, 3 cups of milk scalded; pour on sugar, salt, lard. Stir 3 cups of cold water, part potato water; add to other flour to mix rather stiff. Dissolve Fleischman yeast cake in warm water, add the rest and beat very light. Let stand over night. Next morning take out part of the rising for light cakes or use all for a larger baking of bread. Knead in flour. Add a little flour at first and do not make too stiff. Let it rise and knead down. When light make into loaves and stand an hour. Bake 1 hour.

MRS. SPRANKLE

Salt Rising Bread

1 tablespoonful of corn meal, stirred up with enough boiling milk to make a thin batter. Set in a warm place until it is light (from 4 to 6 hours). Next morning add 1 cup warm water and enough flour to make a medium thick sponge. Add a pinch of salt and soda. When light stir up as much sponge as desired with warm milk and flour, and add the emptyings. Let raise again and make into loaves; when light bake. The sponge must be kept warm all the time.

MRS. JAS. D. CORBETT