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**AUNT SAMMY'S**

# **RADIO RECIPES**



Developed by

**THE BUREAU OF HOME ECONOMICS**

**U.S. DEPARTMENT  
OF AGRICULTURE**





# AUNT SAMMY'S RADIO RECIPES<sup>1</sup>

A compilation of 70 menus and about 300 recipes developed by the Bureau of Home Economics

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## MENUS

### BREAKFAST MENUS

<p>Stewed rhubarb. Omelet. Toast. Beverage.</p> <p>Orange juice. Creamed eggs and dried beef. Corn bread. Beverage.</p> <p>Strawberries and cream. Hot cakes and maple sirup. Beverage.</p> <p>Baked apples. Poached eggs on toast. Beverage.</p>	<p>Sliced bananas and cream. Bacon. Coffee cake. Beverage.</p> <p>Grapefruit. Potato and fish cakes. Hot biscuits. Beverage.</p> <p>Stewed prunes and apricots. Cooked cereal and top milk. Pop-overs. Beverage.</p>
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<sup>1</sup> Aunt Sammy's Radio Recipes is in no sense a complete cookbook. It is issued to meet the enormous demand for printed copies of the most popular recipes broadcast from October, 1926, to June, 1927, in the "Housekeepers' Chat" programs of the radio service, United States Department of Agriculture.

## DINNER MENUS FOR OCTOBER

Meat loaf, brown gravy.

Riced potatoes.

Carrots or beets.

Pepper pickle.

Lemon jelly.

Liver and bacon.

Mashed potatoes.

Fresh sliced tomatoes.

Blue plum sauce and "best-overs."

Roast leg of lamb, with onions.

Fresh or canned peas.

Tart jelly.

Baked peaches.

Spinach with hard-cooked eggs.

Fried squash.

Baked potatoes.

Apple dumplings with sauce.

Veal cutlet and gravy.

Stuffed eggplant.

Tart jelly.

Hot biscuits.

Sliced tomatoes and onions.

Peach sauce.

Broiled lamb chops.

Baked potatoes in the half shell.

Sauerkraut.

Celery and apple salad.

Gingerbread with whipped cream.

Mock duck.

Five-minute cabbage.

Candied sweet potatoes.

Stuffed tomato salad.

## DINNER MENUS FOR NOVEMBER

Veal pie.

Harvard beets.

String beans.

Crisp lettuce salad.

Peach dainty

Oysters scalloped with rice.

Stewed tomatoes.

Mixed pickle.

Watercress or lettuce salad.

Upside-down apple cake.

Fish chowder, with toast or toasted crackers.  
 Celery and cheese salad.  
 Gooseberry pie.

Baked rabbit.  
 String beans.  
 Scalloped apples.  
 Hot biscuits.  
 Orange gelatin.

Chicken en casserole.  
 Mashed potatoes.  
 Quick-cooked spinach or carrots.  
 Apple salad.

Bean soup.  
 Macaroni with cheese.  
 Stewed tomatoes and celery.  
 Lemon meringue pie.

#### THANKSGIVING DAY

Fruit cup.  
 Roast turkey or roast chicken, with stuffing.  
 Giblet gravy.  
 Mashed potatoes, or candied sweet potatoes.  
 Brussels sprouts, cauliflower, or spinach.  
 Cranberry jelly.  
 Lettuce salad with Russian dressing.  
 Celery.  
 Nuts.  
 Bread and butter.  
 Pumpkin or  
 Squash pie.  
 Coffee.

#### DINNER MENUS FOR DECEMBER

Vegetable vitamin soup.  
 Cold meat.  
 Rolls and butter.  
 Relish.  
 Lettuce salad.  
 Baked apples.

Rabbit en casserole.  
 Cabbage salad.  
 Apple turnovers.

Fresh or canned salmon with egg sauce.  
 Riced potatoes.  
 Pepper pickle.  
 String beans.  
 Baked pears.

Lamb stew.  
 Boiled flaky rice.  
 Lettuce salad with a tart, spicy dressing.  
 Chocolate pie.

Creamed oysters on toast or in patty shells.

Potato chips.

Cabbage salad with mayonnaise-chili-sauce dressing.

Sliced oranges and bananas.

#### CHRISTMAS DINNER NO. 1

( Roast turkey with bread stuffing, or roast goose with potato stuffing.

Giblet gravy.

Turnips and spinach, or Brussels sprouts and squash.

Celery.

Cranberry jelly or cranberry sauce.

Tomato aspic salad.

Plum pudding.

Mince pie or frozen mousse with Christmas cookies.

Nuts and fruit.

Coffee.

#### CHRISTMAS DINNER NO. 2

Christmas chicken or roast pork loin.

String beans.

Candied sweet potatoes.

Currant or apple jelly.

Grapefruit salad.

Cranberry pudding supreme.

Nuts and fruit.

Coffee.

#### DINNER MENUS FOR JANUARY

##### NEW YEAR'S DINNER NO. 1

Baked ham.

Fried pineapple.

Baked white or sweet potatoes.

Vegetable salad.

Upside-down apple cake.

##### NEW YEAR'S DINNER NO. 2

Roast lamb.

Peas.

Mint or currant jelly.

Roast potatoes, or scalloped parsnips.

Red cabbage salad or slaw.

Cranberry pie.

Boiled dinner.

Corn bread, muffins, or crusty rolls.

Hot gingerbread with cream cheese, date, and nut filling.

Vegetables with pork.

Sour pickles.

Rolls and butter.

Canned fruit.

Orange drop cookies.

- Chicken rizotto.  
 Carrots in parsley butter.  
 Lettuce or cabbage salad.  
 Apple dumplings with sauce.
- Pickled pigs' feet.  
 Sauerkraut.  
 Baked sweet potatoes.  
 Corn bread.  
 Stewed dried apricots and cake.
- Corn fritters.  
 Glazed onions.  
 Scalloped tomatoes.  
 Pickle or sour relish or lettuce salad.  
 Jellied prunes.

### DINNER MENUS FOR FEBRUARY

- Rabbit pie with vegetables.  
 Panned kale.  
 Cinnamon apples.  
 Cookies.
- Potato soup.  
 Bacon and fried apples.  
 Cornmeal muffins.  
 Vegetable salad.
- Swiss steak.  
 Baked sweet potatoes, or hot riced potatoes.  
 Spinach, kale, or other green vegetable.  
 Dill pickles.  
 Baked bananas with lemon sauce.
- Beefsteak.  
 French fried potatoes.  
 Creamed celery.  
 Pickled beets.  
 Orange russe.
- Black-eyed peas, or kidney beans.  
 Stewed tomatoes and onions.  
 Lettuce salad with French dressing.  
 Washington pie with jam or jelly filling.
- Breast of lamb with spinach stuffing.  
 Rutabaga turnips.  
 Baked potatoes.  
 Brown Betty with cream.
- Boiled ham.  
 Scalloped potatoes.  
 Quick-cooked cabbage.  
 Apple sauce.

## DINNER MENUS FOR MARCH

Creamed eggs.

Baked potatoes.

Spinach.

Rhubarb pie.

Shepherd's pie.

String beans.

Pickled beets.

Caramel cake.

Canned fruit.

Omelet with Spanish sauce.

Baked potatoes.

Creamed cauliflower.

Hot graham biscuits.

Fruit cup.

Fricassee chicken with dumplings.

Canned asparagus.

Mashed carrots.

Coffee gelatin with cream.

Pot roast of beef.

Browned parsnips.

Scalloped tomatoes.

Pickles.

Old-fashioned creamy rice pudding.

Scalloped onions and peanuts.

Buttered cabbage.

Ginger pears.

Graham muffins.

Cherry pie.

Boston baked beans.

Codfish balls.

Stewed tomatoes and celery.

Pickles.

Boston brown bread.

Grapefruit salad with cheese wafers.

## DINNER MENUS FOR APRIL

Finnan haddie with egg sauce.

Riced potatoes.

Canned peas.

Cabbage salad with celery.

Lemon pie.

Fresh sliced beef tongue.

Wilted dandelion greens.

Fried potato cakes.

Banana pudding.

Chicken loaf.

Asparagus.

Hot Sally Lunn.

Ice cream and fresh strawberry sauce.

Angel food cake.

Veal timbales.

Fried apples and carrots.

Buttered cabbage.

Rhubarb tarts.

Cold sliced corned beef.

Vegetable curry.

Radishes.

Gingerbread with cream cheese filling.

Roast beef.

Yorkshire pudding.

Creamed onions.

Spring greens.

Apricot whip.

Kidney stew.

Buttered beets.

Lettuce salad.

Oatmeal muffins.

Stewed rhubarb with sponge cake.

#### DINNER MENUS FOR MAY

Roast lamb with mint sauce.

Baked or boiled potatoes.

Peas.

One-crust apple pie.

Beef roll.

Poke shoots or other spring greens.

Caramel custard.

Cold meat.

Baked onions with tomato sauce.

Baked potatoes.

Hot biscuits and butter.

Strawberry jam.

Clam chowder.

Crackers or toast.

Lettuce salad with a tart dressing.

Cream puffs with custard filling.

Fresh fish.

Scalloped asparagus and spaghetti.

Pickled beets.

Sliced pineapple and strawberries.

Baked eggs and cheese.

Peas.

New potatoes with parsley butter.

Strawberry shortcake.

Chicken shortcake.

String beans.

Buttered carrots.

Strawberry ice cream.

### LUNCH OR SUPPER MENUS

Corn chowder.

Dried beef toasted sandwiches.

Apple salad.

Ginger cookies.

Onion soup au gratin.

Vegetable salad.

Canned or stewed dried fruit.

Toasted cheese sandwiches with tomato sauce.

Canned pear salad.

Prune whip.

Omelet with Spanish sauce.

Baked potatoes.

Apple turnovers.

Fried brains and eggs.

Hot scalloped apples.

Hot biscuits and honey.

Savory meat on toast.

Spring onions or lettuce salad.

Blackberry flummery.

Cheese soufflé.

Hot or cold slaw.

Cranberry muffins.

Cocoa.

## SOUPS

### MILK-VEGETABLE SOUPS

Milk-vegetable soups are made from cooked vegetables (chopped or sliced) and milk (whole or skim) slightly thickened. The vegetables may be asparagus, peas, beans of various kinds, celery, potatoes, turnips, carrots, spinach, onions, corn, cabbage, or almost any other vegetable. Some of these are good in combination, as potatoes and onions, potatoes and turnips, turnips and carrots.

2 cups milk.

1 tablespoon flour or less.

1 tablespoon butter.

Salt.

$\frac{2}{3}$  cup cooked vegetables, finely chopped, mashed, or strained.

Thicken the milk with the flour as for white sauce. Add the other ingredients. If the vegetable is starchy, use less flour or thin the soup with milk. The vegetables should be finely chopped, mashed, or strained, so that they will blend well with the thickened milk.

### VEGETABLE VITAMIN SOUP

1 cup diced carrots.

1 cup chopped onion.

1½ cups chopped celery.

1 cup diced turnips.

2 cups diced potatoes.

2 quarts meat stock.

1 cup tomato juice.

2 tablespoons chopped green pepper.

6 tablespoons butter.

3 teaspoons salt.

$\frac{1}{4}$  teaspoon pepper.

Brown all the vegetables, except the potatoes, in the butter in a skillet for about 10 minutes. This helps develop the flavor. Then place the contents of the skillet in a saucepan. Wash out the particles of browned vegetables clinging to the skillet and add to the stock in the saucepan. Boil 20 minutes; then add the potatoes and the tomato juice. Cook 10 to 20 minutes longer. The potatoes are added last, because they do not require much time to cook. If added with the other vegetables, they would be overcooked.

### BEAN SOUP

Bean soup may be made with any one of several kinds of beans—navy beans, lima beans, red kidney beans, black beans, pinto beans, and soy beans.

Half a pint of the dried beans will be enough for a family of five. Soak the beans overnight in a quart of water. Cook in the same water until very soft. If the flavor of onion is desired, cook one or two slices with the beans. A fireless cooker is excellent for cooking the beans. Mash the beans through a sieve when they are done. Add water and milk or meat broth enough to make up a full quart.

All bean soups should have a little flour added to them as a binder to prevent the thick part from settling to the bottom. Mix a tablespoon of butter with a tablespoon of flour. Add a little of the hot soup and stir until smooth. Add the remaining soup and salt and pepper to season. Heat to boiling, then cook in the double boiler

about 10 minutes. Celery or any other appropriate vegetables may be cooked with the soup. They should be cut up in small pieces. A tablespoon of chopped parsley sprinkled over the soup at the last minute is an agreeable addition. A pinch of mustard and a little lemon juice are good when black beans are used. Some people like minced hard-cooked egg and thin slices of lemon over the top of the soup.

### QUICK TURNIP SOUP

4 cups milk.  
2 cups grated raw turnip.  
1 $\frac{1}{4}$  teaspoons salt.  
 $\frac{1}{2}$  teaspoon grated onion.

1 tablespoon flour.  
2 tablespoons butter.  
 $\frac{1}{2}$  teaspoon parsley, cut very fine.

Heat the milk in a double boiler, add the flour and butter, which have been well blended, then the turnip, the onion, and the salt. Cook until the turnip is tender, or for about 10 minutes. Sprinkle the parsley in the soup just before serving.

With this soup, serve toasted cubes of bread or croutons. An easy way to make croutons is to spread slices of bread lightly with butter. Cut each slice into strips, then into cubes. Brown the cubes in the oven.

### ONION SOUP AU GRATIN

3 cups meat broth.  
6 medium sized onions, chopped.  
1 $\frac{1}{2}$  teaspoons salt.  
4 tablespoons flour.

2 tablespoons cold water.  
Pepper.  
Toast.  
Cheese.

Cook the chopped onions in a small amount of water until tender. Add 2 tablespoons of fat from the meat broth or the same quantity of butter and let the onions cook down in this until they are yellow. Mix them with the meat broth and thicken with the flour and cold water which have been well blended. Cook for a few minutes. Pour the soup into bowls or soup plates, place on top a round or slice of toasted bread, and sprinkle grated cheese over the bread and soup. Serve at once.

### CREAM OF SPINACH SOUP

1 quart milk.  
1 cup raw ground spinach.  
2 tablespoons butter.

2 tablespoons flour.  
1 teaspoon salt.

Place the milk in a double boiler with the salt. Wash the spinach, and chop or grind it. If ground, place a bowl to catch the liquid which runs from the grinder and add to the spinach. Mix the flour and butter until well blended and add to the milk with the ground spinach. Stir until thickened, and the spinach is cooked. This takes about 10 minutes.

## FRUITS

### APPLE COMPOTE

Pare the apples, core them carefully, and cut in half-inch pieces. Make a rich sirup, 1 cup of sugar to 1 cup of water. Add the pieces of apple to the boiling sirup. Cook till the apples are transparent. Commercial coloring matter or cinnamon candies added to the sirup give the apples a pleasing color. These apple slices are very pretty as a garnish for meats.

### SCALLOPED APPLES

Pare, core, and slice tart apples, preferably those of a kind that will hold their shape when cooked. Place a layer of the sliced apples in a baking dish, sprinkle with sugar, dot with butter, or pour on a little melted butter. Put in another layer of apples and keep on until the dish is heaping full. Press the apples down and put in as many as possible. Cover the dish and cook the apples slowly for from 1 to 1½ hours in the oven. As the apples cook down during the first half hour, a few more may be added. Fifteen minutes before the apples are to be served remove the cover and spread buttered bread crumbs over the top. Return to the oven and let the crumbs become golden brown and crisp. The apples themselves will be in whole pieces and almost transparent. Some kinds will be pink in color. Scalloped apples are good served hot with the main course of dinner or supper.

### BAKED APPLES

Wash the apples and core them. Be careful not to cut through the blossom end when removing the core. Place the apples in a baking dish; fill the holes with sugar and butter. Add a few drops of lemon juice for each apple, if desired. Add just enough water to keep the apples from sticking. Very juicy apples do not need water. Cover the baking dish or pan and bake in a hot oven until the apples are soft. Apples cook more quickly in a covered vessel, because the steam is held in.

Serve baked apples hot or cold, with or without cream. In the fall, when apples are at their best, spices are not necessary, but in the spring, spice is an improvement. Raisins also are good with baked apples.

Some apples, such as the Winesap, have more jellifying power than others. If cooked long enough, the juice forms a jelly. When apples of this kind are baked through, remove them from the baking dish and concentrate the juice, adding a little more sugar if necessary. Then place the jelly over the baked apples.

## FRIED APPLES AND BACON

Select good tart apples. Peel them. Cut them in 1-inch cubes. Fry the bacon in a heavy skillet. As soon as the slices of bacon are crisp, remove and drain them on clean brown paper and keep in a warm place. Leave about one-fourth cup of bacon fat in the skillet and fill it up with the apples. Sprinkle on two or three tablespoons of sugar. Apples fried this way require a little more sugar than ordinary fried apples. Cover the apples. Cook slowly until tender. Then remove the cover and turn the apples gently, so the pieces will keep their shape. Let them brown lightly. They are then almost transparent. Place them on a hot platter, and surround them with the crisp bacon.

## APPLE SAUCE

Wash, peel, quarter, and core the apples; or if the sauce is to be put through a colander, leave the skins on. Cook the apples in a covered pan, using just enough water to keep them from scorching. If apples are cooked in a covered pan, the steam will help to cook them. Cook rapidly, until the apples are soft, adding a little more water if necessary. If the skins have been left on, put the sauce through a colander or a sieve and then sweeten to taste. A dash of salt and a little butter improve the flavor. Adding the sugar after the apples are strained gives a fresher taste and saves sugar. One need not waste sugar on the apple sauce which does not go through the sieve.

Variety of flavor may be secured by adding spices, such as cinnamon, nutmeg, or cloves, or lemon juice. Nutmeg should be used only on apple sauce which is to be eaten at once. Apple sauce flavored with nutmeg is apt to become bitter on standing. The best-flavored apples make the best sauce.

## FRUIT CUP

Many combinations of fruit, fresh or canned, may be used for fruit cup. Use colors that blend, and combine acid fruit with sweet. Grapes, oranges, grapefruit, canned pineapple, and white cherries are attractive. Mix the fruit and chill for about one-half hour before serving.

## STRAWBERRIES SUPREME

½ pint double cream.	⅛ teaspoon salt.
1 quart selected very ripe berries.	½ cup or more powdered sugar.

Wash the berries well, drain, and cap. Whip the cream until thick, add the salt and the sugar. Continue the whipping until all are well blended. Fold the berries into the cream until each berry is coated with the cream. Take care not to crush them. Serve at once. If the berries stand after combining with the cream, the juice is likely to be drawn from them and the cream thinned.

## BAKED PEACHES

Select large yellow peaches, pare them, and cut them in halves. Place in a shallow pan, pit side up. Sprinkle lightly with sugar, dot with butter, and add a little salt. Broil under a flame or bake in the oven until the peaches are tender and lightly browned.

## BAKED PEARS

Wash the pears, cut them in halves, and core them. Place in a baking dish. Sprinkle with brown sugar and a little salt, dot with butter, and add a very little water. Place in a moderate oven. Cover at first, until the fruit becomes soft. While the fruit is cooking, baste once or twice with the liquid in the pan. Add a little more water if necessary to keep the pears from burning.

## FRIED PINEAPPLE

Drain slices of canned pineapple and brown them very slowly in a heavy skillet in a mixture of butter and lard or other cooking fat. If butter alone is used, the slices will scorch very easily and must be watched closely.

## BAKED BANANAS WITH LEMON SAUCE

6 ripe bananas.  
 $\frac{1}{3}$  cup sugar.  
 2 tablespoons melted butter.

2 tablespoons lemon juice.  
 $\frac{1}{8}$  teaspoon salt.

Skin the bananas, scrape lightly to remove stringy portion, and split in half lengthwise. Place in a greased shallow baking dish and pour over them the liquid mixture. Bake in a moderate oven until brown. Serve from the dish.

## SPICED PRUNES

1 pound large prunes.  
 1 quart water.  
 $\frac{1}{8}$  teaspoon salt.  
 1 cup sugar.

$\frac{1}{4}$  cup vinegar.  
 $\frac{1}{2}$  teaspoon whole allspice.  
 $\frac{1}{2}$  teaspoon whole cloves.  
 3 small pieces stick cinnamon.

Select large prunes, wash well, and soak overnight in the water. Drain the water from the prunes and make a sirup of it and the sugar. Tie the spices in a cheesecloth bag and add to the sirup. Then add the prunes and cook for 15 to 20 minutes. Add the vinegar and cook about 10 minutes longer or until the sirup is fairly thick.

## FRUIT PUNCH

1 can grated pineapple.  
 3 cups boiling water.  
 1 cup freshly made, strong tea.  
 Juice of 6 lemons.  
 Juice of 10 oranges.  
 $\frac{1}{4}$  teaspoon salt.

1 quart grape, currant, loganberry, raspberry, or strawberry juice.  
 2 pints charged water or ginger ale.  
 2 pounds sugar boiled with 1 quart water for 10 minutes.  
 Ice and ice water.

Combine the pineapple, fruit juices, tea, salt, and the sirup after it has cooled. It is better to make the punch a few hours ahead and let it stand, closely covered, on ice to chill and ripen. At serving time, add the charged water, or ginger ale, and cracked ice and ice water to dilute to the strength desired. Garnish with thin slices of fruit and mint leaves.

## VEGETABLE DISHES

### SCALLOPED ASPARAGUS AND SPAGHETTI

1½ cups spaghetti, broken in small pieces.	2 tablespoons butter.
2 cups asparagus, cut in inch pieces.	2 tablespoons flour.
1 cup rich milk or cream.	½ teaspoon salt.
1 cup asparagus water.	½ cup fine buttered bread crumbs.
	3 or 4 drops tabasco.

Cook the spaghetti thoroughly in salted boiling water; drain. Cook the asparagus for 10 minutes in boiling water. Prepare a sauce of the flour, butter, milk, and asparagus water, and add the tabasco and salt. Grease a casserole and put in a layer of the cooked spaghetti and then one of asparagus. Cover with the cream sauce, continue until all ingredients are used. Cover the top with the buttered bread crumbs. Bake in an oven until the crumbs are golden brown.

### ASPARAGUS CUSTARD

1 pint milk.	½ teaspoon salt.
2 cups raw asparagus, cut in small pieces.	3 tablespoons butter.
3 eggs.	Few drops tabasco.

Cook the asparagus in a small amount of water until almost tender. Beat the eggs slightly, add the milk and seasoning, and then the cooked asparagus and the water in which cooked if not more than ½ cup. Grease a casserole, pour in the mixture, and bake in a pan surrounded by water, in a moderate oven, until set in the center. Serve at once.

### BOSTON BAKED BEANS

2 cups dried beans.	1½ teaspoons salt (depending on saltiness of pork).
½ pound salt pork.	Onion, if desired.
4 tablespoons molasses.	
1 teaspoon mustard, if desired.	

Soak the beans overnight in cold water and then cook them gently until they are soft but not mushy. Score the rind of the salt pork and put half of the pork in the bottom of the bean pot. Add the par-boiled beans, mix the molasses and other seasonings with a little hot water, and pour over the beans. Add just enough more water to cover. Place the rest of the salt pork on top, cover the pot, and cook the beans very slowly in the oven for 6 or 7 hours. Add a little hot water from time to time to replace that which cooks away and is absorbed by the beans. Keep the lid on the bean pot until the last hour of cooking. Then uncover and allow the beans and pork on the top to brown.

## SHREDDED STRING BEANS AND FRESH PORK

1 quart shredded string beans.	1 teaspoon salt.
1 pint shredded cooked pork.	2 tablespoons butter.

Melt the butter in a heavy iron skillet, and add the beans and pork. Cover and cook for 20 or 25 minutes, turning the beans and pork frequently. Serve on buttered toast. The beans should be young and tender when this method of cooking is used.

## HARVARD BEETS

6 medium-sized beets.	$\frac{1}{2}$ cup vinegar.
$\frac{1}{2}$ cup sugar.	2 tablespoons butter.
$\frac{1}{2}$ tablespoon cornstarch.	

Wash the beets, cook them in boiling water until tender, remove the skins, and cut the beets into thin slices or cubes. Mix the sugar and the cornstarch. Add the vinegar, and let the sauce boil for 5 minutes, stirring constantly. Just as the sauce is taken from the fire add the butter. Pour the sauce over the beets. Let them stand on the back of the stove for a few minutes so that the beets may absorb the sweet-sour flavor of the sauce.

## FIVE-MINUTE CABBAGE

$1\frac{1}{2}$ quarts shredded cabbage.	$2\frac{1}{2}$ tablespoons flour.
3 cups milk.	Salt.
1 cup cream or rich milk.	Pepper.
$2\frac{1}{2}$ tablespoons butter.	

Cook the cabbage for 2 minutes in the 3 cups of hot milk. Add the cup of cream or rich milk, the blended butter and flour, and the seasoning and cook rapidly for 3 or 4 minutes. The result is a crisp vegetable, delicate in flavor and color.

## BAKED CABBAGE AND APPLES

2 quarts shredded cabbage.	1 teaspoon sugar.
1 quart sliced apples.	2 teaspoons salt.
2 to 4 tablespoons butter.	1 cup buttered bread crumbs.

Grease a baking dish. Make a layer of cabbage, then of apple. Sprinkle with sugar, salt, and dot with butter. Repeat until all the ingredients are used. On the last layer place the buttered crumbs. Cover, and bake until the cabbage and apples are tender. Remove the top of the baking dish so the crumbs can brown. Serve from the dish.

## CABBAGE, SPAGHETTI, AND CHEESE

4 cups shredded cabbage.	4 tablespoons flour.
$1\frac{1}{2}$ cups spaghetti, broken in small pieces.	4 tablespoons butter.
2 cups milk.	$\frac{1}{2}$ pound American cheese.
	1 teaspoon salt.

Cook the spaghetti in boiling salted water until tender; drain. Make a sauce of the flour, butter, milk, and salt. Shave up the cheese and add it to the hot sauce. Put the cabbage, spaghetti, and sauce in a buttered baking dish in layers and cover the top with buttered bread crumbs. Cook for 20 to 30 minutes in a moderate oven.

## MASHED CARROTS

8 to 10 medium-sized carrots.  
2 to 4 tablespoons butter.

| Cream or rich milk.  
|  $\frac{1}{2}$  teaspoon salt.

Wash and scrape the carrots, cut in small pieces, and cook in a small amount of boiling salted water. When the carrots are tender, press them through a sieve or a potato ricer. Add enough cream or top milk to make a creamy consistency. Add the butter, and  $\frac{1}{4}$  teaspoon of sugar, if desired. Reheat and serve hot.

## CARROTS IN PARSLEY BUTTER

8 or 10 medium-sized carrots.  
 $\frac{1}{4}$  cup butter.  
 $\frac{1}{2}$  teaspoon salt.

| 1 or 2 tablespoons lemon juice.  
| 1 tablespoon finely chopped parsley.

Wash and scrape the carrots and cut them in slices or dice. Cook in a small quantity of boiling salted water until tender, or for about 10 or 15 minutes. Melt the butter, add the lemon juice and the parsley. Pour over the carrots and serve at once.

## FRIED CARROTS AND APPLES

6 medium-sized carrots.  
6 tart apples.  
2 tablespoons fat.

| 1 tablespoon sugar.  
|  $\frac{1}{4}$  teaspoon salt.

Scrape the carrots and cut them lengthwise into thin slices. Pare the apples or leave the peelings on, as preferred, core, and cut into slices about a fourth of an inch thick. Place a single layer of the apples and the carrots in a skillet with the fat, cover tightly, and cook till well browned, turn, and brown the other side. Just before the cooking is finished, sprinkle with the salt and sugar. Serve on a hot platter, first a layer of carrots, then a layer of apples, so the two can be lifted together.

## CELERY FRITTERS.

2 cups celery, finely cut.  
 $1\frac{3}{4}$  cups sifted soft wheat flour.  
1 cup milk.

| 1 egg.  
|  $\frac{3}{4}$  teaspoon salt.  
| 2 teaspoons baking powder.

Sift together the flour, salt, and baking powder, add the beaten egg and milk, then the celery. Fry by spoonfuls in a well-greased skillet. Drain on absorbent paper, and serve hot.

## CREAMED CELERY

Clean the celery, and cut into pieces about  $\frac{3}{4}$  inch long. Cook in a small quantity of boiling salted water for 15 to 20 minutes, or until tender. Drain and combine with white sauce made in the proportion of 2 tablespoons flour and 2 tablespoons butter to 1 cup milk. Season and serve at once. A few of the tender leaves of the celery may be minced and scattered over the top to make the dish look attractive. The tougher stalks of celery from several bunches may be used in this way and the hearts served raw.

## BAKED CUCUMBERS

3 good-sized cucumbers.  
 $\frac{3}{4}$  cup fine bread crumbs.  
 3 tablespoons butter.  
 $\frac{1}{2}$  teaspoon salt.

$1\frac{1}{2}$  tablespoons chopped onion.  
 $1\frac{1}{2}$  teaspoons finely chopped parsley.  
 3 teaspoons chopped celery.  
 1 cup tomatoes cut in pieces.

Wash cucumbers and cut in half lengthwise. Scoop out as much as possible of the pulp without breaking the skin. Brown the onion in the fat, add other ingredients mixed with the cucumber pulp. Stir constantly, and cook five minutes, or until dry. Place the filling in the cucumber shells and bake until the shells are soft and the mixture is brown on top.

## STUFFED EGGPLANT

1 medium-sized eggplant.  
 1 pint finely cut cabbage.  
 $\frac{1}{2}$  teaspoon salt.

1 tablespoon butter.  
 $\frac{1}{2}$  cup chopped peanuts.  
 1 cup fine bread crumbs.

Cut eggplant in half. Remove as much of the white portion as possible without breaking the shell. Cut in small pieces. Cook the cabbage and eggplant in a small amount of water for 10 minutes. Drain and add the other ingredients. Fill the eggplant shells with the stuffing; place buttered crumbs on top. Pour around the stuffed eggplant a little of the water in which the vegetables were cooked. Bake half an hour, or until golden brown.

## CORN PUDDING

2 cups fresh or canned corn, or dried  
 corn soaked and cooked.  
 2 tablespoons melted butter.

$1\frac{1}{4}$  teaspoons salt.  
 3 eggs.  
 2 cups milk.

Beat the eggs and mix all the ingredients. Pour into a buttered baking dish and place in the oven in a pan containing boiling water. Bake the corn custard slowly until it is entirely set to the center in a moderate oven (350° F). Corn, canned Maine style—that is, with the grain scored and the pulp scraped out—is especially good for use in this kind of a dish.

## CORN FRITTERS

1 cup liquid, either juice from canned  
 corn or milk, or the two mixed.  
 1 cup drained canned corn.  
 $1\frac{3}{4}$  cups sifted soft-wheat flour.

1 tablespoon melted fat.  
 1 egg.  
 2 teaspoons baking powder.  
 $\frac{3}{4}$  teaspoon salt.

Mix the flour, baking powder, and salt. Mix the juice from the canned corn or milk, or whatever liquid is used, the egg after it has been beaten slightly, and the canned corn. Stir this liquid mixture gradually into the dry ingredients. Add the melted fat. If the corn is very moist, even after the liquid has been drained from it, more flour may be needed. Dried corn which has been soaked and cooked until tender may also be used.

Fry the corn fritters in deep fat or, if preferred, in a skillet in shallow fat. In either case drop the mixture by spoonfuls into the fat and fry rather slowly. The fritters need time to cook through to the center before the outside becomes too brown. Drain the fritters on absorbent paper and serve hot.

## CORN RABBIT

2 cups canned corn, crushed grains.		1 tablespoon green pepper.
2 tablespoons butter.		1 or 2 teaspoons minced onion.
$\frac{3}{4}$ teaspoon salt.		Few drops tabasco sauce.
1 cup grated cheese.		Toast or crackers.

Melt the butter, add the pepper cut finely and the onion. Cook slowly for 3 minutes, add the corn and simmer for 10 minutes; remove from the fire and beat in the cheese until melted. Pour over the toast or crackers and serve at once. Tomato pulp or catsup may be added if liked.

## CORN CHOWDER

1 pint milk.		1 onion, or more if desired.
1 pint boiling water.		1 quart potatoes, diced.
2 cups canned corn.		Salt.
2 tablespoons salt pork, diced.		Pepper.

Cut the pork into small pieces and chop the onion. Boil the diced potatoes in the pint of boiling water for 15 minutes. Fry the salt pork and onion for 2 minutes and add these and the corn to the potatoes. Cook until the potatoes are done. Add the milk and season to taste with salt and pepper. Bring the mixture to the boiling point. Serve very hot in soup dishes and place 2 or 3 crackers in the dish before pouring in the hot chowder.

## WILTED DANDELION GREENS

2 quarts dandelion greens.		$\frac{1}{4}$ cup mild vinegar.
4 tablespoons bacon fat.		1 teaspoon salt.

Wash the greens thoroughly. Cut finely with scissors. Place the greens in a skillet and add the bacon fat, vinegar, and salt. Cover until the greens are wilted and then serve at once.

## PANNED KALE

Strip the kale from the midribs and discard them and the stringy portions. Wash the kale thoroughly in several waters and cut it into small pieces. For each quart of kale allow 2 tablespoons butter or other fat. Melt the fat in a skillet, add the kale, and cover the skillet to keep in the steam which forms when the juices of the kale are drawn out by heat. The kale will be done in from 10 to 20 minutes. Sift a teaspoon of flour over the greens, mix well, pour in  $\frac{1}{2}$  cup of cream or milk, and stir until thickened. Season with salt and pepper.

## ONIONS FRIED IN DEEP FAT

Remove the outer skin of the onions and slice very thin. Dip the slices into a thin batter made of 1 cup flour, 1 cup milk, 1 egg, and  $\frac{1}{4}$  teaspoon salt, and drain well.

Use lard or other cooking fat for frying. Have a frying kettle about half full of hot fat. Be careful that the fat is not so hot that it smokes. Drop a small piece of bread into the fat. If it browns in about 1 minute, the fat is just right for the onions. Put the slices of onion in a wire basket or sieve, so they can be easily removed from the fat. Lower the sieve or basket into the hot fat and let the

onions fry until they are golden brown. Drain the onions on absorbent paper. Onions fixed this way are very good with steak. They will keep crisp for some days.

### GLAZED ONIONS

10 medium-sized onions.  
 $\frac{1}{4}$  cup sugar.

| 2 tablespoons melted butter.

Peel the onions and cook whole until fairly tender in salted boiling water, from 20 to 30 minutes. Mix the sugar and butter together and spread over the sides and bottom of a baking dish or pan. Drain the onions and place them in the pan and bake in a moderate oven until brown, increasing the heat toward the last. Water cooks out of the onions, and the browning process is rather slow. When finished, the onions should have a rich brown glaze.

### STUFFED ONIONS

Select rather large onions—the Spanish variety if they can be obtained, or large Bermudas. Allow from a half to a whole onion for each person to be served. Cut the onions in half. Parboil gently until fairly tender, taking care not to get them out of shape. Lift them out of the water with a skimmer. Arrange in a buttered pan or baking dish. Scoop out the onion centers and chop fine. Mix with about an equal quantity of buttered crumbs and a few chopped nut meats or a little minced cooked bacon or ham. Season the stuffing with salt and pepper. Fill the onions. Put in the bottom of the dish a few tablespoons of the water in which the onions were boiled, to keep them from drying out too much. Bake until the stuffing is browned.

### SCALLOPED ONIONS AND PEANUTS

4 to 6 medium-sized onions.  
 $\frac{1}{2}$  to  $\frac{3}{4}$  cup peanuts, ground.

| 1 cup thin cream sauce, made with 1  
 tablespoon flour, 1 tablespoon but-  
 ter, and 1 cup milk.

Cook the skinned onions in boiling salted water until tender. Drain and slice with a sharp knife. Place the onions in layers in a greased baking dish, cover each layer with the cream sauce and the peanuts, and continue until all the ingredients are used. Cover the top with buttered crumbs and bake in a moderate oven until golden brown. Serve from the baking dish.

### BAKED ONIONS IN TOMATO SAUCE

6 medium-sized onions.  
 1 quart canned tomatoes.  
 2 tablespoons sugar, if desired.  
 1 bay leaf.  
 2 teaspoons salt.

|  $\frac{1}{4}$  teaspoon celery seed.  
 2 cloves.  
 2 tablespoons flour.  
 2 tablespoons butter.  
 Dash of pepper.

Cook the tomatoes with the seasonings for 10 minutes. Blend flour and melted butter, add to the tomatoes, and mix well. Cut the onions in half and put them in a large baking dish. Strain the tomato sauce over them. Add more salt if needed. Cover and cook until the onions are tender, about 1 hour. Serve from the dish in which cooked.

## SCALLOPED PARSNIPS

6 or 7 medium-sized parsnips.  
3 tablespoons butter.  
2 tablespoons flour.

|  $\frac{1}{2}$  cup parsnip water.  
|  $\frac{1}{2}$  cup rich milk or cream.  
| Buttered bread crumbs.

Scrub parsnips clean. Cook until tender in lightly salted water—20 to 30 minutes will be enough for medium-sized ones. Drain. Scrape off the outer skin. Split the parsnips lengthwise. Pull out the woody cores. Place the parsnips in a shallow baking dish. Cover them with a white sauce made with the butter, flour, milk, and parsnip water. Cover the top with bread crumbs which have been mixed with melted butter. Bake in a moderate oven until the parsnips are thoroughly heated and the buttered crumbs are golden brown.

## BROWNEP PARSNIPS

Scrub parsnips clean, drop into boiling, lightly salted water, and cook for from 15 to 30 minutes, or until tender. Drain, scrape off the skin, split lengthwise, and pull out the stringy cores. Dip the pieces in flour and fry in fat until golden brown. Or mash the parsnips after the cores have been removed, season, and form into small cakes before frying.

## STUFFED PEPPERS

6 green peppers.  
2 cups dry crumbs.  
2 tablespoons butter.  
2 cups ground cooked meat.

| 1 teaspoon onion juice.  
|  $\frac{1}{2}$  teaspoon salt, or to taste.  
| 2 tablespoons chili sauce or  
| ketchup.

Cut the stem ends of the peppers and remove the seeds. If a more delicate flavor of the pepper is preferred, boil for 2 minutes and drain. Stuff the peppers with a mixture made from the other ingredients and cover with buttered crumbs. Bake until the pepper is tender and the crumbs are brown.

## FRENCH FRIED POTATOES

Peel and cut potatoes lengthwise into strips about  $\frac{1}{2}$  inch thick. Rinse the strips in cold running water, and soak for 2 or 3 hours in cold water to remove as much starch as possible. Remove from the water, and pat with a clean dry cloth to absorb the surface moisture. Heat a kettle of deep fat hot enough to brown a small piece of bread in 60 seconds. Fry about a cupful of potatoes at a time. Remove them from the fat when golden brown, drain on clean absorbent paper, and sprinkle with salt. Serve at once while hot and crisp.

## POTATOES AU GRATIN

4 medium-sized potatoes.  
 $1\frac{1}{4}$  cups milk.  
2 tablespoons flour.

| 2 tablespoons butter.  
|  $\frac{1}{2}$  teaspoon salt.  
|  $\frac{1}{2}$  pound cheese, grated.

Dice the potatoes and cook them in a small quantity of salted water. Drain. Prepare a white sauce with the milk, flour, butter, and salt. Add the cheese, and stir until melted. In a shallow greased baking dish place a layer of potatoes, a layer of the cheese sauce, and a layer of bread crumbs, well buttered. Bake in a moderate oven until golden brown. Serve from the baking dish.

## BAKED POTATOES IN THE HALF SHELL

Select good-sized potatoes of uniform size and shape. As soon as the potatoes are baked, cut them in half lengthwise. Scrape out the inside, being careful not to break the skin. Mash the potato, season it with salt, pepper, butter, and cream or rich milk, and beat until it is light. Place this mixture in the skins, brush the tops with butter, and put the potatoes in the oven for a final browning. For variety, sprinkle grated cheese over the potatoes before they are browned or add a very little chopped green pepper to the potato mixture.

## SCALLOPED POTATOES

6 medium-sized potatoes.		4 to 6 tablespoons butter.
1 pint milk.		2 tablespoons flour.
2 tablespoons chopped parsley.		

Wash the potatoes and cook in boiling salted water until half done. Skin the potatoes and cut in cubes. Grease a baking dish or pan, place in it a layer of potatoes, sprinkle with some of the flour and dot with the butter. Continue until all the potatoes are used. Pour in sufficient milk to almost cover, and bake in a slow oven until the potatoes are brown on top and soft throughout. If they become dry add more milk. If they cook too rapidly the milk will boil over, and will not only be difficult to clean from the oven but will also make a disagreeable odor all through the house. Serve the potatoes from the baking dish, and just before it is sent to the table sprinkle the chopped parsley over the top.

## SWEET POTATOES WITH APPLES

3 medium-sized sweet potatoes.		$\frac{1}{2}$ cup sugar.
4 medium-sized apples.		3 tablespoons butter.

Wash the sweet potatoes and cook them in their skins in boiling water. Cool and skin. Cut the potatoes and apples into slices. Place in alternate layers in a buttered baking dish. Sprinkle sugar over each layer. Add a little water and bake until apples and sweet potatoes are soft and brown on top.

## CANDIED SWEET POTATOES

6 medium-sized sweet potatoes.		$\frac{1}{4}$ teaspoon salt.
1 cup corn sirup.		3 tablespoons butter.
$\frac{1}{2}$ cup brown sugar.		

Partially cook the unpeeled sweet potatoes in boiling water. Cool and skin. Cut the potatoes in halves lengthwise, or in three pieces if the potatoes are large enough. Put in a greased baking dish large enough for just one layer, not packing too closely. Make a sirup by boiling the corn sirup, brown sugar, salt, and butter until fairly thick. Pour the sirup over the potatoes and place them in the oven to brown. Turn them very carefully. The potatoes may be served in the baking dish.

## BAKED TOMATOES

Cut tomatoes in half. Place in a shallow baking dish. Cover the tomatoes with buttered bread crumbs seasoned with salt and pepper. Add a little water to keep tomatoes from sticking to the dish. Bake in a moderate oven.

## SPANISH RICE

3 medium-sized onions.  
 $\frac{1}{2}$  cup drippings or butter.  
 $\frac{1}{2}$  cup uncooked rice.

3 cups fresh or canned tomatoes.  
 3 green peppers cut into strips.  
 2 teaspoons salt.

Slice the onions and cook until tender and slightly brown in the melted fat. Remove them from the fat, add the rice, which has been carefully washed and dried, and brown it. Then add the cooked onions, the tomatoes, the green peppers, and the salt. Turn the mixture into a baking dish and bake it until the rice and the peppers are tender.

## BOILED RICE

Wash the rice thoroughly to remove all loose starch. A good rule is to wash the rice in several waters or in a stream from the faucet, until the water runs clear. Have ready a large kettle of boiling water lightly salted. Four or five quarts of water to 1 cup of rice is the best proportion for flaky boiled rice. Drop the rice in slowly. Allow it to boil rapidly for 20 to 25 minutes, or until the grains are soft to the center when pressed between the thumb and forefinger. If the rice tends to stick, lift it from time to time with a fork, but do not stir the rice. Stirring breaks the grains and makes the cooked rice pasty. As soon as the grains are soft to the center take the rice off the stove and drain in a colander. Cover the colander with a cloth and place it in the oven; or, if the oven is not hot, set the colander over a saucepan of hot water on the back of the stove and cover with a cloth. This gives the rice grains a chance to dry off and swell to their utmost. Dot with butter, add a dash of paprika, and serve hot.

## TURNIP OR CARROT CUSTARD

1 cup grated raw turnip or mashed  
 cooked turnip.  
 2 eggs.  
 1 pint milk.

$\frac{1}{2}$  teaspoon salt.  
 2 tablespoons melted butter.  
 Few drops tabasco.

Beat the eggs lightly. Add the salt, the turnip, the milk, and the tabasco. Stir in the melted butter, and bake in a moderate oven in a pan surrounded by water, until the custard is set in the center. Serve at once. Carrots may be used in the same way as turnips.

## VEGETABLE CURRY

$\frac{1}{2}$  cup rice.  
 1 cup diced onion.  
 1 cup diced carrots.  
 1 cup fresh or canned peas.  
 1 cup diced celery.

4 tablespoons butter.  
 $\frac{1}{2}$  teaspoon salt.  
 $\frac{1}{4}$  teaspoon curry.  
 2 teaspoons Worcestershire sauce.

Wash the rice and cook in 2 quarts of boiling salted water. Drain, and let stand over steam until the grains swell and become separate. Cook the vegetables in a small quantity of water and just before removing from the stove add the canned peas, or if fresh peas are available, cook them with the other vegetables. Use the liquid from the vegetables and add the butter, salt, curry, and sauce. Make a ring of the cooked rice, placing the vegetables in the center, and pour over them the liquid mixture. Serve very hot.

## EGG AND CHEESE DISHES

### OMELET

To make a fluffy omelet, separate the yolks and whites carefully and beat them well. To the yolks add as many tablespoons of milk or water as there are eggs, enough salt for seasoning, and mix well. Then fold in the fluffy whites until they are well blended, being careful not to stir roughly and so release the air which has been beaten into the whites.

Cook the omelet in a heavy pan, such as an iron skillet, of such a size that the mixture will be about 1 inch deep. Put the pan on to heat while the eggs are being beaten. Melt in it enough butter to coat the bottom, but do not allow the butter to brown. If the butter gets too hot, it may cause the omelet to burn and the flavor will be ruined. The secret of a perfect omelet is to cook it at a moderate temperature. Pour the egg mixture into the skillet and cook at a low, even heat. The air then has a chance to expand and raise the omelet before the proteins of the egg and milk set. Managed this way, they set gradually without becoming too tough, and the omelet cooks through thoroughly. If a small size gas or oil burner is used move the pan about so that the omelet will cook around the edge at the same rate that it does in the center. Use a spatula or broad, thin, limber knife to lift the edges of the omelet gently, in order to find out when it has browned on the bottom.

Then put it under a low flame in the broiling oven or on the shelf of a hot baking oven for a few minutes until the top sets. Or, if preferred, cover the pan during the whole cooking period and so cook the top of the omelet with steam. Then crease it through the center, fold it over with a spatula or knife, and turn it onto a hot platter, without attempting to lift it out of the pan.

Flat omelets as the French make them are a little easier and quicker to handle than fluffy omelets, because the yolks and whites of eggs are beaten together, not separately. Milk or water is added in the same proportion, 1 tablespoon to each egg. Use a large heavy pan, with melted butter, again being careful not to have it too hot, and cook the mixture slowly and evenly on both top and bottom. When it is golden brown, roll it in the pan, and turn it out onto a hot platter.

### OMELET VARIATIONS

Any kind of a cooked vegetable, such as chopped onion, green pepper, celery or parsley delicately fried in butter, cooked asparagus or grated cheese, chopped ham or bacon, may be spread over half of the omelet just before it is folded and turned onto the platter. The water in which vegetables have been cooked may also be used as the liquid in making omelets and sometimes gives an unusually appetizing flavor. Jelly is very good folded into an omelet. Tomato sauce, brown sauce with or without vegetables, or Spanish sauce, poured over the omelet after it is turned onto the platter, are still other variations.

## BAKED OMELET

1 quart milk.  
5 eggs.

|  $\frac{1}{4}$  teaspoon salt.  
| 1 tablespoon melted butter.

Warm the milk and pour it into the lightly beaten eggs. Season with salt and butter and pour this mixture into a greased baking dish. Bake in a moderate oven surrounded by a pan of water, until set in the center. Serve from the dish, adding more seasoning as desired.

## EGGS BENEDICT

Eggs.  
Toast.

| Thin sliced ham or bacon.  
| Hollandaise sauce.

Toast slices of bread, or split and toast English muffins. Place on each piece of toast a thin slice of cooked ham or crisp cooked bacon. On top of this place a poached egg, cover with hot Hollandaise sauce, and serve at once. The ham or bacon may, of course, be omitted and a drop or two of Worcestershire sauce sprinkled on each piece of toast to give flavor.

The recipe for Hollandaise sauce is included under "Sauces."

## BAKED EGGS AND CHEESE

Break the desired number of eggs into a shallow greased earthenware or glass baking dish, add a few tablespoons of cream, and salt enough to season, and sprinkle over the top grated cheese mixed with fine, dry bread crumbs. Set this dish in a pan containing hot water and bake in a moderate oven until the eggs are set and the crumbs are brown. Just before serving add a few dashes of paprika.

## CHEESE SOUFFLÉ

1 pint milk.  
 $1\frac{3}{4}$  cups bread crumbs.  
3 or 4 eggs.

|  $\frac{1}{2}$  pound American cheese.  
|  $\frac{3}{4}$  teaspoon salt.

Put the bread crumbs and milk together in the double boiler, and heat to the scalding point. Grate the cheese, or shave it into thin, small pieces and stir it into the hot milk and bread crumbs, but do not let it cook. Add the salt. Take this mixture from the heat and while it is cooling, beat the yolks and whites of the eggs separately, and butter a baking dish. The soufflé will cook best in a good-sized earthenware or glass baking dish 3 or more inches deep. After the bread, milk, and cheese mixture has cooled, stir in the beaten egg yolks and fold in the whites. The air beaten into the egg whites makes the soufflé fluffy; therefore mix the egg whites in with a careful folding motion. Pour the mixture at once into the buttered baking dish and bake in a very moderate oven for 45 to 50 minutes. Long, slow cooking is one of the secrets of making a perfect soufflé. The moderate heat makes the air bubbles in the egg whites expand until the mixture is light and cooks it thoroughly so that even when a spoon is put into it for serving it does not collapse like a pricked balloon. That is what happens to a soufflé, omelet, or other similar egg dish that has been cooked too rapidly at too high a temperature. Soufflés are not hard to make if one remembers this important point.

## BAKED CHEESE AND MACARONI

2 cups macaroni or spaghetti broken in small pieces.	2 cups milk. ¾ pound American cheese. 1 teaspoon salt.
4 tablespoons flour.	
4 tablespoons butter.	

Cook the macaroni or spaghetti in 2 quarts of boiling salted water until tender. Drain in a strainer and pour cold water over it to prevent the pieces from sticking together. Make a sauce with the flour, butter, milk, and salt. Grate or cut the cheese into the sauce, reserving a little to grate over the top of the dish.

Place the macaroni in a buttered baking dish in alternate layers with the cheese sauce. Scatter the extra grated cheese over the top with buttered bread crumbs. Bake until the sauce and macaroni are hot through and the crumbs are brown.

## CHEESE TOAST

1 pound American cheese.	2 tablespoons flour mixed with 2 tablespoons water. A little onion juice, if desired. ½ teaspoon salt. 1½ teaspoons baking powder.
1 cup rich milk or cream.	
2 eggs.	
4 drops tabasco, or a few grains of cayenne pepper.	

Shave the cheese into thin small pieces. Heat the milk in a double boiler, and thicken with the flour which has been mixed with the water. Cook for 5 minutes. Add the beaten eggs, the cheese, the pepper, and the salt. Cook slowly until the cheese has melted and the mixture is thick and creamy. Allow it to cool, then add the baking powder. The cheese mixture is then ready to spread on the toast.

Toast just one side of the bread. Spread the cheese mixture thickly on the untoasted side to the very edge. If the cheese mixture does not come to the edges of the bread, they become brown and hard. Brown the cheese delicately, under a low gas flame or in the oven. The slow heat allows the cheese mixture to heat through before it browns, gives it a chance to become light, and keeps the cheese tender and soft. Too great heat makes the cheese tough and stringy. If desired, place a strip of crisp bacon across each slice of cheese toast. Serve it hot from the oven. This recipe makes enough for 12 to 14 slices of bread. The cheese mixture may be prepared—except for the baking powder—the day before it is to be used. Since the mixture stiffens on standing, heat until soft in a double boiler, let it cool, and add the baking powder. Then spread the cheese on the toast.

## FROZEN CREAM CHEESE WITH FRUIT

2 Neufchâtel or cream cheeses.	½ teaspoon vanilla. ½ cup chopped canned pineapple, preserved cherries, dates, figs, or raisins.
1 cup double cream.	
¼ cup milk.	
1¼ cups powdered sugar.	
¼ teaspoon salt.	

Break up the cheeses and mix with the milk. Add the sugar, salt, chopped fruit, and vanilla, and mix thoroughly. Whip the cream until it is stiff and fold in the cheese mixture. Pour into a mold, pack in crushed ice and salt, and let stand for 3 or 4 hours to freeze.

Pound baking-powder tins lined with tough white paper make suitable molds. Serve the frozen cheese in slices with or without a garnish of the chopped fruit; or, if preferred, leave the chopped fruit out of the mixture and serve it as a garnish on top. A whole preserved fig on a round of the frozen cheese is a particularly attractive combination.

This same mixture, unfrozen, is also an excellent filling for charlotte russe made with lady fingers or sponge cake.

## MEATS

### POT ROAST OF BEEF

Wipe the meat, dredge with flour and salt. Brown in a little hot fat in an iron kettle. If desired, add a little onion to the fat in which the meat is browned. When the entire surface of the meat is browned, add hot water, cover the kettle tightly, and cook at a low temperature until the meat is tender. Turn the pot roast several times while it is cooking. Do not let it cook dry, but add only enough water to keep from burning.

### SWISS STEAK

4 pounds round or rump steak about 3 inches thick. 3 tablespoons fat. $\frac{1}{2}$ cup flour.		$1\frac{1}{2}$ teaspoons salt. $2\frac{1}{2}$ cups of tomato juice and pulp, or hot water.
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Sift the flour and salt together, and beat them into the steak with a meat pounder or hammer. Melt the fat in a large heavy iron skillet and sear the meat well on both sides in the hot fat. Pour the tomato juice and pulp or the water over the meat, cover tightly, and let cook slowly for  $1\frac{1}{2}$  hours, or until the meat is so tender that it can be cut with a fork. Add more liquid from time to time if needed to keep the meat covered. There should be plenty of rich gravy to serve over the meat. Onions may be added if desired, and should be browned and cooked with the meat.

### MOCK DUCK

Select a flank steak weighing 2 to 3 pounds. Make a stuffing of the following ingredients:

$1\frac{1}{2}$ cups stale bread crumbs. 1 teaspoon salt. $\frac{1}{2}$ teaspoon pepper. 1 onion, minced.		$\frac{1}{2}$ cup chopped celery. 2 tablespoons butter or $\frac{1}{4}$ cup finely chopped salt pork.
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Brown the celery and the onion lightly in the fat. Then mix the ingredients lightly, combining them with a fork. Spread the stuffing over the steak. Roll the steak crosswise, and tie it in two or three places with clean string. By rolling it crosswise the meat will be carved across the grain and the slices will be more tender. Roll the outside of the mock duck in flour, then sear the surface in a small quantity of fat in a baking pan. Add more flour if necessary, so there will be enough for brown gravy. When the meat is thoroughly seared on all sides, add a cup of water, cover closely, and cook until tender. This takes about  $1\frac{1}{2}$  hours. When the meat is done, mix 2 tablespoons of fat with an equal amount of flour, add the liquor from the pan, and enough water to make as much gravy as needed. If the steak had fat on it, there may be enough fat and also flour in the pan to make the gravy without adding any more.

## BEEF CROQUETTES

1 pound upper round, or other lean beef.	$\frac{1}{2}$ medium-sized onion, grated. 1 egg. 1 tablespoon parsley, chopped. Bread crumbs.
1 cup mashed potato, seasoned, or	
1 cup thick cream sauce.	
1 teaspoon salt.	

Simmer the meat in a small quantity of water until tender. Then grind the meat, using the fine knife of the grinder. Add the other ingredients, but reserve the egg for dipping. Mix well. Form the meat into balls or mold into oblong or cone shapes. Dip into the beaten egg which has been well mixed with 1 tablespoon of water. Roll in finely sifted bread crumbs and place on a pan or board. Let stand for an hour or longer for the egg coating to dry. If the cream sauce is used as the binder, make it from 3 tablespoons flour and 1 cup milk.

Heat in an iron kettle any desired fat until hot enough to brown a bread crumb in 40 seconds. Then carefully place the croquettes in a wire basket, lower them slowly into the fat, and cook until a golden brown. As the croquettes are removed put them on a paper to absorb the excess fat and keep warm in the oven until all are prepared. Serve with a garnish of parsley and tomato sauce.

For an oven-browned instead of a fried croquette, use  $1\frac{1}{2}$  instead of 1 cup of cream sauce in the mixture. This is a little more difficult to mold. Shape the croquettes as described, dip them in egg and crumbs, and place them on a greased pan to brown in a hot oven.

## BEEF ROLL

2 cups chopped cooked meat.	1 tablespoon chopped celery tops. $\frac{1}{8}$ teaspoon tabasco. $\frac{1}{4}$ cup flour. 2 tablespoons fat. Rich biscuit dough, made with 2 cups flour.
1 teaspoon salt.	
$\frac{1}{2}$ medium-sized onion.	
1 tablespoon finely chopped parsley.	
1 cup broth or milk.	

Make a sauce of the flour, fat, and the milk or broth. Cook until thickened and then mix with the meat and seasonings. Roll the biscuit dough about  $\frac{1}{2}$  inch thick and long enough to make a roll of the right size to fit into the baking pan. Place the meat on the dough, and leave the dough uncovered about 1 inch from the sides. Then roll up the meat and dough like a jelly roll, and place in a greased pan. Bake in a slow oven until the crust is a golden brown. Serve tomato or any other well-seasoned sauce with the meat roll.

## CORNERED BEEF HASH

1 pound cooked corned beef.	Onion to flavor. Dash of cayenne.
5 boiled potatoes.	

Put ingredients through the meat grinder, using the fine knife. Grease lightly a heavy iron skillet. Pat in the hash in an even layer and cook over a low heat until a golden brown crust is formed. When brown place a pan or lid over the skillet and turn the hash out so the browned side is on top. Slip the uncooked side in the skillet and allow this side to cook a golden brown. Turn onto a plate in the same way as when first turned and garnish with parsley.

## FRESH BEEF TONGUE

1 beef tongue.	1 onion, large.
4 quarts water.	1 teaspoon pepper corns.
3 sprigs parsley.	2 bay leaves.
½ teaspoon salt.	

Wash the tongue well. Do not trim it. Place it in water to cover, add the seasonings, and simmer for 2½ to 3 hours, or until the meat is tender. Skin the tongue. Slice and serve hot, or allow it to cool in the liquid after skinning and serve cold.

Make a stew from the meat at the base of the tongue, the liquid, and added vegetables. Or cook spinach or kale in the liquid, and serve with the meat which is not in shape for slicing.

## KIDNEY STEW

1 beef kidney.	1 tablespoon thinly sliced onion.
1 cup diced potato.	¾ teaspoon salt.
1 tablespoon flour.	1 tablespoon butter.
1 tablespoon chopped parsley.	1 egg yolk
Few drops tabasco.	

Wash the kidney well, remove the skin, and most of the fat. Cover with cold water and heat slowly to the boiling point, discard the water, and repeat the process until there is no strong odor and no scum on the water. Then add more water and simmer the kidney until tender. Cut the kidney into small pieces. Cook the diced potato and onion and add to the cut kidney. Thicken the liquid with the blended flour and butter, and cook for a few minutes longer. Take the stew from the stove and stir in the beaten egg yolk, the parsley, and tabasco. The heat of the stew will cook the egg sufficiently

## OX TAIL STEW

1 ox tail.	2 tablespoons butter.
2½ quarts water.	1 teaspoon Worcestershire or other seasoning.
4 carrots, diced.	Salt and pepper to taste.
2 turnips, diced.	1 tablespoon parsley, chopped fine.
2 onions, sliced.	Slices of lemon.
1 large potato, diced.	

Wash the ox tail, cut in short lengths, and brown it in its own fat. Cook the onions in the butter, add to the meat with 1½ quarts of the water, and simmer until the meat is tender. In the meantime, cook the carrots and turnips for 10 minutes in 1 quart of the water and add to the meat, with the water in which they cooked. Add also the potatoes, the sauce, and the salt and pepper. When the vegetables are soft, thicken the stew with a small quantity of flour mixed with a little cold water to a smooth paste. Cook until thickened. Sprinkle with the parsley and garnish with slices of lemon.

## BOILED DINNER

4 pounds corn beef.	5 medium carrots, cut in half.
4 quarts water.	3 potatoes, large, cut in halves or quarters.
3 large onions, cut in half.	½ head cabbage, medium, cut in eighths.
2 large turnips, cut in quarters.	
3 parsnips.	

Select a good piece of beef and cover it with 4 quarts of cold water. Allow the water to come to the boiling point and then discard it. Cover the meat again with 4 more quarts of water and let it simmer until tender. Take the meat out of the water. If the liquid is too salty, pour off part of it and add sufficient fresh water to have at least 3 pints of well-flavored broth. The vegetables are added at different times, depending upon the time needed to cook them tender. Add the onions first, then 20 minutes later the turnips, parsnips, carrots, and potatoes. Fifteen minutes before these vegetables are done, add the cabbage, which has been cleaned and cut in sections. Serve the boiled dinner on a large platter, with the meat in the center and the vegetables drained and placed neatly around it. The advantage of this method of cooking is to have the vegetables tender and yet not overcooked, as is sometimes the case in a boiled dinner.

### MEAT LOAF

2 pounds ground beef.	1 cup dry bread crumbs.
$\frac{1}{2}$ pound ground pork.	1 to 2 cups canned tomato.
1 onion, grated.	Salt.
1 cup thick cream sauce or gravy,	Pepper.
or 2 eggs.	Celery tops.

Mix the ingredients together thoroughly. Shape the mixture into a loaf, place a strip or two of salt pork or small pieces of suet on top, and place in a heavy baking pan. Bake for  $\frac{1}{2}$  to  $\frac{3}{4}$  of an hour. The oven should be hot at first, reducing the temperature toward the end. If sauce or gravy is used as a binder for the loaf, make it with 3 tablespoons flour and 2 tablespoons butter or other fat to 1 cup of liquid.

### SAVORY MEAT ON TOAST

1 pound shredded lamb, beef, or pork.	2 cups canned tomato juice, strained.
4 cups celery tops, chopped fine. Or	1 teaspoon salt.
2 cups celery and 2 of chopped leaves.	2 tablespoons flour.
	2 tablespoons butter.
	1 tablespoon shredded onion.

Shred the meat into small pieces. Brown the meat in its own fat in a frying pan. Add the celery tops, onion, and salt. Cover and cook for about 10 minutes. Add the flour and butter mixed together and the tomato juice. Stir until the mixture is thick and there is no starchy flavor. Serve the savory meat on slices of delicately browned toast. Fried noodles or French fried onions sprinkled over the top just before serving are an attractive addition.

### SHEPHERD'S PIE

Grease a baking dish and cover the sides with a thin layer of seasoned mashed potato. Fill the center with well-seasoned, slightly thickened stew, creamed chicken, or creamed fish. There should be no potatoes in the stew. Cover the top with the mashed potato and bake until the pie is hot through and lightly browned on top. A small amount of baking powder or a well-beaten egg adds to the lightness of the potato.

## LIVER AND BACON

Allow 1 or 2 thin slices of bacon for each serving. Cook the bacon over a slow fire in a broad iron skillet. As soon as it is delicately browned and crisp, take the bacon out and drain it; if left in the fat, it will be greasy. While the bacon is cooking, wipe the liver and remove the outer skin and veins. Many cooks pour boiling water over beef liver to draw out any blood remaining on it. Hog and lamb livers are improved by scalding. Beef and calf livers are good either scalded or unscalded. Dip each piece in flour, season with salt, and cook slowly in the bacon fat. Intense heat makes liver dry and leathery and causes the edges to scorch. Onions cut in thin, round slices may be cooked with the liver. When the liver is tender and golden brown, remove from the pan and keep it warm while the gravy is made. To make the gravy, strain the fat, measure out 2 tablespoons of it, and mix with about  $1\frac{1}{2}$  tablespoons flour. Use a cup of milk to mix with the fat and flour, and cook the gravy until smooth. Season with salt and pepper. Pour the gravy over the liver or serve it separately. Garnish the dish of liver with the bacon and a bit of parsley.

## SCRAPPLE

Select 3 pounds of very bony pieces of pork or pork and beef mixed, if preferred. A hog's head may be used for making scrapple. For each pound of bony meat use about a quart of water and simmer until the meat drops from the bone. Remove the bone, taking care to get out all the tiny pieces. Chop the meat into small pieces. There should be about 2 quarts of broth left. If necessary, add water to make this quantity. Bring the broth to the boiling point, slowly add 2 cups of corn meal, and cook the mixture until it is like a thick mush, stirring almost constantly. Add the chopped meat, salt, and any other seasoning desired. Add onion juice, sage, and thyme, if desired. Pour the hot scrapple into dampened oblong enamelware pans. Let stand until cold and firm. Slice and brown in a hot skillet. If the scrapple is rich with fat, no more fat is needed for frying.

## VEAL TIMBALES

1 pound veal.  
2 eggs.  
 $\frac{1}{2}$  teaspoon salt.  
Onion juice.  
1 cup milk or meat broth.

1 teaspoon finely chopped parsley.  
2 tablespoons flour.  
2 tablespoons butter.  
Lemon juice to taste.

Simmer the veal in a small quantity of water until tender, then put through the meat grinder, using the fine knife. Prepare a sauce of the butter, flour, and liquid. Add to this the well-beaten eggs, the seasonings, and the meat. Mix well. Grease custard cups and pour in the mixture. Bake for  $\frac{1}{2}$  hour in a pan surrounded by water. Turn the timbales out and serve hot. Chicken, lamb, or any other left-over meat may be used instead of veal in making timbales.

## CURRIED VEAL

2 pounds veal.		1 medium-sized onion, chopped.
2 cups lima beans.		$\frac{1}{2}$ green pepper, chopped.
1 cup diced cucumber.		1 tablespoon butter.
$\frac{1}{4}$ teaspoon curry.		$1\frac{1}{2}$ teaspoons salt.

Wipe the meat and cut it into small pieces. Place in a saucepan, add boiling water to cover, and simmer the meat until it is almost tender. Then add the lima beans. In the meantime cook the onion and pepper in the butter and add to the meat. When the beans are done, thicken the liquid slightly with a little flour which has been mixed with the curry, the salt, and a little cold water. Add the cucumber and cook for a few minutes longer.

## JELLIED VEAL

2 pounds veal.		1 tablespoon finely chopped parsley.
1 quart water.		1 cup whipped cream.
1 tablespoon gelatin.		Salt and pepper to taste.
Juice of $\frac{1}{2}$ lemon.		

Cook the veal at simmering point until tender. Separate the meat from the bones. Put the meat through the grinder, using the fine knife. Soak the gelatin in  $\frac{1}{4}$  cup water and add to the hot meat broth. Add the ground meat and the seasoning. Let the mixture stand until it begins to set, then fold in the whipped cream and pour the mixture into a dampened, oblong pan. Chill thoroughly until firm. Cut in slices, and serve cold. Bony pieces of veal, such as cuts from the neck and the shoulder, are excellent for making jellied veal.

## VEAL CUTLET

Veal cutlet should be served well done. The meat for cutlets should be cut about  $\frac{3}{4}$  of an inch thick. If cut any thinner, it is likely to dry out in cooking. Remove any skin and cut the meat into pieces of convenient size for serving. Season with lemon and onion juice and Worcestershire sauce, if desired, before cooking. Dip in flour and then cook in shallow fat until a crust is formed on both sides. If the meat is tender, cover and cook slowly until done. If the meat is inclined to be tough, add hot water and simmer slowly. A rich gravy will then be developed, which is served with the meat. Season with salt and pepper. Make a gravy by adding flour and mixing well with the fat. Then add hot water. Pour the gravy over the cutlet.

## ROAST VEAL SHOULDER WITH STUFFING

Remove the shoulder bone, and fill the cavity with a stuffing made as follows:

2 cups dry bread crumbs.		$\frac{1}{4}$ teaspoon pepper.
4 tablespoons melted butter.		$\frac{1}{2}$ teaspoon finely grated onion.
$\frac{1}{2}$ teaspoon salt.		A little sage or thyme, if desired.

Mix the seasoning with the dry crumbs and moisten with the butter. Place the prepared meat in the roasting pan. Rub drippings over the surface, sprinkle with pepper and salt, and dredge with flour. The flour forms a crust which holds the meat juices. Put the meat in a hot oven, in an uncovered roaster and cook until well browned. Then reduce the heat and cook more slowly until tender. After the meat is removed, add flour and water to make a brown gravy.

## VEAL PIE

2 pounds veal.	1 quart water.
1 onion, sliced.	2 tablespoons fat.
4 stalks celery, chopped fine.	1 tablespoon flour.
2 potatoes, diced.	Salt.
3 carrots, diced.	Pepper.

Cut the meat into small pieces and sear in the fat in a skillet with the sliced onion. Then place in a saucepan with the water and simmer until almost tender. Add the other vegetables and cook for 15 minutes longer. Thicken the liquid slightly with the flour. Add the salt and pepper.

Line the sides of a deep baking dish with a thin layer of rich biscuit dough. Pour the meat and vegetable mixture into the dish. Cover with a layer of the biscuit dough. Cut a slit in the top crust so the steam can escape. Bake in a hot oven until the biscuit dough is delicately brown and crisp.

## PORK CHOPS DE LUXE

5 pork chops.	3 teaspoons salt.
5 medium-sized apples, pared and cored.	$\frac{1}{8}$ teaspoon pepper.
4 white potatoes, medium size.	$1\frac{1}{2}$ cups boiling water.
6 onions, cut in half.	Flour.

A large baking dish is necessary for this. If a casserole is not available, a roaster with a cover may be used. Grease the baking dish. Cut the onions in half and place them in the bottom of the dish. Sprinkle with salt. Core the apples. Cut each apple into 4 or 5 rings, and stick the end of a pork chop through these rings. Then place the pork chops and apples over the layer of onions and sprinkle lightly with flour. Fill up the spaces with the potatoes, thinly sliced. Add the remaining salt and the pepper. Pour in the boiling water and cover the baking dish. Bake until tender, which will take a little over 1 hour. Then remove the cover of the baking dish and continue the baking until all the food is a rich golden brown.

## PORK WITH VEGETABLES

1 pound lean pork.	1 cup chopped celery.
6 tablespoons butter.	2 quarts cabbage cut in strips.
4 tablespoons chopped onion.	1 teaspoon salt.
4 tablespoons chopped green pepper.	

Chop the pork, brown it in the butter, add the chopped onion, green pepper, celery, and cabbage, and let them brown a little in the hot fat. Then add a small quantity of water and let the meat and vegetables simmer for about 15 minutes. The vegetables should then be tender but still crisp and fresh looking. Season with salt and pepper and serve at once.

## PORK AND PARSNIP STEW

1¼ pounds fresh pork.	1 cup sliced onion.
3 pints hot water.	2 tablespoons flour.
3 cups diced parsnip.	1½ teaspoons salt.
1 tablespoon finely chopped parsley.	

Cut the pork into small pieces and brown in a skillet. Add the water and simmer the meat until nearly tender. Then add the vegetables and cook for 15 or 20 minutes. Mix the flour with a small quantity of cold water, add to the meat and vegetables and cook until the stew is thickened. Add the salt. Sprinkle the parsley in the stew and serve hot.

## BAKED HAM

Select a 9 or 10 pound ham and scrub it thoroughly. If very salty, soak it overnight.

For cooking, to each pound of ham allow at least 1 quart of boiling water, or enough to cover. Place the ham in the hot water. To a 9 or 10 pound ham add 1 carrot sliced, 2 stalks celery, 1 teaspoon celery salt, 3 sprigs parsley, 1 onion sliced, 2 or 3 bay leaves, and ½ cup strong vinegar. Cover, and simmer for 4 or 5 hours, counting the time from the beginning of the simmering period. Twenty-five minutes to the pound will be about the right time. Test by using a skewer, or a fork with long tines, and turn the ham so it will cook evenly on both sides. Add more hot water as the ham liquor evaporates. The ham should be covered with water during the entire cooking period. After the ham is tender, let it stand overnight in the liquor, or, if it is to be served hot, remove the skin at once, wait until the surface of the ham is cool, then cover with the following mixture:

3 cups brown sugar.	½ teaspoon mustard.
3 cups fine, soft bread crumbs.	Cider or vinegar to moisten.

Mix ingredients and spread over the upper side of the ham until entirely covered. Press long-stemmed, whole cloves into the coated fat at intervals. These help to hold on the paste, and also season the meat. Place the ham in a hot oven to form a crust quickly, then reduce the temperature and baste frequently with a mixture of ham liquor and cider or vinegar until the ham is evenly browned.

## HAM EN CASSEROLE

Place a thick slice of ham in a good-sized baking dish. Add thinly sliced raw potatoes which have been sprinkled lightly with flour. Pour over them enough milk to cover. Bake slowly for about an hour and a half, or until the potatoes and ham are thoroughly cooked. Cover the baking dish for the first hour of the cooking. The salt and fat of the ham are sufficient to season the potatoes. If necessary, add a little hot milk from time to time during cooking. There should be enough liquid to form a tasty gravy around the ham and potatoes. Serve the ham and potatoes from the baking dish.

If the ham is very salty, soak it, preferably in buttermilk or sour milk, before cooking it with the potatoes. The acid of sour milk seems to soften the ham and make it very tender when cooked.

## SMOTHERED HAM WITH SWEET POTATOES

1 slice of smoked ham, cut into sizes for serving.	1 tablespoon butter or ham drippings.
3 cups raw, sliced, sweet potatoes.	2 tablespoons sugar.
	1 cup hot water.

Brown the ham lightly on both sides and arrange it to cover the bottom of a baking dish. Spread the sliced sweet potatoes over the ham. Sprinkle with sugar. Add the hot water and extra fat. Cover the dish and bake slowly until the ham is tender. Baste the potatoes occasionally with the gravy. Brown the top well.

## PICKLED PIG'S FEET

Place pig's feet in salt pickle for several days. Then boil them for a varying length of time, depending upon the size of the feet. Take care to remove them from the kettle before the meat separates from the bones. Split the feet lengthwise, place them in a jar, and cover with vinegar to which bay leaves, allspice, and whole black pepper have been added.

## ROAST STUFFED SHOULDER OF LAMB

Have the shoulder blade removed, and fill the cavity with a stuffing made as follows:

2 cups-dry bread crumbs.	½ teaspoon onion juice.
4 to 6 tablespoons butter.	1 teaspoon parsley or celery tops
½ teaspoon salt.	chopped fine.
⅛ teaspoon pepper.	Small quantity of thyme.

Melt the butter, add the other ingredients, and mix well together. Stuff this mixture into the lamb shoulder and place in a baking pan. Sprinkle salt, pepper, and flour over the outside of the meat and sear in a hot oven. Reduce the temperature and cook for 1½ hours. Serve piping hot.

## ROAST LEG OF LAMB

Choose a plump, well-fatted leg weighing 5 to 5½ pounds. Wipe with a damp cloth. Rub salt over the outside of the meat, and dredge with flour if desired. Place the meat, bone side up, in a heavy roasting pan, preferably on a rack, and put it in a very hot oven (about 500° F.). If it is roasted in this position the thick part of the meat will be most convenient for carving. Let the meat stay at this temperature for 20 minutes, or until it sears over; then let the oven cool to a moderate temperature (about 350° F.). Continue roasting for 2 to 2½ hours, depending on size of leg. A general rule is to allow 15 minutes per pound, counting out the time required for searing. Do not add water. If desired place raw peeled onions around the meat when it is put in the oven. Sprinkle the onions with salt, and a very little flour. Serve meat piping hot.

## BRAISED BREAST OF LAMB WITH SPINACH STUFFING

Simmer a breast of lamb until tender in enough salted water to cover. Remove from the broth, slip the bones out at once, and allow the meat to cool. Meanwhile prepare the spinach stuffing.

Spread out the breast of lamb, cover with a thin layer of the stuffing, roll, and tie at both ends with clean white string. Place the rolled meat in a baking pan, sprinkle lightly with flour, pour  $\frac{1}{4}$  cup of the broth around it, and brown in a hot oven. In serving slice the meat from the end of the roll.

### SPINACH STUFFING

2 cups dry bread crumbs.	1 tablespoon chopped green pepper.
$\frac{1}{2}$ pound cleaned spinach leaves.	1 tablespoon chopped onion.
4 tablespoons butter.	$\frac{1}{2}$ teaspoon salt.
2 tablespoons chopped celery.	$\frac{1}{4}$ teaspoon pepper.

Wash the spinach thoroughly, cut into fine pieces, and place in a pan with the pepper, minced fine, the onion, and one-half the butter. Cook about 2 minutes, long enough to wilt the spinach slightly, stirring constantly. Then push the spinach to one side of the pan, melt the remaining butter in the empty part of the pan, and mix with it the bread crumbs, so that they absorb the butter. This is simply an easy way of buttering the crumbs without using another pan. Mix the spinach and crumbs and stir until somewhat dry. The spinach will become more moist as the stuffing cooks.

### LAMB STEW

2 pounds lamb.	$\frac{1}{2}$ cup sliced onions.
2 tablespoons fat.	1 green pepper, chopped.
3 cups diced rutabaga turnips.	Salt and pepper.

Wipe the meat with a damp cloth, cut into small pieces, brown the sliced onion in the hot fat, roll the meat in flour, then brown it in the hot fat. Be careful not to scorch the meat or the delicate flavor will be lost. Put the browned meat and onion in a kettle, rinse the frying-pan with water, and pour this liquid over the meat and onion. Add enough more water to make about a quart and a half in all. Simmer the meat for about 1 hour, then add the diced turnips, chopped green pepper, and the seasoning. Cook for 20 to 30 minutes longer. If the stew is not thick enough, mix together a little flour in cold water, stir this in, and continue stirring for about 5 minutes. The stew is likely to stick to the kettle and scorch after the thickening is added.

### RABBIT IN TOMATO SAUCE

1 large rabbit.	2 teaspoons salt.
2 tablespoons fat.	Pepper.
$1\frac{1}{2}$ cups tomato pulp and juice.	3 cups water.
1 large onion chopped fine.	

Dip the pieces of rabbit in flour and brown the fat in a deep iron skillet. Add the chopped onion and tomato juice with the seasonings and the boiling water. Cover and let simmer on top of stove or in the oven for 1 hour. The tomato sauce cooks down and gives a very good flavor to the rabbit. A little more thickening may need to be added just before serving.

## BAKED RABBIT

One rabbit, 3 cups cream or a thin white sauce, 6 slices bacon, and flour for dredging.

Skin, clean, and wash the rabbit. Split it into two pieces, cutting along the backbone. Rub with salt and a little pepper. Place in a roasting pan. Dredge with flour. Lay strips of bacon across the rabbit. Pour over and around it 3 cups of white sauce or 3 cups of cream. Bake  $1\frac{1}{2}$  hours, basting frequently. Serve hot with the cream gravy. The liver may be boiled until tender, chopped, and added to the gravy before serving.

## RABBIT EN CASSEROLE

8 slices bacon.  
1 large rabbit cut into pieces.  
2 medium-sized potatoes.  
2 small onions.

2 cups hot water.  
1 teaspoon salt.  
 $\frac{1}{4}$  teaspoon pepper.

Fry the bacon until light brown. Remove it from the fat. Use this bacon fat to brown the rabbit, which has been dipped in flour. Arrange in a casserole or a baking dish the pieces of rabbit, the strips of bacon, and sliced onions and potatoes. Dredge lightly with flour. Pour the hot water over all. Cover and cook slowly for 2 hours.

## FISH AND SHELLFISH

### SCALLOPED SALMON

1 pound can of salmon.  
1 $\frac{1}{4}$  cups milk.  
2 tablespoons flour.

2 tablespoons butter.  
 $\frac{1}{4}$  teaspoon salt.  
 $\frac{1}{2}$  cup buttered bread crumbs.

Prepare a sauce of the milk, flour, and butter. Place a layer of the salmon in the bottom of a greased baking dish. Pour some of the sauce over the salmon. Add another layer of salmon, then more sauce. Cover the top with buttered bread crumbs. Bake until the sauce bubbles and the crumbs are brown.

### CODFISH BALLS

1 $\frac{1}{2}$  cups (packed) salt codfish, shredded.  
3 cups mashed potatoes, seasoned with milk and butter.  
2 eggs.

Shred the fish, soak in the cold water until freshened, and cook until tender. Place the fish in a double layer of cheesecloth and press out all the liquid. Mix the cooked codfish with the hot mashed potatoes and the well beaten eggs. Beat until light. Drop by spoonfuls into hot fat and fry to a golden brown. Drain on paper and serve as soon as possible.

### FISH MOLD

2 eggs.  
 $\frac{1}{4}$  cup water.  
 $\frac{1}{4}$  cup of vinegar.  
1 teaspoon salt.  
 $\frac{1}{2}$  teaspoon celery seed.

$\frac{1}{2}$  teaspoon sugar.  
2 tablespoons gelatin.  
 $\frac{1}{2}$  cup cold water.  
2 cups minced fish.

Beat the eggs, add the seasoning, the vinegar, and water and cook over boiling water until thickened. Soften the gelatin in cold water and add to the hot dressing. Then add the fish. Place in individual cups or one large mold, and let stand in a cold place until firmly set. Serve on crisp lettuce with mayonnaise.

### FISH CHOWDER

1 $\frac{1}{2}$  pounds fish.  
4 potatoes.  
1 onion, chopped.

2 cups diced carrots.  
 $\frac{1}{4}$  pound salt pork.  
2 cups milk.

Cod or haddock is the kind of fish generally preferred for chowder, but any kind of fresh dried, or canned fish will do if it has large flakes of meat and only a few bones, which can be easily picked out before the fish is combined with the other ingredients. If preferred, a quart of clams or oysters may be used instead of the fish.

Cut the salt pork in small pieces and fry with the chopped onion for five minutes. Put pork, onions, carrots, and potatoes in a kettle and cover with boiling water. Cook until the vegetables are tender. Add the milk and the fish which has been removed from the bones and cut in small pieces. Cook until the fish is tender, or for about 10 minutes.

Chowder can be thickened with flour, although many persons prefer to add crackers, in imitation of the fishermen who always used pilot bread. Add eight or nine good-sized crackers to the chowder a few minutes before serving. If flour is used for thickening, mix 3 tablespoons of flour with about  $\frac{1}{2}$  cup of milk, stir it into the chowder, and allow it to cook for a few minutes. If a chowder made with tomatoes is preferred, use  $2\frac{1}{2}$  cups of stewed and strained tomatoes instead of the milk.

### OYSTER COCKTAIL

1 pint raw oysters.	$\frac{1}{2}$ teaspoon salt.
6 tablespoons tomato catsup.	2 tablespoons chopped celery.
3 tablespoons lemon juice or vinegar.	1 tablespoon Worcestershire sauce.
12 drops tabasco sauce.	2 tablespoons grated horseradish.

Mix all the ingredients except the oysters. Chill. Place the cold oysters in cocktail glasses. Add the sauce just before serving.

### OYSTERS ON THE HALF SHELL

For serving on the half shell, it is better to buy oysters in their shells and shuck them at home. Scrub the shells thoroughly. Then shuck them—that is, pry them open with an oyster knife or other heavy steel blade. Take off the top shell and discard it. Slip the knife under the oyster and cut loose the round muscle that holds it to the shell. Place the oysters on the half shell on plates full of cracked ice. Arrange the shells so that they radiate from the center and allow 5 or 6 oysters to each person. Place a quarter of a lemon in the center of each plate.

Oysters on the half shell may be seasoned with salt and pepper, tomato catchup, a little tabasco, Worcestershire sauce and grated horseradish.

### CREAMED OYSTERS

1 quart oysters.	1 teaspoon salt.
$2\frac{1}{2}$ cups milk and oyster liquor.	$\frac{1}{8}$ teaspoon pepper.
$\frac{1}{2}$ cup butter.	$\frac{1}{4}$ teaspoon onion juice, if desired.
$\frac{1}{2}$ cup flour.	

Cook the oysters in their liquor until the edges begin to curl. Do not let them cook too long or they will be tough. Strain off the liquor. To this liquor add enough milk to make  $2\frac{1}{2}$  cups. Melt the butter and add the flour, stirring until blended. Add the liquid. Cook for 5 or 10 minutes to do away with the starchy flavor of the flour. Add the oysters and seasoning and serve at once in patty shells or on toast. If creamed oysters stand, the sauce becomes too thin.

### FRIED OYSTERS

Select large oysters for single fries. Drain the oysters and look them over carefully for small pieces of shell. Have finely sifted stale bread crumbs seasoned with salt and, lightly, with pepper. Dip the oysters in a well-beaten egg to which 1 tablespoon of cold water has been added and roll them in the seasoned crumbs. Place the oysters on a pan or board and allow them to stand until the egg and bread coating has hardened.

Heat in an iron kettle any desired fat until hot enough to brown a bread crumb in 40 seconds. Then carefully place the oysters in a wire basket, lower them into the fat slowly, and cook until golden brown. As the oysters are removed put them on paper to absorb the excess fat and keep warm until all are prepared.

### OYSTERS SCALLOPED WITH RICE

3 cups cooked rice.	1 cup milk.
1 pint fresh oysters.	2 tablespoons flour.
1 cup chopped celery.	$\frac{1}{2}$ teaspoon salt.
2 tablespoons butter.	$\frac{1}{8}$ teaspoon pepper.

Place alternate layers of rice, oysters, and celery in a baking dish. Pour over them a smooth, white sauce made by melting the butter, and blending with the flour, the salt, and the pepper, and adding the milk. Bake for 20 minutes.

### OYSTER AND VEGETABLE STEW

1 quart oysters.	1 small onion, chopped fine.
1 cup water.	1 cup celery, chopped fine.
$\frac{1}{2}$ cup raw turnip, chopped.	4 tablespoons butter.
2 cups shredded raw cabbage.	1 teaspoon salt.

Boil the turnip in the water for 5 minutes. Then add the shredded cabbage and the chopped onion. Cook for 10 minutes. Add the oysters, salt, and butter. Cook for a few minutes until the oysters curl at the edge. Add the celery just before serving. A little thickening may be used if desired, for the liquor comes out of the oysters as they cook. Serve toasted bread or crackers or crisp biscuits with the stew.

### CLAM CHOWDER

1 quart shucked clams.	$\frac{1}{2}$ teaspoon salt.
2 small potatoes.	Few drops tabasco.
1 onion, medium, cut in small pieces.	1 pint milk.
2 slices bacon, cut in small pieces or an equal quantity of salt pork.	2 tablespoons flour.

Remove the clams from the liquor and strain the liquor through cheesecloth or a very fine wire strainer to remove any small pieces of shell. Crisp the bacon and remove it from the fat and break into small pieces. If salt pork is used cut it into dice before frying. Cook the onion in the meat fat until yellow and then add the flour. Pour most of the clam liquor into the pan slowly and cook until thickened. Cook the clams below the boiling point in the remainder of the liquor for two or three minutes, then place the clams through the fine knife of the meat grinder, taking care to catch the juice which is pressed from them while grinding. Add the milk to the thickened clam juice, the salt, the bacon or salt pork, the ground clams, and the remainder of the juice. Bring to the boiling point. Sprinkle finely chopped parsley over the top and serve over crackers.

## POULTRY

### CHICKEN LOAF

2 cups finely cut cooked chicken.	$\frac{1}{2}$ cup mashed canned peas.	
1 cup fine bread crumbs.		Salt.
$1\frac{1}{2}$ tablespoons butter or chicken fat.		Paprika.
$\frac{1}{2}$ cup milk.		Onion and green pepper fried in butter or chicken fat.
2 eggs.		

Heat the milk, moisten the crumbs with it, and combine with the other ingredients, adding the beaten eggs last. Place the mixture in a greased baking dish or pan and bake in a moderate oven for 1 hour, or until firm and brown. Turn out on a platter and serve hot or cold. If served cold, garnish with sliced tomato.

### FOWL EN CASSEROLE

Cut the fowl into pieces convenient for serving. Dust with salt, pepper, and flour. Brown delicately in a small quantity of fat. As each piece is removed from the frying pan, place it in the casserole. Pour a little water into the frying pan to rinse out the particles of fat and add this liquid to the fowl in the casserole. Cover the casserole and cook the fowl in a slow oven for 3 or 4 hours, or until it is tender. Just before serving, remove the fowl and add to the juices a cup of milk which has been blended with  $1\frac{1}{2}$  tablespoons of flour. Cook for 10 minutes, put the fowl back in this gravy, and serve from the casserole.

### FRICASSEED CHICKEN WITH DUMPLINGS

Dress the fowl and cut it into pieces for serving. Roll each piece in flour and brown in hot fat. Browning the chicken before cooking it helps retain and develop the flavor. After the pieces are browned, simmer until tender in enough water to cover. When it is done, take the chicken out and cook dumplings in the gravy. Serve the chicken in the center of a platter, with the dumplings around the edge. Pour the gravy over the chicken.

### DUMPLINGS

1 cup flour, sifted.	1 egg.	
$2\frac{1}{2}$ teaspoons baking powder.		$5\frac{1}{2}$ tablespoons milk.
$\frac{1}{2}$ teaspoon salt.		

Sift the flour, baking powder, and salt together. Beat the eggs well, add the milk, and mix with the dry ingredients. Drop by small spoonfuls into the chicken gravy. Cover tightly and cook for 15 minutes. The top must not be removed while the dumplings are cooking. If the steam escapes the dumplings will not be light.

## CHICKEN RIZOTTO

1 quart chicken broth.	1 onion, minced.
1 cup chopped chicken meat.	$\frac{3}{4}$ cup rice.
2 tablespoons butter.	Grated cheese.

Pick the meat from the bones of left-over cooked chicken. Stew the bones in enough water to make a quart of broth, adding any left-over gravy or sauce that will furnish chicken flavor. In a large skillet cook slowly in the butter the onion, which has been minced finely. Do not let the onion brown. To this add the chicken broth. When it boils up rapidly, sprinkle in slowly the rice which has been washed free of surface starch. Cover the skillet. Allow the rice to simmer in the broth for about 25 minutes or until the grains swell and become soft. Shake the skillet from time to time to keep the rice from sticking, but do not stir it unless absolutely necessary. By the time the rice is done it will have absorbed practically all the broth, and the grains will be large and separate. Then add the small pieces of chicken which were picked from the bones, turn the mixture onto a hot platter, and sprinkle generously with grated cheese. The Italians use Parmesan cheese, but any of the American varieties hard enough to grate will be satisfactory.

## CHRISTMAS CHICKEN

A plump fowl, weighing 4 to 6 pounds.	2 tablespoons chopped onion.
4 or 5 medium-sized potatoes.	2 tablespoons parsley.
1 cup raisins, without seeds.	Flour.
3 cups canned tomatoes.	Butter.
	Salt and pepper.

Simmer the fowl in a small quantity of salted water until tender. Remove from the broth. Set the fowl aside for stuffing. To the chicken broth add the canned tomatoes and the finely chopped mild onion. Let this sauce cook down. In the meantime prepare the stuffing by cooking and mashing the potatoes and adding to them the raisins and enough milk to make the mixture the stiffness of ordinary mashed potatoes. Stuff this, while still hot, into the body cavity and neck of the fowl. Crowd in all the stuffing possible. Pour a little melted butter over the chicken. Put it in the oven to brown. Thicken the tomato sauce to the consistency of a gravy and add 2 or 3 tablespoons of finely chopped parsley and green pepper, if desired. When the chicken and the surface of the potato stuffing have become delicately brown, place on a large hot platter. Pour part of the sauce around the chicken and serve at once.

## ROAST TURKEY

Draw and singe the turkey. Remove the oil sac and all pinfeathers. Cleanse thoroughly and wipe dry. Rub the surface over with butter and a little salt. Stuff with a dressing made as follows:

6 cups finely broken stale bread.	$\frac{1}{4}$ pound butter or an equal quantity
2 teaspoons salt.	of turkey fat.
$\frac{2}{3}$ teaspoon pepper.	$\frac{1}{2}$ onion, grated, or more if desired.
$\frac{1}{4}$ teaspoon thyme.	4 stalks celery, chopped.
$\frac{1}{2}$ teaspoon ground sage.	$\frac{1}{2}$ cup boiling water.
1 teaspoon baking powder.	

Scissors may be used to cut up the stale bread. Cook the celery and onion in the butter five minutes. Mix with the bread, baking powder, seasonings, and hot water. Fill the cavity of the turkey. If a moist and fluffy rather than a dry dressing is preferred, use more water. If there is any surplus, it may be cooked in a separate dish, basted with the drippings from the pan, and served with the dinner,

The turkey may be started in a hot oven (400° F.) if a double roasting pan is used. If the turkey is young and tender, it will be done in 1½ hours, during the latter part of which the temperature may be slightly reduced. A large, heavy, or old bird will require considerably longer baking. Keep the bottom of the roasting pan well covered with water during roasting, so that the meat will not dry out.

### GIBLET GRAVY

Save the giblets—heart, liver, and gizzard—for gravy. Bake in the pan beside the turkey or put through the meat chopper and simmer in a quart of water while the turkey is baking. Measure the liquid. To thicken it, use 2 tablespoons of flour blended with an equal quantity of turkey fat to each cup of liquid. Stir gradually into the hot liquid. Add salt and pepper according to taste.

## SALADS AND SALAD DRESSINGS

### APPLE SALADS

1. Select medium-sized apples, pare, and core. Cook in a covered pan in enough sirup made in the proportion of 2 cups water and 1 cup sugar to cover the apples. Red cinnamon candies added to the sirup give the apples an attractive rose color. After cooking, chill the apples and fill with cream cheese which has been mixed with salt, paprika, and a little finely chopped green pepper. Or form the cheese mixture into balls, roll in ground nuts, and place beside the apples. Serve on lettuce with mayonnaise or French dressing.

2. Tart apples, celery, and boiled chestnuts or black walnuts or other nuts. Cut the apples into small cubes. Chop the celery. Use about one-fourth the quantity of boiled chestnuts or black walnuts as of apples. Serve on lettuce with mayonnaise or French dressing.

3. Tart apples, cut in small cubes; malaga grapes, halved and seeded; and a little chopped pimiento. Serve on lettuce with mayonnaise or French dressing.

4. Apples cut in cubes cooked in sirup until transparent. Add to the sirup half a lemon and a small piece of ginger root. When the apples are done, drain and chill. When they are firm, add a little chopped celery and cream cheese. Serve on lettuce with mayonnaise or French dressing.

### GRAPEFRUIT SALAD

Peel the grapefruit, pull it apart in sections, and strip the skin and pith from each section. Arrange the sections on lettuce, sprinkle with chopped nuts, and garnish with a little pimiento. Serve with any desired dressing.

This salad may be varied by combining the grapefruit with other fruits, such as oranges, dates, and pineapple.

### HONOLULU SALAD

Arrange slices of raw or canned pineapple on lettuce, and into the center of each slice drop a ball made of Neufchâtel or cream cheese mixed with chopped nuts or green pepper or pimiento and seasoned with salt. To vary this salad, after the pineapple slices are arranged on the lettuce, cover them with the cheese pressed through a potato ricer, and sprinkle on a little salt and paprika.

### NOVELTY FRUIT SALADS

#### SUNBONNET SUE

5 halves of cooked or canned pears or peaches.	5 thin slices of pimiento.
10 whole cloves.	5 tablespoons salad dressing.
10 almonds.	5 leaves curly lettuce.

Arrange the halves of the fruit round side up on the lettuce leaves. The leaf curls up around the fruit and forms the sunbonnet. Place the cloves in the fruit for the eyes, the blanched almonds for the ears,

and slip thin slices of canned pimiento into cuts made for nose and mouth. The expressions may be varied. Put salad dressing around the outside of the fruit, to represent golden locks, and arrange a bow of red pimiento under the chin of Sunbonnet Sue.

#### CANDLE SALAD

Place a whole slice of canned pineapple on a lettuce leaf. Stick half a banana upright in the center of the pineapple. Top the banana with a red cherry. Garnish with yellow salad dressing to represent tallow running down the sides of a lighted candle.

#### BUTTERFLY SALAD

Cut a slice of pineapple in half. Place the curved edges opposite each other, with a date between them to represent the body of the butterfly. Use thin strips of lettuce for the antennæ. Place sliced, stuffed olives, bits of nuts, and drops of salad dressing on the pineapple "wings."

#### CABBAGE SALAD WITH WHIPPED CREAM DRESSING

3 cups shredded green cabbage.	1½ teaspoons salt.
½ pint double cream.	1½ teaspoons sugar.
4 tablespoons lemon juice.	Scraped onion.
12 drops tabasco.	3 tablespoons ground horse-radish.

Whip the cream, add the seasoning to it, and combine with the cabbage just before serving. If the cream is added to the cabbage and allowed to stand, the juices are drawn from the cabbage and the dressing becomes too thin. Serve the salad very cold. This is very attractive served in a hollowed-out head of red or curly green cabbage.

#### CABBAGE AND CARROT SALAD

Use equal parts of grated carrots and finely shredded cabbage. Mix the carrots and cabbage together with salad dressing until well blended. Add ground peanuts if desired. Serve on crisp lettuce.

#### CABBAGE AND ONION SALAD

Shred the cabbage and cut the onions into very thin rings. Season with salt, celery salt, pepper, and paprika. Mix with mayonnaise or French dressing and serve on a cabbage leaf.

#### TOMATO ASPIC SALAD

1½ envelopes or 3 tablespoons gelatin.	1 tablespoon finely chopped parsley.
1 quart canned tomatoes.	1 cup very finely shredded cabbage.
1 tablespoon finely chopped green pepper.	1½ teaspoons salt.
2 tablespoons finely chopped celery.	½ teaspoon onion juice.
	½ teaspoon sugar.

Soak the gelatin in a small quantity of water. Boil the tomatoes for 5 minutes and strain through a fine sieve to remove the seeds. Pour the hot tomato juice over the gelatin and stir until it is dissolved. Add the salt and the sugar and chill. When the gelatin mixture is partly set, add the finely shredded vegetables and mix well. Add

more salt if needed. If the mixture is not tart enough, add a little lemon juice or vinegar. Pour into wet custard cups and place in the cold until set. Turn these molds out on crisp lettuce leaves and serve with mayonnaise.

### STUFFED TOMATO SALAD

Select large ripe tomatoes, one for each person. Peel the tomatoes, cut a round piece from the stem end, and remove enough of the pulp to leave a hollow cup. Season inside with salt, and turn the tomatoes upside down, to drain. Then place them in the ice box, until ready to serve. Stuff with a filling made of chopped meat, such as chicken, veal, or tongue; cooked peas; pickle or fresh cucumber chopped fine; and salad dressing. Mix the ingredients thoroughly, so the flavors will be well blended. Serve on lettuce with salad dressing.

### TOMATO-CHEESE SALAD

For each individual serving, arrange 3 slices of tomato on lettuce leaves. In the center make a mound of cottage cheese, which has been mixed with cream, salt, and pepper. Serve with salad dressing.

### ASPARAGUS SALAD

Arrange stalks of fresh cooked or canned asparagus on a lettuce leaf, and place strips of red pimiento over the asparagus. Serve with salad dressing.

### STUFFED CELERY

Cut the celery into pieces convenient for handling. Fill the hollow of the celery stalks with cream cheese mixed with chopped pimiento, green pepper, nuts, olives, or a combination of two or more of these. Serve on the plate with another salad or as a relish.

### POTATO SALAD

4 medium sized potatoes.  
1 cup finely cut celery.  
1½ teaspoons salt.

1 teaspoon grated onion or more.  
¼ cup chopped pickle.  
1 cup cooked salad dressing.

Cook the potatoes in their jackets in boiling salted water. As soon as the potatoes are tender, but not soft, drain them and remove the skins. When they are cold, cut the potatoes in small uniform cubes and pour over them the salad dressing while it is hot. The potatoes absorb the hot dressing and have a better flavor. When cool add the celery, and, if desired, cucumber and green pepper, also cut into small pieces. Mix together lightly to avoid breaking the potatoes and making them mushy. Chill thoroughly and serve on crisp lettuce leaves.

### VEGETABLE SALAD COMBINATIONS

1. Beets, onions, celery, cabbage.
2. Cabbage, peanuts, celery or celery salt, chopped onion.
3. Raw grated rutabaga, chopped celery. Place the grated rutabaga in cheesecloth. Squeeze out some of the juice before combining with the celery.

4. Raw grated carrots, peas, celery, cabbage.
5. Kidney beans, celery, chopped onion or onion juice, chopped pickle.
6. Beets, celery, dill pickle.

### CHEESE SALADS

Peaches, pears, or cherries combine well with cream or Neufchâtel cheese. Fill the hollows of canned peaches or pears with cheese, plain, or mixed with nuts, dried fruits, or one of the chopped salad vegetables. Serve on lettuce with salad dressing.

Make a little mound of the cheese on the lettuce and put slices of peaches or pears around it. Large white canned cherries with the pits removed or stewed dried apricots may also be combined with the cheese.

### CHICKEN SALAD

A fowl weighing about 5 pounds, or	1 sliced onion.
2 smaller fowls.	Salt.
3 bunches celery.	Mayonnaise dressing.
1 cup mild vinegar.	Lettuce.

Simmer the chicken until tender in a small quantity of water. When about half done, add a teaspoon of salt. Let the chicken cool in the broth. After it is cold remove the skin, strip the meat from the bones, and cut it into small pieces of even size. In the meantime allow a few slices of onion to soak in a cup of mild vinegar to give the vinegar a slight onion flavor. Remove a cup of chicken fat from the cold broth and mix with this vinegar. Pour this mixture over the chicken, adding more salt and vinegar if needed to season it well. A few drops of tabasco improve it. Let this stand, or marinate, for several hours, or overnight. Cut the celery stalks and some of the tender leaves into small pieces and let stand in a cold place until crisp. Mix enough thick, well-seasoned mayonnaise dressing with the chicken to coat the pieces well. Shortly before the salad is to be served, add the celery and more mayonnaise if needed. Stir the mixture lightly so as not to break up the chicken. Add still more salt if needed. Pile the salad lightly on crisp lettuce and serve at once.

If desired, add  $\frac{1}{4}$  cup of capers when the celery and chicken are combined. Hard-cooked eggs may be used as a garnish or cut in pieces and mixed with the chicken to make it go further.

### COOKED SALAD DRESSING

1 cup mild vinegar.	1 tablespoon butter.
1 tablespoon sugar.	2 eggs.
$\frac{1}{4}$ teaspoon salt.	

If the vinegar is not mild, it should be weakened by substituting  $\frac{1}{4}$  to  $\frac{1}{2}$  cup of water for the same quantity of vinegar. Hard cook the eggs. While they are still warm remove the shells and rub the yolks to a paste. Add the dry ingredients, and the butter. Cream these together thoroughly. Add the heated vinegar, a little at a time, to make a thin paste. Press the whites through a ricer or chop them very fine and add to the mixture. Serve on lettuce or other salad greens.

## SOUR CREAM SALAD DRESSING

$\frac{1}{4}$  teaspoon mustard.  
 $\frac{1}{2}$  teaspoon salt.  
 $\frac{1}{4}$  teaspoon paprika.  
 $\frac{1}{2}$  tablespoon sugar.

2 eggs.  
 $\frac{1}{4}$  cup vinegar.  
 1 cup sour cream.

Beat the eggs until very light, add the other ingredients, and cook in a double boiler, stirring constantly until thickened. Remove from the fire and beat well. If this dressing is cooked properly, it will have when cool a thick, smooth consistency. If it is overcooked, so that there is a tendency to separate, it should be strained before cooling.

## CHEESE DRESSING FOR SALADS

1 Neufchâtel or cream cheese.  
 $\frac{1}{2}$  cup salad oil.  
 3 to 4 tablespoons lemon juice.  
 $\frac{1}{2}$  teaspoon salt.

Tabasco sauce, onion juice, a bit  
 of garlic or grated horseradish for  
 seasoning.

Mash up the cheese, add the oil, and beat with a Dover egg beater. The mixture curdles at this point, but add the other ingredients and continue to beat until the mixture is smooth and creamy. Use this dressing in the same way as any other salad dressing. For fruit salads it is particularly delicious if whipped cream is added.

## MAYONNAISE VARIATIONS

1. Mayonnaise, chopped stuffed olives, and finely chopped celery. Serve this with a crisp green salad.

2. Add whipped cream to mayonnaise dressing just before serving. This is very good with fruit salads.

3. One cup of mayonnaise dressing and  $\frac{1}{2}$  cup of chili sauce or catsup. If desired, add a little chopped celery or green pepper, or pickle, if catsup is used.

## MUFFINS AND OTHER QUICK BREADS

### OATMEAL MUFFINS

1 cup flour.		1 cup milk.
1 $\frac{1}{8}$ cups rolled oats.		1 egg.
4 teaspoons baking powder.		1 tablespoon melted butter.
$\frac{1}{2}$ teaspoon salt.		

Grind the rolled oats through the fine knife of the meat grinder, thus making a fine meal. Combine the dry ingredients. Beat the egg and add the milk. Mix the dry and the liquid ingredients together and stir in the melted butter. Pour the batter into greased muffin tins and bake for 20 to 25 minutes in a fairly hot oven.

### GRAHAM MUFFINS

1 cup milk.		1 egg.
1 $\frac{1}{2}$ cups coarse Graham flour or 1 $\frac{3}{4}$ cups more finely ground Graham.		2 tablespoons baking powder.
2 to 4 tablespoons fat.		1 to 2 tablespoons sugar.
		$\frac{1}{2}$ teaspoon salt.

Do not sift the Graham flour before measuring. Mix all the dry ingredients thoroughly. Beat the egg slightly and add it to the milk. Stir the combined milk and egg into the dry ingredients. Add the melted butter or other fat last. Bake the muffins in a hot oven (about 400° to 425° F.).

### CRANBERRY MUFFINS

$\frac{1}{3}$ cup melted butter.		2 cups sifted flour.
$\frac{1}{4}$ cup sugar.		4 teaspoons baking powder.
1 egg.		1 cup cranberries.
$\frac{3}{4}$ cup milk.		2 tablespoons sugar.
$\frac{1}{4}$ teaspoon salt.		

Break the egg into a mixing bowl. Beat it lightly. Add the milk. Sift the dry ingredients. Add the milk and egg mixture; also the melted butter. Roll the cranberries in the 2 tablespoons of sugar and fold them carefully into the batter. Place in greased muffin pans. Bake in a moderate oven about  $\frac{1}{2}$  hour, or until brown.

### NUT BREAD

1 cup milk.		3 teaspoons baking powder.
2 $\frac{1}{4}$ cups soft wheat flour.		2 tablespoons sugar.
3 tablespoons melted butter.		$\frac{1}{2}$ teaspoon salt.
1 egg.		$\frac{1}{2}$ cup chopped pecan nut meats.

Beat the egg, add the milk and sugar. Cover the nuts with two tablespoons of the flour and sift the remainder with the baking powder and the salt. Pour the liquid mixture into the dry ingredients, add the nuts and the melted butter. Bake in a greased bread pan at a temperature of 375° F. for one hour. Allow the bread to cool before cutting.

## BOSTON BROWN BREAD

1 cup corn meal.		$\frac{3}{4}$ cup molasses.
1 cup rye meal.		2 cups sour milk and $1\frac{1}{2}$ teaspoons
1 cup Graham flour.		soda, or $1\frac{3}{4}$ cups sweet milk and
1 teaspoon salt.		4 teaspoons baking powder.

Mix and sift the dry ingredients; add the molasses and the milk. Beat the mixture thoroughly. Pour the batter into a greased tin can or mold until it is about three-fourths full. Cover, and steam for  $3\frac{1}{2}$  hours. Remove the cover, and bake the bread in a moderate oven for  $\frac{1}{2}$  hour to dry it off. If the bread seems likely to crumble loop a clean string around the loaf and cut slices by pulling the ends of the string.

## QUICK RAISIN BREAD

$3\frac{1}{2}$ cups flour.		4 tablespoons sugar.
1 teaspoon salt.		$1\frac{1}{2}$ cups raisins, chopped.
4 teaspoons baking powder.		2 eggs.
$\frac{1}{2}$ teaspoon cinnamon.		1 cup milk.
4 tablespoons butter, melted.		

Sift the salt, cinnamon, flour, and baking powder together. Beat the egg and add the milk and sugar. Combine the liquid and the dry ingredients. Stir in the raisins until well mixed. Place the bread in a greased pan and let it stand for 10 minutes. Bake at a moderate temperature (about  $350^{\circ}$  F.) for about 45 minutes.

## CORN BREAD

2 cups corn meal.		2 teaspoons salt.
2 cups sour milk.		2 eggs.
$\frac{1}{2}$ teaspoon soda.		2 tablespoons melted butter.
2 teaspoons baking powder.		

Sift the dry ingredients. Add the milk and the soda which has been dissolved in a small quantity of hot water. Add the well-beaten eggs and the butter. Pour into a very hot, well-buttered pan. Bake from 40 to 50 minutes at a temperature from  $400^{\circ}$  to  $450^{\circ}$  F.

## SALLY LUNN

$\frac{3}{4}$ cup milk.		2 tablespoons butter.
1 egg.		$1\frac{1}{2}$ teaspoons salt.
$\frac{1}{4}$ cup water, lukewarm.		2 tablespoons sugar.
1 cake yeast.		2 cups flour.

Scald the milk, add the sugar, salt, and butter, and allow the mixture to cool. Soften the yeast in the water. When the milk is lukewarm add the yeast, the beaten egg, and the flour to it. Pour the batter into a buttered pan and allow it to rise to double its bulk. Sprinkle the top with sugar and cinnamon and bake in a moderately hot oven.

## SPOON BREAD

1 cup corn meal.		2 or 3 eggs.
2 cups cold water.		2 tablespoons butter (melted).
1 cup milk.		2 teaspoons salt.

Mix the meal, water, and salt. Boil for 5 minutes, stirring constantly. A cup of milk may be used in place of 1 cup of water.

Add the well-beaten eggs, the milk, the melted butter, and mix well. Pour into a well-buttered hot pan or glass baking dish. Bake for 45 to 50 minutes at a temperature of 400° to 450° F. Serve with a spoon from the pan or dish in which the bread is baked. Spoon bread is soft like a custard or soufflé and has a rich, delicious flavor.

### POP-OVERS

(8 to 12 pop-overs)

1 cup milk.	1 to 1½ eggs.
1 cup sifted soft-wheat flour.	
1 to 2 teaspoons fat.	

Stir the liquid slowly into the dry ingredients to avoid forming lumps. Fill hot, well-greased muffin pans, preferably iron or granite because they hold the heat, not more than half full of batter and place at once in a hot oven (about 425° F.). After about 20 minutes lower the temperature to about 350° F., so that the inside of the pop-overs will dry out a little without making the crusts too hard and brown. Pop-overs require baking about 45 minutes.

### WAFFLES

1½ cups milk.	3 teaspoons baking powder.
2 cups sifted soft-wheat flour.	
3 tablespoons fat.	
1 to 2 eggs.	

Mix the dry ingredients, add the milk and egg yolks, then the melted fat, and lastly fold in the beaten whites of eggs. Have the waffle iron hot enough to brown the waffle quickly and well greased unless it is the electrically heated aluminum kind. In that case add an extra tablespoon of melted shortening to the batter.

## PUDDINGS AND FROZEN DESSERTS

### PEACH DAINTY

1 quart sliced peaches.	2 tablespoons butter.
1 cup sugar.	1 pint whipping cream.
2 egg yolks.	A few grains salt.

Cream the sugar, butter, and yolks together. Add the whipped cream and sliced peaches. Serve over angel or sponge cake.

### APRICOT WHIP

$\frac{1}{2}$ pound dried apricots.	$\frac{1}{4}$ teaspoon salt.
1 cup water.	5 egg whites.
$\frac{3}{4}$ cup sugar.	

Wash the apricots through several waters until thoroughly clean. Place in a bowl with the water to soak over night. In the morning cook the apricots in the water in which they soaked for about 15 minutes or until soft. Press the cooked apricots through a colander, and measure the pulp. There should be a cupful or a little over. Heat the pulp with the sugar until the sugar is dissolved, stirring all the time to prevent scorching. Whip the whites of the eggs until very light. Add the salt and the hot apricot pulp in small quantities until all of it is mixed with the whites of the eggs, whipping always in the same way. Place the mixture in a greased baking dish in a pan surrounded by water. Bake at a very low temperature (from 250° to 275° F.) for 50 to 60 minutes. When baked at this low temperature for this length of time the pudding should not fall after cooling or when served. Serve with a custard sauce made from the yolks of the eggs or with plain or whipped cream. Or if preferred serve the apricot whip uncooked. By adding the hot apricot pulp to the egg whites the raw eggy flavor is removed, and the whip may be served at once.

### PRUNE WHIP

$\frac{1}{2}$ pound prunes.	$\frac{1}{4}$ teaspoon salt.
1 cup water.	1 tablespoon lemon juice or more.
$\frac{1}{2}$ cup sugar.	5 egg whites.

Wash the prunes through several waters until thoroughly clean. Place in a bowl with the water to soak overnight. In the morning cook the prunes in the water in which they have soaked for 15 minutes or until tender. Press through a colander. Measure the pulp and juice. There should be one cupful. Place the pulp with the sugar over the heat and stir until the sugar is dissolved. Cool. Whip the whites of the eggs until very light. Add the salt and the prune pulp in small quantities until all of it has been mixed with the whites of eggs, whipping always in the same way. Pile the mixture lightly in a greased baking dish surrounded by water, and place in the oven. Bake at a temperature from 250° to 275° F. for 50 to 60 minutes. When baked at this low temperature for this length of time the pudding should not fall after cooling. Serve with custard sauce made from the yolks of the eggs.

## COFFEE GELATIN WITH WHIPPED CREAM

2 tablespoons gelatin.  
 $\frac{1}{2}$  cup sugar.

1 quart hot coffee.  
 Pinch of salt.

Dissolve the gelatin in about 1 tablespoon of cold water and combine it with the sugar and hot coffee. Serve with whipped cream or with plain cream. If desired, just before the gelatin sets combine it with unwhipped cream and let stand until firm.

## ORANGE GELATIN

1 envelope, or 1 ounce, gelatin.  
 $2\frac{1}{4}$  cups strained orange juice.

2 teaspoons lemon juice.  
 $\frac{3}{4}$  cup sugar or less.

Put the gelatin into  $\frac{1}{2}$  cup of cold water to soften for about 2 minutes. Put 1 cup of water on to heat with  $\frac{3}{4}$  cup of sugar or less, depending on the acidity of the fruit. When the sirup is boiling, take it from the stove and put the moistened gelatin into it. Stir until the gelatin is entirely dissolved, then mix with the orange and lemon juice. In this way the orange juice is not cooked at all. Strain and pour into molds, and put in a cold place to set. Serve with or without a soft custard or plain or whipped cream.

## CHOCOLATE SOUFFLÉ

$\frac{1}{2}$  cup sugar  
 $\frac{1}{2}$  cup fine stale bread crumbs.  
 1 tablespoon flour.  
 1 tablespoon butter.  
 $1\frac{1}{2}$  squares unsweetened chocolate.

$\frac{1}{4}$  teaspoon salt.  
 $\frac{3}{4}$  cup milk.  
 4 eggs.  
 $\frac{1}{2}$  teaspoon vanilla.

Mix the flour and butter, add the milk, and stir over heat until thickened. Melt the chocolate over steam, and add to the cream sauce, with the salt, bread crumbs, sugar, and well beaten egg yolks. Beat well. Fold in the well beaten whites of the eggs. Pour into a greased pudding dish and bake in a moderate oven (325° F.) for 1 hour, or until well set in the middle. Serve hot with hard sauce.

## BLACKBERRY FLUMMERY

2 cups blackberry juice, from canned  
 or cooked blackberries.  
 $\frac{1}{2}$  cup sugar, if juice is unsweetened.  
 3 tablespoons farina, or 4 tablespoons  
 cornstarch.

$\frac{1}{4}$  teaspoon salt.  
 2 teaspoons lemon juice.

Heat the blackberry juice. Mix the sugar and the farina or cornstarch and the salt, and add to the blackberry juice. Cook in a double boiler for 15 or 20 minutes, or until the mixture thickens and the raw starchy taste disappears. Remove from the stove, add the lemon juice, and beat well. Serve the flummery cold with plain or whipped cream.

## PEACH BAVARIAN CREAM

1 quart sliced peaches.  
 1 cup sugar.  
 1 pint whipping cream.

2 tablespoons gelatin.  
 $\frac{1}{2}$  cup cold water.  
 $\frac{1}{4}$  teaspoon salt.

Soak the gelatin in cold water. Mash the peaches with the sugar and rub them with the juice through a sieve. Place in a saucepan and simmer for 5 minutes. Remove from fire and add the gelatin,

and stir until dissolved. Chill, and when the mixture begins to thicken, fold in the whipped cream. Place in wet mold. When set serve with plain or whipped cream.

## UPSIDE-DOWN PINEAPPLE CAKE

### PINEAPPLE MIXTURE

$\frac{1}{2}$ cup sugar.	2 tablespoons pineapple juice
2 tablespoons butter.	3 slices pineapple.

Stir the sugar in a smooth frying pan until it is melted, then allow it to brown. Add the butter and the pineapple juice and cook until a fairly thick sirup is formed. Place the sections of pineapple in the sirup and cook for 1 or 2 minutes or until they are light brown, turning them occasionally. Have ready a well-greased heavy baking pan or a baking dish, place the pineapple on the bottom, and pour the sirup over it. Allow this to cool so it will form a semisolid surface, then pour in the following cake batter:

### CAKE BATTER

$\frac{1}{4}$ cup butter.	$1\frac{1}{2}$ cups soft wheat flour.
$\frac{1}{2}$ cup sugar.	2 teaspoons baking powder.
1 egg.	$\frac{1}{8}$ teaspoon salt.
$\frac{1}{2}$ cup milk.	1 teaspoon vanilla.

Cream the butter, add the sugar, the well-beaten egg, and vanilla. Sift the dry ingredients together twice and add alternately with the milk to the butter, sugar, and egg mixture. Pour this over the pineapple. The batter is rather thick and may need to be smoothed on top with a knife. Bake slowly in a very moderate oven ( $300^{\circ}$  to  $325^{\circ}$  F.) for  $\frac{3}{4}$  of an hour. Loosen the sides of the cake, turn it out carefully, upside down. If the fruit sticks to the pan, lift it out and place it on the cake in the place where it should be. Serve with or without whipped cream or hard sauce.

## UPSIDE-DOWN APPLE CAKE

$\frac{1}{4}$ cup butter.	2 teaspoons baking powder.
$\frac{1}{2}$ cup sugar.	$\frac{1}{8}$ teaspoon salt.
1 egg.	1 teaspoon vanilla.
$\frac{1}{2}$ cup milk.	2 to 4 apples, depending on size.
$1\frac{1}{2}$ cups sifted soft-wheat flour.	

Cream the butter. Add the sugar, the well-beaten eggs, and vanilla. Sift the dry ingredients together twice and add alternately with the milk to the first mixture. Use a square or oblong baking dish or a very heavy pan. Put a thick coating of butter on the bottom and sides of the dish or pan. Wash, pare, and quarter firm-fleshed apples. Slice them rather thin, and place them so that the slices overlap and form even layers, covering the bottom of the dish. Sprinkle well with sugar and cinnamon which have been well mixed. Add another layer of apples placed with equal care, and flavor with cinnamon and sugar. Pour the cake mixture over the apples. The batter is rather thick and may need to be smoothed on top with a knife. Bake slowly in a very moderate oven (at a temperature from  $300^{\circ}$  to  $325^{\circ}$  F.) for  $\frac{3}{4}$  of an hour. Loosen the sides of the cake, turning it out carefully, upside down, and the top will be covered with neat layers of transparent apples. Serve hot with hard sauce or whipped cream.

## CHOCOLATE ICE-BOX CAKE

## CUSTARD MIXTURE

1 pint milk.		4 eggs.
$\frac{1}{2}$ cake unsweetened chocolate ( $\frac{1}{4}$ pound).		$\frac{1}{4}$ cup butter.
$\frac{3}{4}$ cup sugar.		$\frac{1}{4}$ teaspoon salt.
		$\frac{1}{4}$ teaspoon vanilla.

Melt the chocolate in a double boiler. Add the sugar, salt, and milk. Mix well. Separate the eggs. When the milk is hot, pour the mixture into the lightly beaten yolks. Cook until thickened, stirring constantly. Add the butter, beat until well mixed, and fold this custard mixture into the stiffly beaten whites of the eggs. Stir in the vanilla. Chill before pouring over the sponge cake made according to the following recipe:

## SPONGE CAKE

4 eggs.		$\frac{1}{4}$ teaspoon salt.
1 cup sugar.		$\frac{1}{2}$ teaspoon vanilla.
1 cup flour.		$\frac{1}{2}$ teaspoon lemon juice.
3 tablespoons cold water.		

Separate the egg yolks from the whites and beat the yolks well. Gradually beat in the sugar, using a Dover egg beater. Add the water and continue the beating until the mixture is very thick and light. Sift the dry ingredients together and then fold them into the egg and sugar mixture. Then fold in the stiffly beaten whites of the eggs, and add the flavoring. Grease a tube pan slightly, pour in the cake batter, and bake from 45 to 50 minutes in a moderate oven, at a temperature of 325° F.

When the cake is cool, split it into three sections, beginning at the top. Place the bottom section of the cake in the tube pan, and pour over it  $\frac{1}{2}$  of the chocolate custard mixture. Then put the next section in place and pour in the remainder of the chocolate. Cover with the top layer. Set the cake in the ice box overnight, or for several hours. When ready to serve turn onto a platter and sprinkle with powdered sugar, or fill the center with whipped cream, or cover with chocolate icing.

## ORANGE RUSSE

Slice the oranges, and discard as much of the "rag" as possible. Arrange small pieces of dry sponge cake or lady fingers around the sides of individual glass dishes or cups and pile the oranges in the center. Then sprinkle with powdered sugar, or grated coconut, or pour soft custard over the fruit. Chill thoroughly before serving.

## CUSTARD

1 quart milk.		$\frac{1}{8}$ teaspoon salt.
4 or 5 eggs.		1 teaspoon vanilla.
$\frac{1}{2}$ cup sugar.		

Heat the milk, sugar, and salt in a double boiler. Beat the eggs lightly and pour slowly into them some of the heated milk. Pour back into the double boiler and stir constantly until the custard coats the spoon. Remove at once and place the pan in a bowl of cold water, stirring until cool. Add the vanilla. If desired the custard may be sprinkled with nutmeg.

A floating island may be made by separating the eggs, beating the whites well, and folding them on top of the custard before it is entirely cool.

### BAKED CARAMEL CUSTARD

1 quart milk.	4 tablespoons caramel sirup.
5 eggs.	$\frac{1}{4}$ teaspoon salt.
$\frac{1}{2}$ cup sugar.	Butter.
$\frac{1}{2}$ teaspoon vanilla.	

Heat the milk slightly with the sugar, salt, and caramel. Be sure the caramel is entirely dissolved before this mixture is poured into the lightly beaten eggs. Add the vanilla. Pour the mixture into custard cups, and add a small piece of butter to each. Bake in a pan surrounded by water in a moderate oven. Test by placing the point of a knife in the center of the custard and if it comes out clean remove the cups of custard at once from the hot water. The custards may be served either hot or cold with caramel sirup if more of the caramel flavor is desired.

Sugar can be caramelized easily by placing it in a heavy skillet over slow even heat, and stirring it constantly until it melts and becomes a heavy brown sirup. As soon as it reaches this stage take it from the fire at once, and use it for flavoring and sweetening the custard.

### PINEAPPLE CUSTARD

1 quart milk.	$\frac{1}{8}$ teaspoon salt.
4 or 5 eggs.	1 teaspoon vanilla.
$\frac{1}{2}$ cup sugar.	2 cups pineapple, cut in small pieces.

Heat the milk, sugar, and salt in a double boiler. Beat the eggs lightly and pour slowly into them some of the heated milk. Pour back into the double boiler and stir constantly until the custard coats the spoon. Remove at once, and stir in the two cups of pineapple, cut in small pieces. Place the custard in a pan of cold water, and stir until cool. Add the vanilla.

### SPANISH CREAM

1 quart milk.	$\frac{1}{4}$ teaspoon salt.
2 tablespoons granulated gelatin.	5 eggs.
4 tablespoons cold water.	Flavoring.
$\frac{1}{2}$ cup sugar.	

Soak the gelatin in the cold water until soft. Heat the milk in a double boiler, and add to it the sugar and the salt. Beat the egg yolks, and gradually add the hot milk to them. Mix well, pour back into the double boiler, and cook this mixture until it thickens like a soft custard. Remove it from the fire, add the softened gelatin to this hot mixture, stir well, strain, and cool. Meanwhile beat the egg whites until fluffy. Fold them into the custard after it has begun to set and add  $\frac{1}{4}$  teaspoon of almond extract, or any other desired flavoring. Pour into individual molds or a pudding dish wet with cold water, and set away to become firm. Serve with cream or with a sauce of crushed fruit.

## RHUBARB BETTY

1 quart sweetened rhubarb sauce, or 1½ quarts raw sliced rhubarb, sugar to sweeten.	1 quart fine, dry bread crumbs. 4 tablespoons melted butter. Cinnamon or nutmeg.
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Mix the butter with the crumbs. Place the rhubarb and the crumbs in alternate layers in a greased baking dish, and sift the cinnamon or nutmeg over the top. Bake the pudding in a moderate oven. If rhubarb sauce is used, this will require about 15 minutes. If raw rhubarb is used, cover the baking dish at first and bake for 25 minutes or until the rhubarb is tender. Serve the pudding hot with or without hard sauce.

## CHOCOLATE PUDDING

4 cups milk. 1½ squares unsweetened choco- late. ½ cup sugar.	6 level tablespoons cornstarch. ½ teaspoon salt. 1 egg. 1 teaspoon vanilla.
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Mix the cornstarch and sugar. Melt the chocolate and heat it with the milk and salt in a double boiler. Pour some of this warm milk into the cornstarch and sugar. Return it to the double boiler, stirring until thickened; then cover and cook for about 20 minutes. Beat the egg until light, and after pouring the hot pudding into it, beat well again. Add the vanilla and pour at once into a wet mold. Chill thoroughly. Serve with a soft custard, cream, or whipped cream.

## CRANBERRY PUDDING SUPREME

½ cup butter. ½ cup sugar. 1 egg. 2¼ cups sifted flour.	3½ teaspoons baking powder. ¼ teaspoon salt. 1 cup milk. 1 cup raw cranberries or more.
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Cream butter and sugar and add the well-beaten egg. Mix and sift the dry ingredients, saving out 2 tablespoons of flour for the cranberries. Add the dry ingredients to the first mixture alternately with the milk. Roll the cranberries in flour and add them last. Turn into a buttered mold, cover, and steam for 2 hours. After the pudding has steamed it may be placed in the oven to brown if desired.

## SAUCE FOR CRANBERRY PUDDING SUPREME

1 cup sugar. 3 tablespoons cornstarch. ⅓ teaspoon salt. 2 cups boiling water.	2 cups cranberries. 1 cup water. 2 to 4 tablespoons butter.
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Mix the sugar, cornstarch, and salt. Add the 2 cups of boiling water, stir until thickened, and cook for 10 minutes in a double boiler. Meanwhile cook the cranberries with 1 cup of water until soft. Press them through a fine sieve and add this pulp to the cornstarch mixture. Add the butter and serve hot over the hot cranberry pudding.

## BAKED INDIAN PUDDING

5 cups milk.  
 $\frac{1}{3}$  cup corn meal.  
 $\frac{1}{2}$  cup molasses.

1 teaspoon salt.  
 1 teaspoon ginger.

Cook milk and meal in a double boiler 20 minutes; add the molasses, salt, and ginger; pour into a buttered pudding dish and bake for 2 hours in slow oven. Serve hot with cream or vanilla ice cream.

## PLUM PUDDING

1 pound beef suet.  
 1 pound flour.  
 1 pound sugar.  
 9 eggs.  
 1 pound seeded raisins, chopped.  
 1 pound seedless raisins.  
 $\frac{3}{4}$  pound citron, cut fine.  
 1 cup pecan nut meats, cut fine.  
 1 cup English walnut meats, cut fine.

1 cup cider.  
 2 teaspoons salt.  
 4 teaspoons baking powder.  
 6 teaspoons cinnamon.  
 4 teaspoons cloves.  
 $4\frac{1}{2}$  teaspoons mace.  
 $3\frac{1}{2}$  teaspoons nutmeg.  
 $2\frac{1}{2}$  teaspoons allspice.

Mix the ground suet with the sugar, fruit, nuts, and about  $\frac{1}{2}$  cup of the flour. Separate the eggs. Beat both yolks and whites well. Add egg yolks to the suet and sugar. Put in the fruit and nuts and then the cider. Sift together twice the spices, salt, baking powder, and flour. Add these dry ingredients to the first mixture. Then add the beaten whites of eggs.

Grease well tin cans of No. 2 size or pound baking powder cans and put in enough batter to fill them about three-quarters full. Steam for 3 hours. These ingredients will fill seven No. 2 cans. The pudding will keep for weeks if the cans are covered with paper or with the loose can tops. Before serving set the can in boiling water for about  $\frac{3}{4}$  of an hour, so that the pudding will heat through.

Hard sauce made of butter and sugar creamed together is good with this pudding. If a hard sauce that is a little different is desired use brown instead of white sugar and grate in the rind of an orange for flavoring. Any one of the liquid or foamy sauces is also suitable with plum pudding. Some people like best of all to serve a spoonful of vanilla ice cream or mousse on the plate with the hot pudding.

## OLD-FASHIONED CREAMY RICE PUDDING

1 tablespoon uncooked rice.  
 1 quart milk.  
 $\frac{1}{3}$  cup sugar.

$\frac{1}{8}$  teaspoon nutmeg or cinnamon.  
 1 teaspoon salt.  
 $\frac{1}{2}$  cup raisins, if desired.

Wash the rice. Add the other ingredients. Pour the mixture into a good-sized baking dish. Cook in the oven slowly for two or three hours, stirring frequently. If allowed to cook slowly, the milk thickens to a creamy consistency, and the rice swells to several times its original size. If double the quantity of rice is used the mixture does not require such long cooking, as the rice, in swelling, thickens the liquid more rapidly, but the product is not so creamy.

## PRUNE PUDDING

2 cups water.  
 $\frac{1}{2}$  pound dried prunes.  
 $\frac{1}{2}$  cup sugar.  
 2 eggs.

2 tablespoons sugar.  
 2 tablespoons cornstarch.  
 $\frac{1}{2}$  teaspoon vanilla.  
 $\frac{1}{4}$  teaspoon salt.

Wash the prunes, soak overnight in the water, then cook them in the same water until tender. Remove the stones and cut the prunes in small pieces. To the prunes add the  $\frac{1}{2}$  cup of sugar, the salt, and the cornstarch, which has been mixed with some of the prune juice. Cook for 20 minutes in a double boiler. Pour this mixture into the egg yolks, add the vanilla and cinnamon, and mix well. Place in a greased baking dish and cover with a meringue made with the egg whites and the 2 tablespoons of sugar. Bake in a moderate oven until the meringue is brown. Serve hot or cold.

## DATE PUDDING

$1\frac{1}{2}$  cups pitted dates.  
 $\frac{1}{2}$  cup milk.  
 1 cup chopped nuts.  
 1 cup sugar.  
 3 eggs.  
 Spice, if desired.

1 cup flour.  
 2 tablespoons butter.  
 1 teaspoon vanilla.  
 1 teaspoon baking powder.  
 $\frac{1}{4}$  teaspoon salt.

Mix the butter and sugar and add the beaten eggs and milk. Sift the dry ingredients and add them to the liquid mixture, reserving enough flour to coat the dates and nuts. Add them and the vanilla. Bake in a shallow greased pan in a very slow oven for 45 to 60 minutes, until set in the center. Cut in squares and serve with whipped cream.

## BANANA PUDDING

1 quart milk.  
 4 or 5 eggs.  
 $\frac{1}{2}$  cup sugar.  
 Sweet crackers or cookies.

$\frac{1}{8}$  teaspoon salt.  
 1 teaspoon vanilla.  
 Bananas.

Heat the milk, sugar, and salt in a double boiler. Beat the egg yolks lightly, and pour slowly into them some of the heated milk. Pour back into the double boiler, and stir constantly until the custard coats the spoon. Remove at once from the fire, place the pan in a bowl of cold water, and stir the custard until cool. Add the vanilla. Grease a baking dish, put in the bottom a layer of sweet crackers, and slice over them a layer of banana. Pour over this some of the custard and fill the dish about three-quarters full with these layers. Make a meringue of the whites of the eggs and 1 tablespoon of sugar to each egg. Spread over the pudding and cook in a slow oven until golden brown. Then let the pudding stand until thoroughly chilled before serving.

## BREAD PUDDING

4 cups milk.  
 1 cup stale diced bread.  
 1 cup sugar.  
 4 eggs.

$\frac{1}{4}$  cup butter (melted).  
 $\frac{3}{4}$  cup seedless raisins.  
 $\frac{1}{4}$  teaspoon salt.  
 1 teaspoon vanilla.

Separate the eggs, reserving the whites for the meringue. Beat the yolks and add the milk, slightly warmed, the sugar, raisins, salt, and vanilla. Grease a pudding dish or any flat pan and put in a layer of the diced bread; pour the custard mixture over the bread and add the melted butter. Bake in a pan surrounded by water in a slow oven.

When the custard mixture is set in the center, remove the pudding from the stove. Let cool slightly and cover with the meringue made by beating the egg whites until stiff and adding 4 tablespoons of sugar, a little salt, and  $\frac{1}{2}$  teaspoon of vanilla. Return to the oven and allow the meringue to heat slowly until a golden brown. Serve the pudding hot or cold.

### FRENCH VANILLA ICE CREAM

1 quart milk.	$\frac{3}{4}$ cup sugar.
$\frac{1}{2}$ pint double cream.	
4 eggs.	
	$\frac{1}{4}$ teaspoon salt.
	$1\frac{1}{2}$ teaspoons vanilla.

Prepare as for custard by pouring some of the heated milk into the lightly beaten eggs and then cooking the milk and eggs with the sugar and salt in a double boiler until the custard coats the spoon. Cool, add the double cream, and vanilla, mix well, and freeze. For the freezing mixture use 1 part of salt to 4 to 6 parts of ice. Turn the crank slowly during freezing. Let the cream stand an hour or more to ripen after freezing.

### PEACH ICE CREAM

2 cups single cream.	$\frac{1}{2}$ to 1 tablespoon lemon juice, depending on the acidity of the peaches.
3 cups soft, sliced peaches.	
1 cup sugar.	
$\frac{1}{8}$ teaspoon salt.	

Cover the sliced peaches with the sugar, and let stand for a short while. Press the fruit through a colander, so that a pulp is formed. Add the salt, cream, and the lemon juice. Use a freezing mixture of 1 part salt and 4 to 6 parts ice. Turn the crank of the freezer slowly. After freezing, remove the dasher, pack the freezer with more ice and salt, and let the cream stand for an hour or more to ripen.

### STRAWBERRY ICE CREAM

2 quarts strawberries.	$\frac{1}{4}$ teaspoon salt. Lemon juice if desired.
1 pint double cream.	
2 cups sugar.	

Wash and cap the berries. Chop them, cover with the sugar, and let stand in the refrigerator for two or three hours. Press the sweetened fruit through a colander. Add the cream which has been whipped and the salt, and freeze. Use a freezing mixture of 1 part salt and 4 to 6 parts of ice. Turn the crank of the freezer slowly. After freezing, remove the dasher, pack the freezer with more ice and salt, and let the cream stand for an hour or more to ripen in flavor.

### ORANGE SHERBET

$1\frac{1}{2}$ cups orange juice.	2 cups milk } or 3 cups rich milk.
$1\frac{1}{4}$ cups sugar.	
$\frac{1}{4}$ teaspoon salt.	
	2 tablespoons lemon juice.

Heat one cup of the milk and add the sugar. Stir until the sugar is dissolved. Add the other ingredients. Use a freezing mixture of 1 part salt and 4 to 6 parts of ice, and turn the crank of the freezer slowly. After freezing, remove the dasher, pack the freezer with more ice and salt, and let the sherbet stand for an hour or more to ripen in flavor.

Lemon sherbet may be made in this same way by omitting the orange juice and using enough lemon juice to give the desired flavor.

## SAUCES

### DESSERT SAUCES

#### BUTTERSCOTCH SAUCE

1 cup boiling water.  
1 cup brown sugar.  
2 tablespoons flour.  
Speck of cinnamon.

2 tablespoons butter.  
 $\frac{1}{4}$  teaspoon salt.  
 $\frac{1}{2}$  teaspoon vanilla.

To the boiling water add the brown sugar, flour, salt, and cinnamon, which have been thoroughly mixed together. Cook until the flour has lost its raw taste and the mixture thickens, stirring continually to prevent lumping and sticking. Beat in the butter and the vanilla. This may be served as a hot sauce on ice cream, custards, or puddings.

#### HARD SAUCE

$\frac{1}{4}$  cup butter.  
 $\frac{3}{4}$  cup powdered sugar.

$\frac{1}{2}$  teaspoon vanilla.  
 $\frac{1}{8}$  teaspoon grated nutmeg.

Cream together the butter and sugar, add the vanilla and nutmeg. The secret of creamy hard sauce lies in long beating. Chill before serving. For variety substitute brown sugar and flavor with the grated rind of an orange.

### SAUCES FOR FISH, MEATS, AND VEGETABLES

#### EGG SAUCE

2 tablespoons flour.  
2 tablespoons butter.  
1 cup milk.  
 $\frac{1}{4}$  teaspoon salt.

2 eggs, hard cooked.  
Onion, lemon juice, or celery can be added.

Melt the butter, add the flour and salt, and blend well. Add the milk and stir constantly until thickened. Chop the hard-cooked eggs and add to the sauce. A well-beaten egg yolk stirred into the mixture after it is taken from the fire makes it richer. This egg sauce is especially good served over simmered fish.

#### HOLLANDAISE SAUCE

$\frac{1}{2}$  cup butter.  
2 egg yolks.  
 $\frac{1}{4}$  teaspoon salt.

1 tablespoon lemon juice.  
A little cayenne.

Divide the butter into 3 portions and put 1 piece with the egg yolks and lemon juice in the upper part of the double boiler. Stir constantly until the mixture begins to thicken. Remove from the stove, add the second piece of butter, and stir rapidly as the egg continues to thicken. Then add the last piece of butter and continue to stir until the mixture is completely blended. Add the salt and cayenne. Serve the sauce at once.

In case a thinner sauce is desired, add a little hot water. If the sauce separates add 1 or 2 tablespoons of water, milk, or cream, place the sauce over hot water for a few seconds, and beat it well. It will become smooth again.

## SPANISH OR CREOLE SAUCE

2 cups canned tomatoes.	2 teaspoons minced parsley.
2 tablespoons chopped onion.	4 tablespoons minced ham or bacon.
1 chopped green pepper or canned pimiento.	1 bay leaf.
$\frac{1}{2}$ cup chopped celery.	1 tablespoon flour.
2 tablespoons butter.	Salt and pepper to taste.

Add the onion to the butter and cook it until it is tender and yellow. Add all the other ingredients except the minced ham or bacon and the flour, and simmer for half an hour. Remove the bay leaf. Blend the flour with a little melted butter and add to the sauce. Cook for 5 or 10 minutes longer, add the ham or bacon, and serve at once.

## SAVORY TOMATO SAUCE

2 cups canned tomatoes.	$\frac{1}{4}$ teaspoon mustard.
4 tablespoons butter.	$\frac{1}{4}$ teaspoon summer savory.
$\frac{1}{2}$ cup grated carrot.	$\frac{3}{4}$ teaspoon salt.
2 tablespoons minced onion.	$\frac{1}{4}$ teaspoon pepper.
4 tablespoons flour.	1 cup water.
$\frac{1}{2}$ bay leaf.	

Cook vegetables and seasoning in the fat for 2 minutes, being careful not to brown the vegetables. Add flour after 1 minute so that it mixes in with the fat. Add tomato juice, salt, and water and heat until the mixture thickens. Place over hot water for 10 minutes. Strain and serve.

## PLAIN TOMATO SAUCE

2 cups canned tomatoes.	1 teaspoon sugar.
1 bay leaf.	2 slices onion.
$\frac{1}{2}$ to $\frac{3}{4}$ teaspoon salt.	2 cloves.
2 allspice.	$\frac{1}{8}$ teaspoon pepper.

Cook the ingredients for 10 minutes. Strain through a fine sieve. Measure the liquid. For each cup of liquid allow 2 tablespoons flour and 2 tablespoons butter. Melt the butter, add the flour, and when they are thoroughly blended add the seasoned tomato juice and stir until thickened. Place over hot water for 5 or 10 minutes. Serve hot with croquettes or meat loaf.

## HORSERADISH SAUCE

$\frac{1}{2}$ cup thick cream.	3 or 4 tablespoons fresh grated horseradish.
$\frac{1}{2}$ teaspoon salt.	
1 teaspoon sugar.	

Beat the cream about 2 minutes. Add the salt and sugar. Beat in the horseradish. Pour over cold cooked beets or serve with meat or fish.

## PIES AND OTHER PASTRIES

### PLAIN PIE CRUST

1½ cups sifted soft-wheat flour.  
5½ to 7 tablespoons fat.

About 2½ tablespoons water, or  
enough to make stiff dough.  
½ teaspoon salt.

Combine the fat and the flour, using knives, a pastry fork, or a biscuit cutter, so that the ingredients will not be warmed or handled too much. The tips of the fingers may be used if the work is done quickly. Add the water slowly and use no more than is absolutely necessary. Roll the dough very lightly. If the lower crust is baked separately, the oven should be about 450° F. However, a pie with a filling that needs to be cooked, can not be left long in an oven as hot as this, because the crust bakes too fast for the filling. The temperature should be high to start, and then lowered rapidly after 8 or 10 minutes so the filling may cook through without overcooking the crust.

### APPLE PIE

4 to 6 tart cooking apples.  
¾ cup sugar.  
2 tablespoons butter.

¼ teaspoon salt.  
½ teaspoon cinnamon.

Core and pare the apples and cut in slices or circles. Line a deep pie tin with pastry and pack the apples carefully so that the cover will fit. Sprinkle with the mixed salt, cinnamon, and sugar, and dot with the butter. Place on the upper crust after moistening the lower rim, and press the edges together to hold in the juices. Cut a slit to allow the steam to escape. Bake 30 to 35 minutes at a temperature of 450° F., or until the apples are tender.

### BUTTERSCOTCH CREAM PIE

1 pint hot milk.  
½ cup cold milk.  
½ cup flour.  
¾ cup brown sugar.

1½ tablespoons butter.  
2 eggs.  
¼ teaspoon salt.  
½ teaspoon vanilla.

Blend the flour and salt with the cold milk, add to the hot milk, and cook in the double boiler for 15 minutes. Meantime cook the brown sugar and butter until waxy, and add to the mixture in the double boiler. Gradually stir in the beaten egg yolks, cook for a few minutes, remove from the fire, and add the vanilla. Line a pie tin with pastry and bake until golden brown. Pour the mixture into the baked shell and when slightly set cover with a meringue made by adding 2 tablespoons of sugar to the beaten egg whites, and a little salt and vanilla. Bake in a slow oven for 20 minutes, or until the meringue is a light brown.

This butterscotch cream filling is also good served as a pudding with cream, or it may be used as a filling for cream puffs or tarts.

## CHOCOLATE PIE

2 cups milk.	2½ tablespoons cornstarch.
1 square unsweetened chocolate.	
2 eggs.	
6 tablespoons sugar.	
	¼ teaspoon salt.
	1 teaspoon butter.
	½ teaspoon vanilla.

Melt the chocolate over steam and pour into it the scalded milk. Mix the cornstarch and the sugar and add them to the hot milk and beat until smooth. Allow the cornstarch mixture to cook in the double boiler for 10 minutes, remove from the fire, add the butter, salt, and the beaten egg yolks, and the vanilla. Line a pie tin with pastry and bake until golden brown. Fill the baked pie crust with the mixture and cover the top with a meringue made of the beaten egg whites, 2 tablespoons sugar, ¼ teaspoon vanilla, and a pinch of salt. Bake the pie in a slow oven for about 20 minutes or until the meringue is delicately browned.

## CREAM PIE

2 cups milk or cream.	2 eggs.
½ cup sugar.	
Salt.	
	4 tablespoons flour.
	Vanilla.

Scald the milk or cream in a double boiler. Add the flour, sugar, and salt, well mixed together, and stir constantly until the mixture thickens. Cook for 10 minutes and add the beaten yolks and vanilla. Beat with an egg beater and pour into a baked crust. Make a meringue from the beaten egg whites and 2 tablespoons of sugar, spread over the top and place in a very slow oven for 20 minutes, until well browned.

To make a banana cream pie, add sliced bananas to the custard mixture after it is cooked.

## CUSTARD PIE

1½ cups milk.	¼ cup sugar.
⅛ teaspoon salt.	
3 eggs.	
	1 teaspoon vanilla.

Put the milk and the sugar in a double boiler and bring to the scalding point. Add the well-beaten eggs, salt, and flavoring. In the meantime bake a pie crust in a deep pie pan until golden brown. Pour the custard into the baked pie crust and place in a moderately hot oven. After a few minutes reduce the heat, and allow the pie to bake at this low temperature until the custard is set in the center of the pie. Custard pie made in this way should have a crisp undercrust.

## FRESH CHERRY PIE

2 cups tart pitted cherries.	⅛ teaspoon salt.
¾ to 1 cup sugar, according to taste.	
	1 to 2 tablespoons flour.

Wash and pit the cherries. Place them in a saucepan, bring to the boiling point, and simmer for 5 minutes. Drain the fruit, and with each cup of cooled juice mix 2 tablespoons of flour. Cook until thickened. Add the sugar and the cherries, and mix well.

Line a deep pie tin with pastry, and bake until the crust is golden brown. Pour in the hot fruit mixture, moisten the rim of the crust, and place the uncooked crust over the fruit. Turn the dough well over the cooked crust, so the juice will not escape during the cooking. If desired, strips of dough can be used in place of the top crust. Cook the pie at a low temperature so the juice will not boil over.

### GREEN TOMATO PIE

4 or 5 medium-sized green tomatoes.	$1\frac{1}{2}$ tablespoons cornstarch.
$\frac{1}{2}$ lemon sliced very thin.	$\frac{3}{4}$ cup sugar.
$\frac{1}{4}$ teaspoon cinnamon.	1 tablespoon butter.
$\frac{1}{2}$ teaspoon salt.	

Slice the tomatoes. Heat slowly in a saucepan with the sugar, lemon, salt, and spice, until the tomatoes are tender. Add a little water if the tomatoes are not juicy. Melt the butter and combine with the cornstarch. Add this to the tomato mixture and cook until the cornstarch does not taste raw. Line a pie tin with pastry and bake this crust in a moderately hot oven until a delicate color appears. Put the tomato filling in this baked crust; moisten the edge, and press the upper crust firmly over the edge of the baked lower crust. Bake about 12 minutes in a hot oven, or until the upper crust is brown.

### LEMON MERINGUE PIE

1 cup cold water.	4 tablespoons lemon juice.
$\frac{3}{4}$ cup sugar.	Grated rind of $\frac{1}{2}$ lemon.
3 tablespoons cornstarch.	1 tablespoon butter.
3 eggs.	$\frac{1}{8}$ teaspoon salt.

Mix the cornstarch, the cold water, and the salt, place over the fire, and stir constantly until thickened. Place over steam until the cornstarch is thoroughly cooked—about 10 minutes. Add the sugar, lemon juice and rind, the butter, and the beaten egg yolks. Cook for 1 or 2 minutes over steam. Line a pie tin with pastry and bake until delicately browned. Pour the mixture into the baked pastry shell and cover with the meringue made by thoroughly beating the egg whites and add 3 tablespoons of sugar and a little salt. Bake at a low temperature (250° F.) for 20 minutes, then raise the temperature until the meringue is a light brown.

### RHUBARB PIE

3 cups raw sliced rhubarb.	1 tablespoon water.
1 cup sugar.	$2\frac{1}{2}$ tablespoons flour.
$\frac{1}{2}$ teaspoon salt.	3 slices orange.

Line a pie pan with pastry dough and bake in a hot oven until delicately browned. Meanwhile cook the rhubarb, sugar, salt, and water together until the rhubarb is tender. Remove 3 or 4 tablespoons of the juice and when it is cool mix with the flour. Cut the orange into small sections and add to the rhubarb. Pour into the baked crust, moisten the rim, lay the top crust in place, and tuck in the edges carefully so that the juice will not leak out. Bake the pie in a hot oven (about 450° F.) for 20 minutes.

## SOUR CREAM PIE

1 cup sour cream.	½ teaspoon powdered cinnamon.
1 cup sugar.	½ teaspoon powdered cloves.
1 cup seeded raisins, cut fine.	⅛ teaspoon salt.
2 eggs.	2 tablespoons vinegar.

Beat the eggs. Mix the spices with the sugar, and add to the eggs with the raisins, cream, salt, and vinegar. Beat well. Pour the mixture into a deep, pastry-lined pie pan. Moisten the outer rim of the pastry, and press the top crust over the lower one to hold in the custard. Bake in a moderate oven until golden brown.

## PUMPKIN OR SQUASH PIE

1½ cups cooked pumpkin or squash.	½ teaspoon allspice.
1 cup milk.	¼ teaspoon mace.
½ cup sugar.	2 eggs.
1 teaspoon cinnamon.	1 tablespoon butter.
½ teaspoon salt.	

Put all the ingredients, except the eggs and the butter, in the double boiler. Bring to the scalding point. Beat the eggs well; add them to the hot mixture. Stir until it starts to thicken. Add the butter. Line a pie pan with pastry and bake until light brown. Pour the hot filling into the baked crust. Bake the pie in a moderately hot oven until the filling sets.

## SWEET POTATO PIE

1½ cups boiled, riced, sweet potatoes.	1¾ cups milk.
2 tablespoons butter.	½ teaspoon ginger.
¼ cup sugar.	½ teaspoon salt.
	2 eggs.

Mix the ingredients in the order given. Line a pie pan with pastry and bake until light brown. Pour in the sweet potato filling, and bake in a moderate oven until the filling is set.

## MINCEMEAT

2 pounds lean beef.	1 nutmeg.
1 pound chopped suet.	½ teaspoon ground mace.
4 pounds tart apples.	2 oranges.
3 pounds sugar.	2 lemons.
3 pounds currants.	½ pound citron.
2 pounds raisins.	1 tablespoon salt.

Stew the beef in a very little water until tender. Cool the meat and chop. Add the beef suet, chopped fine, and the pared, cored, and chopped apples. Carefully pick over, wash, and dry the currants and raisins. To them add the sugar, spices, orange and lemon juice, the grated rind of the oranges and of one lemon, the chopped citron, and salt. Mix thoroughly. Pack in a stone jar and keep in a very cold place, just above freezing if possible. The mincemeat should be thoroughly stirred each time any is taken out and occasionally moistened with a little grape juice, orange juice, or left-over canned fruit juice.

## CREAM PUFFS

½ cup butter.  
1 cup hot water.  
1 cup flour.

4 eggs.  
¼ teaspoon salt.

Add the butter to the hot water and bring to the boiling point, and add the flour and salt, all at one time. Stir rapidly and constantly until the paste leaves the sides of the pan. Remove from the fire and when cool add the eggs one at a time, beating until thoroughly blended with the paste mixture. Drop by spoonfuls on a greased baking sheet about 2 inches apart. During baking the dough expands to twice or more its original size. Bake in a hot oven 450° to 475° F. until puffed and a golden brown. When cool cut and fill the lower half with seasoned whipped cream, crushed fruit, or custard mixture. Cover with the other half of the puff and sprinkle powdered sugar over the top. This quantity makes 8 medium-sized puffs.

## CUSTARD FILLING FOR CREAM PUFFS

1 cup cream or rich milk.  
2 tablespoons cornstarch.  
2 tablespoons sugar.  
2 egg yolks.

⅛ teaspoon salt.  
½ teaspoon vanilla.  
1 tablespoon butter.

Heat the cream or milk in the upper part of a double boiler. Mix the cornstarch, salt, and sugar, and pour over them the heated cream or milk. Return to the double boiler, stir until thickened, then cover and cook for 10 or 15 minutes. Add the well beaten egg yolks and cook for a minute longer. Beat well, add the vanilla and butter. When cool place the custard mixture in the puffs.

## PEACH OR APPLE DUMPLINGS

Roll the pastry in a thin sheet and cut it in rounds. Place a whole peeled peach or cored apple in the center of each round of pastry. Do not remove the stone of the peach—it seems to give the dumpling an extra good flavor. Sprinkle sugar over the fruit, dot with butter, and bring the edges of the pastry together over the peach or apple. Bake in muffin pans, in a moderate oven. If the oven is too hot, the crust will brown before the fruit is cooked through. Serve hot with hard sauce or liquid sauce.

## APPLE TURNOVERS

Cut apples in slices. Place on one-half a round of pastry. Season with butter, cinnamon, and sugar. Dampen one edge of the pastry and bring the other edge over it. Press the two edges together firmly, about half an inch deep, with a fork, so the juice will not ooze out. Prick the top crust so the steam can escape, and bake in a hot oven.

## CHEESE STRAWS

1 cup flour.  
 $\frac{1}{2}$  teaspoon salt.  
4 tablespoons fat.

1 cup grated cheese.  
 $\frac{1}{8}$  teaspoon cayenne.  
3 tablespoons water.

Cut the flour, salt, fat, and one-half of the cheese together with a biscuit cutter until the mass is well blended. Add the water and mix well. Toss on a slightly floured board and roll 2 or 3 times until the dough is smooth. Sprinkle on one-half of the remainder of the cheese and roll again. Repeat this until all the cheese is used. Roll the mass out until about  $\frac{1}{4}$  inch thick. Cut in strips  $\frac{1}{2}$  inch wide and 6 inches long. Place the strips on a baking sheet and bake until a delicate brown, in a moderate oven, about 400°F.

# CAKES, COOKIES, AND CAKE FROSTINGS

## FOUNDATION CAKE

1 cup milk.	4 teaspoons baking powder.
3 cups sifted soft-wheat flour.	
½ cup fat.	
2 to 3 eggs.	
	1½ cups sugar.
	¼ teaspoon salt.
	½ teaspoon flavoring.

If butter or other fat containing water is used, allow about 1½ tablespoons more.

Combine fat and sugar. Stir in the beaten egg yolks and add alternately the dry ingredients, which have been mixed and sifted together, and the liquid. Add only a small quantity of liquid at first. If too much is added it will dissolve the sugar, and the fat will separate. Add the flavoring. Fold in the well-beaten egg whites. Pour the batter into lightly greased, floured pans, taking care that it is spread evenly. If the cake is baked in a thick loaf, the oven temperature should be very moderate, about 325° F. If baked as cup cakes or in thin layers, the oven should be about 375° F. This recipe makes two thick or three thin layers.

## CARAMEL, OR BURNT-SUGAR, CAKE

1 cup water.	4 teaspoons baking powder.
3 cups sifted soft-wheat flour.	
½ cup fat.	
2 eggs.	
	1½ cups sugar.
	¼ teaspoon salt.
	4 tablespoons caramel sirup.

Make the caramel by slowly browning 1 cup of sugar in a large heavy iron skillet. Add 1 cup of boiling water and cook until a thick sirup the consistency of molasses is formed. Be sure that the sugar heats and caramelizes very slowly; otherwise it will become hard when the water is added.

To make the cake mixture, warm the fat but do not let it melt, combine it with the sugar, stir in the beaten egg yolks, and add alternately the dry ingredients, which have been mixed, and the water. If butter or other fat containing water is used, add 1½ tablespoons more than the quantity called for. If fat containing no water is used, ½ cup is enough. Add the thick caramel sirup, and at the last fold in the well-beaten egg whites. Pour into a shallow greased pan and bake in a moderate oven (about 375° F.). Or if preferred, bake as cup cakes in muffin pans at about the same temperature. Ice with a caramel-flavored icing.

## SPONGE CAKE

1 cup sifted soft-wheat flour.	½ teaspoon salt.
4 or 5 eggs.	
1 cup sugar.	
	3 teaspoons lemon juice.
	½ lemon rind, grated.

Because of their delicate texture, sponge cakes require more careful mixing and baking than other cakes. Add the sugar to the beaten egg yolks. Then add half the salt to the sifted flour. Add the other half of the salt to the egg whites, and beat them stiff. Fold

them into the mixture, and add the flavoring last. For beating the eggs, a Dover beater gives satisfactory results, and requires less time and energy than a wire whisk. Pour the batter, as soon as it is mixed, into smooth, ungreased baking pans.

For a large or medium-sized loaf a tube pan is best, because the center opening allows the mixture to heat evenly. Powdered sugar may be sifted over the top to make the crust more crisp. The oven should be ready for the cake as soon as it is mixed and in the pan. A large or medium-sized sponge cake should be baked slowly at about 325° F., small cakes at somewhat higher temperature, or about 340° F. When the cake is done, it will be lighter if broken apart with the fingers or a fork, than if cut with a knife.

### ANGEL FOOD CAKE

1 cup sifted soft-wheat flour.	½ teaspoon salt.
8 fairly large egg whites.	1 teaspoon flavoring.
1 to 1 and ½ cups sugar.	1 teaspoon cream of tartar.

Sift together, 4 or 5 times, the sugar, flour, and one-half the salt. Beat the egg whites with the other half of the salt until they are frothy. Add the cream of tartar to the eggs, and beat them until they are light but not dry. Fold the dry ingredients very carefully into the beaten egg whites. When the mixture is partly blended, add the flavoring. Be very careful when blending the dry ingredients and the eggs, to use only the folding motion, for if the mixture is stirred the air will be released and the cake will not be light.

### DEVIL'S FOOD CAKE

½ cup butter.	1¾ cups sifted soft-wheat flour.
1 cup sugar.	2 teaspoons baking powder.
2 eggs (1 white saved for icing).	1 teaspoon vanilla.
1 cup milk.	½ teaspoon salt.
2 squares unsweetened chocolate.	

Cream the butter and the sugar. Add the well beaten eggs and mix well. Sift the dry ingredients, and add to the first mixture alternately with the milk. Add the chocolate, which has been melted over steam, and the vanilla and beat until well mixed with the batter. Bake in a greased pan, in a sheet, for 35 minutes, at a temperature between 300° to 325° F. Cover lightly with powdered sugar and serve. Or if preferred, bake the cake in two layers and ice with vanilla frosting.

In this cake mixture, sour milk may be used in place of sweet milk. In this case dissolve ½ teaspoon soda in 1 teaspoon water and add at the same time with the sour milk. The chocolate may also be increased by 1 square, if a strong chocolate flavor is desired.

### COFFEE CAKE

2 cups sifted soft-wheat flour.	½ cup cut citron or other candied fruit.
4 tablespoons butter.	½ cup raisins, chopped.
½ teaspoon salt.	½ cup milk.
2 tablespoons sugar.	
3 teaspoons baking powder.	

Sift together the dry ingredients, saving out 2 tablespoons of flour to mix with the fruit. Cut in the butter with a biscuit cutter or two sharp knives. Add the milk and the floured fruit. Place

the dough in a greased pan, pat it down until it is about  $1\frac{1}{2}$  or 2 inches thick. Bake 35 to 40 minutes in a medium oven. Because of the fruit this coffee cake should be cooked more slowly than biscuits. When the coffee cake is done, butter the top and pour over it a mixture of  $\frac{1}{4}$  cup finely chopped nuts, 1 teaspoon cinnamon, and 2 tablespoons sugar. Place the cake in the oven again and let it remain until the sugar is slightly melted. Serve hot or cold.

### SPICE CAKE

$1\frac{1}{2}$ cups sugar.	1 teaspoon salt.
$\frac{3}{4}$ cup butter.	$1\frac{1}{2}$ teaspoons cinnamon.
3 eggs.	$\frac{1}{2}$ teaspoon nutmeg.
3 cups sifted soft-wheat flour.	$\frac{1}{4}$ teaspoon cloves.
$\frac{3}{4}$ cup coffee.	1 teaspoon vanilla.
3 teaspoons baking powder.	

Cream the butter and sugar, add the eggs, one at a time, and beat well. Mix and sift the dry ingredients. Add them to the liquid mixture. Add the vanilla. Bake either in a loaf or in layers. Ice with vanilla frosting. (See recipe.)

### APPLE-SAUCE CAKE

1 cup sugar.	$\frac{1}{2}$ teaspoon cinnamon.
$\frac{1}{2}$ cup fat.	$\frac{1}{4}$ teaspoon nutmeg.
1 cup apple sauce, unsweetened.	$2\frac{1}{2}$ cups sifted soft-wheat flour.
1 cup raisins, chopped.	1 teaspoon soda mixed with 2 table- spoons water.
2 tablespoons flour.	$\frac{1}{2}$ teaspoon salt.
$\frac{1}{2}$ teaspoon cloves.	

Cream the sugar and fat, add the apple sauce and the soda which has been dissolved in the water. Mix and sift the dry ingredients and add them, with the floured raisins, to the first mixture. Beat well, pour into a greased pan, and bake in a moderate oven ( $300^{\circ}$  to  $350^{\circ}$  F.) for about 1 hour.

Tart apples should be used for the sauce. It should be cooked down so that it is not watery and put through a colander to make it smooth. No sugar should be added to the apple sauce.

### BREAD-CRUMB CAKE

1 cup sugar.	1 teaspoon vanilla.
2 cups crumbs, from very dry oven- toasted bread.	$\frac{1}{4}$ teaspoon salt.
3 eggs.	$\frac{1}{4}$ teaspoon almond extract.
	$\frac{1}{4}$ teaspoon cinnamon.

Beat the eggs well, add the sugar, and stir in the other ingredients. Pat the mixture evenly in a shallow greased pan. Bake in a slow oven from 30 to 40 minutes. This has somewhat the texture and flavor of macaroons, and is a good way to use up stale bread.

### PEANUT BUTTER CAKES

4 tablespoons peanut butter.	$1\frac{1}{2}$ cups sifted soft-wheat flour.
2 tablespoons butter.	2 teaspoons baking powder.
$\frac{1}{2}$ cup sugar.	$\frac{1}{4}$ teaspoon salt.
1 egg.	$\frac{1}{2}$ teaspoon vanilla.
$\frac{1}{2}$ cup milk.	

Mix the butter, peanut butter, and sugar well. Add the beaten egg and the sifted dry ingredients alternately with the milk. Add the vanilla. Bake in greased muffin tins in a moderate oven for about 20 minutes.

## FRUIT CAKE

1 pound raisins.  
 1 pound currants.  
 $\frac{1}{4}$  pound citron.  
 $\frac{1}{2}$  pound butter.  
 1 cup chopped nuts.  
 4 cups flour.  
 1 cup sugar.  
 $\frac{1}{2}$  cup cider.

$\frac{1}{2}$  cup tart jelly.  
 $\frac{1}{2}$  cup sour cream.  
 $\frac{1}{2}$  teaspoon soda.  
 $\frac{1}{2}$  teaspoon salt.  
 1 cup molasses.  
 5 eggs.  
 1 tablespoon cinnamon.  
 $\frac{1}{2}$  teaspoon nutmeg.

Prepare all the fruit before mixing it. Cut the citron into very small pieces. Cream the butter and sugar. Separate the eggs, and add the yolks after the butter and sugar are blended. Add the liquids—cider, jelly, sour cream, and molasses. Mix the salt, soda, and spices with one-half the flour. Mix the other half of the flour with the fruit and nuts. Add the dry ingredients gradually to the liquid ingredients, then the floured fruit, and last the whites of the eggs. If the fruit is well covered with flour, it will be scattered through the cake, and will not settle to the bottom.

Bake the cake in a tube pan lined with greased paper in a slow oven (275° to 300° F.). A low fire allows the heat to penetrate the cake mixture slowly and does not dry it out or burn the crust.

If the recipe for this fruit cake is doubled, it should be baked in two pans. It is better to bake fruit cakes in medium-sized loaves rather than in large loaves.

## GINGERBREAD (TWO THIN LOAVES)

1 cup milk.  
 $3\frac{1}{8}$  cups sifted soft-wheat flour.  
 $\frac{1}{3}$  cup fat.  
 1 egg.  
 $\frac{1}{2}$  teaspoon soda.  
 4 teaspoons baking powder.

$\frac{1}{2}$  cup sugar.  
 1 cup molasses.  
 $\frac{1}{2}$  teaspoon salt.  
 1 teaspoon ginger.  
 $\frac{1}{2}$  teaspoon cloves.  
 $\frac{1}{2}$  teaspoon cinnamon.

Mix and sift the dry ingredients. Stir the liquid into the dry ingredients. For a shallow loaf the oven should be moderate (about 375°); if muffin pans are used, the oven should be fairly hot, or about 400° F.

In this recipe sour milk may be used instead of sweet in the same quantity. In that case the soda should be increased to a scant teaspoon, and the baking power decreased to 2 teaspoons.

## CHEESE FILLING FOR GINGERBREAD

2 Neufchâtel or cream cheeses.  
 2 cups chopped dates.  
 1 cup chopped nuts.

$\frac{1}{2}$  teaspoon salt.  
 Cream.

Mash the cheese and mix with it enough cream to give it the consistency of a soft filling. Add the dates, nuts, and salt, and mix well. Split open a thick loaf of hot gingerbread, spread the cheese mixture on the lower half, replace the upper part and press it down lightly. The quantity of cheese filling given here is enough for a loaf of gingerbread about 8 by 10 inches. Serve the gingerbread while still hot.

## CHOCOLATE DROP COOKIES

½ cup butter.	1½ cups sifted flour.
1 cup sugar.	2 teaspoons baking powder.
1 egg.	¼ teaspoon salt.
½ cup milk.	1 cup chopped nuts.
2 squares unsweetened chocolate.	

Melt the chocolate and add the butter and sugar. Add the egg without beating and the milk. Use 2 tablespoons of the flour to coat the chopped nuts. Then add the nuts and the sifted dry ingredients to the liquid mixture. Stir this thoroughly and add the vanilla. Drop the batter by teaspoonfuls on a greased baking sheet or an ordinary baking pan, inverted. Bake in a quick oven (about 375° to 400° F.). If desired, spread the cookies while hot with white or chocolate frosting, so the tops are covered with a thin coating of the icing.

## ORANGE DROP COOKIES

2 cups flour.	4 tablespoons orange juice.
1 cup sugar.	2 eggs.
4 tablespoons butter.	4 teaspoons baking powder.
½ teaspoon salt.	2 tablespoons grated orange rind.

Cream together the grated rind of the orange and the butter. Gradually beat in the sugar, the beaten eggs and the orange juice. Add the flour and baking power which have been mixed together. Drop the batter by teaspoonfuls onto a greased baking sheet or an inverted pan and bake in a quick oven.

## OATMEAL DROP COOKIES

½ cup fat.	1½ cups fine oatmeal.
1 cup sugar.	1½ cups flour.
½ cup milk.	1 egg.
1 cup raisins.	½ teaspoon salt.
½ cup chopped nut meats.	2 teaspoons cinnamon.
½ teaspoon soda dissolved in 1 teaspoon water.	

Cream the fat and sugar, and add the beaten egg. Sift the dry ingredients, except the oatmeal, together and add with the milk to the egg, sugar, and butter mixture. Add the soda which has been dissolved in the water, and then the oatmeal which has been mixed with the nuts and raisins. Mix well. Drop by teaspoonfuls onto a greased baking sheet and bake to a golden brown in a fairly hot oven. Remove from the pan while hot.

## MACAROONS

2 egg whites.	½ teaspoon salt.
1 cup sugar.	1 cup shredded coconut.
2 cups of a flaked toasted breakfast food.	Almond flavoring.

Beat the egg whites with the salt until stiff. Add the sugar and beat thoroughly. Fold in the coconut and toasted flakes which have been crushed in the hands. Add the flavoring. Place by teaspoonfuls on oiled paper and bake in a moderate oven for about 20 minutes, or until delicately browned and well set.

## BEST EVERS (COOKIES)

½ cup butter.	1 cup seeded raisins.
1 cup sugar.	1 cup dry, shredded coconut.
2 egg yolks.	2 egg whites.
2 tablespoons milk.	2 teaspoons vanilla.
2 cups flour.	2 or 3 cups flaked, toasted breakfast food.
1 teaspoon salt.	
1 teaspoon baking powder.	

Mix the ingredients in the order given. Use one rounding teaspoon of the mixture for each cookie. Drop by spoonfuls on a buttered sheet ½ inch apart. Bake in a moderate oven. Watch closely, for they burn easily. Remove from the pan while hot. This makes about 65 cookies.

## SCOTCH WAFERS

2 cups rolled oats.	2 teaspoons baking powder.
1 cup wheat flour.	3 tablespoons fat.
½ cup sugar.	⅓ cup milk.
½ teaspoon salt.	

Mix the dry ingredients in a bowl, add the fat, and mix together thoroughly. Add enough milk to make a dough sufficiently hard to roll (about ⅓ of a cup). Knead this dough well; roll very thin, and cut with a biscuit cutter. Bake in a moderately hot oven. When cool the wafers should be very crisp. Raisins may be added. In that case chop them very fine and if necessary use a little more flour in rolling out the wafers.

## BROWNIES

½ cup butter.	1 cup flour.
2 ounces or squares unsweetened chocolate.	1 cup sugar.
2 eggs.	1 teaspoon baking powder.
1 cup finely chopped nuts.	½ teaspoon salt.
	½ teaspoon vanilla.

Melt the butter and chocolate together. Beat the eggs lightly, add the sugar, and stir until it dissolves, and add the chopped nuts which have been mixed with the flour. Stir in the melted butter and chocolate after they have cooled. Pour into a warmed pan which has been greased and lined with greased paper. Spread the mixture evenly and bake in a moderate oven (325° to 375° F.) for 40 or 45 minutes. Turn from the pan and remove the paper from the cake while it is hot. If this is not done, the paper will stick. Cut the cake into strips a little more than 1 inch wide and about 3 inches long. Brownies will keep fresh for some time in a tin box.

## ROCKS

1½ cups light brown sugar.	1 teaspoon cinnamon.
1 cup butter.	3 cups raisins, chopped.
3 eggs, well beaten.	1 cup English walnut meats, chopped.
½ teaspoon soda in a little hot water.	2¾ cups flour.
	½ teaspoon salt.

Cream the butter and sugar and add the eggs. Sift the dry ingredients, reserving some flour to roll the raisins and nuts. Mix all together. Place by teaspoonfuls on a greased pan and bake in a hot oven. As flour varies so much, it would be wise to bake a sample,

and if it runs add from  $\frac{1}{8}$  to  $\frac{1}{4}$  cup more of flour. Sometimes however, when drop cakes spread out too much in baking the fault is that the oven is not hot enough rather than that the mixture is too soft. Drop cakes need a rather hot oven so that they set quickly and hold their shape. They also bake better on a baking sheet without high sides or on an inverted pan.

### VANILLA FROSTING

1 cup sugar.  
4 tablespoons cold water.  
1 egg white.

|  $\frac{1}{8}$  teaspoon salt.  
|  $\frac{1}{2}$  teaspoon vanilla.

Put the sugar, water, and unbeaten egg white into the upper part of a double boiler. Have the water in the lower part boiling. Commence beating the mixture with a Dover beater at once and beat constantly while it cooks for 7 or 8 minutes. It should then look just like ordinary boiled frosting and should be almost thick enough to spread. Take it from the stove and continue to beat about 5 minutes or until it has thickened. This is sufficient to ice a three-layer cake on the tops.

If the icing is not sufficiently cooked place it in the double boiler and recook for a short time; or, if it is too stiff, add a small quantity of water and cook again.

### CARAMEL FROSTING

Caramelize  $\frac{1}{2}$  cup of sugar; then add a few tablespoons of boiling water. A thin dark sirup should result. Substitute about 2 tablespoons of this sirup in place of 2 tablespoons of water or such amount as will produce the desired flavor, and continue as in vanilla frosting.

### CHOCOLATE FROSTING

Melt  $2\frac{1}{2}$  ounce squares of unsweetened chocolate and pour into the vanilla frosting just before removing it from the stove. Beat until thick and then spread.

### UNCOOKED ORANGE ICING

1 cup confectioner's xxxx sugar.  
2 tablespoons butter.

| 2 tablespoons fresh orange juice.  
| Grated rind of 1 orange.

Cream the butter. Add the sugar and orange juice gradually, beating until the mixture is soft and creamy. Use at once.

## CONFECTIONS

### FONDANT

2 cups granulated sugar.  
 $\frac{3}{4}$  cup boiling water.

|  $\frac{1}{8}$  teaspoon cream of tartar.

Put the sugar, water, and cream of tartar into a saucepan over a hot fire. Stir constantly until, but not after, the sugar has dissolved. Do not splash the sirup. Remove the spoon and do not use it again after the sirup boils. Remove the sugar grains or the crystals with a dampened brush or a clean wet cloth. Cover the pan for a few minutes. Let the sirup boil until it reaches a temperature of 235° F. or until it forms a soft ball when dropped into cold water. Be sure the bulb of the thermometer is covered and does not touch the bottom of the pan. Pour the sirup in a thin sheet onto a chilled platter so it will cool quickly. Do not scrape out the saucepan. When the sirup is cool, work it until it creams with a flat wooden spoon. When it forms a soft solid ball, work it with the palms of the hands in the same way as bread dough until it is smooth.

Place the fondant in an earthenware or glass dish. Wet a clean cloth in hot water, wring out well, and lay over the top of the candy. After about 24 hours the fondant is ready to mold. Fondant made in this way will keep for months in a cold place if covered with a moist cloth or stored in a tightly covered jar.

The following are a few of the ways in which fondant may be used:

Form the fondant into small balls with the palms of the hands and press halves of walnut, pecan, or other nut kernels into them; or roll the balls into finely chopped nuts or shredded coconut or work these into the fondant before forming it into balls. Irregular shaped balls of fondant may be rolled in cinnamon for "cinnamon potatoes." Gouge out "eyes" to make them more realistic. Candied fruits, such as cherries, pineapple, cranberries, grapefruit peel, and citron may be used in the center of fondant balls or pressed into the surface.

With or without added nut meats fondant may be used to stuff dates or prunes.

Fondant may be melted and used to cover various kinds of fruits such as strawberries and white grapes. Firm fruits with unbroken skins should be used for this purpose, and a little of the stem should be left on them. They should be dipped very quickly into the melted fondant.

Fondant may also be melted, flavored with oil of peppermint, oil of wintergreen, oil of roses, vanilla, or almond extract, and dropped from a teaspoon onto waxed paper to make wafers about the size of a quarter. After they become hardened they may be dipped in chocolate. In fact, practically any of the fondant candies may be coated with chocolate in the following way:

Melt the commercial chocolate prepared for this purpose in a double boiler. Be careful not to let the water in the lower part boil, for this makes the chocolate coating streaked when it hardens. With a two-tined fork lower the fondant candies, fruit balls, or nuts

into the melted chocolate. Lift them quickly and scrape off with a knife the surplus chocolate that drips from them. Place on waxed paper to dry.

### CHOCOLATE FUDGE

2 cups sugar (granulated or light brown).	2 to 4 tablespoons butter.
2 to 4 squares unsweetened chocolate.	1 teaspoon vanilla.
$\frac{3}{4}$ cup milk or cream.	$\frac{1}{8}$ teaspoon salt.

Place the sugar, chocolate, and milk or cream over low heat and cook until the sugar is dissolved. Then continue to cook without stirring until the sirup forms a soft ball when dropped into cold water. Remove the candy from the fire. Let it cool without stirring. When it is lukewarm, add butter, salt, and vanilla. Beat until creamy. Then quickly turn into a buttered pan. When firm cut in squares; or, if preferred, drop it by teaspoonfuls on waxed paper.

To vary the recipe, add a cupful of chopped nuts, raisins, or marshmallows just before the fudge is ready to pour into the buttered pan.

### NUT-COATED MARSHMALLOWS

1 cup blanched almonds.	2 cups medium brown sugar.
1 cup pecan kernels.	$\frac{2}{3}$ cup water.
1 cup English walnut kernels.	1 $\frac{1}{2}$ pounds or 120 fresh soft marshmallows.
1 $\frac{1}{2}$ teaspoons salt.	

Chop the nuts very fine. Shake them through a sieve, so the pieces will be the same size. Add the salt to the chopped nuts and stir well. Make a sirup of the brown sugar and water, boiling it to 226° F., until it "threads" from the spoon. Remove the saucepan from the flame, and set in a larger vessel of hot water. At once drop the marshmallows one by one into the hot sirup using forks to handle them. Remove the marshmallows promptly. Roll them at once in the chopped nuts. Place on oiled paper to dry. If the sirup gets so cool that it begins to harden, place it over the flame to reheat. Do not allow it to come to a boil. If there is a coating of loose starch or powdered sugar on the marshmallows, brush or shake it off before dipping them into the sirup.

### PRALINES

4 cups sugar.	3 cups pecan nut meats.
1 teaspoon salt.	2 cups cream.

Make a sirup out of 3 cups of the sugar and the cream. Caramelize the other cup of sugar by melting it in an iron pan and stirring constantly with the back of a spoon. Into it pour all the sirup at one time, stirring constantly and rapidly. Add the salt. Boil the mixture to the soft-ball stage without stirring. Pour into a flat pan and cool. Beat to a creamy consistency and add the nuts. Form into flat, round cakes about 3 inches in diameter on a waxed paper. This amount makes about 20 cakes. During the creaming process the nuts must be added before the mixture shows signs of hardening. As this candy is to be in the form of round cakes, and not in a mass, work quickly to keep the candy from hardening before the cakes are placed on the waxed paper.

## NUT BRITTLE

For nut brittle, use walnuts, pecans, peanuts, Brazil nuts cut in pieces, shredded coconut, or practically any other kind of nut. Puffed breakfast foods may also be used in place of nuts.

2 cups white corn sirup.	2 teaspoons vanilla.
2 tablespoons vinegar.	
½ teaspoon salt.	
	2 cups nut kernels.

Cook the sirup, vinegar, and salt in a saucepan until a little dipped in cold water forms a soft ball. Put the nuts into this sirup, pour into an iron skillet and cook, stirring constantly, until the sirup becomes golden brown. Remove from the fire and add the vanilla. Have ready a shallow buttered pan, pour in the candy, and spread it out in a thin sheet. After it is cool, remove from the pan and crack into pieces.

## PARISIAN SWEETS

½ pound figs.	½ pound nut meats.
½ pound dried prunes or seedless raisins.	
	Confectioners' sugar.

Wash, pick over, and stem the fruits. Put them, with the nut meats, through a meat chopper, using a medium knife. Mix thoroughly. Roll out to a thickness of about one-half inch on a board dredged with confectioners' sugar. Cut into small pieces; or make balls and roll them in confectioners' sugar. If these sweets are to be kept for some time, they should be put in a tin box or a tight jar.

## POPCORN BALLS

2 quarts freshly popped corn.	2 tablespoons vinegar.
2 cups nut kernels.	
1½ cups sugar.	
1 cup water.	
	½ teaspoon salt.
	1 teaspoon vanilla.

Boil the sugar, water, vinegar, and salt until the sirup hardens when dipped into cold water. Add the vanilla, pour while hot over the popcorn and nuts, and mix well. When cool enough to handle, grease the hands and form into balls, or place in a deep layer in a greased pan, and cut in oblong pieces. When cold, wrap in waxed paper. If desired chocolate may be added to the sirup.

## SUGARED POPCORN

1½ cups sugar.	1 teaspoon salt.
1 cup water.	
	2 quarts freshly popped corn.

Cook the sugar, water, and salt until the sirup forms a soft ball when dropped into cold water. Remove from the fire. Beat with a spoon until it looks creamy. Drop in the popcorn and stir quickly until each kernel is coated with sugar. Put on a platter and separate the grains of corn.

## PRESERVES, JAMS, AND RELISHES

### WATERMELON PRESERVE

2 pounds prepared watermelon rind.	4 quarts water.
2 quarts water.	1 lemon sliced thin.
$\frac{2}{5}$ ounce lime.	Spices or ginger root.
2 pounds sugar.	

Cut the red portion of the watermelon from the rind. Remove the green outer skin and cut the white part into inch pieces. Soak the watermelon in the linewater, made by stirring the lime into the 2 quarts of water, and let it stand for  $3\frac{1}{2}$  hours. At the end of that time, let the rind stand in fresh cold water for 1 hour. Drain and boil in clear water for  $1\frac{1}{2}$  hours or until tender. Drain. Make a sirup of the sugar and the 4 quarts of water and drop the rind into it after it has reached the boiling point. Add the lemon and the spices. The spices will tend to darken the preserves but improve the flavor. Cook the preserves until the sirup is thick or until the temperature has reached  $222^{\circ}$  F. When the preserves are cooked, pack into sterilized jars, add sirup to cover, and seal.

### CRANBERRY JAM

1 quart cranberries.	1 cup water.
2 cups sugar.	1 orange and a little of the peel cut
$\frac{1}{2}$ cup raisins.	rather fine.

Chop coarsely together the cranberries, raisins, orange, and orange peel. Add the sugar and water. Cook until thick, or for about  $\frac{1}{2}$  hour, stirring often. Place in jelly glasses, and store in a cool place.

This jam is excellent to serve with meat or to use as a sandwich filling.

### GOOSEBERRY JAM

4 pounds gooseberries.	4 pounds sugar.
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Remove the stems, or the "tops and tails," from the gooseberries. Wash the berries, crush, and cook until fairly tender. Add the sugar and continue cooking until thick. If the berries are ripe and not too acid three-fourths as much sugar as fruit can be used. Pour into hot sterile glasses or jars and seal, label, and store in a cool place.

### APRICOT AND PINEAPPLE JAM

1 pound dried apricots.	3 $\frac{3}{8}$ cups sugar.
2 No. 3 cans of sliced pineapple.	

Wash the apricots thoroughly. Soak them overnight in 1 pint of water. In the morning chop the apricots and add 1 cup of the sugar. Drain the pineapple, cut it in small pieces, and cook with the remaining  $2\frac{3}{8}$  cups of sugar for 20 minutes. Add the apricots and cook for 25 minutes. The pineapple holds its shape, but the apricots soften, and the mixture has the consistency of thick jam. Seal while hot in clean sterilized jars. This recipe makes a little over 3 pints.

## PRUNE JAM

2 cups prunes.  
 1½ pints water.  
 2 oranges.

1 lemon.  
 1 cup sugar.  
 ½ teaspoon salt.

Soak the prunes overnight in the water. Cook them for 10 minutes in the water in which they soaked, drain, and cut into small pieces. Slice the oranges and lemon, including the peeling, very thin and cook rapidly in the prune juice for 15 minutes. Add the prune pulp, the sugar and salt, and cook until thick, stirring constantly. Seal in hot, sterile jars.

## STRAWBERRY JAM

4 quarts strawberries.  
 3 pounds sugar.

2 to 3 tablespoons lemon juice.

Wash the berries thoroughly, drain, cap, and pick out the largest. Take about 1 quart of the smaller fruit, crush it and add the sugar. Cook this rapidly in an enameled saucepan and stir until the sugar is dissolved and a thick sirup is formed. Add the remainder of the fruit and continue the rapid cooking, stirring frequently to prevent scorching. An asbestos mat should be placed under the pan as a precaution. Cook from 45 minutes to an hour, until fairly thick, then add the lemon juice. The jam should then have a brilliant red color, and some of the fresh flavor of the fruit. The jam thickens when cold, and should not be cooked down too much. Place in sterilized jars, seal, and store.

## GRAPE CONSERVE

3 pounds Concord grapes.  
 2 pounds sugar.  
 1 cup nut meats (English walnuts or pecans, chopped).

1 cup seeded raisins.  
 1 orange cut fine.

Skin the grapes, stew them, run them through a sieve, and add this pulp to the skins. Then add the other ingredients and cook until the mixture is thick. Grape conserve is likely to stick to the kettle unless it is watched closely. An asbestos mat will keep the conserve from sticking. Pour into hot, clean jelly glasses, cover when cold with melted paraffin, and store in a cool place.

## APRICOT AND PRUNE CONSERVE

½ pound apricots.  
 ½ pound prunes.

1 cup sugar.  
 4 cups water.

Wash the prunes and apricots thoroughly and put them in the water to soak overnight. Cook the fruit together for 10 minutes, add the sugar, and simmer until the juice is fairly rich. Pour into hot, clean, jelly glasses, seal, and store in a cool place.

## RHUBARB CONSERVE

4 cups rhubarb, cut fine. 4 cups sugar. 2 oranges, juice and grated rind. 2 lemons, juice and grated rind.	1 cup blanched almonds cut in small pieces.   ¼ teaspoon salt.
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Combine all the ingredients except the nuts. Heat the mixture slowly until the sugar is dissolved, then boil rapidly until it is clear. The time of cooking depends on the tenderness of the rhubarb, but do not cook the conserve too long and so lose the attractive pink color and fresh flavor. Add the nuts, stir well, and let the mixture cool before pouring into hot, clean jelly glasses. If the conserve is put in hot, the nuts will rise to the top. This quantity will fill about 8 jelly glasses.

## AMBER MARMALADE

1 orange, weighing about 7 ounces. 1 grapefruit, weighing about 1 pound and three ounces.	1 lemon, weighing about 3 ounces.
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Select very tender, clean, yellow, smooth-skinned fruit, free from all blemishes. The thick-skinned varieties are better than those having a thin, tough peel, since this thin peel is likely to become still tougher after cooking with sugar and acid.

Wash the fruit well. Remove the skins and slice them very thin. Add a quart of cold water to the sliced peel, bring to the boil, cook for 5 minutes, and discard this water. Repeat this parboiling twice more, making three times in all.

Cut the fruit pulp into thin slices, removing the seeds and "rag." Combine this sliced pulp with the parboiled skins. To each weight or measure of the combined pulp and skins add three times its weight or measure of water and boil for 40 minutes. Do not begin to count time until it boils rapidly. Measure this and add equal weight or measure of sugar and boil rapidly for 25 minutes longer, or until the jelly stage is reached. Let stand overnight, reheat, pour into scalded jelly glasses, and when cold cover with paraffin.

The marmalade should have a clear amber color, not at all of a brownish cast; it should be jellied throughout. The strips of peel should be transparent and tender.

When larger quantities of fruit are used, longer periods of cooking are necessary before the jelly stage is reached, because of the larger quantity of water which must be evaporated by boiling.

## CURRANT JELLY

Select firm fruit, wash it thoroughly, and remove the leaves but not the stems. Crush the fruit to start the juice and then heat it quickly. Cook, stirring constantly, from 5 to 8 minutes until the skins of the fruit are white. Strain through a thick cloth or 3 or 4 thicknesses of cheesecloth. Do not squeeze the bag, but press lightly to start the flow of juice as it cools. To each cup of currant juice add  $1\frac{1}{4}$  cups of sugar. Stir until the sugar is dissolved, then bring quickly to the boiling point in a pan large enough to allow the juice to boil rapidly. Currants have so much pectin that as a rule just boiling up once will give the jelly test; that is, the juice will sheet

from the spoon. Remove the juice from the fire as soon as the jelly test is reached. Have ready hot sterilized jelly glasses and after removing the scum pour the jelly carefully into the glasses, taking care that the jelly does not drop on the inside of the glass near the top. Cover the glasses with cheesecloth. When the jelly has set cover with paraffin, rotating the glass so that a rim of the paraffin reaches the top of the glass. When this layer has hardened pour over it another layer of paraffin. Cover with the jelly glass tops or with paper. Label, and store in a cool place.

### CRANBERRY JELLY

1 quart cranberries.  
2 cups hot water.

| 2 cups sugar.

Select sound firm berries, discarding any that are soft or withered. Wash well and place in a saucepan with the water. Cover and cook for a few minutes until the berries have broken, then cook rapidly for a few minutes longer, stirring all the time. Press the fruit through a fine sieve to remove seeds as well as skins. To the pulp add the sugar and cook for 2 or 3 minutes, or until the jelly sheets from the spoon. Mold in small wet bowls holding about the right quantity for one meal. Cranberry jelly "weeps" or runs after it is cut, hence it is more attractive to place a fresh mold on the table at each serving.

### CANDIED CRANBERRIES

3 cups cranberries.  
2 cups sugar.

| 2 cups water.

Select large, firm cranberries. Make three small slits in each berry with the point of a penknife. Make a thin sirup by boiling the sugar and water together until clear. Allow the sirup to cool, add the berries, and bring very slowly to the boiling point. The saucepan should be large enough to permit all the berries to float at the top of the sirup during cooking. If the berries are heated too quickly, the skins will burst before the sirup soaks into the pulp. As soon as the sirup boils, take the pan off the stove and let it stand overnight.

Next day drain the sirup from the berries and boil until it is reduced to about half its original volume. Allow the sirup to cool, place the berries in it, and heat again slowly; boil very gently for 3 or 4 minutes and allow to stand for 2 hours or more. Then boil gently a third time for 5 minutes. Allow the berries to stand in the thick sirup overnight; warm once more, so that the sirup will be thin enough to pour easily, and drain the berries from the sirup. Spread them on a clean cloth or paper to dry. They should then be bright, firm, plump, and semi-transparent. They may be rolled in powdered sugar, stored in jars or tins, and used as a sweetmeat or in place of candied cherries for garnishes, puddings, sauces, and salads.

The sirup left over after the cranberries are candied has a pleasant flavor and fine color and is excellent as pudding sauce, or may be diluted for use on pancakes or waffles.

## GINGER PEARS

8 pounds pears, not too ripe.  
4 pounds sugar.  
2 lemons.

5 or 6 pieces ginger root, 1 to 2 inches long.

Wipe the pears, remove the stems, quarter, and core. Cut the pears into small pieces. Add the sugar and the ginger. Let stand overnight. In the morning add the lemons cut in small pieces, rejecting the seeds, and cook until thick. Watch the mixture carefully lest it stick and scorch. Do not let it cook down so long that the rich amber color is lost. Remove the fruit when it becomes clear. Then concentrate the juice. An asbestos mat under the kettle will prevent sticking. When the juice is thick, replace the fruit, heat it thoroughly, pour into hot clean jars, seal and store in a cool place.

## PICKLED CHERRIES

Wash and pit large, sour, red cherries. To the desired amount of cherries, add three-fourths of their weight or measure of sugar. Sprinkle the sugar over the fruit in layers, and let them stand overnight. In the morning, stir until the sugar is dissolved and then press the juice well from the cherries. Tie a small quantity of whole spices in a loose cheesecloth bag, drop this into the juice, and boil it down until it is three-fourths of the original quantity. While the sirup is hot pour it over the drained cherries, and add two tablespoons of well-flavored vinegar to each pint. Seal and let stand about 2 weeks to become well-blended before using.

## WATERMELON PICKLE

2 pounds of watermelon.  
Limewater made from 1 quart water  
and 1 tablespoon lime.  
4 cups vinegar.  
1 cup water.

5 cups sugar.  
1 tablespoon allspice.  
1 tablespoon cloves.  
6 small pieces stick cinnamon.

Pare and remove all green and pink portions from watermelon rind. Cut it in the desired shape or size, and soak for  $2\frac{1}{2}$  hours in the limewater. Drain the watermelon and place it in fresh water to cover well, and cook for  $1\frac{1}{2}$  hours or until tender. Let the watermelon stand overnight in the water. Make a sirup of the vinegar, water, sugar, and spices. Allow the sirup to come to the boiling point, add the drained watermelon, and boil gently for 2 hours or until the sirup is fairly thick. Seal and store. If desired, some of the pieces of the watermelon may be placed on waxed paper and allowed to dry out, turning every day or two until dry enough to store. This melon can be used in place of citron in cakes and puddings, and may be dipped in chocolate or covered with fondant.

## SWEET PICKLE

50 firm dill pickles.  
 12 peeled garlic buttons.  
 3 pints cider vinegar.  
 1 pint tarragon vinegar.  
 ½ cup whole allspice.

½ cup whole black pepper, or 6 hot  
 red pepper pods.  
 10 pounds granulated sugar.  
 1 pound brown sugar.  
 1 cup olive oil.

Cut pickles in cross slices one-half inch thick. Drain in a colander overnight. In a 3-gallon stone crock pack the pickles in layers, using two garlic buttons to each layer. Boil together the vinegar, sugar, and spices for 15 minutes, watching carefully that this does not boil over. Pour at once over the pickles. Next morning stir in the olive oil. Cover the jar. Stir the pickle well each day for 10 days. It is then ready to serve.

## PEPPER PICKLE

1 cup minced green pepper.  
 1 cup minced red pepper.  
 2 to 4 tablespoons sugar.

½ teaspoon salt.  
 1 small onion, chopped.  
 1 cup vinegar.

Dissolve the salt and the sugar in the hot vinegar and pour over the vegetables. Let the pickle stand two or three hours before serving.

## CHILI SAUCE

5 quarts chopped ripe tomatoes.  
 2 cups chopped red pepper.  
 2 cups chopped green pepper.  
 1½ cups chopped onions.  
 3 tablespoons salt.

1 cup sugar.  
 3 cups vinegar.  
 1 teaspoon cloves.  
 1 teaspoon allspice.  
 1 teaspoon cinnamon.

Combine the chopped vegetables, the salt, and sugar, and simmer this mixture until it begins to thicken. Then add the vinegar and spices and cook the mixture down until it becomes a thick sauce. Pour into hot sterilized jars and seal, or bottle the sauce and seal with wax. This recipe yields about 3 quarts of sauce.

## GRATED HORSERADISH

Grate up good sound roots, cover with a little distilled white vinegar, and pack into bottles at once. White vinegar is better than cider vinegar, because the cider vinegar darkens the horseradish. Seal the horseradish tightly and keep it sealed. The best part of horseradish is the sharp, pungent taste, and that is due to a volatile principle which escapes very readily, especially when the horseradish is exposed to the air.

## SANDWICHES

### CHEESE SANDWICH FILLINGS

1. Mix equal quantities of Neufchâtel or cream cheese with chopped olives, pimentos, and nuts, or any one or two of these. Add salt and a little onion juice, if liked. Spread on slices of white or graham bread.

2. Mix the cheese with finely chopped dill pickle, chow-chow, chili sauce, or any other desired pickle mixture. Use as sandwich filling or as a spread on crackers.

3. Into the soft cheese, work finely chopped parsley, watercress, lettuce, onions, celery, or any other salad vegetable. Add salt and any other seasoning desired, such as onion or lemon juice.

4. Wash prunes, dates, raisins, or dried figs or apricots, and put them through the food chopper, using the fine knife. Mix the ground fruit with about twice as much cheese. Add a little salt and chopped nuts if desired. This filling may also be served on crackers for afternoon tea.

5. Finely chopped pineapple mixed with the cheese makes an excellent spread for sandwiches, or for toasted bread or crackers for afternoon parties.

6. Spread slices of bread rather thickly with Neufchâtel or cream cheese. On one of them put a layer of jam or jelly. Press the slices of bread together. These sandwiches are also excellent toasted.

7. Savory cheese sandwiches are made of sharp-flavored club cheese, chopped English walnuts, a few drops of onion juice, a little salt, and 2 or 3 tablespoons of tomato catsup. Place the cheese in a warm room to soften, and then add it to the other ingredients to form a mixture of the right consistency to spread.

### TOASTED CHEESE SANDWICHES WITH TOMATO SAUCE

Make sandwiches of buttered bread and slices of cheese. Season with a little mustard or a dash of cayenne. Brown the sandwiches in butter in a chafing dish directly over the flame, toast them in an oven or on an electric grill. Place on plates and when ready to serve pour tomato sauce around each serving.

### DRIED BEEF TOASTED SANDWICHES

Heat the beef until the edges curl, in a skillet in melted butter. Cut the bread rather thin and toast it on one side. Butter the untoasted side and add the dried beef. Press the slices together and serve at once.

### WATERCRESS OR PARSLEY BUTTER SANDWICHES

Watercress sandwiches are made of watercress ground fine, creamed with butter, and spread on Graham bread. Parsley, with a few drops of lemon juice, may be used instead of watercress.

## PICNIC SANDWICHES

Cottage cheese makes a delicious sandwich filling for the picnic season. For sandwiches, moisten the cheese with sweet cream, and flavor with a little chopped parsley, chopped or sliced olives, sliced celery, pimentos, horseradish, Spanish onion, pickles, or nuts. Some persons like the flavor of caraway seeds in cottage cheese. This spread is equally good on white bread, rye bread, nut bread, and brown bread. Other sandwich combinations suitable for picnics are as follows:

Cucumbers, sliced very thin, and spread with a little mayonnaise dressing. These are especially good on brown bread.

Boiled ham with chopped sweet pickles and salad dressing.

Cream cheese, ripe olives, and nuts.

Chopped raisins, with nuts and lemon juice to season.

Hard-cooked eggs, chopped and mixed with mayonnaise and minced bacon.

Cottage cheese and bacon.

Butter mixed with strained honey.

Grated American cheese, mixed with salad dressing and chopped celery or pickles.

Smoked fish, carefully picked over to see that no bones are left in.

## PEANUT BUTTER AND CELERY SANDWICH

Chop celery fine, add it to peanut butter or ground peanuts, and a little cream or milk. Spread this mixture between slices of whole-wheat or Graham bread.

## CHOPPED EGGS AND CELERY SANDWICH

Chop hard-cooked eggs up fine and season them with salt and pepper. Add half as much finely chopped celery and enough mayonnaise to make the mixture easy to spread.

## BAKED BEANS AND CHILI SAUCE SANDWICH

Use about 2 tablespoons of chili sauce to  $\frac{1}{2}$  cup of baked beans, mash the mixture till it is smooth, and spread on brown bread, or Graham bread.

## GROUND PEANUT SANDWICH

Put shelled roasted peanuts through a food chopper, using the medium fine knife. Do not use the nut knife, because it grinds the peanuts too fine. Mix the ground nuts with just enough cream to moisten and make the mixture suitable to spread. Add salt to taste. Spread this mixture on Graham or whole-wheat bread.







