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# THE NEW COMMON SENSE IN THE HOUSEHOLD

Being "Common Sense in the Household"

BY  
MARION HARLAND

REVISED FOR GAS AND ELECTRICITY  
BY HER DAUGHTER  
CHRISTINE TERHUNE HERRICK



TABLE OF CALORIES AND DAILY MENUS  
WITH CALORY VALUES

By GERTRUDE YORK CHRISTY  
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## INTRODUCTION

WHEN "Common Sense in the Household" made its appearance in 1871 it introduced a new feature in domestic literature. Countless similar manuals have been written since then, but "Common Sense" was the first book of its kind to be of practical use to the inexperienced housekeeper, and it met with an enthusiastic welcome. Women all over the land blessed the name of Marion Harland; a million copies of the volume were sold and its author had the gratification of feeling that she had fulfilled her expressed desire to make domestic life easier and thousands of homes happier by this product of her own experience.

"Common Sense in the Household" is still in demand. The value it has held for several generations of housekeepers will, it is believed, be renewed now that the book has been brought up to date. Almost the only social element unchanged since its first publication is the human craving for wholesome, palatable food. Everything else has altered. The conditions of service have been revolutionized; the high cost of living prohibits the free use of materials that were comparatively inexpensive even a decade back and compels a revision of the recipes written fifty years ago. Gas and electricity have done much to simplify cookery and other household work; new inventions of divers kinds have come to the help of the home-maker; prepared foods have lessened the labor of making ready the meals for a family.

In this new edition of "Common Sense in the Household" the effort has been to preserve throughout the spirit and, so far as may be, the style and methods of the original

work. Processes have been modified to meet the present-day status, but it is hoped the trend and temper of the book remain untouched. In its revised version it should still aid the housekeeper, young or old. The introduction of the latest machinery, methods and materials follows out the line consistently pursued by Marion Harland of testing and adopting all that was newest and best in domestic science. Whenever possible her phraseology has been retained; the order of topics is virtually the same; her "Familiar Talk with my Fellow-Housekeeper" stands unaltered. If this new edition of "Common Sense" can bring to housewives of to-day something of the help it gave their mothers and grandmothers, the task of the revision will not have been undertaken in vain.

CHRISTINE TERHUNE HERRICK.

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## FAMILIAR TALK WITH MY FELLOW-HOUSE-KEEPER AND READER

A TALK as woman to woman, in which each shall say, "I," and "you," and "my dear," and "you know," as freely as she pleases. It would not be a womanly chat if we omitted these forms of expression. An informal preface to what I mean shall be an informal book—bristling with "I's" all the way through. If said bristles offend the critic's touch, let him remember that this work is not prepared for the library, but for readers who trouble themselves little about editorial "we's" and the circumlocutions of literary modesty.

I wish it were in my power to bring you, the prospective owner of this volume, in person, as I do in spirit, to my side on this winter evening, when the bairnies are "folded like the flocks;" the orders for breakfast committed to the keeping of Bridget, or Gretchen, or Chloe, or the plans for the morrow definitely laid in the brain of that ever-busy, but most independent of women, the house-keeper who "does her own work." I should perhaps summon to our cozy conference a very weary companion—weary of foot, of hand—and I should not deserve to be your confidant, did I not know how often heart-weary with discouragement; with much producing of ways and means; with a certain despondent looking forward to the monotonous grinding of the household machine; to the certainty, proved by past experience, that toilsome as has been this day, the morrow will prove yet more abundant in labors, in trials of strength and nerves and temper. You would tell me what a dreary problem this of "woman's work

that is never done" is to your fainting soul. How, try as you may and as you do to be systematic and diligent, something is always "turning up" in the treadmill to keep you on the strain. How you often say to yourself, in bitterness of spirit, that it is a mistake of Christian civilization to educate girls into a love of science and literature, and then condemn them to the routine of a domestic drudge. You do not see, you say, that years of scholastic training will make you a better cook, a better wife or mother. You have seen the time—nay, many times since assuming your present position—when you would have exchanged your knowledge of ancient and modern languages, belles-lettres, music, and natural science, for the skill of a competent kitchen-maid. The "learning how" is such hard work! Labor, too, uncheered by encouraging words from mature housewives, unsoftened by sympathy even from your husband, or your father or brother, or whoever may be the "one" to whom you "make home lovely." It may be that, in utter discouragement, you have made up your mind that you have "no talent for these things."

I have before me now the picture of a wife, the mother of four children, who, many years ago, sickened me for all time with that phrase. In a slatternly morning-gown at four in the afternoon, leaning back in the laziest and most ragged of rocking-chairs, dust on the carpet, on the open piano, the mantel, the mirrors, even on her own hair, she rubbed the soft palm of one hand with the grimy fingers of the other, and with a sickly-sweet smile whined out—

"Now, I am one of the kind who have no talent for such things! The kitchen and housework and sewing are absolutely hateful to me—utterly uncongenial to my turn of mind. The height of my earthly ambition is to have nothing to do but to paint on velvet all day!"

I felt then, in the height of my indignant disgust, that there was propriety as well as wit in the "Spectator's" suggestion that every young woman should, before fixing the wedding-day, be compelled by law to exhibit to inspectors a prescribed number of useful articles as her outfit—napery, bed-linen, clothing, etc., made by her own hands—and that it would be wise legislation which should add to these proofs of her fitness for her new sphere a practical knowledge of housework and cookery.

If you have not what our Yankee grandmothers termed a "faculty" for housewifery—yet are obliged, as is the case with an immense majority of American women, to conduct the affairs of a household, bills of fare included—there is the more reason for earnest application to your profession. If the natural taste be dull, lay to it more strength of will—resolution born of a just sense of the importance of the knowledge and dexterity you would acquire. Do not scoff at the word "profession." Call not that common and unclean which Providence has designated as your life-work. I speak not now of the labors of the culinary department alone; but, without naming the other duties which you and you only can perform, I do insist that upon method, skill, economy in the kitchen, depends so much of the well-being of the rest of the household, that it may safely be styled the root—the foundation of housewifery. I own it would be pleasanter in most cases, especially to those who have cultivated a taste for intellectual pursuits, to live above the heat and odor of this department. It must be very fine to have an efficient aide-de-camp in the person of a French cook, or a competent sub-manager, or an accomplished head-waiter who receives your orders for the day in your boudoir or library, and executes the same with zeal and discretion that leave you no room for anxiety or regret. Such mistresses do

not need cookery-books. The few—and it must be borne in mind that in this country these are *very* few—born in an estate like this would not comprehend what I am now writing; would not enter into the depths of that compassionate yearning which moves me as I think of what I have known for myself in the earlier years of my wedded life, what I have heard and seen in other households of honest intentions brought to contempt; of ill-directed toil; of mortification, and the heavy, wearing sense of inferiority that puts the novice at such a woful disadvantage in a community of notable managers.

There is no use in enlarging upon this point. You and I might compare experiences by the hour without exhausting our store.

“And then”—you sigh, with a sense of resentment upon you, however amiable your disposition, for the provocation is dire—“cookery-books and young housekeepers’ assistants, and all that sort of thing, are such humbugs!—dark lanterns at best—too often will-o’-the-wisps.”

My dear, would you mind handing me the book which lies nearest you on the table there? “Dickens?” Of course. You will usually find something of his in every room in this house—almost as surely as you will a Bible. It rests and refreshes one to pick him up at odd times, and dip in anywhere. Hear the bride, Mrs. John Rokesmith, upon our common grievance.

“She was under the constant necessity of referring for advice and support to a sage volume, entitled ‘The Complete British Family Housewife,’ which she would sit consulting, with her elbows upon the table, and her temples in her hands, like some perplexed enchantress poring over the Black Art. This, principally because the Complete British Housewife, however sound a Briton at heart, was by no means an expert Briton at expressing herself with clear-

ness in the British tongue, and sometimes might have issued her directions to equal purpose in the Kamchatkan language."

Don't interrupt me, my long-suffering sister! There is more of the same sort to come.

"There was likewise a coolness on the part of 'The Complete British Housewife' which Mrs. John Rokesmith found highly exasperating. She would say, 'Take a salamander,' as if a general should command a private to catch a Tartar. Or, she would casually issue the order, 'Throw in a handful' of something entirely unattainable. In these, the housewife's most glaring moments of unreason, Bella would shut her up and knock her on the table, apostrophizing her with the compliment—'Oh, you ARE a stupid old donkey! Where am I to get it, do you think?'"

When I took possession of my first real home, the prettily furnished cottage to which I came as a bride, more full of hope and courage than if I had been wiser, five good friends presented me with as many cookery-books, each complete, and all by different compilers. One day's investigation of my *ménage* convinced me that my lately hired servants knew no more about cookery than I did, or affected stupidity to develop my capabilities or ignorance. Too proud to let them suspect the truth, or to have it bruited abroad as a topic for pitying or contemptuous gossip, I shut myself up with my "Complete Housewives," and inclined seriously to the study of the same, comparing one with the other, and seeking to shape a theory which should grow into practice in accordance with the best authority. I don't like to remember that time! The question of disagreeing doctors, and the predicament of falling between two stools, are trivial perplexities when compared with my strife and failure.

Said the would-be studious countryman to whom a mis-

chievous acquaintance lent "Webster's Unabridged Dictionary" as an entertaining volume,—“I wrestled, and I wrestled, *and* I wrestled with it, but I couldn't get up much of an int'rest.”

My wrestling begat naught save pitiable confusion, hopeless distress, and a three-days' sick headache, during which season I am not sure that I did not darkly contemplate suicide as the only sure escape from the meshes that girt me. At the height—or depth—of my despondency a friend, one with a great heart and steady brain, came to my rescue. Her cheerful laugh over my dilemma rings down to me now, through all these years, refreshingly as it then saluted my ears.

“Bless your innocent little heart!” she cried, in her fresh, gay voice. “Ninety-nine out of a hundred cook-books are written by people who never kept house, and the hundredth by a good cook who yet doesn't know how to express herself to the enlightenment of others. Compile a recipe book for yourself. Make haste slowly. Learn one thing at a time, and when you have mastered it, ‘make a note on it,’ as Captain Cuttle says—never losing sight of the principle that *you must do it in order to learn how.*”

Then she opened to me her own neatly written “Manual”—the work of years, recommending, as I seized it, that I should commence my novitiate with simple dishes.

This was the beginning of the hoard of practical recipes I now offer for your inspection. For twenty years I have steadily pursued this work, gleaning here and sifting there, and levying such remorseless contributions upon my friends, that I fear the sight of my paper and pencil has long since become a bugbear. For the kindness and courtesy which have been my invariable portion in this quest, I hereby return hearty thanks. For the encouraging words and good wishes that have ever answered the

hint of my intention to collect what had proved so valuable to me into a printed volume, I declare myself to be yet more a debtor. I do not claim for my compend the proud preeminence of the "Complete American Housewife." It is no boastful system of "Cookery Taught in Twelve Lessons." And I should write myself down a knave or a fool, were I to assert that a raw cook or ignorant mistress can, by half-a-day's study of my collection, equal Soyer or Blot, or even approximate the art of a half-taught scullion.

We may as well start from the right point if we hope to continue friends. You must learn the rudiments of the art for yourself. Practice, and practice alone, will teach you certain essentials. The management of the ovens, the requisite thickness of boiling custards, the right shade of brown upon bread and roasted meats—these and dozens of other details are hints which cannot be imparted by written or oral instructions. But, once learned, they are never forgotten, and henceforward your fate is in your own hands. You are mistress of yourself, though servants leave. Have faith in your own abilities. You will be a better cook for the mental training you have received at school and from books. Brains tell everywhere, to say nothing of intelligent observation, just judgment, a faithful memory, and orderly habits. Consider that you have a profession, as I said just now, and resolve to understand it in all its branches. My book is designed to help you. I believe it will, if for no other reason, because it has been a faithful guide to myself—a reference beyond value in seasons of doubt and need. I have brought every recipe to the test of common sense and experience. Those which I have not tried myself were obtained from trustworthy housewives—the best I know. I have enjoyed the task heartily, and from first to last the persuasion has never left me that I was engaged in a good cause.



Throughout I have had you, my dear sister, present before me, with the little plait between your brows, the wistful look about eye and mouth that reveal to me, as words could not, your desire to "do your best."

"In a humble home, and in a humble way," I hear you add, perhaps. You "are not ambitious;" you "only want to help John, and to make him and the children comfortable and happy."

Heaven reward your honest, loyal endeavors! Would you mind if I were to whisper a word in your ear I don't care to have progressive people hear?—although progress is a grand thing when it takes the right direction. My dear, John and the children, and the humble home, make your sphere for the present, you say. Be sure you fill it—*full!* before you seek one wider and higher. There is no better recipe between these covers than that. Leave the rest to God. Everybody knows those four lines of George Herbert's, which ought to be framed and hung up in the work-room of every house:—

"A servant, with this clause,  
 Makes drudgery divine;  
 Who sweeps a room as for Thy laws  
 Makes that and th' action fine."

I wonder if the sainted poet knows—in that land where drudgery is one of the rough places forever overpast, and work is unmingled blessing—to how many sad and striving hearts those words have brought peace?

And by way of helping John, not only by saving money and preparing palatable and wholesome dishes for his table, but by sparing the wife he loves many needless steps and much hurtful care, will you heed a homely hint or two relative to the practice of your art? Study method, and economy of time and strength, no less than of ma-

terials. I take it for granted that you are too intelligent to share in the vulgar prejudice against labor-saving machines. A raisin-seeder costs a trifle in comparison with the time and patience required to stone the fruit in the old way. A *good* egg-beater—the Dover, for instance—is a treasure. So with farina-kettles, syllabub churns, apple-corers, potato-peelers and slicers, clothes wringers and sprinklers, and the like. Most of these are made of tin—are therefore cheap and easily kept clean. Let each article have its own place in the closet and kitchen, to which restore it so soon as you have done using it. Before undertaking the preparation of any dish, read over the recipe carefully, unless you are thoroughly familiar with the manufacture of it. Many excellent housewives have a fashion of saying loftily, when asked how such things are made—“I carry all my recipes in my head. I never wrote out one in my life.”

And you, if timid and self-distrustful, are smitten with shame, keep your recipe-book out of sight, and cram your memory with ingredients and measures, times and weights, for fear Mrs. Notable should suspect you of rawness and inefficiency. Whereas the truth is, that if you have a mind worthy of the name, its powers are too valuable to be laden with such details. Master the general principles, as I said just now, and for particulars look to your marching orders. Having refreshed your memory by this reference, pick out from your household stores, and set in convenient order, within reach of your hand, everything you will need in making ready the particular compound under consideration. Then, take your stand in the midst—or sit, if you can. It is common sense—oftentimes a pious duty, to take judicious care of your physical health. I lay it down as a safe and imperative rule for kitchen use—*Never stand when you can do your work as well while sitting.* If I

could have John's ear for a minute, I would tell him that which would lead him to watch you and exercise wholesome authority in this regard.

Next, prepare each ingredient for mixing, that the bread, cake, pudding, soup, or ragout may not be delayed when half finished because the flour is not sifted, or the "shortening" warmed, the sugar and butter are not creamed, the meat not cut up, or the herbs not minced. Don't begin until you are ready; then go steadily forward, "without haste, without rest," and think of what you are doing.

"Dickens again?"

Why not, since there is no more genial and pertinent philosopher of common life and every-day subjects? To quote, then—

"It was a maxim of Captain Swosser's," said Mrs. Badger, "speaking in his figurative, naval manner, that when you make pitch hot, you cannot make it too hot, and that if you have only to swab a plank, you should swab it as if Davy Jones were after you. It appears to me that this maxim is applicable to the medical as well as the nautical profession."

"To all professions!" observed Mr. Badger. "It was admirably said by Captain Swosser; beautifully said!"

But it will sometimes happen that when you have heated your pitch, or swabbed your deck, or made your pudding according to the lights set before you, the result is a failure. This is especially apt to occur in a maiden effort. You have wasted materials and time, and suffered, moreover, acute demoralization—are enwrapped in a wet blanket of discouragement, instead of the seemly robe of complacency. Yet no part of the culinary education is more useful, if turned to proper account, than this very discipline of failure. It is a stepping-stone to excellence—sharp, it is true, but often sure. You have learned how

not to do it right, which is the next thing to success. It is pretty certain that you will avoid, in your second essay, the rock upon which you have split this time. And, after all, there are few failures which are utter and irremediable. Scorched soups and custards, sour bread, biscuit yellow with soda, and cake heavy as lead, come under the head of "hopeless." They are absolutely unfit to be set before civilized beings and educated stomachs. Should such mishaps occur, lock the memory of the attempt in your own bosom, and do not vex or amuse John and your guests with the narration, still less with visible proof of the calamity. Many a partial failure would pass unobserved but for the clouded brow and earnest apologies of the hostess. Do not apologize except at the last gasp! If there is but one chance in ten that a single person present may not discover the deficiency which has changed all food on the table to dust and gravel-stones to you, trust to the one chance, and carry off the matter bravely. You will be astonished to find, if you keep your wits about you, how often even your husband will remain in blissful ignorance that aught has gone wrong, if you do not tell him. You know so well what should have been the product of your labor that you exaggerate the justice of others' perceptions. Console yourself, furthermore, with the reflection that yours is not the first failure upon record, nor the million-and-first, and that there will be as many to-morrows as there have been yesterdays.

Don't add to a trifling *contretemps* the real discomfort of a discontented or fretful wife. Say blithely, if John note your misfortune, "I hope to do better another time," and do not be satisfied until you have redeemed your pledge. Experience and your quick wit will soon teach you how to avert impending evils of this nature, how to snatch your preparations from imminent destruction, and,

by ingenious correctives or concealments, to make them presentable. These you will soon learn for yourself if you keep before you the truism I have already written, to wit, that few failures are beyond repair.

Never try experiments for the benefit of invited guests nor, when John is at home, risk the success of your meal upon a new dish. Have something which you know he can eat, and introduce experiments as by-play. But do not be too shy of innovations in the shape of untried dishes. Variety is not only pleasant, but healthful. The least pampered palate will weary of stereotyped bills of fare. It is an idea which should have been exploded long ago, that plain roast, boiled, and fried, on Monday, Tuesday, Wednesday, and Thursday, cod-fish on Friday, with pork-and-beans every Saturday, are means of grace, because economical. And with this should have vanished the prejudice against warmed-over meals—or *réchauffés*, as our French friends term them. I have tried, in the following pages, to set forth the attractions of these, and their claims to your attention as being savory, economical, nourishing, and often elegant. In preparing these acceptably, everything depends upon your own taste and skill. Season with judgment, cook just enough and not a minute too long, and dish nicely. The recommendation of the eye to the palate is a point no cook can afford to disregard. If you can offer an unexpected visitor nothing better than bread-and-butter and cold ham, he will enjoy the luncheon twice as much if the bread be sliced thinly and evenly, spread smoothly, each slice folded in the middle upon the buttered surface, and piled symmetrically; if the ham be also cut thin, scarcely thicker than a wafer, and garnished with parsley, cresses, or curled lettuce. Set on mustard and pickles; let the tablecloth and napkin be white and glossy; the glass clear, and plate shining clean; and add to these accessories to comfort a bright

welcome, and, my word for it, you need fear no dissatisfaction on his part, however epicurean may be his tastes. Should your cupboard be bare of aught more substantial than crackers and cheese, do not yield to dismay; split the crackers (if splittable), toast the inside lightly, and butter while hot. Grate your cheese into a powdery mound, garnishing the edges of the plate. If you have no beverage except water to set before him, let this be cool, and pour it out for him yourself, into an irreproachable glass. A dirty tablecloth, a smeared goblet, or a sticky plate, will spoil the most luxurious feast. A table well set is half-spread.

I have not said one-tenth of that which is pressing upon my heart and mind, yet I fear you may think me trite and tedious. One suggestion more, and we will proceed to the details of business.

I believe that, so far as care can avail in securing such a result, my recipes are accurate. But in the matter of seasoning and other minor details, consult your judgment and John's taste. Take this liberty with whatever recipes you think you can improve. If I chance to find in your work-basket, or upon the kitchen dresser, a well-thumbed copy of my beloved "Common Sense," with copious annotations in the margin, I shall, so far from feeling wounded, be flattered in having so diligent a student, and, with your permission, shall engraft the most happy suggestions upon the next edition.

For the speedy issue of which, the petitioner doth humbly pray.

MARION HARLAND.

## OUTFIT FOR GAS AND ELECTRICAL COOKERY

COOKERY by gas relieves the housekeeper of many burdens. Until she no longer has the trouble of kindling a range fire or of keeping it in overnight, of shaking down a grate and taking up ashes, of handling wood or coal with all this involves of labor and dirt she hardly appreciates what a hard task it has been. The cleanliness and rapidity of the various processes of gas cookery delight her. She fills and puts on the kettle, lights the flame under it and almost before she knows it the water is boiling; she starts the burners in her oven and in a few minutes she has a steady, strong heat she can regulate at will. No more dust, no more cinders to pick out, no more ashes to sift, no back-breaking work of lifting coal—it seems like a dream come true.

Yet even with gas ranges there is wide opportunity for choice and the housekeeper who anticipates emancipation from a coal or wood stove and the ease of cooking by gas must not buy hastily. Study and examination of different types of ranges are essential and from the first she should understand clearly that the best is the cheapest. Many are the inexpensive gas cooking-stoves on the market, but the purchase of one of these may prove no economy. Lightly made of cheap materials, built to sell, they present as good a superficial appearance as the better stoves, but they do not last.

When seeking a gas range which is to give satisfactory wear, certain features must be demanded. Rounded corners to the stove are more attractive than the sharp angles and easier to keep clean; an enamel finish to the ovens and

burner tray has obvious advantages; the bottom of the oven should be of cast iron that will not rust out, will heat quickly and evenly and may be slipped out and cleansed; the lining of the oven should be rust-resisting; the burners should be of graded capacity, so that low and strong heat are both available; the broiler and oven space should be adequate and a flue vent should carry away smoke and smell; there should be a shelf above the stove for heating plates and one below for storing pots and pans and an automatic lighter should save the trouble and messiness of matches.

These are the essentials, but each make of stove has special points to characterize it. One has an oven built at the side of the range; the oven of another is underneath; in one type the oven door opens down like a shelf; in another the broiler can be lowered or lifted by a knob on the outside of the range; the solid or semi-solid top which enables the cook to heat several vessels over one burner has strong advocates; the stove with open or uncovered burners has as many admirers. The roll-top warming closet in this model is offset by the underneath closed pot-shelf in that; the glass front and heat indicator charm one housekeeper; the regulator and thermostat strike another as the last touch of perfection. Each or every one of these appointments may add to the ease or pleasure of cooking, but, after all, they are the trimmings; the indispensables are those first mentioned.

The utensils for the gas stove differ little from those used on the wood or coal stove. As a general rule the heavy pots and pans employed with the latter are not needed for gas, with the exceptions of a baking-pan for meats, a waffle iron made especially for a gas stove and a griddle designed in the same way. Agate and porcelain finish and aluminum utensils, with heavy bottoms, are the best and they should be selected with rounded rather than flat bottoms and curved instead of straight sides.



The cook will be fortunate who does not learn by painful experience the swiftness with which food heats over a gas flame. If she is not watchful she is likely to pay for her carelessness by burned-out vessels with contents reduced to a cinder. The habit of setting a saucepan at the side of a range and feeling safe in leaving it there indefinitely, as on a wood or coal stove, is hard to conquer.

Among the best adjuncts to the gas range is the fireless cooker with stones to be heated on the stove and employed to complete the cookery of food that has been brought to boiling over the flame. Of these cookers there are several excellent models. The waterless cooker or steamer is another invention for the gas stove which saves gas, time and toil and should be studied by the housekeeper. The Perfo plate, which is round, pierced with holes and fitted with a grating and a cover, is valuable not only for quick cookery of a small quantity of food, for making toast and as a stand to place under a saucepan containing food likely to scorch, but is also a comfort in hot weather when the heat of the large oven would raise the temperature of the kitchen to an unpleasant extent.

Manifold are the merits of cookery by electricity as well as of cooking by gas. Perhaps the chief of these in the housekeeper's eyes are cleanliness and coolness. The heat in cooking goes into the food and the construction of the stoves is such as to retain the heat and concentrate practically all of it on the food. As there is no flame, smoke or soot there are no deposits of black grease on the outside of utensils to demand scouring or scrubbing. Only the grease or stickiness from the food must be removed from the inside of the vessels used in cooking. The appearance of the electric range carries out its claim to cleanliness. Like the gas stove, it comes in white enamel, or in gray and black finish—

the latter less dazzlingly spotless perhaps than the white, but no less easily wiped off.

In the selection of the electric range there is only less room for choice than in purchasing a gas stove. All sizes and types are to be found, from the portable two-plate range, with oven and broiler, which can be attached to any convenience outlet and is recommended especially for bungalows and kitchenettes, to the large electric stove for institutional cookery. Between these extremes is an assortment of ranges to meet the needs of families of any dimension. Each stove offers uniformity of heat which will secure uniform results in cooking. In all the touch of a button starts the heat and stops it.

Moreover, the electric range may be supplied with an automatic control to start the heat and turn it off at the time desired. To the housekeeper always held in bondage to the cookery of meals, no matter of what sort was her fuel, it sounds like a fairy tale to be told that she can put her dinner in the oven, set one dial for the time the heat is to be turned on, another for the hour it is to be turned off and then leave the house for half a day, confident that when she comes home she will find the food ready to eat and kept hot by the stored heat of the oven.

Both meat and vegetables can be cooked in this way. The time required is decided by the article needing the longest cookery. The roast of meat, the green and starchy vegetables, certain baked desserts that are not delicate compounds of milk and eggs, like custards, are all put in at once and sufficient time allowed for the item that must be cooked for the greatest length of time. The stored heat will not overcook any one of the foods, but keep them hot for the table.

This order of control is not limited to the large and high-priced ranges. One model comes which is suitable for a small

family in a small apartment. It takes up little room, can be moved from one place to another and needs only to be attached to a lamp-socket to be ready for service. It will bake, boil and fry, stew, simmer and brown, and when the food has been put in and the heat turned on the meter can be set to shut off the current at a set time. A dial registers the temperature, so that there is no difficulty in knowing when the heat is attained at which the food should go in.

Again, as when selecting a gas range, the choice must be decided by the needs and the preferences of the housekeeper and the merits of the article. The price of electric power varies in different places and on this charge depends the economy or extravagance of cookery by electricity. Where the cost is not prohibitive the electric range has won great popularity. The housekeeper who lives on a farm supplied with an individual electric outfit must be sure to specify the number of volts at her control in purchasing electric equipment of any kind.

Allied to the range are the many electric appliances for the kitchen that spell ease and comfort to the housekeeper. The electric fireless cooker, either as a part of the stove itself or an attachment; the kitchen aid which simplifies the processes of preparation; the electric refrigerator, banishing the bother of the ice-man and the task of keeping the ice-chamber clean; and the dish-washer—to say nothing of such non-culinary helps as vacuum-cleaners, washing-machines and electric ironers—are among the boons within the reach of the woman fortunate enough to live in a locality where electricity may be purchased at reasonable rates.

The utensils for the electric range are practically the same as those for the gas-stove. Heavy aluminum, white enamel or agateware vessels are the best. They should have flat bottoms that they may get the full benefit of contact with the

heating elements, and the joy the housekeeper will feel in their shining cleanliness and the knowledge that they will not be defaced by scorch or soot will go far to compensate her for the fact that she cannot gain as rapid results with electrical as with gas cookery.

A word relative to lighting the rooms where food is prepared and gas or electric cookery done. Do not try to save money by working in the dark. Have in the middle of the kitchen a light which will distribute its rays freely, or place a fixture near the range, another above the sink, a third by your mixing-table. Install bulbs in the pantry, by the refrigerator and to throw beams into your pot-closet and arrange a light to switch on for the cellar-stairs and the back steps. It means cost at first, but the lights pay for themselves in comfort and convenience.

## IN THE LAUNDRY

WASHING and ironing are usually a terror to housewives. To devote two days a week to restoring cleanliness to clothing; to spend one of these standing at the wash-tub, wearying back, legs and arms in the processes of rubbing, rinsing, blueing and wringing; to stretch and strain to hang the clothes on the line and afterwards to take them down—all this has made blue Monday the hardest day of the week.

Ironing may be less messy, but it is about as fatiguing, and it is no wonder that many women who must do their own work seek relief by consigning the weekly wash to a laundry, taking the chances of having the house and body linen return reeking of deteratives, perforated with fine holes and stiff and shapeless from the mechanical ironer.

In the days when a laundress charged a dollar a day and even when the price was half as much again a housekeeper of moderate means could afford to hire a woman for one day a week to do the heaviest part of the laundry work. With sheets and tablecloths, towels and napkins and certain fine pieces out of the way the mistress of the house could finish what was left, although often the work dragged along until Wednesday, so that the housekeeper felt she had hardly breathing space after one week's wash before the shadow of next week's task was upon her.

The earlier washing-machine was an attempt to lighten the burdens of the laundress but with few exceptions such machines were not conspicuously successful. They might serve for coarse washing, but fine pieces were torn in them and the garments that came from them were nothing like so clean as those rubbed by hand on a washboard. Also the machine

of this period had to be turned by human agency and the careful housekeeper generally concluded it was less trouble to do her washing in the old way than to use the imperfect appliance.

Electricity, potent aid to-day in domestic processes, is nowhere more helpful than in washing and ironing. The number of electric washers on the market is legion. Each claims to be the best and advances forcible arguments to prove the point. For obvious reasons it is undesirable to give the name of one make as better than another. The course for a woman who has resolved to lessen her labors and increase her ease and efficiency by the purchase of a washer is to study the different kinds and with the help of competent advisers decide for herself which best meets her needs.

Examination of the different machines shows they include five types, the rocker, the cylinder, the suction cup, the gyrator and the turbine. Of these it seems to me important to give particular attention to two—the variety with the cylinder and that with the suction cup. In the former the garments are placed in a large perforated cylinder which is immersed in the hot soap-suds in the container, the electric motor is started and the cylinder turns, alternating several revolutions in one direction with an equal number in the other. The clothes are lifted and changed about, the suds are forced through the fibers until the dirt is dissolved and driven out and sifted through the perforations of the cylinder. When the garments are clean the cylinder is opened and the contents are ready to be rinsed or blued.

The second type of machine I have selected to describe uses air-pressure and suction. Vacuum-cups are attached to plungers, which when the power is turned on move rapidly up and down on the garments in the water-filled tub. As the cups descend upon the clothing, the air caught in them, pressing against the pieces, forces the suds through

the pores of the cloth and as the cups are lifted in the upward motion of the plungers a vacuum is created which draws the water back through the fabric. The clothes are raised and their position changed at the same time, so that all parts are submitted to alternate pressure and lifting, as would be the case in washing done by hand. The cups revolve so as to give equal pressure in all parts. By this process, as by the one first outlined, soap and water are driven through the materials until every soiled spot is reached. The soap loosens the dirt, the water flushes it out of the fabric. In neither machine is there any strain on the fabric and the friction, which, as much as ordinary wear, shortens the life of the clothing, is avoided.

I am not prepared to indorsè one method as better than another—each housekeeper must make her own choice. She must choose also if she wishes a machine mounted on casters which can be moved from one place to another or the style which can be attached to the set tubs. She may not care to give up the space demanded by the machine which is a separate piece of furniture and may prefer the model that can be used with the laundry tub—there is even one available with a bath-tub. This is worked by water pressure and can be attached to any faucet. The capacity of the machine she selects must be determined by the size of her family and she must decide if she prefers a machine which dries the clothing without a wringer or one fitted with a wringer worked by the motor. With this wringer she does not have to lift the garments, for it will turn either to drop the clothes into a basket or into another tub for rinsing or blueing.

Certain points she must bear in mind in her decision. Unless she has a talent for mechanics she should select a machine without complicated construction. Some types are rather intricate and when out of order can hardly be repaired without professional aid. Such features as con-

venience of height which will not demand too much stooping, a flat top to serve as a table when the machine is not in use, a finish easily cleaned by wiping, a smooth lining free from crevices to act as traps for dirt, a fair assurance that buttons will not be torn off by cylinder or cups, a safety switch to insure against blowing out a fuse—all these and further details must be considered in purchasing a washing-machine.

Also it must be recollected that even the possession of a washer does not banish labor, although it lightens it incomparably. There has been as yet no washing-machine invented which works on the principle popularly supposed to be followed in the pork-packing industry when it is said the pig walks in at one end of the machine and comes out sausage at the other. You cannot dump a basket of clothes into the machine at random, start the motor and find the garments done and ready to dry in from five to fifteen minutes. The clothing must be sorted, as in former days, badly soiled pieces must be soaped and soaked, fine pieces and coarse must not be washed together, woolens must have their particular attention and colored garments must not be mixed with white. More than this, the machine must be regularly and intelligently cleaned and lubricated.

On the other hand, the electric washing-machine eliminates the back-breaking business of rubbing the clothes and prolongs their lives as well as the life of the housekeeper. No hand friction will bring a tubful of clothes to a more dainty cleanliness than can be won by a good washing-machine. Even if the laundress must always consider the water with which she washes, whether it be hard or soft, and must study the merits and demerits of soaps and washing-powders, she will still find her machine saves her unlimited time and trouble and fatigue, if she makes a wise choice when buying.



After the washing, the ironing. The electric iron has a place in countless homes where the thought of buying a washing-machine has never entered. It is hardly worth while at this day to say much in favor of the electric iron. Every woman who has used one is ready to enlarge upon its advantages over the old-time methods of ironing. The electric iron holds a uniform heat and can be heated without making a fire and raising the temperature of the room. Ironing can be done anywhere that there is a convenience outlet to which to attach the plug of the iron and in warm weather the work can be performed as readily on an outside porch as in the kitchen. There is no walking back and forth from the stove to the ironing-table, no changing of irons because the one in use has cooled. The heat can be maintained at any degree desired and when the task is done the current is switched off and expense stops.

There is a choice even in electric irons. The six-pound iron is generally considered the standard weight for domestic use, although larger sizes come for heavy pressing. A small one is made for travelers and an up-to-date manufacturer of traveling supplies has shown his cleverness by adding an electric ironing outfit to his wardrobe trunks. In a neat recess built to hold it is stowed a small electric iron with cord for connecting with a convenience outlet. Back of the space reserved for hanging dresses is suspended a little ironing board on which a woman may press her laces, collars, blouses and frocks, and her husband's trousers. Those who do not aspire to wardrobe trunks can secure an electric iron which is smaller and lighter than those in ordinary use and will add little to the weight of the trunk in which it is carried.

One iron turns off automatically when a certain heat is reached, so that it is never either too hot or too cold; other irons are shaped for pressing pleated or ruffled garments or

going into spaces between pleats, and there is no make but claims certain qualities which render it superior to any other model.

The ironing-machine for the private family is a recent invention. The mangle has been with us for many years and mechanical ironers have been in service in laundries and manufacturing establishments. Not until lately has an ironer specially designed for household use been put on the market. Now there are several of them. All possess certain excellent features. It means a great deal to a woman to be able to sit at her ironing, to dispatch the business of pressing the family linen in a couple of hours instead of making a day of it, to control the current which works the motor with a touch of her foot on a pedal while her hands are free to handle the articles to be ironed.

Each type of ironer has special merits to commend it. One is small enough to be easily moved and can be stowed away in a closet when not in use; another, larger and heavier, professes to give a polish to table-linen and shirts equal to anything that can be attained by handwork; a third makes a feature of the facility with which ruffles, pleats, frills and the most delicate fabrics can be pressed by it in a comparatively short time.

Ironers are not cheap—their mechanism is too expensive, but for the woman who can afford the initial outlay they will be likely to prove not only time and labor savers but a financial economy in the long run. At the rates demanded—and received—by visiting laundresses to-day, it does not take long for the ironing machine to pay for itself. There is little probability that it will ever take the place held by the electric iron or even by the washing-machine in the average home, but its value is sufficient to lead a housekeeper to debate thoughtfully if it will not be a remunerative addition to her laundry outfit.

## TABLE COOKERY BY ELECTRICITY

ELECTRIC table-appliances lend a touch of diversion to the business of cookery. A woman with a natural love of cookery—and many of us will bear witness that it may be a delightful occupation—finds an added enjoyment in the work if it is done in the presence of admiring spectators. We all love an appreciative audience, no matter what the character of the performance we are staging.

In this desire for attention and approval the inventor or developer of electric table appointments has seen his opportunity and he is making the most of it. For the benefit of the housekeeper-cook and her gallery are provided those beautiful and shining utensils that are displayed in shops for electrical wares and in housefurnishing stores and departments. Few women can resist the lure of attractive pots and pans and the like and the thought that with their help can be prepared delicious food is in a measure secondary to the bliss of cooking with them. Only less than this is the fun of watching the cooking, of criticizing, commenting and correcting.

The first evidence I recollect of this general interest in table-cookery was the rage for the chafing-dish with alcohol fuel. Every woman and many men went mad over it and the possession of one for Sunday-night suppers or late evening spreads was on a par with the elegance supposed to be imparted to the afternoon tea-table by a hot-water-kettle or a samovar. To-day numberless are the electrical table utensils within the reach of even the moderately well-to-do housekeeper and there are few homes supplied with elec-

tricity in which one or more of them are not found. Certain which are less well known deserve greater popularity and the uses to which they can be put should be more familiar to the general public.

The electrical toaster is perhaps the most universally used help in table-cookery. It is clean, quick and cheap and the toast is served smoking hot—a condition in which it rarely appears in other circumstances. It is impossible to indicate any especial toaster as the best, for each has its peculiar advantage. One cooks toast with miraculous speed; in another the toast is automatically turned without being touched by the fingers; still another has a rack on top in which to range the slices as they are cooked and a fourth offers a framework at the side for the same purpose.

The value of the toaster does not end with its service in providing plain toast for the family. All sorts of good things can be prepared by its assistance. French toast for dessert; cinnamon toast for afternoon tea; cheese toast for late suppers; milk or cream toast for the invalid or the children, all these may be achieved with the electric toaster as the chief figure in the action. Besides these there are English muffins and crumpets, currant buns to be split and toasted and crackers to be browned with cheese or without and a variety of other dainties that the toaster will supply.

Less well known but of even wider possibilities are the table-stoves offered the housekeeper. These combine so many functions as to make it seem strange a kitchen-range should be needed at all. When one can boil eggs, grill bacon and toast bread at one and the same time; or scramble eggs, make toast and cook waffles at once, or by another combination broil a chop or steak and fry griddle-cakes, the culinary kingdom of heaven seems at our doors.

The versatility of the table-stove does not stop here, for an ovenette is an adjunct that permits one to bake biscuit

or muffins on the table, and another model claims to do casserole cookery, to broil, fry, toast and roast. The housekeeper may mix her batter or her dough in the pantry, put it in the ovenette and turn on the current and go about the rest of her breakfast preparations, knowing that when the family assembles at her call it will be the work of only a few minutes to grill bacon, fry or poach or scramble eggs or cook an omelet and that her hot bread will be ready to eat with them. No running back and forth to the kitchen, no more tepid items to insult the palates of the eaters. Every thing is piping hot and there is no time lost in the journey from the stove to the plate. A small family may well cook all its breakfasts and most of its luncheons on the table with the help of such a device.

These stoves are supplied with switches to enable the housekeeper to grade the heat to meet her needs. As with a full-size electric range, she can have low, medium or high heat as she desires and can change from one to the other with the touch of a finger.

In the same class with the table-stove of divers uses, although on a more restricted line, is the electric waffle-iron. Here again a wide selection is offered. You may have your waffles large or small, square, round, oblong or three cornered to suit your taste. Take your choice! Then mix your batter and put it in a pitcher, set your table with a platter of hot sausages at one end of it—unless you prefer to cook these on your table-stove—and a tray with the waffle-iron, heated plates and a jug of maple syrup or a bowl of sugar and cinnamon at the other and you are “all set” for a meal that seldom fails to please every comer.

Or if you wish a variety from the waffles get a table-griddle and bake pancakes on the same principle as the waffles and with no more trouble. One advantage the griddle possesses over the waffle-iron is that it has other uses

than cooking pancakes, since on it you may fry bacon, eggs, sausages and other items. The electric chafing-dish is on the same order but is provided with a hot water pan or double boiler, so that food which requires more deliberate cookery may be prepared in this. Cheese fondue, lobster à la Newburg and any combinations of eggs and milk that are in danger of curdling over direct heat are best cooked over hot water in the electric chafing-dish.

The coffee-percolator and the hot-water kettle, heated electrically, came to stay a good while ago. Their merits in keeping breakfast beverages hot or restoring their heat for late comers are manifest. A variation on the hot-water kettle is the samovar and a coffee-urn furnishes the same divergence from the coffee-pot. All work on the same plan and each is invaluable at breakfast or Sunday-night supper, for making after-dinner coffee or at the afternoon tea-table.

One feature all electric table appliances hold in common—they are easily kept clean. The grease or stickiness of the food prepared in them must be removed, of course, but there is none of the black smirch or soot which distresses the worker by other methods of cookery. The utensils are of polished metal to which dirt is slow to adhere and with ordinarily careful handling will continue bright and shining indefinitely.

## SOUPS

WHEN the base of your soup is uncooked meat, cut it into small pieces and beat any bones you cook with it until they are fractured every inch of their length. Put into cold water with the vegetables to be used for seasoning and let them all stand in a cool place for an hour. Bring the contents of the soup-pot to a boil over your gas flame and when bubbling vigorously transfer to your fireless cooker, for which you heated the stones while the soup was over the flame. Leave it in this for several hours and allow the stock to cool on the solid ingredients before you strain through a colander, season with salt and pepper and set aside until you are ready to use the stock as a foundation.

Should you cook by electricity follow practically the same process as with gas, boiling the soup over your heater unit with high heat, or heat the oven or your electric fireless cooker and leave the stock in this for several hours, until all the goodness has been extracted from meat and vegetables. Proceed then as with stock made by gas heat.

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### VEGETABLE SOUPS

*(With and Without Meat Stock)*

#### GREEN PEA SOUP

2 quarts beef or veal stock, made from the trimmings of a roast or from stewed meat and cracked bones.

1 quart shelled green peas.

Bring the stock to a boil over a steady flame or high heat on a heater unit, put in the peas and cook on a low heat until these are soft. Add then half a teaspoonful of white sugar, a teaspoonful of salt, a saltspoonful of white pepper and a sprig of mint. Cook slowly, still over a low flame or heat for fifteen minutes longer, turn all through a soup strainer, put back on the range, this time over a quick flame or high heat, with a tablespoonful of butter, bring to a boil and pour on bread croutons in the tureen or in the individual soup plates when serving.

#### SPLIT PEA SOUP

1 pint split peas which have soaked over night in enough water to cover them.

Half pound salt pork, cut into small squares or strips.

3 stalks celery, chopped coarsely, and a small onion, sliced.

2 quarts water.

Bring the pork and the soaked peas to a boil over the gas flame or electric heater unit and when they reach this stage put them in the fireless cooker. Leave them in this for four or five hours, then take out and put through a vegetable press. Place over a steady heat on the gas or electric range, add pepper to taste—the pork will probably supply sufficient salt—stir in a teaspoonful of butter rubbed smooth with a tablespoonful of flour, boil up once and send to table. Pass croutons or dice of fried bread with this soup.

#### PEA AND TOMATO SOUP

This is made according to either of the foregoing recipes, in summer with green, in winter with dried or split peas. Just before straining the soup add a quart of tomatoes which have already been stewed soft; let the whole come to



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a good boil and strain as above directed. If the stewed tomato be watery, strain off the superfluous liquid before pouring into the pea soup, or it will be too thin.

#### ASPARAGUS SOUP

1 bunch of asparagus, cut into inch lengths. Reserve half of the heads.

3 pints weak stock.

1 cup milk.

1 tablespoonful each of butter and of flour.

Salt and pepper to taste.

Put the cut-up asparagus and half of the heads with the stock, bring it to a boil over a strong flame or high electric heat and then place in the fireless cooker and leave for three hours. Strain the soup, squeezing the pulp from the asparagus in the vegetable press and set on a steady heat or flame again with the uncooked asparagus heads. Boil for twenty minutes over a medium flame, until the asparagus heads are tender, stir in the cupful of milk and the butter and flour rubbed smooth together. Cook for five minutes after these go in or until the soup begins to thicken, then serve, after seasoning with salt and pepper.

#### BEAN SOUP

For this soup use white kidney beans or dried lima beans. Soak a pint of them overnight in lukewarm water; the next morning put them on the range with two quarts of cold water and half a pound of salt pork coarsely chopped. Bring to a boil over the gas flame or high electric heat before placing in the fireless cooker. Leave in this for five hours. Return to the flame or electric heat with an onion and a stalk of celery, both sliced, simmer with a low flame or

if on an electric stove over medium heat for half an hour. Add pepper to taste and salt, if this is needed, rub through a colander and serve very hot, with dice of fried bread. Pass sliced lemon with this soup.

#### BEAN AND CORN SOUP

To beans soaked and boiled as directed in preceding recipe, add, after taking from the fireless cooker, the contents of a quart can of corn. Cook over the simmering flame or medium heat for forty minutes and put through a colander or vegetable press. If the corn is hard, run it through a meat-chopper before adding it to the bean soup. Season with salt and pepper and send to table very hot.

#### VEGETABLE SOUP

- 3 onions.
- 3 carrots.
- 4 turnips.
- 1 small cabbage.
- 1 small bunch celery.
- 1 pint stewed tomatoes.

Chop all the vegetables except the tomatoes and cabbage very fine and put them in a soup-pot with three quarts of water. Bring them to a slow boil over a medium flame or electric heat and keep them at this for half an hour. Meanwhile chop and parboil the cabbage, add it to the other vegetables in the pot and cook slowly for fifteen minutes more, when the tomatoes should be put in and all brought to a quick boil for twenty minutes. Rub through a colander and return the soup to the range over a quick heat; stir in a tablespoonful of flour rubbed smooth with the same quantity of butter and half a cupful of milk; salt and pepper to taste

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and as soon as the soup has boiled up and thickened after the addition of the flour, etc., send it to the table.

## POTATO SOUP

*(White)*

12 potatoes, boiled and mashed very soft.

1 quart milk.

Heat the milk in a double boiler over a steady flame or a high heat, if you use the electric range, with a small onion, chopped fine. After the milk is scalding hot, let it cook ten minutes. Strain out the onion and thicken the milk with a heaping tablespoonful of butter rubbed smooth with one of flour; when it is the thickness of light cream add the potato, beat hard and bring to a boil, stirring constantly that it may not scorch. Add a tablespoonful of chopped parsley and salt and pepper to taste. You will improve this soup if you give it a hard beating with an egg-whip just before it goes to the table.

## POTATO SOUP

*(Brown)*

Peel and quarter a dozen good-sized potatoes and lay them in cold water for an hour. Into your soup-pot put three tablespoonfuls of good dripping and when this is hot lay in a large sliced onion and your potatoes, first drying these on a clean cloth. Cook over a medium flame or heat, watching carefully that nothing scorches. When the potatoes are a good brown add to them two quarts of boiling water, cover the pot and put it over a low flame or heat and simmer until the vegetables are soft and broken and then rub through a colander. Return to the pot, add a large tablespoonful of

butter rubbed smooth with one of browned flour, a teaspoonful of kitchen bouquet for coloring and seasoning, a tablespoonful of chopped parsley and salt and pepper as needed.

#### TOMATO AND RICE BROTH WITHOUT MEAT

Fry a sliced onion of medium size to a light brown in three tablespoonfuls of good dripping, add a can of tomatoes or a dozen ripe tomatoes peeled and sliced and when they are smoking hot pour in a quart of boiling water. Stew for half an hour and put through a colander; return to the pot, season with a teaspoonful of sugar, a tablespoonful of minced parsley and salt and pepper, bring to a boil over a quick flame or high heat and add half a cupful of boiled rice. Thicken with a tablespoonful of butter rolled in one of flour, boil up and serve.

This is a good and economical soup.

#### TOMATO AND RICE BROTH WITHOUT MEAT

1 pint tomatoes, cut up, or the juice strained from one can of tomatoes.

Half a cup rice, boiled tender but not broken, and a full cupful of the water in which it was boiled.

1 small onion, minced.

1 cup milk.

2 tablespoonfuls flour rubbed smooth with the same quantity of butter.

1 teaspoonful white sugar.

1 tablespoonful chopped parsley.

Celery salt and plain salt as needed.

Stew the tomatoes and onion together for half an hour over a low flame or medium heat, if on an electric unit. Rub

through a colander. Should you use the strained tomato juice add to it a teaspoonful of onion juice and cook them together for only ten minutes. To this or to the strained tomatoes and onion add the boiled rice and rice-water, the salt, sugar and parsley and put all over a steady heat. Pour some of this liquid on the butter and flour heated in a small saucepan, stir until you have a smooth thick fluid and mix with the rest of the soup. Heat the milk and add to it a good pinch of baking-soda, turn into the soup and serve at once.

#### WHITE ONION SOUP

Simmer five tablespoonfuls of chopped onions for an hour in a quart of stock from bones of veal, mutton or chicken. Rub the onions through a fine colander and return to the range over a quick flame or high heat and thicken with two tablespoonfuls of butter rubbed smooth with two of flour. Cook until thick and smooth, pour in a cupful of milk, add a tablespoonful of chopped parsley and salt and white pepper to taste, boil up once and serve.

This soup may be made without meat and the onions boiled in milk in a double boiler. Proceed as in the preceding recipe, but omit the cupful of milk called for and use only one tablespoonful and a half of the flour with two tablespoonfuls of butter.

#### CREAM OF SPINACH SOUP

Boil two quarts of spinach, which should have been well washed, putting it on the stove in a large pot with very little water and cooking it over medium flame or electric heat until tender. Put it through a meat grinder. Cook together a tablespoonful each of butter and flour over a

quick heat, pour on them one quart of milk and stir until smooth, taking care the milk does not scorch, add the pulped spinach and pepper and salt to taste, boil up once, stirring all the while, and serve.

An attractive addition to this soup is a teaspoonful of whipped cream on the top of each portion when served.

#### CREAM OF TOMATO SOUP OR TOMATO BISQUE

Cook a can of tomatoes over the fire until soft, with a sliced onion, or use the equivalent in ripe tomatoes. Rub through a colander. Cook together two tablespoonfuls of butter and two of flour until they bubble and pour upon them a quart of milk. When the milk and thickening are well blended, after steady stirring, add the strained tomatoes with which you have mixed a teaspoonful of white sugar, salt and pepper to taste and a pinch of baking-soda. The tomato and milk must each be scalding hot but must not be put together until just before serving or they will curdle.

#### PIMIENTO SOUP

Cut the contents of a medium-sized can of pimientos into pieces and put these through the vegetable press. Cook together in a saucepan on the heater unit of your electric range or over the flame of your gas stove two tablespoonfuls of butter and flour, have the heat high and keep it so until they bubble. Then pour upon them a quart of milk and stir until the mixture is thick and smooth. Turn the heat to medium, add the pimientos and beat until well mixed and very hot; season with a teaspoonful of salt and four drops of tabasco sauce and put into plates. Lay a heaping teaspoonful of whipped cream on the top of each portion of soup just before it goes to the table.

## CARROT SOUP

Make by the preceding recipe, substituting a heaping cupful of pulped boiled carrots for pimientos. This soup is in order when yellow is the color tone of the dinner.

## CREAM OF ASPARAGUS SOUP

*(Without Meat)*

Cut the tips from a bunch of asparagus and cook them in a kettle filled with sufficient water to cover them. When you set this kettle on a heater unit of your electric range or on a gas stove turn on high heat and add a pinch of salt and one of baking-soda to the water. When, after the tips have been added, the water again comes to a boil, turn the heat to medium and cook for twenty minutes. Remove the tips, place the stalks of the bunch in the boiling water, and, if necessary, add sufficient boiling water to cover. Simmer with medium or low heat until the asparagus stalks are soft enough to be rubbed through a ricer.

This done, cook together, using high heat, two tablespoonfuls of butter and two of flour. When this bubbles add a quart of milk and stir until smooth and properly thickened. Add the asparagus pulp, a heaping teaspoonful of salt, a saltspoonful of white pepper, boil up once more and then put in the asparagus tips.

## CORN SOUP

*(With Stock)*

Cut the corn from half a dozen cobs and put the latter into two quarts of weak stock which you have saved after boiling a chicken. Cook them over low heat for an hour

after the liquid begins to simmer, put in the corn, bring back to the simmer over high heat, turn low and cook an hour longer. Remove the cobs, season the soup with pepper, salt and a tablespoonful of minced parsley, thicken with a tablespoonful of butter and two of flour and serve as soon as the soup is the thickness of cream.

#### CREAM OF CORN SOUP

Shave corn from the cob or chop canned corn fine. Cook together two tablespoonfuls each of butter and flour to bubbling, mix with them a quart of milk and when this thickens, a cupful of corn, pepper and salt to taste and serve very hot.

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### MEAT SOUPS

Consommé, or clear soup, is the foundation of many fine soups. It may be served without the addition of any "trimmings" as bouillon, or it may have vegetables, vermicelli, macaroni, tapioca, etc., put with it to secure variety for the table. With meat at its present prices consommé cannot be considered cheap, but the recipe is given here for the benefit of those who desire a good clear soup, regardless of expense, for special occasions.

#### CONSOMMÉ

Cut two pounds of lean beef from the round into small pieces, pour over it three quarts of cold water and let it stand for two hours in a cool place. Put it then in the electric fireless cooker, if you cook by electricity, or over low



heat on the gas range or in the electric oven at low heat. The electric fireless cooker is excellent for this. If the cooking is done by gas, bring the liquid to a boil over a high flame and then transfer it to the ordinary non-electric fireless cooker and leave it in this for five hours. At the end of this time the soup should be returned to the stove, heated quickly and skimmed just before the boiling point is reached. Throw in then half a cupful of cold water, bring the soup once more to the verge of boiling over high heat and skim again. Add now three ounces each of turnip, onion and carrot, sliced, a stalk of celery, a bay leaf, a clove, two peppercorns and a teaspoonful of salt and let it simmer over low heat for two more hours. Strain off the soup, put it aside to cool and when cold remove the fat from the top. To clear the consommé, after measuring it allow to each quart the white and crushed shell of an egg mixed with half a cupful of cold water, heat the soup over high heat, stir into it the egg and water, boil up quickly and when the curd made by the egg rises to the surface strain the soup through a cloth into a bowl. If you wish it a deeper brown bring it to the color you like with a few drops of kitchen bouquet or of caramel.

#### JULIENNE SOUP

Cut into small dice and parboil a carrot, a turnip, two stalks of celery and two small onions. Drain off the water and let the vegetables get almost cold before dropping them into a quart of clear stock, made as directed above. Bring quickly to the boil, cook ten minutes, add a little salt and pepper and turn into a tureen or serve in plates. This is the simplest variety of julienne soup. If you prefer you may shred the vegetables instead of dicing them or you may buy the ready prepared dried and shredded vegetables which

come especially for this soup. Instructions for preparing them accompany the package in which they are sold.

#### VERMICELLI SOUP

Break vermicelli or spaghetti into short lengths and cook it tender and clear in salted boiling water. Drain it, throw a little cold water on it to free the vermicelli from flour, drop it into the hot consommé, let it boil for a minute over a high flame or high heat and serve. The macaroni letters and shapes which come for soup may be heated in the same way and require no preliminary cookery.

#### TAPIOCA SOUP

Soak two tablespoonfuls of pearl tapioca in a large cup of cold water four hours, stir into a quart of well-seasoned boiling consommé and simmer over medium heat for ten minutes. Should you use the minute tapioca the long preliminary soaking is not required.

#### MUTTON OR LAMB BROTH

Cut lean neck or rack or breast of lamb or mutton into small pieces and cover it with cold water, allowing a quart of this to each pound of the meat. The well-cracked bones may be put with the meat. Bring the water to a quick boil over a high flame and then place in the fireless cooker. If you use an electric stove follow the instructions given for making consommé by electrical methods. While the meat is cooking, soak a quarter teacupful of rice in enough warm water to cover it and at the end of three hours in the cooker take out the soup, add the rice and the water in which it was soaked, set over the fire on a low flame or heat and

simmer for an hour, stirring frequently to keep the rice from sinking or sticking to the pot.

Make this soup some hours before it is to be used and set it where it will become entirely cold. Remove the fat that is sure to rise to the top with mutton or lamb broth unless the meat is absolutely lean—a difficult state to secure—and lift out the meat with a skimmer.

When the fat is taken from the top put the soup back on the stove and bring it to a quick boil. Dissolve a tablespoonful of flour in a cupful of cold milk, mix with it a beaten egg, pour some of the hot soup upon this and stir until well blended. Have ready a teaspoonful of onion juice and a tablespoonful of minced parsley, add to the soup at the same time as the egg, salt and pepper to taste and the instant the soup reaches scalding heat take it from the range, lest the egg curdle.

This is an excellent soup for invalids and children as well as for healthy adult eaters.

#### MOCK TURTLE OR CALF'S HEAD SOUP

Have your butcher clean and prepare a calf's head, splitting it. Put it in a large pot with five quarts of cold water, bring it to a steady boil over a high flame and keep it at this for half an hour before transferring it to the fireless cooker, where it should be left for four hours. Should you cook by electricity the same length of time will be required in the electric fireless cooker or in the electric oven with low heat. Let the calf's head become cold in the water in which it was cooked. If possible leave it untouched overnight.

Lift out the calf's head, scrape off the jelly which will have formed on top of the stock and on the head, take out the bones and teeth, set aside the tongue and the brains. Chop the ears, cut up the coarser parts of the meat, put it

with the bones and the jellied stock, season with a teaspoonful of allspice, a saltspoonful of paprica, a bunch of soup herbs, a sliced onion, a grated carrot, a cupful of tomato juice or strained tomatoes and salt to taste. Set on the range over a medium flame or a like measure of electric heat and cook steadily for an hour. Take out the bones, strain the soup, and thicken with a tablespoonful of butter and one of browned flour to each quart of the stock, boil up once and drop in the tongue and a little of the meat, cut into dice, add the juice of a lemon and a gill of sherry—the salted sherry which is sold for cooking only—and pour on forcemeat balls in a hot tureen or in heated soup-plates. If the soup is too pale in color add a couple of teaspoonfuls of kitchen bouquet to four quarts of soup.

To make the forcemeat balls rub the brains to a paste with the yolk of a hard-boiled egg and stiffen with a little browned flour, moisten with the yolk of a raw egg and season with salt, pepper and minced parsley. Form into small balls, roll in browned flour and set them in a quick oven until they crust over a little so that they will not break in the soup. They should be hot when put in.

The remainder of the calf's head meat may be used in a variety of appetizing ways.

#### VEAL AND SAGO SOUP

For this use trimmings from your roast of veal or pieces cut from the neck or legs or the breast. Any pieces of uncooked veal will do. To two pounds of the meat, this cut up small and the bones cracked, add three quarts of cold water, put with it three stalks of celery, a carrot and an onion sliced and after bringing the water to a boil over a quick flame set it in the fireless cooker and leave it there for four hours. Follow directions given for Consommé if

you cook with electricity. Let the meat and soup get cold together, strain out the meat and put the soup over the range with a quarter pound of sago or pearl tapioca which should have been soaked in enough warm water to cover it while the soup was cooking. Keep the soup and sago at a steady boil for half an hour, stirring often to prevent lumping. You can then serve the soup in this state, after seasoning to taste with salt and pepper. Or you may beat two eggs very light, stir carefully into two cups of hot milk and add this to the soup, watching closely that the mixture does not curdle. It should not cook for more than a minute and a half after the eggs and milk are added to the soup.

#### OX-TAIL SOUP

Cut an ox-tail into joints and fry it in a tablespoonful of butter; remove the ox-tail and in the same butter fry a sliced onion and a diced carrot. Cover with three pints of weak stock; boil with a sprig of thyme, a bay leaf, parsley, salt and pepper; transfer to the fireless cooker and leave four hours. Season and cool. When well chilled take fat from top, warm enough to strain through colander, heat to a boil, brown with kitchen bouquet and serve. Reserve a few joints of the tail to put in the soup when it goes to the table.

#### RABBIT SOUP

Cut a rabbit into joints, after cleaning carefully, crack the bones and put with them a half pound of salt pork, diced, a chopped onion, five stalks of celery cut into short lengths and enough cold water to cover the contents of the soup-pot. Bring to a boil over a good flame and leave

in the fireless cooker for two hours. Open the cooker, add to the soup three pints of boiling water, a bunch of sweet herbs, half a dozen blades of mace and six whole peppercorns. Reheat the stones if you use the ordinary fireless cooker, or turn on the heat again if you use electricity and let the soup cook two hours longer. Take it out and strain it and put it back on the stove over a quick flame, thicken with a tablespoonful of browned flour moistened to a thin paste with cold water, add salt and pepper to taste, a tablespoonful of Worcestershire sauce or of mushroom or walnut catsup and if you have it, a half gill of salted sherry.

In winter when rabbits are plentiful and cheap they make an excellent foundation for soups and stews.

#### CHICKEN SOUP

Cut a fowl into pieces as for a fricassee and put it into a pot with a quarter pound of salt pork cut into strips and enough cold water to cover both. Add a small onion sliced, three stalks of celery and as much parsley. Bring the water to a boil over a high flame or heat and set the soup in the fireless cooker or follow the directions given for Consommé if electric heat is used. When the meat is tender, let it remain in the soup until cold, skim and strain. Season with salt and pepper and pursue instructions supplied for lamb or mutton broth, either serving the soup clear or thickening with eggs and milk.

#### CHICKEN BROTH

One quart of chicken stock. You may make this from an uncooked fowl, by the recipe given for Chicken Soup or

from the carcass, neck, pinions, stuffing, etc., of a roast or boiled chicken, or you may simmer the water in which a fowl was boiled until you have half the original quantity, or you may skim the fat from gravy left from fricasseed chickens and thin it with a little hot water.

Put the stock, however obtained, in a saucepan over quick heat, either of gas or electricity, and when the soup boils add to it three tablespoonfuls of rice which has been soaked for an hour in cold water, a small onion, sliced, and salt and pepper to taste. Cook steadily at medium heat for half an hour or until the rice is soft, add a tablespoonful of chopped parsley and simmer ten minutes more. Cook together in a saucepan over medium heat a tablespoonful of flour and one of butter until they bubble, pour upon them a cupful of milk and stir to smooth thickness, mix with the soup, take out half a cupful of this and pour upon one beaten egg and return the mixture to the soup-kettle. In a minute and a half the soup should be ready to turn out.

#### CHICKEN BISQUE

This, too, calls for a quart of stock which may be made in any one of the ways mentioned in the last recipe. Warm it over a medium heat, add to it a scant half cup of fine bread-crumbs that are not very dry, boil up, and put in a heaping cupful of cooked chicken, minced very fine—the best method is to put it through the meat-grinder—boil up again and stir in a tablespoonful of minced parsley, pepper and salt to taste. Thicken with a tablespoonful of butter rubbed smooth with the same quantity of flour and when creamy and thick, send to table.

Any cooked fowl may be used in making this bisque.

## GIBLET SOUP

Heat a quart of chicken stock made from uncooked fowls or from the remains of cooked chicken, ducks, turkey or geese. Skim from it any grease and put it over a steady heat. When it boils stir into it the finely minced giblets of a couple of fowls with a tablespoonful of chopped parsley, season with onion juice, celery salt, plain salt and pepper and a teaspoonful of kitchen bouquet. Cook together a tablespoonful of butter and one of browned flour until they bubble, pour on them a cupful of the soup, stir until thick and smooth, mix with the remainder of the soup, boil up and serve.

## CORNEH HAM SOUP

Put over the stove two quarts of the liquor in which a corned ham was cooked, with half a sliced onion, bring it to a quick boil over high heat, drop in the white and shell of an egg or the broken shells of two eggs, keep the soup at a hard boil for three minutes or until the scum from the fluid rises to the top; then strain the soup through a doubled cheesecloth. Put the soup back on the stove and renew the boil over high heat, stir into it two tablespoonfuls of cornstarch made to a soft paste with a cupful of cold milk. When the soup thickens turn the heat to medium, pour a cupful of the soup upon two eggs, beaten light in a bowl (the shells will have served to clear the soup), put these into the soup in the saucepan and cook three minutes longer at medium heat. Add a tablespoonful of minced parsley and a saltspoonful of pepper. Should the liquor seem very salt double the quantity of cornstarch and of milk used in thickening the soup. When eggs are plentiful a good addition is two hard-boiled eggs



chopped fine and put into the soup at the same time as the parsley.

A variation on this may be supplied by using corned ham stock as a basis for tomato or bean or lentil or potato soup, or for one of several others made with a meat foundation.

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## FISH SOUPS

### OYSTER SOUP

2 quarts oysters.

1 quart milk.

2 tablespoonfuls butter.

1 teacupful water.

Strain the liquor from the oysters, add to it the water, and set it over the fire in a covered vessel to heat slowly. When it is near boiling, season with pepper and salt; add the oysters, and let them stew until they ruffle on the edge. This will be in about five minutes. Then put in the butter with the milk which has been heated in a separate vessel, and stir well for two minutes.

Serve with sliced lemon and oyster or cream crackers. Some use mace and nutmeg in seasoning. The crowning excellence in oyster soup is to have it cooked just enough. Too much stewing ruins the bivalves, while an underdone oyster is a flabby abomination. The plumpness of the main body and ruffled edge are good indices of their right condition.

### CREAM OF OYSTER SOUP

12 oysters and 1 pint oyster liquor.

1 pint milk.

1 tablespoonful each butter and flour.

Half teaspoonful lemon juice.

Salt and pepper to taste and a tiny pinch of mace.

Strain the oyster liquor and put it over to heat. Cook together the butter and flour in another saucepan until they bubble, pour the milk on them and stir to a smooth thickness. Add the hot oyster liquor, drop in the oysters and cook three minutes over a high heat, watching that the milk does not scorch. As soon as the oyster begins to ruffle add the seasoning, take from the fire, stir in the lemon juice and serve.

#### CREAM OF CLAM SOUP

Make this by the preceding recipe, using only the soft part of the clams and cooking them half an hour in the clam juice before you put this with the thickened milk.

#### OYSTER BISQUE

To the juice drained from a pint of oysters add enough cold water to have a pint of liquid. Chop the oysters fine, put them with the liquor, set over medium heat, bring to a boil, turn low and simmer for ten minutes after this. In another saucepan cook together a tablespoonful each of butter and flour to the bubbling point, pour on them a pint of milk, stir until creamy and thick and then put with the cooked oysters. Add quarter of a cupful of cracker crumbs which have been soaked for ten minutes in half a cupful of hot milk, and season to taste with salt and pepper. Dip out a little of the soup and pour it on a beaten egg, return to the soup, cook for two minutes and serve.

## LOBSTER BISQUE

Turn out the meat from a can of lobster put up by a good house, mince fine one cup of the meat, put it over low heat in a pint of boiling water and simmer half an hour. Add a half cupful of cracker crumbs, renew the boil and season to taste with salt and pepper, stir in two tablespoonfuls of butter and simmer half an hour longer. For fear of scorching it is as well to transfer it at this stage to a double boiler. Heat to scalding a pint of milk and just before you are ready to serve the bisque add the milk, stir in the juice of half a lemon and take at once from the stove. Serve very hot.

## FISH BISQUE

For this you may use any good white fish which has not too many bones or you may employ salmon, canned or fresh. Flake the fish with a fork, removing bones and bits of skin and add a heaping cupful of the fish to a pint of any good white stock, fish, meat or vegetable. If you buy the fish on purpose use the liquid in which it was boiled. Simmer the flaked fish in the stock for half an hour after it boils. Put in a tablespoonful of butter, pepper, salt and minced parsley to taste and last a cupful of milk thickened with a tablespoonful of butter and one of flour and the same of cracker crumbs. Boil up once and serve.

## CLAM CHOWDER (1)

Heat the electric oven or your regular fireless cooker for about ten minutes before it is time to begin cooking the chowder. Fry quarter of a pound of medium fat salt pork in the bottom of a broad soup-pot. When the fat flows freely add a sliced onion; cook to a light brown. In place

of the pork a good beef or bacon dripping will do. When the onion is browned put in a quart of cold water, six peeled, diced and parboiled potatoes, a quart of canned tomatoes, freed from lumps, cover, heat on the range and put into the cooker or electric oven. Cook three hours after it is bubbling hot. Add then thirty long clams, chopped, and four pilot biscuits that have been soaked in one cup milk. Return the chowder to the stove, cook half an hour, add a tablespoonful chopped parsley, a teaspoonful salt, quarter teaspoonful black pepper. Thicken with a tablespoonful of fine crumbs or with a tablespoonful butter rubbed smooth with one of flour and cook ten minutes.

#### CLAM CHOWDER (2)

This is sometimes known as Bar Harbor Clam Chowder. Again heat your electric oven or cooker for about ten minutes while you prepare the ingredients. Cook fifty clams in their own juice for ten minutes on the range, then strain the liquor from the clams, save it, and set the clams aside to cool. Fry a quarter pound of sliced salt pork with a minced onion, add the clam liquor and a cupful of peeled, parboiled and diced white potatoes. When it comes to a boil add the clams, which should have been chopped. Put it over a low heat on the electric or gas stove and let it simmer for an hour.

Have ready four pilot biscuits which have been buttered, broken and soaked in hot water until soft and add these to the chowder. Cook together in a saucepan two tablespoonfuls of butter and the same of flour; when they bubble add to them two cupfuls of milk, stir until thick, turn the mixture into a hot tureen and pour in the chowder. Mix well and season with two teaspoonfuls of salt and a quarter teaspoonful of paprica and serve.

## FISH CHOWDER

This dish is particularly famous along the New England Coast, and is said to have originated in Gloucester, Mass. It can be made from cod or any other firm white fish, or fish such as horn pout, eels, flounders, or other fish without many fine bones. About two pounds of the fish are needed, quarter of a pound of fat salt pork, chopped, six potatoes, peeled, sliced and parboiled, a minced onion, a tablespoonful of chopped parsley and a dozen soda or other hard crackers. Arrange a layer of the pork in the bottom of a pot, then one of potatoes, peppering them rather generously, next a layer of the fish, cut into pieces about an inch square, chopped onion and parsley. Sprinkle with salt and pepper. Repeat the layers, beginning with the pork. When the ingredients are all in, pour in slowly enough boiling water to cover them, cover the pot and put in a heated electric cooker or an ordinary fireless cooker for which the stones have been well heated, or over a low flame on the gas stove and let it simmer for an hour.

While the chowder is cooking soak your crackers in boiling milk or water or a mixture of the two and just before the chowder is to be taken from the cooker or oven, line a heated tureen with the crackers and turn the hot chowder upon them. Or you may cover the bottom of the individual plates with the crackers and pour the chowder on them. Sliced lemon or sharp pickle goes very well with this dish.

## FISH

### BOILED CODFISH (*Fresh*)

LAY the fish in cold water, slightly salted, for half an hour before it is time to cook it. When it has been wiped free of the salt and water, wrap it in a clean linen cloth kept for such purposes. The cloth should be dredged with flour to prevent sticking. Sew up the edges in such a manner as to envelop the fish entirely, yet have but one thickness of the cloth over any part. The wrapping should be fitted neatly to the shape of the piece to be cooked. Put into the fish-kettle, pour on plenty of hot water, and boil briskly—fifteen minutes for each pound.

### EGG-SAUCE FOR FISH

Prepare this by cooking together in a saucepan over a medium flame or heat a tablespoonful each of butter and flour until they bubble; pour upon them a half-pint of milk and stir until you have a sauce the thickness of double cream and very smooth. Have ready an egg boiled hard and chopped fine, mix with the sauce, season to taste with pepper and salt and pour over the fish in the dish or pass in a sauce-boat.

### BOILED CODFISH (*Salt*)

Put the fish to soak over night in lukewarm water—as early as eight o'clock in the evening. Change this for more warm water at bed-time and cover closely. Change

again in the morning and wash off salt. Two hours before dinner plunge into *very* cold water. This makes it firm. Finally, set over the fire with enough lukewarm water to cover it, and boil for half an hour. Drain well; lay it on a hot dish, and pour over it egg-sauce prepared as in the foregoing recipe.

This is a useful recipe for country housekeepers who can seldom procure fresh cod. Salt mackerel, prepared in the same way, will repay the care and time required, so superior is it to the Friday's dish of salt fish, as usually served.

### CODFISH BALLS

If you are of those who prefer old-fashioned methods to new and labor-saving devices prepare the fish for your balls or cakes as for boiling, by the foregoing recipe. Cut the fish into pieces when it has been duly washed and soaked, and boil twenty minutes. Turn off the water, and cover with fresh from the boiling tea-kettle. Boil twenty minutes more, drain the fish very dry, and spread upon a dish to cool. When perfectly cold, pick to pieces with a fork, removing every vestige of skin and bone, and shredding very fine. When this is done, add an equal bulk of mashed potato; work into a stiff batter by adding a lump of butter and sweet milk, and if you want to have the cakes very nice, a beaten egg. Flour your hands and make the mixture into balls or cakes. Drop them into boiling lard or good dripping, and fry to a light brown. Plainer fish-cakes may be made of the cod and potatoes alone, molded round like biscuit.

Should you like better to spare yourself time and work buy one of the brands of shredded codfish which require no soaking, cooking or picking to pieces, and proceed with the addition of potato, etc., as directed above.

**CODFISH AND POTATO STEW**

To shredded codfish, fresh or salt, prepared as for fish-balls, add an equal bulk of mashed potatoes, a large tablespoonful of butter, and milk enough to make the mixture very soft. Put into a skillet with a little water to keep it from burning, turn and toss constantly until it is smoking hot, but not dry; add pepper and parsley—and salt, if the fish is fresh—and serve.

**BROILED MACKEREL (*Fresh*)**

Clean the mackerel, wash, and wipe dry. Split it open, so that when laid flat the backbone will be in the middle. Sprinkle lightly with salt, and broil with the inside downward, until it begins to brown; then turn the other. When quite done, lay on a hot dish and butter it plentifully. Turn another hot dish over the lower one, and let it stand two or three minutes before sending to table.

**BROILED MACKEREL (*Salt*)**

Soak over night in lukewarm water. Change this early in the morning for very cold, and let the fish lie in this until time to cook. Then proceed as with the fresh mackerel.

**BOILED HALIBUT**

Lay in cold salt and water for an hour. Wipe dry and score the skin in squares. Put into the kettle with cold salted water enough to cover it. It is so firm in texture that you can boil without a cloth if you choose. Let it heat gradually, and boil from half to three-quarters of an hour, in proportion to the size of the piece. It should cook



until it loses the raw, translucent look and becomes white and opaque in appearance. Drain and accompany by egg-sauce—either poured over the fish, or in a sauce-boat.

Save the cold remnants of the fish and what sauce is left until next morning. Flake as you would cod, mix with an equal quantity of mashed potato, moisten with the sauce, or with milk and butter if you have no sauce, put it into a skillet, and stir until it is very hot. Do not burn. Season with pepper and salt.

### BAKED HALIBUT

Select a solid chunky piece of halibut, not a slice, and lay in salt and water for two hours. Wipe dry and score the outer skin. Set in the baking-pan in a tolerably hot oven, and bake an hour, basting often with butter and water heated together in a saucepan or tin cup. When a fork will penetrate it easily it is done. It should be of a fine brown. Into the gravy in the dripping-pan—add a little boiling water should there not be enough—stir a tablespoonful of walnut catsup, a teaspoonful of Worcestershire sauce, the juice of a lemon, and thicken it with browned flour previously wet with cold water. Boil up once and put into sauce-boat.

There is no finer preparation of halibut than this, which is, however, comparatively little known. Those who have eaten it usually prefer it to boiled and broiled. You can use what is left for the same purpose as the fragments of boiled halibut.

### HALIBUT STEAK

Wash and wipe the steaks dry. Beat two eggs and roll out brittle crackers upon the kneading-board until they

are fine as dust. Dip each steak into the beaten egg, then into the crumbs (when you have salted the fish), and fry in hot fat, lard, or nice dripping.

Or you may rub the steaks with butter and broil them on the electric grill or in the broiler of the gas stove. Watch closely that they do not scorch; when done transfer to a hot dish, dust with salt and pepper, put a piece of butter on each and serve hot.

#### BOILED SALMON (*Fresh*)

Wrap the fish, when you have washed and wiped it, in a clean cloth—not too thick—baste it up securely, and put into the fish-kettle. Cover with cold water in which has been melted a handful of salt. Boil slowly, allowing about a quarter of an hour to each pound. When the time is up, rip open a corner of the cloth and test the salmon with a fork. If it penetrates easily, it is done. If not, hastily pin up the cloth and cook a little longer. Skim off the scum as it rises to the top. Have ready a pint of milk or half milk half cream which has been heated in a vessel set in boiling water; stir into this a large tablespoonful of butter, rolled in two tablespoonfuls of flour, a little salt and chopped parsley, and a half-gill of the water in which the fish is boiled. Let it boil up once, stirring all the while. When the fish is done, take it instantly from the kettle, lay it upon a folded cloth to absorb the drippings; transfer with great care, for fear of breaking, to a hot dish, and pour the sauce over it, reserving enough to fill a small sauce-boat. Garnish with curled parsley and circular slices of hard-boiled eggs.

You may pickle what is left, if it is in one piece, or mince, mixed with mashed potato, milk, and butter, and stir into a sort of stew. Or, once again, mix with mashed

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potato, milk, butter, and a raw egg well beaten; make into cakes or balls, and fry in hot lard or dripping. At any rate, let none of it be lost.

### SALMON STEAKS

Cook according to directions given for Halibut Steaks.

### SALMON PUDDING

Open a can of salmon an hour before it is to be used; turn the contents into a bowl and let them stand in a cool place until needed. When ready to make the pudding flake the salmon. There should be two or three cupfuls of the fish after it is pulled apart and bones and bits of skin removed. Add to the fish a cupful of bread crumbs, a tablespoonful of melted butter, half a teaspoonful of salt and a dash of pepper and quarter of a teaspoonful of onion juice, two eggs, beaten light, and two tablespoonfuls of cream. If you have not the cream, double the quantity of butter and put in one tablespoonful of milk. Grease a straight-sided mold, such as is used for brown bread; put the pudding in this; fit on the cover, and set the mold in a pot of boiling water. Keep the heat high under this for fifteen minutes, then turn it to medium and let it remain at this for an hour and a quarter longer. Dip the mold for a moment in cold water; reverse it on a hot platter and send it to table.

### SAUCE FOR SALMON PUDDING

Cook together in a small saucepan a tablespoonful of flour and one of butter until they bubble, pour upon them one cupful of boiling water and stir until you have a smooth,

thick sauce. Add to it a tablespoonful of chopped sharp pickle, a scant teaspoonful of salt and a dash of pepper. Boil up once and serve. Or you may have a hard-boiled egg chopped fine instead of the pickle. If you wish a richer sauce, use milk instead of water.

#### SMOKED SALMON

Wash the piece of smoked salmon you select, lay it in a skillet with enough warm water to cover it, set it over low flame or heat and simmer fifteen minutes. Wipe dry, broil on the electric grill or in the gas oven, brown on both sides, place on a hot dish and dress with butter. Pepper lightly.

#### BROILED SHAD

Wash the fish quickly, split it down the back, wipe perfectly dry and rub inside and out with butter to prevent its sticking to the grill or broiler. Turn it two or three times while cooking and when both sides of the fish are lightly and evenly browned, lay it on a hot dish, dress generously with butter and garnish with parsley and slices of lemon. Serve very hot.

#### FRIED SHAD

This is a popular dish upon Southern tables, and is good anywhere. Clean, wash, and wipe a fine roe-shad; split and cut each side into four pieces, leaving out the head, and removing fins and tail. Sprinkle with salt and pepper, and dredge with flour. Have ready a frying-pan of boiling hot lard or dripping; put in the fish and fry brown, turning at the end of five minutes to cook the other side.

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Fry the roe in the same way; lay the fish in the middle of the dish, and the roe outside of it; garnish with water-cress and sprigs of pickled cauliflower, and eat with catsup.

### BAKED SHAD

Clean, wash, and wipe the fish, which should be a large one. Make a stuffing of grated bread-crumbs, butter, salt, pepper, and sweet herbs. Stuff the shad and sew it up. Lay it in the baking-pan, with a cupful of water to keep it from burning, and bake an hour, basting with butter and water, until it is tender throughout and well browned. Take it up, put in a hot dish and cover tightly, while you boil up the gravy with a tablespoonful of catsup, a tablespoonful of browned flour which has been wet with cold water, and the juice of a lemon. Garnish with sliced lemon and water-cress. You may pour the gravy around the fish, or serve in a sauce-boat. Of course you take out the thread with which it has been sewed up before serving the fish.

### SHAD ROES

As soon as the fish is cleaned wash the roes, put them into a saucepan of boiling salted water to which you have added a teaspoonful of vinegar and cook over a steady medium heat for fifteen minutes. Drain, throw into cold water, dry and broil as you do shad or roll in beaten egg and cracker dust and fry. Serve by themselves or as a garnish to the shad.

### FRIED TROUT

Brook trout are generally cooked in this way, and form a rarely delightful breakfast or supper dish.

Clean, wash, and dry the fish, roll lightly in flour, and fry in butter or clarified dripping, or butter and lard. Let the fat be hot, fry quickly to a delicate brown, and take up the instant they are done. Lay for an instant upon a hot folded napkin, to absorb whatever grease may cling to their speckled sides; then range side by side in a heated dish, garnish, and send to the table. Use no seasoning except salt, and that only when the fish are fried in lard or unsalted dripping.

#### FRIED PICKEREL

The pickerel ranks next to trout among game-fish, and should be fried in the same manner. Especially—and I urge this with groaning of spirit, in remembrance of the many times in which I have had my sense of fitness, not to say my appetite, outraged by seeing the gallant fish brought to table fried to a crisp throughout, all his juices wasted and sweetness utterly departed—especially, do not fry him slowly and too long; and when he is done, take him out of the grease!

#### FRIED PERCH AND OTHER PAN-FISH

Clean, wash, and dry the fish. Lay them in a large flat dish, salt, and dredge with flour. Have ready a frying-pan of hot dripping, lard, or butter; put in as many fish as the pan will hold without crowding, and fry to a light brown. Send up hot.

The many varieties of pan-fish—porgies, flounders, river bass, weak-fish, white-fish, etc.—may be cooked in like manner. In serving, lay the head of each fish to the tail of the one next him.

## FISH CROQUETTES

Flake cold boiled, baked, fried or broiled fish fine with a fork, removing all bones, and season to taste with salt and paprica. Make a cupful of white sauce with a tablespoonful each of butter and flour and half a pint of milk and when smooth, add to it a beaten egg and after one minute take from the stove. All the cookery should have been done on medium heat. Stir in two cupfuls of the flaked fish, set aside to cool and when perfectly cold form into croquettes with the floured hands. Roll these in fine crumbs and then in raw egg which you have mixed with a tablespoonful of cold water, and then in crumbs again. Leave the croquettes in a cold place for two or three hours before you fry them. Have ready in a saucepan enough deep fat to immerse the croquettes entirely and test the heat by dropping in a cube of bread. It should brown in about one minute. Lay in the croquettes, two or three at a time, with a split spoon, being careful not to crowd them and as soon as they are a golden brown take them out and drain in a heated colander. Serve with sliced lemon as a garnish.

## FISH LOAF

For this you will require two cupfuls of cold cooked fish, prepared as for croquettes. Make a white sauce by cooking a tablespoonful of flour with one of butter and pouring on it four tablespoonfuls of milk. When thick and smooth, mix this with the fish, stir in a beaten egg, season to taste with pepper, salt and onion-juice and a teaspoonful of kitchen bouquet. Or you may omit the salt and the onion-juice and use a teaspoonful of anchovy paste, working this into the fish. Grease a mold with straight sides, pour your

fish into it, cover tightly, plunge into a pot of boiling water set over high heat and boil steadily for an hour. Dip the mold in cold water, turn out on a hot dish and serve with anchovy sauce.

#### ANCHOVY SAUCE FOR FISH

Make your sauce so that it is ready when the fish has finished cooking. Cook together a tablespoonful of butter and one of flour in a small saucepan with two teaspoonfuls of anchovy paste until they bubble, pour on them a cupful of hot milk and stir to smoothness and thickness; season with a dash of paprika and serve in a gravy-boat or pour over and around the fish in the platter. Should your family not care for the salt of anchovy, use in its place a teaspoonful of curry powder. Or you may make a plain white or butter sauce, add to it a hard boiled egg, chopped rather fine and just before removing the sauce from the range, after putting in pepper and salt to taste, season further with a teaspoonful of lemon juice. In cooking the sauce keep the heat high.

#### CREAMED FISH

Break left-over fish into small pieces; heat what remains of the sauce or if there is none make a little by the directions given for Egg-sauce for Fish. Heat the fish in this, season with salt and pepper and serve very hot. Or you may turn the mixture into a shallow bake-dish or into napies, sprinkle grated cheese over the top and brown in the oven. Or you may beat the fish light with the remainder of the mashed potato, heat both together in a saucepan, add enough hot water or milk to soften it, season to taste and send to table when it is hot.



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### FISH FRITTERS

Flake cold fish as for any of the preceding dishes in which this is used. Make a fritter batter of one cupful of flour, sifted twice with a rounded teaspoonful of baking-powder and a saltspoonful of salt, the white of one egg, a table-spoonful of butter and a cupful of warm, not boiling water.

Melt the butter in the water, make a hole in the flour which you have sifted with the salt and baking-powder, pour the water and melted butter upon this, add the whipped white of the egg, stir in two cupfuls of the seasoned fish, drop by the spoonful into deep fat and fry as directed for Fish Croquettes.

### SCALLOPED FISH

Make a rich white sauce by cooking together two table-spoonfuls of butter and one of flour in a saucepan until they bubble, pouring on them a cupful of milk and stirring until smooth and thick. Add to this a half teaspoonful of anchovy paste, rubbing it in well. Have ready two cupfuls of flaked fish freed from bones and bits of skin and put a layer of this into a buttered bake-dish. Season with salt and pepper, pour a little of the sauce over it, repeat the fish and sauce alternately until the materials are used, making sauce the topmost. Strew dry bread-crumbs over it, dot with bits of butter and bake covered until the scallop begins to bubble, using high heat, uncover and brown. Pass sliced lemon with it.

### FILLETS OF SOLE

Have your fishmonger fillet two large flounders for you. There should be four fillets to each flounder and it is not

worth while to buy the small fish for this purpose. Roll each flounder in crumbs, then in a raw egg beaten up with a tablespoonful of cold water, then in crumbs again and leave in a cool place. Fry in deep fat to a golden brown and serve with tartar sauce.

#### TURBANS OF SOLE

Prepare the fillets by rolling each into a small turban, pinning it in shape with a toothpick. Make a stock of the bones and trimmings of the fish, lay the turbans in this with a slice of onion and a bay leaf and stew gently until the fish is firm and opaque. Take out with a skimmer, lay in a hot dish and pour over them a white or cream or anchovy sauce made according to recipes given elsewhere in this book.

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#### SHELL-FISH

##### TO BOIL A LOBSTER

Choose a lively one—not too large, lest he should be tough. Put a handful of salt into a pot of boiling water, and having tied the claws together, if your fish merchant has not already skewered them, plunge him into the prepared bath. He will be restive under this vigorous hydro-pathic treatment; but allay your tortured sympathies by the reflection that he is a cold-blooded animal, destitute of imagination, and that pain, according to some philosophers, exists only in the imagination. However this may be, his suffering will be short-lived. Boil from half an hour to an hour, as his size demands. When done, draw out the scarlet innocent, and lay him, face downward, in a sieve to dry.

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When cold, split open the body and tail, and crack the claws to extract the meat, throwing away the "lady fingers" and the head.

#### DEVILED LOBSTER

Extract the meat from a boiled lobster and mince it finely; reserve the coral. Season highly with mustard, cayenne, salt, and some pungent sauce. Toss and stir until it is well mixed, and put into a porcelain saucepan (covered) with just enough hot water to keep it from burning. Rub the coral smooth, moistening with vinegar until it is thin enough to pour easily, then stir into the contents of the saucepan. It is necessary to prepare the dressing, let me say, before the lobster-meat is set on the stove. It ought to boil up but once before the coral and vinegar are put in. Next stir in a heaping tablespoonful of butter, and when it boils again, take the pan from the range. Too much cooking toughens the meat.

#### DEVILED CRABS

This is prepared according to the recipe for deviled lobster—substituting for the coral in the vinegar a little pulverized cracker, moistened first with a tablespoonful of rich cream. You can serve in the back-shell of the crab if you like. Send in with crisp crackers, and stick a sprig of parsley in the top of each heap, ranging the shells upon a large flat dish.

#### HARD CRABS

Like lobsters, they must be bought alive and killed just before they are cooked, plunging them head downwards in

boiling water. Cook at least an hour after the water returns to the boil and have the pot over a high flame with gas or high heat with electricity. In these days when excellent canned crabmeat may be purchased, put up by first-class houses, it is wasting time to buy and cook hard crabs and extract the meat unless you live in a locality where such shellfish are plentiful and cheap. In buying canned crabmeat be careful to select a variety bearing the stamp of a trustworthy firm.

#### CRAB MEAT AU GRATIN

2 cupfuls of crabmeat, cut into neat dice and freed from all bits of shell. This is a tedious but necessary task.

1 tablespoonful of flour and a larger one of butter, for thickening.

1 cupful of milk—if you can make it half or even a quarter cream, so much the better.

Salt and pepper to taste and grated cheese at discretion.

Cook the butter and flour together over a medium flame or heat and pour in the milk, stirring until the mixture thickens. Add the crabmeat and seasoning and turn into small nappies or a shallow baking dish. Strew cheese thickly over the top, dot with bits of butter, sprinkle with salt and a very little cayenne or paprica, set in the oven at moderate heat and brown lightly. This is one of the dishes that can be cooked in an electric ovenette on the table. Pass sliced lemon with the crabs.

#### LOBSTER AU GRATIN

Prepare as by preceding recipe, substituting lobster for crabmeat. Or you may omit the cheese and serve in nappies or without browning in pâté shells.

## LOBSTER À LA NEWBURG

Heat together in a double boiler half a cupful of cream, the beaten yolks of two eggs and a gill of salted sherry. Stir until thick, add a cupful of lobster cut up fine, salt and cayenne pepper to taste.

## LOBSTER CROQUETTES

Cut the meat of lobster, either fresh or canned, into small pieces. If it is fresh lobster, crumble the coral with it. Make a white sauce of two tablespoonfuls of butter, one of flour and a cupful of milk and pour this, a little at a time, on the beaten yolks of two eggs. Return the sauce to the stove, cook for a minute, add the lobster, season with salt to taste and a dash of red pepper, take from the heat and put in the juice of a lemon. Set the mixture aside until entirely cold, shape with the hands into small croquettes about the size of large wine-bottle corks, roll in fine cracker-crumbs, then in the yolk of an egg beaten up with a tablespoonful of cold water, then in crumbs again and put once more in a cool place for an hour or so. Have ready boiling fat, lay the croquettes in it, with a split spoon, frying only a few at a time, and testing the fat first with a bit of bread to see if it is the right temperature. The bread should brown almost at once. Cook the croquettes to a golden brown, lay them to drain on soft paper in a heated colander, and serve on a hot dish and hot plates.

Lobster Cutlets may be made in the same way, shaping the mixture into the form of cutlets with the hands, crumbing them and after they are cooked sticking a small claw in the pointed end of the cutlet.

For the amount of sauce given above you will require nearly two cups of lobster meat. It must always be cut up, never chopped.

**BUTTERED LOBSTER**

The meat of a good-sized can of lobster or of two boiled lobsters of medium size. Mince into small pieces with a sharp knife. Melt three tablespoonfuls of butter in a saucepan with the juice of two lemons, a teaspoonful of salt and a saltspoonful of cayenne. Add the lobster and half a cup of cracker-crumbs, cook over low heat for ten minutes, stirring occasionally; fill nappies with the mixture, put a bit of butter on each, cover with crumbs, also buttered, and bake to a light brown. Serve in the nappies, with sliced lemon on the side.

**SOFT CRABS**

Many will not eat hard-shell crabs, considering them indigestible, and not sufficiently palatable to compensate for the risk they run in eating them. And it must be owned that they are, at their best, but an indifferent substitute for the more aristocratic lobster. But in the morning of life, for him so often renewed, his crabship is a different creature, and greatly affected by epicures.

Do not keep the crabs over night, as the shells harden in twenty-four hours. Pull off the spongy substance from the sides and the sand bags. These are the only portions that are uneatable. Wash well, and wipe dry. Have ready a pan of seething hot lard or butter, and fry them to a fine brown. Put a little salt into the lard. The butter will need none. Send up hot, garnished with parsley.

Or you may roll the crabs in raw egg, then in peppered and salted cracker-crumbs and fry them. If the crabs are not alive when you are ready to use them, throw them away. Keep wrapped in wet moss or seaweed in the

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refrigerator until they are needed. A few minutes uncovered in a hot kitchen will kill them.

#### BROILED SOFT-SHELL CRABS

Melt three tablespoonfuls of butter in a deep platter and mix with the juice of half a lemon and a little paprica. Sprinkle salt upon the cleaned crabs, roll them in the butter mixture, drain for a second and dredge well with flour. Cook upon an electric grill or in the broiler of a gas stove to a good brown.

#### CREAMED SHRIMPS

At certain seasons of the year fresh shrimps are plentiful and inexpensive. Throw them into boiling water, put this on the stove over a high heat, boil for fifteen minutes, take out and pour cold water over them and then remove from the shells. This is not difficult. Or if you cannot get the fresh shrimps, good canned shrimps make an excellent substitute.

Cook together two tablespoonfuls of butter and one of flour to bubbling and stir into them a cup and a half of milk. To this add a pint of shelled shrimps, let them get heated through, season with salt and a liberal allowance of paprica and a teaspoonful of lemon juice and turn into a deep dish. Or you may put them in a shallow dish, sprinkle fine crumbs over the top, dot with bits of butter and brown lightly in the oven or the electric ovenette.

#### CURRIED SHRIMPS

To a sauce made by the foregoing directions, add a teaspoonful of curry powder, mixing this with the flour. Pro-

ceed as for Creamed Shrimps, and serve boiled rice with the dish.

#### SHRIMPS WITH TOMATO SAUCE

Make a tomato sauce by cooking together one tablespoonful of butter and one of flour until they bubble and mix with them half a pint of strained tomato liquor. When thick and smooth season to taste with salt and pepper, add your shelled shrimps—a pint of these will go with this quantity of sauce—and when they are heated through serve in individual nappies.

#### SHRIMPS WITH TOMATOES

Better for a family dish it is to stew the contents of a can of tomatoes or the equivalent in fresh tomatoes until soft and crush all lumps, so that you have a smooth mixture. Thicken with a tablespoonful of butter rubbed smooth with one of flour, season as directed above, add the shrimps, let all get hot together and either send it to table without further cookery or turn it into a bake dish, strew crumbs and bits of butter on top and brown lightly in the oven. This is a savory and inexpensive dish.

#### STEWED OYSTERS

Drain the liquor from two quarts of firm, plump oysters; mix with it a small teacupful of hot water, add a little salt and pepper, and set on the range in a saucepan. Let it boil up once, put in the oysters, boil for five minutes or less—not more. When they “ruffle,” add two tablespoonfuls of butter. The instant it is melted and well stirred in, put in a large cupful of boiling milk and take the saucepan from the range. Serve with oyster crackers, as soon as



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possible. Oysters become tough and tasteless when cooked too much, or left to stand too long after they are withdrawn from the heat.

#### FRIED OYSTERS

Use for frying the largest and best oysters you can find. Take them carefully from the liquor; lay them in rows upon a clean cloth, and press another lightly upon them to absorb the moisture. Have ready crackers crushed fine. In the frying-pan heat enough nice butter to cover the oysters entirely. Dip each oyster into the cracker, rolling it over that it may become completely incrustrated. Drop them carefully into the frying-pan, and fry quickly to a light brown. If the butter is hot enough they will soon be ready to take out. Test it by putting in one oyster before you risk the rest. Do not let them lie in the pan an instant after they are done. Serve dry, and let the dish be warm.

#### OYSTER FRITTERS

Drain the liquor from thirty oysters, and to a cupful of this add the same quantity of milk, two eggs, a little salt, and flour enough for a thin batter. Chop the oysters and stir into the batter. Have ready in the frying-pan a few spoonfuls of lard, or half lard, half butter; heat very hot, and drop the oyster-batter in by the tablespoonful. Try a spoonful first, to satisfy yourself that the lard is hot enough and that the fritter is of the right size and consistency. Take rapidly from the pan as soon as they are done to a pleasing yellow brown, and send to table very hot.

Some fry the oyster whole, enveloped in batter, one in each fritter. In this case, the batter should be thicker than if the chopped oysters were to be added.

**SCALLOPED OYSTERS**

Crush and roll several handfuls of crackers. Put a layer in the bottom of a buttered pudding-dish. Wet this with a mixture of the oyster liquor and milk, slightly warmed. Next, have a layer of oysters. Sprinkle with salt and pepper, and lay small bits of butter upon them. Then another layer of moistened crumbs, and so on until the dish is full. Let the top layer be of crumbs, thicker than the rest, and beat an egg into the milk you pour over them. Stick bits of butter thickly over it, cover the dish, set it in the oven, bake half an hour; if the dish be large, remove the cover, and brown.

**BROILED OYSTERS**

Choose large, fat oysters; wipe them very dry; sprinkle salt and cayenne pepper upon them, and broil upon an electric grill or in the broiler of a gas stove. You can dredge the oysters with cracker-dust or flour if you wish to have them brown, and some fancy the juices are better kept in by this plan. Others dislike the crust thus formed—it is a matter of taste. In any event have a steady and rather strong heat and when the oysters are plump put them on a hot dish, with a bit of butter on each oyster.

**CREAMED OYSTERS**

Cook together two tablespoonfuls of butter and the same of flour and when they begin to bubble stir into them half a pint of cream and half a pint of the liquid from the oysters. The fluid measure should be a little scant and that of the flour liberal, since the juice which cooks from the oysters will thin the sauce. As soon as this thickens, put in

thirty oysters from which the liquor has been drained and cook until the gills begin to crimp. Add a teaspoonful of salt and a dash of pepper and then stir in drop by drop, two beaten eggs. The oysters should not cook more than three minutes after the eggs go in, lest they curdle. Have your hot toast ready and serve the oysters on it.

#### OYSTER OMELET

12 oysters, if large; double the number of small ones.

4 eggs.

1 cup milk.

1 tablespoonful butter.

Chopped parsley, salt, and pepper.

Chop the oysters very fine. Beat the yolks and whites of the eggs separately as for cake—the white until it stands in a heap. Put three tablespoonfuls of butter in a frying-pan, and heat while you are mixing the omelet. Stir the milk into a deep dish with the yolks, and season. Next put in the chopped oysters, beating vigorously as you add them gradually. When they are thoroughly incorporated, pour in the spoonful of melted butter; finally, whip in the whites lightly and with as few strokes as possible. If the butter is hot, and it ought to be that the omelet may not stand uncooked, put the mixture into the pan. *Do not stir it*, but when it begins to stiffen—“to set,” in culinary phrase—slip a broad-bladed, round-pointed dinner-knife around the sides, and cautiously under the omelet, that the butter may reach every part. As soon as the center is fairly “set,” turn out into a hot dish. Lay the latter bottom upward over the frying-pan, which must be reversed dexterously. This brings the browned side of the omelet uppermost. This omelet is delicious and easily made.

## ROAST OYSTERS

There is no pleasanter frolic for an autumn evening, in the regions where oysters are plentiful, than an impromptu "roast" in the kitchen. There the oysters are hastily thrown into the fire by the peck. You may consider that your fastidious taste is marvelously respected if they are washed first. A bushel basket is set to receive the empty shells, and the click of the oyster-knives forms a constant accompaniment to the music of laughing voices. Nor are roast oysters amiss upon your own quiet supper-table, when the "good man" comes in on a wet night, tired and hungry, and wants "something heartening." Wash and wipe the shell-oysters, and lay them in the oven or upon the top of the stove. When they open, they are done. Pile in a large dish and send to table. Remove the upper shell by a dexterous wrench of the knife, season the oyster on the lower, with pepper-sauce and butter, or pepper, salt, and vinegar in lieu of the sauce, and you have the very aroma of this pearl of bivalves, pure and undefiled.

Or, you may open while raw, leaving the oysters upon the lower shells; lay in a large baking-pan, and roast in their own liquor, adding pepper, salt, and butter before serving.

## OYSTER PIE

Make the pastry by chopping half a cupful of butter and a quarter of a cupful of lard or lard substitute into two cupfuls of flour. Have all the ingredients and utensils well chilled, keeping them on ice or in a very cold place until they are needed. If you use an electric motor-driven mixing machine be sure to cool the bowl and knife before

using them. When the shortening is chopped very fine, either by hand or by electricity add to it a small cupful of iced water, mix quickly to a soft dough, take this out of the bowl and lay it on your chilled bread-board. Roll lightly into a sheet, fold this in three, roll it again and repeat the operation three times, handling the paste as lightly as possible. Put into a cold place for an hour or two before making the pie.

When you are ready for this line a shallow pudding dish or deep pie-plate with a thin sheet of the pastry, fill it with crusts of dry bread, butter the edge of the dish, cut another and thicker round of the pastry, and lay it over the top of the dish. Bake it in a moderate oven to a delicate brown. Prepare the filling of the pie by cooking together in a saucepan a heaping tablespoonful of butter and two of flour until they are smooth, adding to them a cupful of mixed cream and oyster liquor. When this thickens add thirty raw oysters and a beaten egg, the latter drop by drop; cook to the point where the edges of the oysters begin to crimp. Season with a teaspoonful of salt and a little pepper, lift the pastry cover carefully from the pie-dish, remove the crusts, put in the oysters, replace the top and send the dish to table. Time your cookery so that the pastry will be done at the same time as the oysters.

#### OYSTER PÂTÉS

Make a pastry as directed above for Oyster Pie. Cut into round cakes with a sharp cutter, handling the pastry as lightly as possible and making the rounds for the bottom crust less than an eighth of an inch in thickness; for the upper, a little thicker. With a smaller cutter, remove a round of paste from the middle of the latter, leaving a neat

ring. Lay this carefully upon the bottom crust; place a second ring upon this, that the cavity may be deep enough to hold the oysters; lay the pieces you have extracted also in the pan with the rest, and bake to a fine brown in a hot oven. When done, wash over with beaten egg, around top and all, and set in the oven three minutes to glaze. Fill the cavity with a mixture prepared as below, fit on the top lightly, and serve.

### *Mixture*

Boil half the liquor from a quart of oysters. Put in all the oysters, leaving out the uncooked liquor; heat to boiling, and stir in—

½ cup hot milk.

1 tablespoonful butter.

2 tablespoonfuls corn starch, wet with a little milk.

A little salt.

Boil four minutes, stirring all the time until it thickens, and fill the cavity in the paste shells.

### SCALLOPED CLAMS

Chop the clams fine, and season with pepper and salt. Cayenne pepper is thought to give a finer flavor than black or white; but to some palates it is insufferable. Mix in another dish powdered cracker, moistened first with warm milk, then with the clam liquor, a beaten egg, and a little melted butter. Stir in with this the chopped clams. Have as many clam-shells or nappies as the mixture will fill; butter them; fill, heaping up and smoothing over with a silver knife or teaspoon. Range in rows in your baking-pan, and cook until nicely browned.

## CLAM FRITTERS

12 clams, minced fine.

1 pint milk.

2 eggs.

Add the liquor from the clams to the milk; beat up the eggs and put to this, with salt and pepper, and flour enough for thin batter; lastly, the chopped clams. Fry in hot lard, trying a little first to see that fat and batter are right. A tablespoonful will make a fritter of moderate size. Or you can dip the whole clams in batter and cook in like manner. Fry quickly, or they are apt to be too greasy.

## SCALLOPED CLAMS

Make a sauce by cooking together in the deep pan of the electric grill or on the gas range, using medium heat, a tablespoonful each of butter and flour. When this bubbles, pour in half a cupful of clam juice and the same of milk to which you have added a pinch of baking soda. Change to high heat and as soon as the sauce is thick put in a pint of raw clams, chopped. Add a beaten egg, drop by drop, a teaspoonful of salt and a dash of pepper and turn into buttered ramekins. Then put them in an electric ovenette or the gas oven, which has been thoroughly pre-heated, and bake until hot through and lightly browned. Serve sliced lemon with this dish. In place of ramekins you may cut the tops from green peppers, seed them, fill with the clam mixture, stand them up in a pan in the electric ovenette or gas oven with a little clam juice in the pan and bake for fifteen minutes or until the peppers are tender.

## PANNED DEVEILED CLAMS

For these have small tin pans or nappies. Lay in the bottom of each pan a round of buttered toast; on this put three or four clams with a teaspoonful of butter, salt and a dash of pepper. Set in your oven and bake until hot through. It ought to take about ten minutes. Prepare a deviled sauce by stirring together two tablespoonfuls each of Worcestershire sauce and of lemon juice, ten drops of tabasco sauce and a saltspoonful of mustard. Pour this over the clams when they are done, let the sauce become heated and serve in the pans or nappies. Pass brown bread and butter with these.

## CLAM CANAPÉS

Chop a dozen clams fine with a few capers, two teaspoonfuls of horseradish and a little paprica, mix with mayonnaise dressing to which has been added a little Worcestershire sauce and spread on thin brown bread cut into crescents. Serve as the first course at lunch or dinner.

## FRIED SCALLOPS (I)

Drop the scallops into boiling water and let them cook over a high flame for five minutes, take them out with a pierced skimmer and drain them on a soft cloth. Make a batter by melting a tablespoonful of butter in a cupful of warm water and pouring this upon a cupful of flour sifted with half a teaspoonful of baking-powder and a saltspoonful of salt and adding the beaten white of an egg. Let the scallops become thoroughly chilled before dipping them into this batter and cooking them to a golden brown in deep fat, such as you use for croquettes.



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**FRIED SCALLOPS (2)**

Wash the scallops in fresh water, dry them on a cloth and roll in fine cracker-crumbs, then in a beaten egg to which has been added a tablespoonful of cold water, and then again in crumbs. Fry them in deep fat as directed in preceding recipe.

**CREAMED SCALLOPS**

Scald scallops in their own liquor or in boiling salted water, having this at a hard boil and leaving the scallops in it for only two minutes after it returns to the bubble when the scallops are heated. Drain them dry, make a white sauce of a tablespoonful each of butter and flour and a cupful of milk, heat the scallops in this, season with salt and pepper and serve on toast.

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**FRIED FROGS' LEGS**

After skinning and washing, wipe dry, roll in fine crumbs, dip in beaten egg, roll again in crumbs and fry in butter or bacon dripping to golden brown.

**FROGS' LEGS, CREOLE STYLE**

Skin, wash and dry the frogs' legs. Cook a teaspoonful of chopped onion, a tablespoonful of thick tomato pulp and a minced green pepper for five minutes in two tablespoonfuls of butter; add the frogs' legs, cover and stew until tender. Thicken the gravy with a little browned flour, season with salt and paprica and serve very hot.

## POULTRY

AFTER many years of housekeeping I have come to the conclusion that there is but one satisfactory method of securing tender fowls for your table. When your poultry merchant sells you chickens that are tender under the wings, with white complexions, hairless and promising, and they come to table tough and tightly-jointed—take your custom to another man and let him and the discarded vendor know why you do it. Some of the best looking fowls in our town and country markets are so skilfully doctored that the most experienced purchaser might be deluded. Follow such rules as you know, of testing the toughness of joints and the pliability of the breast-bone and demand good poultry as the price of your custom.

Fowls should be dressed and drawn by the poulterer before they are sent home. When it is not done have them cleaned as soon as you can after receiving them. Wash the fowl out in cold water three times, dissolving a little soda in the first water, then rinsing thoroughly. Wipe dry inside and keep in a cool place until cooked. Cut open and clean the gizzard and put it with the liver and heart in boiling salted water and cook for fifteen minutes before you set them aside for gravy or soup.

## ROAST TURKEY

After drawing the turkey, rinse out with several waters, and in next to the last mix a teaspoonful of soda. The inside of a fowl, especially if purchased in the market, is sometimes very sour, and imparts an unpleasant taste to the

stuffing, if not to the inner part of the legs and side-bones. The soda will act as a corrective, and is moreover very cleansing. Fill the body with this water, shake well, empty it out, and rinse with fresh water. Then prepare a dressing of bread-crumbs, mixed with butter, pepper, salt, thyme or sweet marjoram. You may, if you like, add the beaten yolk of an egg. A little chopped sausage is esteemed an improvement when well incorporated with the other ingredients. Or, mince a dozen oysters and stir into the dressing. The effect upon the turkey-meat, particularly that of the breast, is very pleasant.

Stuff the craw with this, and tie a string tightly about the neck, to prevent the escape of the stuffing. Then fill the body of the turkey, and sew it up with strong thread. This and the neck-string are to be removed when the fowl is dished. In roasting, allow about fifteen minutes to a pound; but it will depend very much upon the turkey's age whether this rule holds good. Dredge it with flour before roasting, and baste often; at first with butter and water, afterward with the gravy in the dripping-pan. If you lay the turkey in the pan, put in with it a teacup of hot water. Many roast always upon a grating placed on the top of the pan. In that case the boiling water steams the underpart of the fowl, and prevents the skin from drying too fast, or cracking. Roast to a fine brown, and if it threatens to darken too rapidly, lay a sheet of white paper over it until the lower part is also done.

Stew the chopped giblets in just enough water to cover them, and when the turkey is lifted from the pan, add these, with the water in which they were boiled, to the drippings; thicken with a spoonful of browned flour, wet with cold water to prevent lumping, boil up once, and pour into the gravy-boat. If the turkey is fat, skim the drippings well before putting in the giblets.

Serve with cranberry sauce. Some cooks lay fried oysters in the dish around the turkey.

### TURKEY SCALLOP

Cut the meat from the bones of a cold boiled or roasted turkey left from yesterday's dinner. Remove the bits of skin and gristle, and chop up the rest very fine. Put in the bottom of a buttered dish a layer of cracker or bread-crumbs; moisten slightly with milk, that they may not absorb all the gravy to be poured in afterward; then spread a layer of the minced turkey, with bits of the stuffing, pepper, salt, and small pieces of butter; another layer of cracker, wet with milk, and so on until the dish is nearly full. Before putting on the topmost layer, pour in the gravy left from the turkey, diluted—should there not be enough—with hot water, and seasoned with Worcester-shire sauce, or catsup, and butter. Have ready a crust of cracker-crumbs soaked in warm milk, seasoned with salt, and beaten up light with two eggs. It should be just thick enough to spread smoothly over the top of the scallop. Stick bits of butter plentifully upon it, and bake. Turn a deep plate over the dish until the contents begin to bubble at the sides, showing that the whole is thoroughly cooked; then remove the cover, and brown. A large pudding-dish full of the mixture will be cooked in three-quarters of an hour.

This, like many other economical dishes, will prove so savory as to claim a frequent appearance upon any table.

Cold chicken may be prepared in the same way.

*Or*

The minced turkey, dressing, and cracker-crumbs may be wet with gravy, two eggs beaten into it, and the force-

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meat thus made rolled into oblong shapes, dipped in egg and pounded cracker, and fried like croquettes.

### RAGOUT OF TURKEY

This is also a cheap, yet nice dish. Cut the cold turkey from the bones and into bits an inch long with knife and fork, tearing as little as possible. Put into a skillet or saucepan the gravy left from the roast, with hot water to dilute it should the quantity be small. Add a lump of butter the size of an egg, a teaspoonful of Worcestershire sauce, and a pinch of nutmeg, with a little salt. Let it boil, and put in the meat. Stew very slowly for ten minutes—not more—and stir in a tablespoonful of cranberry or currant jelly, another of browned flour which has been wet with cold water to a thin paste and serve hot. Leave out the stuffing entirely; it is no improvement to the flavor and disfigures the ragoût.

### ROAST CHICKENS

Having picked and drawn them, wash out well in two or three waters, adding a little soda to the last but one should any doubtful odor linger about the cavity. Prepare a stuffing of bread-crumbs, butter, pepper, salt, etc. Fill the bodies and crops of the chickens, which should be young and plump; sew them up, and roast an hour or more, in proportion to their size. Baste two or three times with butter and water, afterward with their own gravy. If laid flat within the dripping-pan, put in at the first a little hot water to prevent burning.

Stew the giblets and necks in enough water to cover them, and, when you have removed the fowls to a hot dish, pour this into the drippings; boil up once; add the

giblets, chopped fine; thicken with browned flour; boil again, and send to table in a gravy-boat.

### BOILED CHICKENS

Clean, wash, and stuff as for roasting. Baste a floured cloth around each, and put into a pot with enough boiling water to cover them well. The hot water cooks the skin at once, and prevents the escape of the juices. The broth will not be so rich as if the fowls are put on in cold water, but this is a proof that the meat will be more nutritious and better flavored.

When the water on the fowls has boiled for fifteen minutes put them in the fireless cooker and leave them there for a couple of hours. Or you may cook them from the beginning in the electric fireless cooker or oven. When you take them out, leave most of the liquor in the pot to serve for soup, drain the fowls, set them in a quick oven for ten minutes to dry out, rubbing the surface with a little of the chicken fat or butter and dredging lightly with flour. Thicken and season a cupful of the gravy and send it to table in a sauceboat. Boiled rice is excellent served with chicken.

### BOILED CHICKEN AND RICE

Cook as in the preceding recipe, omitting the stuffing, if you prefer. Half an hour before the fowl is done dip out two cupfuls of the stock and season well. Have ready rice which you have prepared by cooking a cupful of the raw rice fast in two quarts of boiling salted water for ten minutes and have then drained in a colander. Turn the rice into a saucepan, cover with the hot chicken gravy and cook slowly, over a medium heat, for fifteen minutes, or until the rice has swelled and absorbed all the gravy. Stir

a little chopped parsley into the rice, make a bed of it on your platter and serve the boiled chicken on it.

### CHICKEN CROQUETTES

2 cupfuls cold roast or boiled chicken chopped fine.

2 tablespoonfuls butter and one tablespoonful flour.

Half pint milk.

Rub the butter and flour together, cook them over medium heat to bubbling, stir into them the milk and to this sauce add the minced chicken and seasoning. Take from the fire and turn on a platter and when entirely cold shape the mixture into small croquettes with the hands. Roll them in fine crumbs, then in the yolk of an egg beaten with a tablespoonful of cold water and again in the crumbs and fry in deep fat, putting in a few at a time.

### CHICKEN PATÉS

Make pastry shapes as directed for Oyster Pâtés and prepare a filling by cooking together in a saucepan a tablespoonful of butter and half a tablespoonful of flour until they bubble and then pouring them upon a well beaten egg. Return to the fire, cook on a medium flame for one minute, add two cups diced chicken, season with celery salt, plain salt and paprica, and the minute the chicken is hot take from the fire and fill your pâtés with it.

### CHICKEN AND MUSHROOM PATÉS

Follow the recipe for pastry given for Oyster Pâtés, but use a little different method in cutting out the pâté shells.

When you take the paste from the refrigerator roll it out to a sheet an inch thick, cut with a very sharp biscuit-cutter

and press a smaller cutter almost through in the center. Place each round upon a tin and before putting in the oven brush the top only with a mixture made of a tablespoonful of cold water and the yolk of an egg. Do not brush this on the sides, for if you do the pâtés will not rise when baking.

While you are cutting out your pastry, get the oven of your range ready. Have it very hot for ten minutes and when you place the shapes in the oven turn it to medium and bake until they are a delicate brown. Make these the day before you need them. When they are cold remove the center with a sharp knife.

For the filling have ready sufficient cold roast or boiled chicken cut into small cubes and a dozen fresh mushrooms, peeled and diced. Make a sauce with a tablespoonful of butter, one of flour and a cupful of chicken stock and cream in equal parts. Cook together, using high heat, until thick and smooth. Then add the chicken and mushrooms and turning the heat to medium let the filling simmer for fifteen minutes. In the meantime set your shells in the oven of the range with heat turned high long enough to heat them through.

Fill each shell with chicken and mushroom mixture and garnish with parsley and they are ready to serve.

#### CHICKEN IN CASSEROLE

For this buy a plump roasting chicken; truss it as for roasting, but do not stuff it. Your casserole, which will, of course, be of a ware that will stand heat, should be large enough to accommodate the chicken comfortably, and have a closely fitting top.

Slice a carrot and an onion and put them in the casserole with a bay leaf and two tablespoonfuls of butter. Set the casserole over the heater unit or in the gas oven at medium



heat until the butter is melted and the vegetables lightly colored; add to them a pint of well-seasoned bouillon or beef stock, lay in the chicken, cover the casserole closely and put in the oven. This should be heated for about fifteen minutes before the casserole goes in and remain at this temperature for ten minutes afterwards. Turn then to medium and leave at this for an hour.

While the chicken is cooking cut potato balls with a Parisian potato-cutter and brown them lightly in a little butter. Peel and cut in pieces quarter of a pound of fresh mushrooms and put these and the potatoes with the chicken at the end of the hour. Season the gravy with a heaping teaspoonful of salt and a saltspoonful of pepper and leave the top off the casserole that the chicken may brown. If it is too slow to do this, turn the heat high again. Ten or fifteen minutes should suffice to bring a good color to the chicken. After you take the casserole from the oven sprinkle the chicken with a tablespoonful of chopped parsley and serve all from the casserole on the table.

#### FRICASSEED CHICKEN (*White*)

Clean, wash, and cut up the fowls, which need not be so tender as for roasting. Lay them in salt and water for half an hour. Put them in a pot with enough cold water to cover them, and half a pound of salt pork cut into thin strips. Set the pot in the electric oven or electric fireless cooker, or if you cook by gas, bring the fricassee to a boil over the flame and after fifteen minutes of stewing, transfer to the fireless cooker. Leave it in this for three hours or until the fowls are tender. The length of time this will take is determined by the age and toughness of the chickens. When tender, take the pot from the fireless cooker, add two chopped onions, two stalks of celery, parsley, salt and

pepper. Set on the range over a medium heat, cook fifteen minutes and then stir in a teacupful of milk, to which have been added two beaten eggs and two tablespoonfuls of flour. Boil up fairly; add a tablespoonful of butter. Arrange the chicken neatly in a deep dish, pour the gravy over it, and serve.

In this, as in all cases where beaten egg is added to hot liquor, it is best to dip out a few spoonfuls of the latter, and drop a little at a time into the egg, beating all the while, that it may heat evenly and gradually before it is put into the scalding contents of the saucepan or pot. Eggs managed in this way will not curdle, as they are likely to do if thrown suddenly into hot liquid.

#### FRICASSEED CHICKEN (*Brown*)

Clean, wash, and cut up a pair of young chickens. Lay in clear water for half an hour. If they are old, you cannot brown them well. Put them in a saucepan, with enough cold water to cover them, and set over the fire to heat slowly. Meanwhile, cut half a pound of salt pork into strips, and fry crisp. Take them out, chop fine, and put into the pot with the chicken. Fry in the fat left in the frying-pan one large onion, or two or three small ones, cut into slices. Let them brown well, and add them also to the chicken, with a quarter teaspoonful of allspice and cloves. Stew all together slowly for an hour or more, until the meat is very tender; you can test this with a fork. Take out the pieces of fowl and put in a hot dish, covering closely until the gravy is ready. Add to this a tablespoonful of walnut or other dark catsup, nearly three tablespoonfuls of browned flour and a little chopped parsley. Boil up once; strain through a colander, to remove the bits of pork and onion; return to the pot, with the chicken;

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let it come to a final boil, and serve, pouring the gravy over the pieces of fowl.

### BROILED CHICKEN

Clean, wash and split down the back a young chicken, weighing from a pound to two pounds and a half. Sprinkle with salt and pepper and lay breast upwards on the bars of the broiler of your gas stove or on the grill or broiler of your electric range. In either case turn on the heat and have the broiler hot before you lay the chicken upon it. Have the heat high or strong for five to ten minutes, taking care that the meat does not scorch, then lower to medium and leave it at this until the chicken is done, turning it two or three times in the course of the cooking. The chicken should broil about ten minutes to the pound. Remove to a hot platter, put on it a large spoonful of butter and serve at once.

### FRIED CHICKEN (No. 1)

Clean, wash, and cut to pieces a couple of spring chickens. Have ready in a frying-pan enough boiling lard or dripping to cover them well. Dip each piece in beaten egg when you have salted it, then in cracker-crumbs, and fry until brown. When you have taken out the meat, throw into the hot fat a dozen sprigs of parsley, and let them remain a minute—just long enough to crisp, but not to dry them. Garnish the chicken by strewing these over it.

### FRIED CHICKEN (No. 2)

Cut up half a pound of fat salt pork in a frying-pan, and fry until the grease is extracted, but not until it

browns. Wash and cut up a young chicken (broiling size), soak in salt and water for half an hour; wipe dry, season with pepper, and dredge with flour; then fry in the hot fat until each piece is a rich brown on both sides. Take up, drain, and set aside in a hot covered dish. Pour into the gravy left in the frying-pan a cup of milk—half cream is better; thicken with a spoonful of flour and a tablespoonful of butter; add chopped parsley, boil up, and pour over the hot chicken. This is a standard dish in the Old Dominion, and tastes nowhere else as it does when eaten on Virginia soil. The cream gravy is often omitted, and the chicken served dry, with bunches of fried parsley dropped upon it.

#### CHICKEN POT-PIE

Line the bottom and sides of a pot with a good rich paste, reserving enough for a top crust and for the square bits to be scattered through the pie.

Use the recipe for pastry given under directions for Oyster Pie.

Butter the pot very lavishly, or your pastry will stick to it and burn. Cut up a fine large fowl, and half a pound of corned ham or salt pork. Put in a layer of the latter, pepper it, and cover with pieces of the chicken, and this with the paste dumplings or squares. If you use potatoes, parboil them before putting them into the pie, as the first water in which they are boiled is rank and unwholesome. The potatoes should be sliced and laid next the pastry squares; then another layer of pork, and so on until your chicken is used up. Cover with pastry rolled out quite thick, and slit this in the middle. Heat very slowly, and boil two hours. Turn into a large dish, the lower crust on top, and the gravy about it.

This is the old-fashioned pot-pie, dear to the memory of men who were school-boys thirty and forty years ago. If you are not experienced in such manufactures, you had better omit the lower crust. Pour out the chicken into a dish, and set the crust above it.

Veal, beefsteak, lamb (not mutton), hares, etc., may be substituted for the chicken. The pork will salt it sufficiently.

### BAKED CHICKEN PIE

Is made as above, but baked in a buttered pudding-dish, and, in place of the potatoes, three hard-boiled eggs are chopped up and strewed among the pieces of chicken. If the chickens are tough, or even doubtful, parboil them before making the pie, adding the water in which they were boiled, instead of cold water, for gravy. If they are lean, put in a few bits of butter. Ornament with leaves cut out with a cake-cutter, and a star in the center. Bake an hour—more, if the pie is large.

### CHICKEN PUDDING

Cut up as for fricassee, and parboil, seasoning well with pepper, salt, and a lump of butter the size of an egg to each chicken. The fowls should be young and tender, and divided at every joint. Stew slowly for half an hour, take them out, and lay on a flat dish to cool. Set aside the water in which they were stewed for your gravy.

Make a batter of one quart of milk, three cups of flour, two tablespoonfuls melted butter, two teaspoonfuls baking-powder, with three eggs well beaten, and a little salt. Put a layer of chicken in the bottom of the dish, and pour about half a cupful of batter over it—enough to conceal the meat; then, another layer of chicken, and more batter, until

the dish is full. The batter must form the crust. Bake one hour, in a moderate oven, if the dish is large.

Beat up an egg, and stir into the gravy which was set aside; thicken with two teaspoonfuls flour, add a little chopped parsley; boil up, and send it to table in a gravy-boat.

### CHICKEN AND RICE SCALLOP

Cut left-over chicken into neat pieces, arrange a layer of it in the bottom of a buttered bake-dish; season with salt and pepper. Over this put a layer of rice, moisten it with gravy; repeat the chicken and rice layers until the dish is full, making the top thickness of rice. Sprinkle this with crumbs, butter and, if you so desire, a little grated cheese. Bake this in the oven at low heat until hot through, then change it to high to brown.

### CHICKEN PUFF

Soak a cupful of soft bread-crumbs in a half cup of milk, add to this the yolks of three eggs, beaten light, two teaspoonfuls of melted butter, two cupfuls of chopped chicken, an even teaspoonful of salt and a little pepper. Stir in the whites of the eggs, whipped stiff, and bake in a buttered pudding dish. The oven should be heated to medium and the puff continued to bake at low heat.

### JELLIED CHICKEN

Put a plump fowl, weighing about five pounds, and a well-cracked knuckle of veal in a saucepan in the fireless-cooker section of your electric range, with two onions, four stalks of celery, a bay-leaf, several sprigs of parsley and just

enough water to cover. With high heat bring this to the boiling point and then with medium heat cook until the meat is so tender that it drops from the bones. Or you may heat it to boiling on the gas range and continue the cookery in the ordinary fireless cooker. After having removed the chicken set the pot on top of the range and reduce the stock by boiling to a little over a quart. Then put aside to cool. Skim fat from the surface of the stock, strain this, return it to the range with the white of an egg and the cracked shell, boil up briskly, remove the scum, strain the liquid again and set aside to cool. Add to it a saltspoonful each of celery-salt and paprica, plain salt to taste, a teaspoonful of lemon juice and one of minced parsley.

Cut the chicken into small cubes and when the jelly has begun to harden pour a little of it into a mold, first rinsing it out with cold water. Arrange the chicken on the layer of jelly, putting in here and there sliced pimolas, shreds of pistache nuts or of blanched almond, and capers. Turn in more jelly and continue this, alternating the solid with the jelly until the mold is full. Set it away in a cold place and let it become firm before you turn it out on a flat dish and garnish it with lettuce leaves and celery tips. You can set this to form in individual molds instead of in a large shape.

### ROAST DUCKS

Clean with care and after washing well rinse out with soda and water. Wipe dry and stuff with bread-crumbs, seasoned with pepper, salt, a half teaspoonful of onion juice and a small pinch of powdered sage, moistening the dressing with a large tablespoonful of melted butter. Dredge the ducks with flour, peppered and salted; lay them in a baking pan and put them into an oven that has been already heated. Leave it at high heat for fifteen minutes, then lower to

medium and cook the ducks at this fifteen minutes to the pound if you like to have them tolerably well done. Baste them three or four times with the dripping in the pan and if they are very dry add to them half a cupful of boiling water; the fat dripping from the duck should do the rest.

The giblets of the duck should have been stewed separately. Chop them when they are done, cook together a tablespoonful each of butter and browned flour; when they bubble pour on them a cupful of the liquid in which the giblets were boiled, season with salt and pepper, ten drops of onion juice and a half teaspoonful of kitchen bouquet, boil up once and when smooth and thick send the gravy to table in a sauce-boat.

### ROAST DUCKLINGS

Clean and wash the ducklings as directed for Roast Ducks, fill them with a stuffing made of mashed potato whipped to a cream with melted butter and milk or a little cream. Season with celery salt and white pepper and a few drops of onion juice. The addition of a tablespoonful of almonds, blanched and chopped fine, is an improvement. Do not fill the bodies full enough of the stuffing to distend them. Bake according to instructions given in preceding recipe and make gravy in the same way. Apple sauce or currant jelly should be served with the duck and green peas should accompany it.

### TO USE UP COLD DUCK

I may say, as preface, that cold duck is in itself an excellent supper dish, or side dish, at a family dinner, and is often preferred to hot. If the duck has been cut into at all, divide neatly into joints, and slice the breast, laying slices



of dressing about it. Garnish with lettuce or parsley, and eat with jelly.

But if a warm dish is desired, cut the meat from the bones and lay in a saucepan, with a little minced cold ham; pour on just enough water to cover it, and stir in a tablespoonful of butter. Cover, and heat gradually, until it is *near* boiling. Then add the gravy, diluted with a little hot water; a teaspoonful of catsup, one of Worcestershire sauce, and one of currant or cranberry jelly, and a tablespoonful of browned flour.

*Or*

You may put the gravy, with a little hot water and a lump of butter, in a frying-pan, and when it is hot lay in the pieces of duck, and warm up quickly, stirring in at the last a teaspoonful of Worcestershire sauce and a tablespoonful of jelly.

### STEWED DUCK

This is a good way to treat an old tough fowl.

Clean and divide, as you would a chicken for fricassee. Put in a saucepan, with several (minced) slices of cold ham or salt pork which is not too fat, and stew slowly for at least an hour—keeping the lid on all the while. Then stir in a chopped onion, a half teaspoonful of powdered sage, half as much parsley, a tablespoonful of catsup, and black pepper. Stew another half hour, or until the duck is tender, and add a teaspoonful brown sugar, and a tablespoonful browned flour, previously wet with cold water. Boil up once, and serve in a deep covered dish, with green peas as an accompaniment.

If the duck is really very tough, transfer it to the fireless cooker after it has been brought to a boil over the gas

flame, or cook it throughout in your electric fireless cooker or in the electric oven with its admirable equipment for slow and steady cookery. In any case, be sure the bird is tender before serving.

### ROAST GOOSE

Clean and wash the goose—not forgetting to put a spoonful of soda in next to the last water, rinse out well, and wipe the inside quite dry. Add to the usual stuffing of bread-crumbs, pepper, salt, etc., a tablespoonful melted butter, an onion chopped fine, a tablespoonful chopped sage, the yolks of two eggs, and some minute bits of fat pork. Stuff body and craw, and sew up. It will take fully two hours to roast. Serve apple sauce with it.

### GUINEA FOWLS

Unless young, in which case they can be broiled by the recipe given for Broiled Chicken, or roasted as young chickens may be, they are likely to be tough. Cooked by the directions for Stewed Duck they will be savory, no matter what their age.

### ROAST PIGEONS

Clean, wash, and stuff as you would chickens. Lay them in rows with a little water in the pan to prevent scorching. Unless they are very fat, baste with butter until they are half done, afterwards with their own gravy. Thicken the gravy that drips from them, and boil up once; then pour into a gravy-boat. The pigeons should lie close together in the dish.

## STEWED PIGEONS

Pick, draw, clean and stuff as above directed. Put the pigeons in a deep pot with enough cold water to cover them, and stew gently for an hour, or until, testing them with a fork, you find them tender. Then season with pepper, salt, a few blades of mace, a little sweet marjoram, and a good piece of butter. Stew, or rather simmer, for five minutes longer—then stir in a tablespoonful of browned flour. Let it boil up once; remove the pigeons, draw out the strings with which they were sewed up, and serve, pouring the hot gravy over them. A little salt pork or ham, cut into strips, is an improvement. This should be put in when the pigeons have stewed half an hour.

## BROILED PIGEONS OR SQUABS

Young pigeons or "squabs" are rightly esteemed a great delicacy. They are cleaned, washed, and dried carefully with a clean cloth; then split down the back, and broiled like chickens. Season with pepper and salt, and butter liberally in dishing them. They may, for a change, be roasted whole, according to the recipe for roast pigeons.

## GIBLETS EN BROCHETTE

Parboil giblets—gizzard, heart and liver—of any kind of fowl; cut into small neat pieces and impale these on a thin skewer, alternating the morsels with bits of bacon of the same size. Broil under your gas flame or cook on the electric grill until done through and serve on the skewers, laying these on a hot plate. If you wish you can place strips of buttered toast under them. They make an excellent lunch or supper dish and may be cooked on the table-grill.

## MEATS

### ROAST BEEF

THE best pieces for roasting are the sirloin and rib pieces. The latter may either be served in what is known as a standing roast or the bones may be removed by the butcher and the round skewered and tied into neat shape. The cracked bones and trimmings should be sent home for soup. The first step in roasting is to make a close coating on the outside of the meat by coagulating the albumen and thus preventing the escape of the juices. To attain this the oven, whether gas or electric, should be made very hot before the meat goes in and the roast should remain in this high heat for ten or twelve minutes, until the surface looks seared. The heat may then be lowered and the beef roasted ten minutes to the pound if you like it underdone, twelve or even fifteen minutes if you prefer to have it very well cooked.

Remove the beef, when quite ready, to a heated dish; skim the dripping; add a teacupful of boiling water, boil up once, season and send to table in a gravy-boat. Many reject made gravy altogether, and only serve the red liquor that runs from the meat into the dish as it is cut. If you have made gravy in a sauce-boat, give your guest his choice between that and the juice in the dish.

### ROAST BEEF WITH YORKSHIRE PUDDING

1 pint milk.

2 cups flour sifted with one teaspoonful baking-powder.

1 teaspoonful salt.

Roast the beef as directed above and when nearly done take out four or five tablespoonfuls of dripping from the pan and put them into a shallow baking-pan. Make it hissing hot, pour in the pudding batter, set in a hot oven and bake quickly. Cut into squares and arrange about the beef on a platter.

### BEEF À LA MODE

Take a round of beef; remove the bone from the middle, and trim away the tougher bits about the edges, with such gristle, etc., as you can reach. Set these aside for soup-stock.

Bind the beef into a symmetrical shape by passing a strip of stout muslin, as wide as the round is high, about it, and stitching the ends together at one side. Have ready at least a pound of fat salt pork, cut into strips as thick as your middle finger, and long enough to reach from top to bottom of the trussed round. Put a half pint of vinegar over the fire in a saucepan; season with three or four minced button onions, one teaspoonful made mustard, a teaspoonful nutmeg, one of cloves, half as much allspice, half-spoonful black pepper, with a bunch of sweet herbs minced fine, and a tablespoonful brown sugar. Let all simmer for five minutes, then boil up once, and pour, while scalding hot, upon the strips of pork, which should be laid in a deep dish. Let all stand together until cold. Remove the pork to a plate, and mix with the liquor left in the dish enough bread-crumbs to make a tolerably stiff forcemeat. If the vinegar is very strong, dilute with a little water before moistening the crumbs. With a long, thin-bladed knife, make perpendicular incisions in the meat, not more than half an inch apart, even nearer is better; thrust into these the strips of fat pork, so far down that the upper ends

are just level with the surface, and work into the cavities with them a little of the forcemeat. Proceed thus until the meat is fairly riddled and plugged with the pork. Fill the hole from which the bone was taken with the dressing and bits of pork; rub the upper side of the beef well with the spiced forcemeat. Put into a baking-pan; half-fill this with boiling water; turn a large pan over it to keep in the steam, and roast slowly for five or six hours, allowing half an hour to each pound of meat. If the beef be tough, you had better stew the round by putting it in a pot with half enough cold water to cover it. Cover tightly and stew very slowly for six hours; then set in the oven with the gravy about it, and brown half an hour, basting frequently.

If you roast the round, do not remove the cover, except to baste (and this should be done often), until fifteen minutes before you draw it from the oven. Set away with the muslin band still about it, and pour the gravy over the meat.

When cold, lift from the gravy,—which, by the way, will be excellent seasoning for your soup-stock,—cut the stitches in the muslin girdle, remove carefully and send the meat to table, cold, garnished with parsley. Carve horizontally, in slices thin as a shaving. The second cut will be handsomely marbled with the white pork, which appearance should continue all the way down.

I cannot too highly commend this dish. In winter it will keep a week and more, and as long in summer, if kept in the refrigerator except when it is on the table.

It is also good served hot when first cooked. The electric or ordinary fireless cooker may be used in preparing this piece of meat.

## BEEFSTEAK

It is not customary to fry beefsteaks for people who know what really good cookery is. To speak more plainly, a steak, killed by heat and swimming in grease, is a culinary solecism, both vulgar and indigestible.

Cut the steak thick, at least three-quarters of an inch in thickness, and if you cannot get tender meat for this purpose, it is best to substitute some other dish for it. But since tender meat is not always to be had, if the piece you have purchased is doubtful, lay it on a clean cloth, take a blunt heavy carving-knife, and hack *closely* from one end to the other; then turn and repeat the process upon the other side. Wipe all over on both sides with lemon-juice, cover, and leave it in a cool place for one hour.

Whether you cook by gas or electricity, have your broiler well heated before laying in the steak and keep the high heat on for at least five minutes, turning the steak if it shows signs of scorching. Lower then to medium heat and cook until ready to serve. Do not season until it is done, which should be in about twelve minutes. Rub your hot dish with a split raw onion, lay in the steak, salt and pepper on both sides, and put a liberal lump of butter upon the upper. Then put on a hot cover, and let it stand five minutes to draw the juices to the surface before it is eaten, or lay the steak between two hot platters for the same time.

I shall never forget the wondering distrust with which my first cook, a sable "professional," watched me when I undertook to show her how to prepare a steak for the third breakfast over which I presided as mistress of ceremonies. And when, at the end of twelve minutes, I removed the meat, "rare and hot," to the heated dish in readiness, her sniff of lofty contempt was as eloquent as indescribable.

"Call dat *cooked!* Folks 'bout here would 'a' had dat steak on by daybreak!"

A remark that has been recalled to my mind hundreds of times since at the tables of so-called capital housewives.

The best pieces for steak are those known as porterhouse and sirloin. The former is the more highly esteemed by gourmands; but a really tender sirloin is more serviceable where there are several persons in the family, the porterhouse having a narrow strip of extremely nice meat lying next the bone, while the rest is often inferior to any part of the sirloin. If the meat be tender omit the hacking process and lemon-juice.

Flank steak, the top of the round and the piece called in some localities a hip-bone steak may all be broiled, but if tough should invariably be submitted to the hacking and lemon-juice treatment.

#### BEEFSTEAK AND ONIONS

Prepare the steak as above directed. While it is broiling put three or four chopped onions in a frying-pan with a little beef-dripping or butter. Stir and shake them briskly until they are done, and begin to brown. Dish your steak and lay the onions thickly on top. Cover and let all stand five or six minutes, that the hot onions may impart the required flavor to the hot meat. In helping your guests, inquire if they will take onions with the slices of steak put upon their plates.

#### ROLLED BRAISED BEEFSTEAK

Buy a good round steak weighing at least two pounds, lay it on the kitchen table and pound the meat thoroughly with the flat side of a hammer or hatchet; then rub the



surface with lemon juice, using a teaspoonful to a large steak, and set the meat aside in a cool place for an hour. Make a force-meat of an eighth of a pound of salt pork, minced fine, half a cupful of bread crumbs, a quarter cupful of the solid part of a stewed tomato or a whole fresh tomato chopped, half a teaspoonful of minced onion, half a teaspoonful of mixed dried sweet herbs and a little black pepper. The pork should salt the dressing sufficiently. Spread this force-meat on one side of your steak and roll it up with the stuffing inside, tying the roll in shape with a cord and pinning the ends with a skewer. Lay the roll in a baking tin, pour over it a cup of boiling water, place it in the heated oven and roast. Allow about eighteen or twenty minutes to the pound.

When the steak is cooked transfer it to a heated plate and set it where it will keep warm, skim the fat from the top of the gravy in the pan, put this over high heat, stir into the liquid a tablespoonful of browned flour wet to a paste with a little cold water, half a teaspoonful each of kitchen bouquet and salt and continue stirring after the gravy boils until it is thick and smooth. Remove the strings from the meat and pour the gravy over it. In carving, slice across the length of the roll.

### SAVORY STEW OF BEEF

Cut two pounds of stewing beef into pieces about an inch long, put them in a saucepan with just enough water to cover them, bring to a boil, transfer to the fireless cooker and let them stay there for three hours or until tender. When cool remove the fat, add to the stew a teaspoonful each of summer savory, sweet marjoram, chopped onion and parsley and bring to a steady boil over medium heat. Stir in then a tablespoonful of browned flour wet up in a little

cold water, a tablespoonful of Worcestershire sauce and the same of tomato catsup, with salt to taste and a saltspoonful of paprica. If you have a just taste in seasoning you will have a most savory and delicious dish at comparatively small cost.

### BEEF HASH

To two parts cold roast or boiled corned beef, chopped fine, put one of mashed potatoes, a little pepper, salt, milk, and melted butter. Turn all into a frying-pan, and stir until it is heated through and smoking hot, but not until it browns. Put into a deep dish, and if stiff enough, smooth as you would mashed potato, into a hillock.

Or, you can cease stirring for a few minutes, and let a brown crust form on the under side; then turn out whole into a flat dish, the brown side uppermost.

Or, mold the mixture into flat cakes; dip these in beaten egg and flour, and fry in hot dripping.

The remains of beef *à la mode* are very good prepared in any of these ways. A little catsup and mustard are an improvement to plain cold beef thus hashed.

### BEEFSTEAK PIE

Cut the steak into pieces an inch long, and stew with the bone (cracked) in just enough water to cover the meat until it is half done. At the same time parboil a dozen potatoes in another pot. If you wish a bottom crust—a doubtful question—line a pudding-dish with a good paste. Put in a layer of the beef, with salt and pepper, and a very little chopped onion; then one of sliced potatoes, with a little butter scattered upon them, and so on, until the dish is

full. Pour over all the gravy in which the meat is stewed, having first thrown away the bone and thickened with browned flour. Cover with a crust thicker than the lower, leaving a slit in the middle.

#### CRUST FOR MEAT-PIES

1 quart flour.

3 tablespoonfuls lard.

2½ cups milk.

2 teaspoonfuls baking-powder, sifted with the flour.

1 teaspoonful salt.

Work up very lightly and quickly, and do not get too stiff.

#### BEEF PIE WITH POTATO CRUST

Mince rare roast beef or cold corned beef, season with pepper and salt, and spread a layer in the bottom of a pudding-dish. Over this put one of mashed potato, and stick bits of butter thickly all over it; then another of meat, and so on until you are ready for the crust.

To a large cupful of mashed potato add one tablespoonful of melted butter, a well-beaten egg, a cup of milk, and beat all together until very light. Then work in enough flour to enable you to roll out in a sheet—not too stiff—and, when you have added to the meat and potato in the dish a gravy made of warm water, butter, milk and catsup, with what cold gravy or dripping remains from the "roast," cover the pie with this crust, cutting a slit in the middle.

You can use the potato crust, which is very wholesome and good, for any kind of meat-pie. It looks well brushed over with beaten white of egg before it goes to table.

### HAMBURG STEAKS

To one pound of lean beef chopped fine, allow a quarter the quantity in bulk of breadcrumbs, one teaspoonful of onion juice, well worked in, a teaspoonful of salt, and a quarter of a teaspoonful of paprica. When all are well blended form the mixture into flat cakes, roll them in flour and sauté in good dripping or in butter. Or you may omit the dredging and broil them as you would ordinary steaks.

### HAMBURG LOAF

Make the above materials into a neat loaf, lay it in a greased baking tin and put into the heated oven. Bake at high heat for ten minutes, lower the heat and bake fifteen minutes more. This is excellent served with a tomato sauce.

### CURRIED BEEF

Cut slices of cold roast or boiled beef into small squares, fry a sliced onion in a good tablespoonful of beef dripping or butter, brown lightly and add a cupful of boiling water and a teaspoonful of curry powder. When the sauce boils put in the meat and let it simmer for ten minutes. Serve boiled rice with it.

### RÉCHAUFFÉ OF BEEF

Brown a sliced onion in butter and put with a cupful of stewed tomatoes from which the lumps have been chopped; simmer ten minutes. Lay in thin slices of cold roast or boiled beef. Season with salt to taste and a saltspoonful of

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paprica and when the meat is heated through, serve it very hot.

### CORNED BEEF

Wash thoroughly and if very salt leave it in cold water for an hour. Put over the flame or on the electric heat unit in cold water, bring it to a boil and keep it at this for fifteen minutes before you put it in the fireless cooker. Put with the beef an onion, a carrot and a small turnip. Let the beef remain in the cooker until it is tender. Trim it if there are ragged edges and serve with a drawn butter made by cooking together a tablespoonful each of butter and flour and pouring on them a cupful of the stock in which the beef was boiled. Stir into it a tablespoonful of chopped pickle. Keep the stock as a foundation for bean soup. Put a weight on the beef when it is cooling, in order that it may slice better when cold.

### POT-ROAST OF BEEF IN CASSEROLE

For this purpose select a good, chunky piece of beef from the round, choosing it of a size that will fit into a casserole or broad earthenware dish with a well-fitting cover. In the bottom of the dish lay a sliced onion, half a carrot, sliced and three or four stalks of celery and a sprig of parsley. Put the meat on this and strew over it a duplicate set of vegetables to that under the meat. Pour in enough cold water to fill the dish, sprinkle black pepper over the surface of the meat and cover it closely. Have the oven very hot when the dish goes in, then lower the heat and cook the meat for three hours, filling up the dish with hot water if it boils away. Take out the meat, salt and thicken the gravy after straining it and pour over the meat in the dish or send to table in

a gravy boat. This will be found a great improvement on the old-fashioned pot-roast, as the flavor of the meat and the vegetables are blended with a savory result. The dish may be cooked in either the gas or electric oven.

#### STUFFED BEEF'S HEART

Wash thoroughly, removing any coagulated blood, and stuff with a forcemeat of bread crumbs, with a little minced pork, onion juice, chopped parsley, salt and pepper. Fill the heart well, tie it up in a piece of cheese cloth and put over the fire in weak stock. Let this come to a boil and put the vessel in the fireless cooker for two hours. The heart should cool in the stock—which makes a good foundation for soup—and should then be put under a weighted plate until it is cold. Cut perpendicularly in thin slices.

#### BOILED FRESH TONGUE

Trim away the root, which may be used to make soup stock, and put the tongue on the range in hot salted water. Bring to a boil and cook steadily for an hour and a half or until tender when pierced with a fork. Remove the skin carefully and serve with a drawn butter or sauce made like that given for Corned Beef. The tongue is good sliced and eaten cold or warmed over in the sauce.

#### BOILED SMOKED TONGUE

Wash carefully and leave it in cold water over night. Put it on the range in cold water, bring to a boil, cook fifteen minutes and keep in the fireless cooker for five hours if the tongue is large. When it has cooled in the liquor, skin carefully and serve cut in thin slices.

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### DRIED BEEF

The most common way of serving dried or smoked beef is to shave it into thin slices or chips, raw; but a more savory relish may be made of it with little trouble.

Put the slices of uncooked beef into a frying-pan with just enough boiling water to cover them; set them over the fire for ten minutes, drain off all the water, and with a knife and fork cut the meat into small bits. Return to the pan, which should be hot, with a tablespoonful of butter and a little pepper. Have ready well-beaten eggs, allowing two to a half-pound of beef; stir them into the pan with the minced meat, and toss and stir the mixture for about two minutes. Send to table in a covered dish.

Or you may prepare it as directed above and stir it into a white sauce made of a tablespoonful each of butter and flour cooked together and a half pint of milk, seasoning with pepper or paprica. Or still another way is to scald the beef for five minutes, drain it and dry on a soft cloth and then "frizzle" it in a little butter in the frying pan over medium heat. In this last form it is easily prepared and especially appetizing.

### POTATO TURNOVERS

Mix an egg with two cupfuls of seasoned mashed potatoes; spread it in a half-inch sheet on a floured board, sprinkle with flour, cut into round cakes; lay on one a teaspoonful of minced and seasoned beef, either fresh or dried, place another of the cakes on top of this, press the edges together, roll in flour and fry in shallow fat.

**SCRAP HASH**

For this dish use several different kinds of remainders. Cold beef, fresh or corned, a couple of slices of cooked bacon, a sausage or two, or any other mixture. To two cupfuls of meat add a cupful of cold potato, half an onion, minced fine, a couple of tablespoonfuls of stewed tomato, a few cold peas or string beans. Season with a tablespoonful of Worcestershire sauce and salt and pepper. A few olives chopped fine are also a good addition. Put in a saucepan over high heat until hot through and if you like, brown it on the bottom.

**BEEF LOAF**

Order a pound and a half of chopped beef from the round and have minced with it a couple of slices of fat salt pork. Mix with the meat half a cupful of cracker crumbs, season with ten drops of onion juice, a heaping teaspoonful of salt, a saltspoonful of pepper and a tablespoonful of chopped parsley; work into the mixture a tablespoonful of melted butter and a beaten egg, pack in a buttered brick tin, set this in a pan of boiling water in your heated oven. Bake the loaf at medium heat for an hour and a half. If the water cooks away in the outer pan fill it up with hot water. Leave the loaf in the pan with a weight upon it until the next day, then turn out and slice.

Or if you prefer the loaf hot mix as directed and serve when done, pouring over it a gravy made by adding a tablespoonful browned flour to the drippings in the pan and a gill of boiling water, setting this on the range over high heat and stirring until the gravy is thick and smooth, then seasoning with salt, pepper and onion juice. This loaf is also good served with a tomato sauce.



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**BAKED MINCED BEEF**

Mince the meat fine and season it well; moisten it with gravy and put it in a pudding-dish. Into a cupful of mashed potato beat an egg and two teaspoonfuls of butter, season with salt and pepper and spread over the meat in the dish. Set it in the oven until hot through and lightly browned.

**BEEF KIDNEYS**

These may be prepared by any of the recipes given for lamb kidneys, but the kidneys must be first boiled. Divide them into sections, put them on the range in salted cold water, bring them to a boil over high heat, lower this and let the kidneys simmer for three-quarters of an hour. Take off, throw into cold water, dry and proceed to cook them by what method you wish.

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**MUTTON AND LAMB****ROAST MUTTON**

The parts which are usually roasted are:

The shoulder,

The saddle or chine,

The loin and haunch (a leg and part of the loin),

The forequarter of lamb.

The leg is best boiled, unless the mutton is young and very tender. To roast, wash the meat well and dry with a clean cloth. Heat your oven, whether it be gas or electric, before putting in the meat. Leave the high heat on for fifteen minutes, lower the heat to medium and continue at this until the meat is done, allowing about twelve to fifteen

minutes to the pound, according to your taste in meat. With the former time the roast will be rather underdone. The gravy that flows from the meat when cut may be supplemented by a made gravy. To make this, set the dripping-pan from which the roast has been removed in cold water, or pour the dripping into a bowl and set this in cracked ice that the fat may rise to the top and be skimmed off. While this is going on, cook together in a saucepan a tablespoonful each of browned flour and butter until they bubble, pour on them a cupful of the de-greased gravy, season with salt and pepper and a teaspoonful of kitchen bouquet and serve in a sauce-boat. Serve currant jelly with roast mutton.

#### ROAST LAMB

Cook in the same fashion, selecting the leg, the loin, the forequarter or the shoulder. The last is a very small roast in a lamb of ordinary size. Make the butcher lift out the shoulder without breaking the bone and cutting as much meat as possible from the breast, neck and ribs to go with it. The remaining chops may be served as a separate dish and an excellent stew made of what is left of the breast and neck. This is an economical cut for a small family, since it permits variety and does away with a large supply of cold meat. Serve with mint sauce and with currant jelly.

#### BOILED MUTTON

Wash a leg of mutton clean, and wipe dry. Do not leave the knuckle and shank so long as to be unshapely. Put into a pot with hot water (salted) enough to cover it, and boil until you ascertain, by probing with a fork, that it is tender in the thickest part. Skim off all the scum as it rises. Allow *about* twelve minutes to each pound. Take from the fire,

drain perfectly dry, and serve with a gravy made by the recipe given for gravy with Roast Mutton, using a cupful of the liquor in which the meat was boiled instead of the drippings from the roast. Add a large teaspoonful of capers or chopped sharp pickle to the sauce just before taking it from the stove. The stock in which the mutton was boiled makes a very good soup.

#### MUTTON STEW

Cut up two pounds of mutton,—the inferior portions will do as well as any other,—crack the bones, and remove all the fat. Put on the meat—the pieces not more than an inch and a half in length—in enough cold water to cover well, and set it where it will heat quickly over a strong flame or high heat. When it reaches this stage put in an onion chopped, a couple of stalks of celery and a sprig of parsley, bring to a boil again and place in the fireless cooker. Leave there until tender; take out and set aside until the meat is cold enough to permit the fat to rise to the top. Skim then, put the meat in a saucepan on the range and thicken with two tablespoonfuls of flour stirred into a cup of cold milk. Boil up once and serve in a deep dish.

If green corn is in season, this stew is greatly improved by adding, an hour before it is taken from the stove, the grains of half a dozen ears cut from the cob.

Try it for a cheap family dinner, and you will repeat the experiment often. Lamb is even better for your purpose than mutton.

#### BRUNSWICK LAMB STEW

Brunswick stew is a well-known Virginia dish which many people think is impossible of accomplishment save when

one has a real "old mammy" cook in the kitchen. This, however, is not true. Any one can make a good Brunswick stew, for it is not a hard dish to prepare if directions are followed, especially when one can cook it on a gas or electric range. It can be readily prepared from inexpensive pieces of neck or breast of lamb.

Purchase three or four pounds of lamb or young mutton from the neck or breast and have it cut into small pieces. Put this meat in a roasting pan with two small onions, peeled and sliced, a bay leaf, a couple of stalks of celery, and just enough cold water to cover, and bring to a boil on high heat, either gas or electric. Transfer to the fireless cooker and leave it there until tender. When this stage is reached take it out, allow it to cool, then remove the cake of fat from the top and pick the meat free of bone. Return the meat to the stock in which it was cooked; to this add three large potatoes that have been parboiled, peeled and sliced; a heaping cupful each of fresh or canned corn and lima beans, a little chopped onion and a teaspoonful of minced parsley.

Return to the range over high heat until the stew boils again and then simmer over low or medium heat for an hour. At the end of this time add two cupfuls of tomato pulp, a teaspoonful of white sugar, two teaspoonfuls of salt and half a teaspoonful of black pepper and cook for a half hour longer. After this stir in two tablespoonfuls of butter rubbed smooth into an equal quantity of flour. When this has thickened the gravy of the stew, by turning the heat to high, let it boil for several minutes and the stew is ready to serve.

#### IRISH STEW

For this dish you will need lean mutton or lamb; the neck or the breast will answer as well as the choicer cuts. Divide the meat into pieces about an inch square and try to have

them of uniform size—it gives a neater look to the dish. Heat two tablespoonfuls of good dripping, from beef, if possible, in a saucepan at high heat. Slice an onion and brown it in the dripping, lay in the meat and turn it over and over in the fat until it is well seared and lightly browned. Then pour in enough cold water to cover the meat, reduce the heat to medium and leave it on until the water reaches the boiling point, turn low and let the stew simmer until the meat is very tender.

While this is cooking peel and slice four good-sized potatoes and a carrot, mince a stalk of celery and a tablespoonful of parsley and cut a tomato into small pieces, or use in its place a half cupful of solid canned tomato. Cover the vegetables with hot water, with the exception of the canned tomato, cook at medium heat for fifteen minutes, drain and add the vegetables and the tomato to the stew when the meat begins to get tender, and season with two teaspoonfuls of salt and a saltspoonful of black pepper. Keep the heat low twenty minutes longer, then take out the meat and the vegetables with a split spoon or perforated skimmer and arrange in a heated dish. Keep hot while you warm in the gravy a cupful of canned or cooked fresh peas and half a cupful of milk into which you have stirred to smoothness a teaspoonful of cornstarch, turn the heat high, boil the gravy, stir until thick and pour over the meat and vegetables.

#### MUTTON CHOPS

If your butcher has not done it, trim off the superfluous fat and skin, so as to give the chops a certain elegance of shape. Dip each in beaten egg, roll in pounded cracker, and fry in hot lard or dripping. If the fat is unsalted, sprinkle the chops with salt before rolling in the egg. Serve up dry and hot.

Or you may omit the egg and cracker and broil the chops on the electric grill or in the broiler of your gas range. Leave them at high heat for three or four minutes, being on the alert that the fat does not scorch and smell; then lower the heat to medium strength and cook until they are lightly browned. Put a little salt, pepper and butter on each chop before they go to the table.

Cook lamb chops in the same way, selecting either the rib or the loin chops. The former may be considered more elegant, but the latter have more meat for each chop.

#### MUTTON CUTLETS (*Baked*)

Cut them from the neck and trim neatly. Lay aside the bits of bone and meat you cut off to make gravy. Pour a little melted butter over the cutlets, and let them lie in it for fifteen minutes, keeping them just warm enough to prevent the butter from hardening; then dip each in beaten egg, roll in cracker-crumbs, and lay them in your dripping-pan with a *very* little water at the bottom. Bake quickly, and baste often with butter and water. Put on the bones, etc., in enough cold water to cover them; stew, and season with sweet herbs, pepper, and salt, with a spoonful of tomato catsup. Strain when all the substance is extracted from the meat and bones; thicken with browned flour, and pour over the cutlets when they are served.

#### A CROWN OF LAMB

Divide the shoulder and breast of well-grown lamb from the strip of ribs comprising the chops. These chops are trimmed so as to free them from bits of fat and gristle, but they are not cut apart, although the joints are so broken that they may easily be separated by a touch of the carving-knife.

The strip of chops is then arranged in the baking-pan with the shanks uppermost, and tied so as to form a circle. Usually two rib-strips are needed and the space left in the middle of the round filled with chopped lamb. Roast as you would any piece of lamb and before sending to table clothe the shanks in the paper chop-frills that come for the purpose. Serve green peas, if possible, and mint sauce with a crown of lamb.

#### MUTTON OR LAMB RÉCHAUFFÉ

Cut slices of cold underdone mutton or lamb; put them in a frying-pan with enough gravy or broth to cover them. Or, if you have neither of these, make a gravy of butter, warm water and catsup. Heat to boiling, and stir in pepper and a tablespoonful of currant jelly. Send to table with the gravy poured about the meat.

*Or*

You can put a lump of the butter in the bottom of the pan, and when it boils, lay in the slices of meat, turning them before they have time to crisp. As soon as they are thoroughly heated take them out, lay upon a hot dish, sprinkle with pepper and salt, and serve with a small spoonful of jelly laid upon each.

Most of the recipes given above will apply as well to lamb as to mutton. There are several exceptions, however, which you will do well to note. Lamb should never be boiled except in stews. It is tasteless and sodden cooked in this manner, on account of its immaturity. But, on the other hand, a lamb-pie, prepared like one of beef, is excellent, while mutton-pies have usually a strong, tallowy taste that spoils them for delicate palates.

## MINCE BALLS OF LAMB OR MUTTON

Chop fine the left-over meat and vegetables from an Irish or other lamb stew and to two cupfuls of this allow two tablespoonfuls of gravy, half a cupful of fine bread-crumbs and an egg. Season the mixture to taste, put the gravy with it, then the crumbs, and last, the beaten egg. The compound should be stiff enough to handle. Make this into cakes or balls, roll them in flour and fry in a skillet on the heater unit of your electric range over medium heat, or on the gas stove, until they are brown on both sides. Pour the stew gravy over these, or if you lack this make a tomato sauce from a tablespoonful of butter and one of flour, cook together in a saucepan until they bubble, using high heat, and then add a half pint of tomato liquor and about ten drops of onion juice. Stir this until it is smooth and thick. Season with a scant teaspoonful of salt, and pour over the mince balls.

## HOMINY AND MEAT CROQUETTES

In boiling hominy for breakfast cereal or for a vegetable, cook more than you actually need and store the additional in your refrigerator. Later mix it with a cupful of cold lamb or mutton, minced fine. Season it with a few drops of onion juice and a dash of celery salt. Put on the heater unit of the electric range, or in the saucepan over a medium flame, with half a cupful of gravy and heat slowly. When it has become hot add an egg, beaten light, and allow it to simmer for five minutes, then set aside until cold and stiff. Make into small croquettes and fry in deep fat. The addition of a tomato sauce poured over these croquettes improves this dish.



## STEWED KIDNEYS

Wash lambs' kidneys, let them lie in cold water for fifteen or twenty minutes, cut each one in half, rejecting the hard core. Wipe the kidneys and roll them in flour, allowing a heaping tablespoonful of this. Have ready in a frying-pan over medium heat a large tablespoonful of butter, lay the kidneys in, turn them over in the butter and leave them in this for two minutes. If you have not used all the flour in coating them, stir this into the butter and blend well. Pour in a measured cupful of boiling water or heated stock, turn the heat to low and simmer ten or twelve minutes. Transfer the kidneys to a heated dish, add to the gravy a teaspoonful of kitchen bouquet, a quarter teaspoonful of salt, half as much paprika and two teaspoonfuls of Worcestershire sauce. Boil up once, stirring all the while, and pour over the kidneys.

## KIDNEYS AND BACON

Split lamb kidneys open after washing and coring them. Cook in a frying-pan over medium heat, until crisp, a slice of bacon for each kidney. Remove these from the pan and keep hot while you cook the kidneys in the bacon fat, still over medium heat, turning them frequently. Six or seven minutes should make them tender, but long cooking toughens them. Arrange the kidneys on a hot dish with the slices of bacon about them, add a teaspoonful of Worcestershire sauce to the gravy and pour it over the kidneys.

## LAMB'S LIVER AND BACON

This may be cooked by the recipe given for Calf's Liver and Bacon. Lamb's liver is usually cheaper than calf's liver

and to most tastes is quite as satisfactory. It may be smothered as well as fried. (See recipe for Smothered Liver, under "Veal.")

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### VEAL

Despite the prejudice, secret or expressed, which prevails in many minds against veal, the excellent and attractive dishes that own this as their base are almost beyond number. For soups it is invaluable, and in *entrées* and *réchauffés* it plays a distinguished part. From his head to his feet, the animal that furnishes us with this important element of success in what should be the prime object of cookery, to wit, to please while we nourish, has proved himself so useful as an ally that it behooves us to lift the stigma from the name of "calf," provided he be not *too* infantine. In that case he degenerates into an insipid mass of pulpy muscle and gelatine, and deserves the bitterest sneers that have been flung at his kind.

#### ROAST VEAL (*Loin*)

Veal requires a longer time to roast than mutton or lamb. It is fair to allow *at least* a quarter of an hour to each pound. Heat gradually, baste frequently—at first with salt and water, afterward with gravy. When the meat is nearly done, dredge lightly with flour, and baste once with melted butter. Skim the gravy; thicken with a tablespoonful of flour, boil up, and put into the gravy-boat.

Should the meat brown too fast, cover with white paper. The juices which make up the characteristic flavor of meat are oftener dried out of veal than of any other flesh that comes to our tables.

## STUFFED SHOULDER OF VEAL

Your butcher should remove the bone from a shoulder of veal and send the bone home with the meat. This bone should be cracked and used with the trimmings from the veal to make stock for soup. Prepare a stuffing for the shoulder from a cupful of bread crumbs, quarter of a pound of fat salt pork, minced fine, half a teaspoonful of onion juice, a teaspoonful of chopped parsley and a pinch of black pepper. The pork supplies sufficient salt for the stuffing. Pack this into the cavity left by the removal of the bone and sew up the opening or pin it together with a skewer. Lay the meat in the baking pan and over the top of the roast arrange thin slices of fat pork. Have the heat of your electric or gas oven high ten minutes before the veal goes in and keep it at this for ten minutes longer; then turn to medium and leave it there until the meat is done, allowing sixteen minutes to the pound. Veal is so dry a meat that it needs the addition of pork in some form and it requires long cooking in order that it should be thoroughly done. Underdone veal is most unwholesome. If it seems to be browning too fast turn the heat low when the time for roasting is half over. Fifteen minutes before the meat is to be taken out remove the pork from the top, brush the surface lightly with butter, pepper and salt it, dredge with flour and let this brown. Skim the fat from the liquid left in the pan, thicken with browned flour, season with a teaspoonful of kitchen bouquet and with pepper and salt, if needed, add a teaspoonful of Worcestershire sauce and send to table in a gravy-boat.

## BREAST OF VEAL

Make incisions between the ribs and the meat and fill with a forcemeat made according to directions for the stuffing of

Shoulder of Veal. Roast slowly, basting often, and the verdict of the eaters will differ from theirs who pronounce this the coarsest part of the veal. Dredge, at the last, with flour, and baste well once with butter, as with the loin.

#### FILLET OF VEAL

Make ready a dressing of bread crumbs, chopped thyme and parsley; a little nutmeg, pepper and salt, rubbed together with melted butter or beef suet; moisten with milk or hot water, and bind with a beaten egg.

Take out the bone from the meat, and pin securely into a round with skewers; then pass a stout twine several times about the fillet, or a band of muslin. Fill the cavity from which the bone was taken with this stuffing, and thrust between the folds of the meat, besides making incisions with a thin, sharp knife to receive it. Once in a while slip in a strip of fat pork or ham. Baste at first with salt and water, afterward with gravy. At the last, dredge with flour and baste with butter.

#### VEAL CUTLETS

Divide cutlets into pieces about twice the size of a silver dollar, pound each piece with the flat side of a hammer, squeeze on them a few drops of lemon juice and leave them for half an hour. Mix a raw egg with a tablespoonful of cold water, dip each piece of veal first in this and then roll in crushed cracker crumbs and put in a cold place for fifteen minutes. Fry slices of rather fat bacon or salt pork on the top of your range until crisp, using medium heat; take them out and in the fat that is left cook the cutlets, still over medium heat. Should they seem to be browning too rapidly turn the heat low. The veal will not be done sufficiently

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in less than ten or twelve minutes' cookery. Serve the bacon or pork around the veal.

*Or*

You may rub the cutlets well with melted butter, pepper, and broil like beefsteak, buttering *very* well after dishing.

#### VEAL CHOPS

Are more juicy and less likely to be tough and solid than cutlets. Trim the bone as with mutton chops, and fry, dipping in beaten egg and cracker-crumbs. Add a little parsley and a minced onion to the gravy.

#### MOCK DUCK

For this dish have the butcher cut a veal steak about an inch thick, remove any bone from it, pound it, baste with lemon juice as directed for Veal Cutlets, and make a forcemeat like that given for stuffing Shoulder of Veal. If you can, use boiled ham instead of salt pork. Season the gravy with tomato catsup or add to it half a cupful of tomato liquor. Make certain your oven is hot when you put the meat in, leave it at high heat for about ten minutes, then turn to medium and finish cooking.

#### VEAL AND HAM LOAF

Cheap stewing veal will answer for this dish. Cook a pound of it until tender, adding a quarter of onion, half a bay leaf and a stalk of celery to the cold water you put with the meat. You may cook this on the heater unit of the electric range or in the oven if you are heating it for other cooking, or on medium heat on the gas range. When the meat is done chop it fine with a quarter of a pound of

boiled ham and after you have cooked down to a cupful the liquor in which the veal was stewed, setting the saucepan over high heat and keeping it at a brisk boil until the liquor is reduced adequately, take it from the range, stir into it the juice of half a lemon, pepper and a little salt, a dash of nutmeg, and mix the chopped veal and ham with the gravy. Press this into a buttered bowl, put a plate on the meat and a heavy weight on this and set it aside over night in a cold place. The next day the loaf can be turned out and sliced thin. It is very good served with sliced tomatoes or with tomato and lettuce salad.

#### VEAL PIES

Let your veal be juicy and not too fat. Take out all the bone, and put with the fat and refuse bits, such as skin or gristle, in a saucepan, with a large teacupful of cold water to make gravy. Instead of chopping the veal, cut in thin even slices. Line a pudding-dish with a good paste and put a layer of veal in the bottom; then one of hard-boiled eggs sliced, each piece buttered and peppered before it is laid upon the veal; cover these with sliced ham or thin strips of salt pork. Squeeze a few drops of lemon juice upon the ham, then another layer of veal, and so on until you are ready for the gravy. This should have been stewing for half an hour or so, with the addition of pepper and a bunch of soup herbs. Strain through a thin cloth and pour over the pie. Cover with crust and bake two hours.

#### JELLIED VEAL

Wash a knuckle of veal, and cut it into three pieces. Boil it slowly until the meat will slip easily from the bones; take out of the liquor; remove all the bones, and

chop the meat fine. Season with salt, pepper, two small onions minced as fine as possible, mace and thyme, or, if you like, sage. Put back into the liquor, and boil until it is almost dry and can be stirred with difficulty. Turn into a mold until next day. Set on the table cold, garnish with parsley, and cut in slices. The juice of a lemon, stirred in just before it is taken from the range, is an improvement.

#### GALANTINE, OR PRESSED VEAL

Remove the bones from a breast of veal, trim it neatly, butter the inside and spread with a filling of a cupful of cold boiled ham or tongue chopped fine, half a cupful of bread-crumbs, salt, paprica, a teaspoonful of lemon juice and two tablespoonfuls of melted butter. Into this mixture stick here and there twenty almonds, blanched and sliced and twelve stoned olives. Roll the meat with the stuffing inside, bind it in shape with a piece of cheesecloth, put in a saucepan with weak stock to cover the meat, a sliced onion and carrot, a stalk of celery and one of parsley, bring to a boil and cook in the fireless cooker three hours. When cold take from the liquor, lay a weighted plate on it and leave overnight. Slice crosswise. Keep the stock for soup.

#### MINCED VEAL

Take the remains of a cold roast of veal fillet, shoulder, or breast, and cut all the meat from the bones. Put the latter, with the outside slices and the gristly pieces, into a saucepan, with a cup of cold water, sweet herbs, pepper, and salt. If you have a bit of bacon convenient, or a ham-bone, add this and omit the salt. Stew all together for an hour, then strain, thicken with flour, return to the heat and boil five minutes longer, stirring in a tablespoonful of butter.

Meanwhile, mince the cold veal, and when the gravy is ready put this in a little at a time. Let it *almost* boil, when add two tablespoonfuls of cream, or three of milk, stirring all the while. Lastly, squeeze in the juice of a lemon.

The mince-meat should be dry enough to heap into a shape in a flat dish or chafing-dish. Lay triangles of buttered toast about the base of the mound, and on the top poached eggs, should you so desire.

The remains of cold roast beef treated in this manner, substituting for the toast balls of mashed potato, will make a neat and palatable dish.

#### STEWED KNUCKLE OF VEAL

Crack the knuckle well and put into a saucepan with four slices of ham or salt pork cut into dice, a minced carrot, an onion and a tomato cut up small and a tablespoonful of chopped parsley. Cover with a quart of boiling water, bring all to a quick bubble on a high heat and put in the fireless cooker for three hours. Open the cooker, season the contents of the pot with pepper and salt and cook an hour longer or until the meat slips from the bones. Take out these, arrange the meat on a hot dish and pour over it the gravy after you have strained it and thickened it. If you like you may serve quick biscuit, cut into small rounds about this stew and eat them with the gravy and the meat. Or you may form the biscuit dough into small balls, drop them into boiling water—it must be at a hard boil—and cook for ten minutes.

#### VEAL LEFT-OVERS

Cold veal lends itself to many uses. It is excellent sliced thin and served with lettuce and French or mayonnaise



dressing. Cut into small cubes, mixed with half as much diced celery and with mayonnaise it is a fair substitute for chicken salad. It may be sliced and warmed up in left-over veal gravy, or in tomato sauce, or diced and converted into a savory scallop. One of its best appearances may be in croquettes.

#### VEAL CROQUETTES

Chop fine two cupfuls of cold veal. Rub together a tablespoonful of butter and one of flour and put them over the cooking unit of the electric range or the flame of a gas stove in a small saucepan. Have the heat high. Stir the contents of the saucepan and as soon as they begin to bubble pour on them a scant cupful of milk. When the sauce is thick take it from the range, add to it the chopped meat, seasoned well with salt, pepper and half a teaspoonful of onion juice. Turn out on a platter or broad plate and set aside to get cold and stiff. When this stage is reached form the mixture into croquettes with the hands, roll the croquettes in fine crumbs, then in an egg beaten with a tablespoonful of cold water and then in crumbs again. Leave them in the cold for fifteen minutes, then fry them in deep fat to a golden brown. Drain on soft paper in a colander and serve.

Make your croquettes rather small, about the size of large wine-bottle corks.

#### VEAL SCALLOP

Chop cold roast or stewed veal very fine, put a layer in the bottom of a buttered pudding dish, and season with pepper and salt. Next have a layer of finely powdered crackers. Strew bits of butter upon it and wet with a little milk; then more veal seasoned as before, and another

round of cracker-crumbs, with butter and milk. When the dish is full, wet well with gravy or broth diluted with warm water. Spread over all a thick layer of cracker-crumbs seasoned with salt, wet into a paste with milk and bound with a beaten egg or two, if the dish be large. Stick butter-bits thickly over it; invert a tin pan so as to cover all and keep in the steam, and bake—if small—half an hour; three-quarters will suffice for a large dish. Remove the cover ten minutes before it is served, and brown.

This simple and economical dish should be an acquisition to all who are fond of veal in any shape. I have heard more than one man of excellent judgment in culinary affairs declare that the best thing he knew about roast veal was that it was the harbinger of scallop on the second day.

Try it, and do not get it too dry.

#### CURRIED VEAL

Fry a sliced onion to a light brown in two tablespoonfuls of good dripping or of butter, stir into it a heaping teaspoonful of curry powder and pour into this a cupful of gravy or stock—that from veal is best, but another kind will do. When this is hot, lay in two cupfuls of cold veal cut into thin slices, leave over medium heat for ten minutes or until the meat is heated through. Season with salt and serve with boiled rice.

#### STEWED CALF'S HEAD

Wash the head in several waters, and taking out the brains, set them by in a cool place. Tie the head in a floured cloth and boil it two hours in hot water slightly salted. Wash the brains carefully, picking out all the bits of skin and membrane, cleansing them over and over until they are perfectly white. Then stew in just enough water

to cover them. Take them out, mash smooth with the back of a wooden spoon, and add gradually, that it may not lump, a small teacupful of the water in which the head is boiled. Season with chopped parsley, a pinch of sage, pepper, salt, and powdered cloves, with a tablespoonful of butter. Set it over the fire to simmer in a saucepan until you are ready. When the head is tender, take it up and drain very dry. Remove the bones and the teeth, injuring the shape of the head as little as possible. Score the top, and rub it well over with melted butter; dredge with flour and set in the oven to brown. Or, you can use beaten egg and cracker-crumbs in place of the butter and flour.

#### CALF'S HEAD (*Scalloped*)

Clean the head, remove the brains, and set in a cool place. Boil the head until the meat slips easily from the bones. Take it out and chop fine, season with herbs, pepper, and salt; then put in layers into a buttered pudding-dish with bits of butter between each layer. Moisten well with the liquor in which the head was boiled. Wash the brains very thoroughly, removing all the membrane. Beat them into a smooth paste, season with pepper and salt, and stir in with them two eggs beaten very light. Spread this evenly over the scallop, dredge the top with a little flour, and bake to a delicate brown. Half an hour will be long enough.

#### FRIED CALF'S BRAINS

Boil the brains in hot salted water for fifteen minutes and drop at once into ice-cold water to blanch them. Wipe dry when cold. Take away skin and stringy membranes, cut each lobe in half and dust with salt and pepper, roll in egg and cracker-crumbs and fry in deep fat.

## STUFFED CALVES' HEARTS

Order these a day or so in advance, as in some markets they are not kept regularly on hand. Wash the hearts thoroughly and lay them for an hour in cold salted water. Dry them, run a long narrow-bladed knife through the center of each heart, thrusting it in at the top but not cutting through the bottom. Turn the knife a couple of times that sufficient space may be made for the forcemeat. Make this of a cupful of bread-crumbs. Season with a quarter teaspoonful of onion juice, half a teaspoonful of mixed summer savory and sweet marjoram; a teaspoonful of salt and a pinch of black pepper. Obtain the onion juice by tearing a peeled onion on a vegetable grater; the juice will trickle from the bottom of the grater. Moisten your stuffing with butter, or if you have good bacon or ham or beef dripping you may use this.

Pack the stuffing into the hearts and when they are well filled sew up the opening at the top with coarse white thread. Melt a tablespoonful of good dripping in a saucepan, on the range, fry brown in it a small sliced onion; roll the hearts in flour to which you have added a little salt and pepper, lay them in the dripping, keep your heat high and cook until lightly browned, turning them once or twice. Pour over the hearts enough weak stock to cover them, put with them a couple of slices of carrot, a stalk of celery and a little parsley, fit a top on the saucepan, turn the heat low and simmer for two hours. At the end of the time take out the hearts, remove the strings and lay the meat in a hot dish. Thicken the gravy with a tablespoonful of browned flour wet to a paste with cold water, season with a teaspoonful of salt and as much kitchen bouquet, turn the heat high, boil the sauce, stirring constantly until it thickens, and pour it over the hearts. In serving them slice crosswise. These hearts are as good cold as hot. While the process may seem a trifle

tedious it really requires no longer than to make a pie, a cake or several other dishes that are considered everyday affairs.

#### SWEETBREAD PÂTÉS

Bring slightly salted water to a boil on the heater unit of your electric range or over a high gas flame. Lay in the sweetbreads and leave the heat high until the water has resumed the boil, then change to low and let simmer for ten minutes. Drain the sweetbreads, throw into cold water, drain again, and then cut into cubes. To a cupful of these add a few fresh mushrooms, peeled and diced. Cook together over high heat a tablespoonful each of butter and flour to bubbling, mix with them half a pint of thin cream, stir until smooth and thick, pour on two beaten eggs, cook over medium heat until the sauce coats the spoon, add the sweetbreads and mushrooms, and as soon as these are hot season with salt, pepper and a little lemon juice and with the mixture fill pâté shells made as previously directed under Oyster Pâtés.

#### CREAMED SWEETBREADS

Parboil and blanch the sweetbreads as directed in the preceding recipe, cut them into dice and make a sauce of a tablespoonful of flour, two tablespoonfuls of butter and a cup of milk. If it is part cream, so much the better. Heat the sweetbread dice in this, add chopped parsley, pepper and salt and serve on toast. If you can add half a cupful of diced mushrooms to the sauce, first having cooked them a few minutes in salted boiling water and drained them, the dish will be so much the better and richer. Or you may add a beaten egg to the sauce, putting it in after the sweetbreads are hot, and cooking about three minutes.

## CALF'S LIVER AND BACON

Fry slices of bacon over medium heat until they begin to curl, when add half a sliced onion and cook three minutes longer. Take out the bacon and keep hot, strain out the onion, return the fat to the pan and when it is hot again lay in the sliced liver, which has been peppered, salted and rolled in flour. Cook rather slowly over low heat, turning frequently, until brown and tender. Lay on a hot platter and garnish with the bacon, adding to the fat in the pan a tablespoonful of browned flour and when this is well blended pour in a cupful of boiling water. Boil up and stir until thick, add a teaspoonful of kitchen bouquet and a little paprika and serve.

## SMOTHERED LIVER

Slice liver half an inch thick, cover the bottom of the inside vessel of a double boiler with chopped fat salt pork, lay in part of the liver, strew with minced onion—you will require two tablespoonfuls for the dish—and sweet herbs and more pork; repeat these layers until all the materials are used. Cover closely and bring to a boil over high heat, place in the fireless cooker and leave there for three hours. Take out the liver, keep it hot while you thicken and season the gravy as directed above and pour it over the liver in the dish. This is a savory method for cooking either calf's or lamb's liver.

## CALF'S LIVER À LA MODE

Wash a whole liver, lard it with strips of salt pork and lay it in a pan in which you have heated three tablespoonfuls of good dripping with a teaspoonful of mixed spices, two sliced

onions and a teaspoonful of sweet herbs. Fry the liver light brown, put in a saucepan with water to cover it, and a tight lid on the saucepan, and stew gently an hour and a half. Thicken and season the gravy, pour over the liver and slice this horizontally. It is good cold as well as hot.

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## PORK

### ROAST PORK

The portions usually roasted are the leg, the loin, the shoulder and the chine and the method is the same with each. Score the skin in squares or parallel lines, the knife just cutting through the flesh. Put into the pan, set in a pre-heated oven and cook at medium heat until the fat begins to flow; after that use a higher heat. Allow at least twenty minutes to the pound and baste the meat often with its own gravy that the skin may not be too hard, even while crisp.

The old-time Virginia cook rubbed well into the deep lines made in the rind by the knife a forcemeat of crumbs, sage and onions, seasoned with salt and pepper and the juice of a lemon. This was done before the meat went to the oven and the cracks well filled. Do not send made gravy in with the pork—it is little better than lard. Pass apple-sauce with it.

### ROAST SPARE-RIB

When first put in the oven, cover with a greased paper until the meat is half done. Remove the paper then, and dredge with flour. A few minutes later baste the pork once with butter, and afterward, every little while, with its own gravy. This is necessary, the spare-rib being a very dry piece. Just before you take it up, strew thickly over the surface

fine bread-crumbs seasoned with powdered sage, pepper, and salt, and a small onion minced into almost invisible bits. Let it cook five minutes and baste once more with butter. Skim the gravy, add a half cupful of hot water, thicken with browned flour, squeeze in the juice of a lemon, strain, and pour over the meat in the dish.

Send tomato catsup around with it or, if you prefer, put a liberal spoonful in the gravy after it is strained.

#### PORK STEAKS AND TENDERLOINS

Remove bits of skin and trim neatly. Broil with a hot flame in the gas broiler or on a well-heated grill by electricity, without seasoning, adding pepper, salt, a pinch of sage, another of minced onion, and a lump of butter after the meat is put into the hot dish. Then cover closely and set in the oven for five minutes, until the aroma of the condiments flavors the pork. You can cook spare-rib in the same manner.

#### PORK CHOPS

Remove the skin, trim them, and dip first in beaten egg, then in cracker-crumbs seasoned with salt, pepper, minced onion, and a little sage. Fry in hot lard or dripping twenty or thirty minutes, turning often. The gravy of this dish is usually too rich or fat to accompany the meat.

Pork cutlets are cooked in like manner. Send applesauce to the table with them, and season with tomato catsup.

#### ROAST PIG

A month old pig, if well-grown and plump, is best for this purpose. Rinse out well, after he comes from the



butcher and dry him well before you begin to stuff him for roasting.

For stuffing, take a cupful of bread-crumbs, half a chopped onion, two teaspoonfuls powdered sage, three table-spoonfuls melted butter, a saltspoonful of pepper, half a grated nutmeg, half a teaspoonful of salt, two well-beaten eggs. Mix all these ingredients, except the egg, together, incorporating them well; beat in the eggs, and stuff the pig into his natural size and shape. Sew him up, and bend his fore-feet backward, his hind-feet forward, under and close to the body, skewering them into the proper position. Dry well, and dredge with flour. Put the pig to roast with a little hot water, slightly salted, in the dripping-pan. Baste with butter and water three times, as the pig gradually warms, afterward with the dripping. When he begins to smoke or steam, rub him over every five minutes or so with a cloth dipped in melted butter. Do not omit this precaution if you would have the skin tender and soft after it begins to brown. A month-old pig will require about an hour and three-quarters or two hours—sometimes longer—to roast, if the heat be brisk and steady.

Should you or your guests dislike onion, prepare your stuffing without it.

If your pig is large, you can cut off his head and split him down the back before sending to table. Do this with a sharp knife, and lay the backs together. But it is a pity! I have before me now the vision of a pig I once saw served whole on the table of a friend that forbids me ever to mutilate him before the guests have a chance to feast their eyes upon the goodly picture. He was done to a turn—a rich, even brown, without a seam or crack from head to tail, and he knelt in a bed of deep-green parsley, alternately with bunches of whitish-green celery tops (the inner and tender leaves); a garland of the same was about his neck, and in

his mouth was a tuft of white cauliflower, surrounded by a setting of curled parsley. Very simple, you see; but I never beheld a more ornamental roast.

Skim your gravy well; add a little hot water, thicken with browned flour, boil up once, strain, and, when you have added half a glass of sherry and the juice of half a lemon, serve in a tureen.

In carving the pig, cut off the head first; then split down the back, take off hams and shoulders, and separate the ribs. Serve some of the dressing to each person.

I have been thus minute in describing the preparation of this holiday dish because it is erroneously considered a difficult task. Any cook with a moderate degree of judgment and experience can undertake it with a reasonable expectation of success.

A month-old pig of ordinary size is no larger than a Thanksgiving or Christmas turkey and is no more trouble to stuff, truss and roast.

#### STEWED PORK

Take lean slices from the leg, or bits left from trimming the various pieces into shape. Cut into dice an inch square, put into a pot with enough cold water to cover them, and stew gently for three-quarters of an hour, closely covered. Meanwhile parboil half a dozen Irish potatoes, cut in thick slices, in another vessel. When the pork has stewed the allotted time, drain off the water from these and add them to the meat. Season with pepper, salt, a minced onion, a half teaspoonful of mixed sweet herbs, a dessertspoonful of Worcestershire sauce or other pungent catsup, cover again and stew at medium heat twenty minutes longer or until the meat is tender throughout. If the pork is not too fat this stew

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will be very good, especially on a cold day. You can stew pork cutlets in the same way.

#### BOILED HAM

Soak in water overnight. Next morning wash hard with a coarse cloth or stiff brush and put into a pot with plenty of cold water. Set it on the heater unit of your electric range at high heat or over a strong gas flame and let the water come to a boil. Transfer the ham then to your fireless cooker and leave it for six hours or turn your heat low and cook the ham twenty minutes to the pound from the time when it begins to boil. Do not attempt to remove the skin until cold; it will come off easily and cleanly then, and the juices are better preserved than when it is stripped hot. Send to table with dots of pepper on the top, a tuft of fringed paper twisted about the shank, and garnish with parsley.

Cut very thin in carving.

#### GLAZED HAM

Brush the ham—a cold boiled one, from which the skin has been taken—all over with beaten egg. To a cup of powdered cracker allow enough milk to make into a thick paste, salt, and work in a teaspoonful of melted butter. Spread this evenly a quarter of an inch thick over the ham, and set to brown in a moderate oven.

#### STEAMED HAM

This is by far the best way of cooking a ham. Lay in cold water for twelve hours; wash very thoroughly, rubbing with a stiff brush, to dislodge the salt and smoke on the outside. Put into a steamer, cover closely, and set it

over a pot of boiling water. Allow at least twenty minutes to a pound. Keep the water at a hard boil.

If you serve ham hot, skin, and immediately strew thickly with cracker or bread-crumbs, to prevent the waste of the essence. Put a frill of paper about the knuckle. Send around cabbage or other green vegetable with it.

#### BAKED HAM

Soak for twelve hours. Trim away the rusty part from the under side and edges, wipe very dry, cover the bottom with a paste made of flour and hot water, and lay it upside down in the dripping-pan, with water enough to keep it from burning. Bake five hours, or allow fully twenty-five minutes to a pound. Baste now and then, to prevent the crust from cracking and scaling off. When done, peel off this and the skin, and glaze as you would a cold ham.

#### BOILED CORNED HAM, BONED AND STUFFED

Having selected a fairly lean medium-sized ham, wash it well. Then to remove the bone slip a long, sharp, narrow-bladed knife along the length of the bone and work the blade about until you have loosened the bone so that you can pull it out. This is a rather tedious job and for that reason try to have your butcher do it for you. Make a stuffing for the ham by adding to each cup of breadcrumbs you need ten drops of onion juice, a teaspoonful of mixed sweet herbs—summer savory, sweet marjoram and thyme—a teaspoonful of parsley, one of salt, one of Worcestershire or chili sauce and a saltspoonful of pepper. If you can spare an egg, beat it and mix it with the stuffing. Pack this into the cavity, but leave a little room for the crumbs to swell in cooking. Wrap a piece of cheesecloth about the ham and tie or sew it in

place. Lay the ham in a large saucepan or pot, cover the meat with cold water, and cook precisely as directed for plain Boiled Ham. When the meat is done leave it in the liquor until this cools and do not remove the cloth or the skin for several hours afterward. The ham should really be cooked the day before it is used.

To make the ham ready for the table take off the skin carefully so as not to tear the fat, brush with beaten egg and on this sift cracker-crumbs thickly, and brown in your oven. Or you may omit this treatment and merely dot the surface from which the skin is removed with paprica and black pepper. Slice the ham thin when serving. If you are using your electric oven for other cooking, it will be more economical to cook the ham there.

#### BROILED HAM

Cut in slices. Wash well, and soak in scalding water in a covered vessel for half an hour. Pour off the water, and add more boiling water. Wipe dry when the ham has stood half an hour in the second water, and lay in cold for five minutes. Wipe again and broil.

Cold boiled ham that is not too much done is better for broiling than raw. Pepper before serving.

#### BARBECUED HAM

If your ham is raw, soak as above directed; then lay the slices flat in a frying-pan; pepper each. Pour about them vinegar, allowing a teaspoonful to each slice. Fry quickly and turn often. When done to a fine brown, transfer to a hot dish: add to the gravy in the pan a teaspoonful of white sugar. Boil up and pour over the meat.

Boiled ham is excellent when barbecued. Try it!

**FRIED HAM**

If raw, soak as for boiling. Cook in a hot frying-pan, turning often until done. Serve with or without the gravy, as you please. In some parts of the country it is customary to take the meat first from the pan and add to the gravy a little cream, then thicken with flour. Boil up once and pour over the ham. A little chopped parsley is a pleasing addition to this gravy.

*Or*

You may dip slices of cold boiled ham—cut rather thick—in beaten egg, then in cracker-crumbs, and fry them in fat extracted from bits of salt pork. Take the dry fried pork from the pan before putting in the ham. Garnish with crisped parsley.

**HAM AND EGGS**

Cut your slices of ham of a uniform size and shape. Fry quickly, and take them out of the pan as soon as they are done. Have the eggs ready and drop them, one at a time, in the hissing fat. Use a large pan for this purpose, that they may not touch and run together. In three minutes they will be done. The meat should be kept hot, and when the eggs are ready, lay one upon each slice of ham, which should have been cut the proper size for this. Do not use the gravy.

**BAKED HAM AND EGGS**

Chop fine two or three cupfuls of the cold ham, using both fat and lean and seasoning well with pepper and Worcestershire sauce. Put this mixture in a saucepan over medium heat

and when hot beat in a raw egg, take out the meat and form into a flattened mound, round or oblong in shape. Put this on a platter that will stand heat and set it in the oven at medium heat; leave it there until the loaf is hot through and crusted over on top. While this is going on boil four eggs hard, remove the shells, cut the whites into rings, arrange these about the loaf and put the yolks through a ricer over the top. Return to the oven just long enough to heat the eggs, garnish the dish with parsley and serve.

#### BREAKFAST BACON

This can hardly be cut too thin and unless that is purchased which comes ready sliced have a very sharp knife for the purpose of slicing it at home. Trim off the rind before cooking; lay it in the frying-pan or on the electric grill and as soon as the slices are clear turn them. Serve hot and dry on a heated platter.

#### BACON AND EGGS

Cook the bacon as just directed, take it from the pan and keep it warm on a hot platter while you break the eggs, one by one, into the hot fat left in the pan. Three minutes should cook them. If you wish them turned slip a broad knife under each egg when it has cooked about two minutes and turn it, letting it cook a minute longer. Arrange the eggs on a very hot dish with the bacon around them.

#### FRIED APPLES AND BACON

This dish, which can be cooked on an electric grill at the table or in a frying-pan on the gas stove in the kitchen is excellent, especially in cold weather, for either luncheon or

supper. It requires thinly sliced bacon and fairly thick slices of not too tart apples. The apples should be neither pared nor cored but sliced cross-wise.

Cook the slices of bacon in the deep pan of the electric grill using medium heat or over a moderate gas flame. When the bacon is clear and the edges have begun to curl remove it to a plate and set where it will keep warm while the apple is being cooked. Do not cook the bacon until it becomes so crisp that it will crumble.

The slices of apple should then be laid in the bacon fat remaining in the pan, and, using high heat, cooked until they are tender, but not long enough to make them mushy. When the slices of apple are cooked lift them out of the grill pan and sprinkle on both sides with granulated sugar. Then arrange the bacon and apple on a small platter and serve.

Toast or slices of brown or corn bread, made crisp on the electric toaster, go well with this dish.

#### PORK AND BEANS (I)

Parboil a piece of the middling of salt pork and score the skin. Allow a pound to a quart of dried beans, which must be soaked overnight in lukewarm water. Change this twice for more and warmer water, and in the morning put them on to boil in cold. When they are soft, drain off the liquor, put the beans in a deep dish, and half bury the pork in the middle, adding a very little warm water. Bake a nice brown.

This is a favorite dish with New England farmers and many others. Although old-fashioned, it still makes its weekly appearance upon the tables of hundreds of families.



**PORK AND BEANS (II)**

Soak a pound of white beans overnight in cold water, changing in the morning to warm water and leaving this for an hour. Put on the stove and bring to a boil over high heat, lower this and simmer until tender, but not broken. Drain the beans and put them into a deep dish or a bean-pot and bury a piece of parboiled pork in the center. Stir into a large cupful of boiling water half a teaspoonful of dry mustard and a tablespoonful of molasses, pour this over the pork and beans, cover the pot or dish closely, put in the fireless cooker and bake slowly from four to six hours. In old times the bean-pot stood all night in the brick oven but the fireless cooker is an excellent substitute for the more primitive method.

Always serve Boston brown bread with baked beans and pass tomato catsup or chili sauce with them.

**PIG'S LIVER AND BACON**

Cook by recipe given for Calf's Liver and Bacon.

**SAUSAGES**

Prick the skins of the sausages in three or four places to prevent their bursting, lay them in a cold frying-pan, set this over low heat and let the sausages cook very slowly, keeping them covered. Turn them from time to time and be careful they do not scorch. Drain from the fat and serve. If you wish you may thicken this fat with a little browned flour—about a tablespoonful—pour in a cupful of boiling water, stir until the gravy is thick and smooth and pour this over the sausages.

Sausage-meat that comes in bulk may be made into small flat cakes and cooked in the same way.

FRIED PORK WITH CREAM GRAVY

Cut salt pork into slices, fry to a crisp over medium heat, take out the slices, pour off most of the fat from the pan, stir into the tablespoonful left in the pan a tablespoonful of flour and when this is blended add a cupful of rich milk. Stir until the gravy is smooth and thick, add pepper and pour over the pork on a hot dish. Serve with baked or boiled potatoes. It is very good and at its best when made of home-grown pork.

## COMPANY

LAYING to your conduct the line and plummet of the Golden Rule, never pay a visit (I use the word in contradistinction to "call") without notifying your hostess—elect of your intention thus to favor her.

Perhaps once in ten thousand times, your friend—be she mother, sister, or intimate acquaintance—may be enraptured at your unexpected appearance, traveling-satchel in hand, at her door, to pass a day, a night, or a month; or may be pleasantly surprised when you take the baby, and run in to tea in a social way. But the chances are so greatly in favor of the probability that you will upset her household arrangements, abrade her temper, or put her to undue trouble or embarrassment, by this evidence of your wish to have her feel quite easy with you, to treat you as one of the family, that it is hardly worth your while to risk so much in order to gain so little.

Mrs. Partington has said more silly things than any other woman of her age in this country; but she spoke wisely in declaring her preference for those surprise-parties "when people sent word they were coming." Do not be ashamed to say to your nearest kin, or the confidante of your school-days—"Always let me know when to look for you, that I may so order my time and engagements as to secure the greatest possible pleasure from your visit." If you are the woman I take you to be—methodical, industrious, and ruling your household according to just and firm laws of order and punctuality—you need this notice. If you are likewise social and hospitable, your rules are made with reference to possible and desirable interruptions of this

nature. It only requires a little closer packing of certain duties, an easy exchange of times and seasons, and leisure is obtained for the right enjoyment of your friend's society. The additional place is set at table; your spare bed, which yesterday was tossed into a heap that both mattresses might be aired, and covered lightly with a thin spread, is made up with fresh sheets that have not gathered damp and must from lying packed beneath blankets and coverlets for maybe a month, for fear somebody might happen in to pass the night, and catch you with the bed in disorder. Towels and water are ready; the room is bright and dustless; the dainty dish so far prepared for dinner or tea as to be like Mrs. Bagnet's greens, "off your mind;" John knows whom he is to see at his home-coming; the children are clean, and on the *qui vive*—children's instincts are always hospitable. The guest's welcome is half given in the air of the house and the family group before you have time to utter a word. It may have appeared to her a useless formality to despatch the note or telegram you insisted upon. She knows you love her, and she would be wounded by the thought that she could ever "come amiss" to your home. Perhaps, as she lays aside her traveling-dress, she smiles at your "ceremonious, old-maidish ways," and marvels that so good a manager should deem such forms necessary with an old friend.

If she had driven to your house at nightfall, to discover that you had gone with husband and children to pass several days with John's mother, in a town fifty miles away, and that the servants were out "a-pleasuring" in the mistress' absence; if she had found you at home, nursing three children through the measles, she having brought her youngest with her; if you were yourself the invalid, bound hand and foot to a Procrustean couch, and utterly unable even to see her—John, meanwhile, being incapacitated

from playing the part of agreeable host by worry and anxiety; if, on the day before her arrival, your chambermaid had gone off in a "tiff," leaving you to do her work and to nurse your cook, sick in the third story; if earlier comers than herself had filled every spare mattress in the house—if any one of these, or a dozen other ills to which housekeepers are heirs, had impressed upon her the idea that her visit was inopportune, she might think better of your "punctilio."

But since unlooked-for visitors will occasionally drop in upon the best regulated families, make it your study to receive them gracefully and cordially. If they care enough for you to turn aside from their regular route to tarry a day, or night, or week with you, it would be churlish not to show appreciation of the favor in which you are held. Make them welcome to the best you can offer at so short a notice, and let no preoccupied air or troubled smile bear token to your perturbation—if you are perturbed. If you respect yourself and your husband, the appointments of your table will never put you to the blush. John, who buys the silver, glass, china, and napery, is entitled to the everyday use of the best. You may have—I hope this is so—a holiday set of each, put away beyond the reach of hourly accidents; but if this is fit for the use of a lord, do not make John eat three hundred and sixty days in the year from such ware as would suit a ditcher's cottage. If your children never see bright silver unless when there is company, you cannot wonder, although you will be mortified, at their making looking-glasses of the bowls of the spoons, and handling the forks awkwardly. Early impress upon them that what is nice enough for Papa, is nice enough for the President. I have noticed that where there is a wide difference between family and company table furniture, there usually exists a corresponding disparity between everyday and company manners.

Especially, let your welcome be ready and hearty when your husband brings home an unexpected guest. Take care he understands clearly that this is his prerogative: that the rules by which you would govern the visits of your own sex are not applicable to his. Men rarely set seasons for their visits. They snatch an hour or two with an old chum or new friend out of the hurry of business life, as one stoops to pluck a stray violet from a dusty roadside. John must take his chances when he can get them. If he can walk home, arm in arm, with the school-fellow he has not seen before in ten years, not only fearlessly, but gladly, anticipatory of your pleasure at the sight of his; if, when the stranger is presented to you, you receive him as your friend because he is your husband's, and seat him to a family dinner, plain, but nicely served, and eaten in cheerfulness of heart; if the children are well-behaved, and your attire that of a lady who has not lost the desire to look her best in her husband's eyes—you have added to the links of steel that knit your husband's heart to you; increased his affectionate admiration for the best little woman in the world. Many a man has been driven to entertain his friends at hotels and club-rooms because he dared not take them home without permission from the presiding officer of his household. The majority of healthy men have good appetites and are not disposed to be critical of an unpretending bill of fare. The chance guest of this sex is generally an agreeable addition to the family group, instead of *de trop*—always supposing him to be John's friend.

As to party and dinner-giving, your safest rule is to obey the usage of the community in which you live in minor points, letting common sense and your means guide you in essentials. Be chary of undertaking what you cannot carry through successfully. Pretension is the ruin of more entertainments than ignorance or lack of money. If

you know how to give a large evening party (and think it a pleasant and remunerative investment of time and dollars)—if you understand the machinery of a handsome dinner-party, and can afford these luxuries—go forward bravely to success. But creep before you walk. Study established customs in the best managed houses you visit; take counsel with experienced friends; now and then make modest essays on your own responsibility, and, insensibly, these crumbs of wisdom will form into a comely loaf. There is no surer de-appetizer to guests than a heated, over-fatigued, anxious hostess, who betrays her inexperience by nervous glances, abstraction in conversation, and, worst of all, by apologies.

We make this matter of company too hard a business in America; are too apt to treat our friends as the Strasburgers do their geese; shut them up in overheated quarters, and stuff them to repletion. Our rooms would be better for more air, our guests happier had they more liberty, and our hostess would be prettier and more sprightly were she not overworked before the arrivals begin, and full of trepidation after they come,—a woman cumbered with many thoughts of serving, while she is supposed to be enjoying the society of her chosen associates. Such a state of affairs cannot fail to bring to the satirical mind the Chinaman's comment upon the British officers' dancing on ship-board in warm weather.

“Why you no make your servants do so hard work, and you look at dem?”

We pervert the very name and meaning of hospitality when we pinch our families, wear away our patience, and waste our nervous forces with our husbands' money in getting up to order expensive entertainments for comparative strangers, whose utmost acknowledgment of our efforts in their behalf will consist in an invitation, a year hence it may be, to a party constructed on the same plan, managed a little

better or a little worse than ours. This is not hospitality without grudging, but a vulgar system of barter and gluttony more worthy of Abyssinians than Christian gentlefolk.

. . . . .

All that was true relative to Company in the homes of those women of a former generation who lived in roomy houses and were able to entertain freely, applies with equal force to present-day dwellers in apartments or other limited quarters. Within the past few years the shrinkage in housing accommodations and incomes has forced families who took spacious dwellings for granted to condense their desires and their habits in a way which would have seemed impossible even a decade ago, and the two and three and four room apartment and kitchenette is increasing and multiplying in large cities and small towns.

Moreover, the high cost of living, in making economy imperative to nearly every one, has put a check upon the liberal entertaining of a former period. Yet hospitality still lingers in the land and there are housekeepers who are adapting themselves to changed conditions and welcoming their friends to simple fare with as much grace as they showed in the old days of lavish provision. And human nature has not changed. The man of the house loves to bring home a friend to a casual meal as much as he did before the war and with the same fine confidence that his wife will be able to meet the situation with credit.

For her part, she may stay herself in face of what she considers deficiencies with the reflection that the restrictions that obtain in her own home probably prevail as strongly in that of her guest. In other words, no one now looks for or finds meals of many courses and a profusion of items such as were taken for granted once upon a time, and no hostess need apologize to visitors for offering them the same type



of food and service they accept as a matter of course in their own establishments.

The present state of affairs has been recognized and met by the purveyors of housekeeping and cookery conveniences and of edibles. Fireless cookers, gas and electric ranges, electric grills, toasters, percolators, waffle-irons and the like simplify the work of cookery as do the numberless prepared foods in cans and cartons that are brought to the door ready to serve. Washing and ironing machines, the vacuum-cleaner, the electric mixer and the dish-washer, the electric refrigerator, render life easier for the worker, so that lack in one line is made up by abundance in another.

The housekeeper may not care to put herself in the class of the young woman who told her home-returning hungry husband that they would have to go out to dinner because she had broken the can-opener, and may yet avail herself of new items of pre-cooked foods as well as of labor-saving appliances. She is entitled to all the profit she can gain from the compensation offered her for her inability to pay the high wages of a domestic servant. With this assistance she may still be given to hospitality and even if she no longer has a spare-room at her command for out-of-town guests, she need not be debarred the joy of welcoming occasional friends to her table.

## GAME

CONSULT the game laws of your state before you plan for game on your table. These have changed so much since the first appearance of "Common Sense in the Household" that certain recipes in the original edition are now practically useless. Woodcock, snipe, rail, quail, wild turkeys, are seldom if ever seen and the few of the species which still linger are in most localities rigorously protected by game laws. From Marion Harland's pages have been selected directions for the benefit of those living in sections where venison, wild ducks, grouse, rabbits, etc., can still be obtained.

### HAUNCH OF VENISON

If the outside be hard, wash off with lukewarm water; then rub all over with fresh butter or lard. Cover it on the top and sides with a thick paste of flour and water, nearly half an inch thick. Lay upon this a large sheet of thin white wrapping-paper well buttered, and above this thick foolscap. Keep all in place by greased string, then put to roast with a little water in the dripping-pan. Let the heat be steady and strong. Pour a few ladlefuls of butter and water over the meat now and then to prevent the paper from scorching. If the haunch is large, it will take at least five hours to roast. About half an hour before you take it up, remove the papers and paste, and test with a skewer to see if it is done. If this passes easily to the bone through the thickest part, set it down to a more moderate heat and baste every few minutes with melted butter. At the last, baste with butter, dredge with flour to make a light

froth, and dish. It should be a fine brown by this time. Twist a frill of fringed paper around the knuckle.

For gravy, put into a saucepan a pound or so of scraps of raw venison left from trimming the haunch, a quart of water, a pinch of cloves, a few blades of mace, half a nutmeg, cayenne and salt to taste. Stew slowly to one-half the original quantity. Skim, strain, and return to the saucepan when you have rinsed it with hot water. Add three tablespoonfuls of currant jelly, a glass of sherry, two tablespoonfuls of butter, and thicken with browned flour. Send to table in a tureen.

Send around currant jelly with venison *always*.

### NECK

This is roasted precisely as is the haunch, allowing a quarter of an hour to a pound.

### SHOULDER

This is also a roasting-piece, but may be cooked without the paste and paper. Baste often with butter and water. Do not let it get dry for an instant.

### TO STEW A SHOULDER

Extract the bones through the under side. Make a stuffing of several slices of fat mutton, minced fine and seasoned smartly with cayenne, salt and allspice, and fill the holes from which the bones were taken. Bind firmly in shape with broad tape. Put in a large saucepan with a pint of gravy made from the refuse bits of venison; add a glass of sherry, and a little black pepper. Cover tightly, and stew very slowly three or four hours, according to the size. It should be very tender. Remove the tapes with care; dish,

and when you have strained the gravy, pour over the meat.  
This is a most savory dish.

### VENISON STEAKS

These are taken from the neck or haunch. Have your gridiron well buttered, and a strong heat. Lay the steaks on the bars and broil rapidly, turning often, not to lose a drop of juice. They will take three or four minutes longer to broil than beefsteaks. Have ready in a hot chafing-dish a piece of butter the size of an egg for each pound of venison, a pinch of salt, a little pepper and a tablespoonful of currant jelly for each pound. This should be liquid, and warmed by boiling water under the dish by the time the steaks are done to a turn. If you have no chafing-dish, heat in a saucepan. Lay each steak in the mixture singly, and turn over twice. Cover closely and let all heat together, with boiling water beneath, for five minutes before serving. If you serve in an ordinary dish, cover and set in the oven for the same time.

*Or*

If you wish a plainer dish, omit the jelly; pepper and salt the steaks when broiled, and lay butter upon them in the proportion I have stated, letting them stand between hot dishes five minutes before they go to table, turning them three times in the gravy that runs from them to mingle with the melted butter. Delicious steaks corresponding to the shape of mutton chops are cut from the loin and rack.

### HASHED VENISON

The remains of cold roast venison—especially a stuffed shoulder—may be used for this dish, and will give great

satisfaction to cook and consumers. Slice the meat from the bones. Put these with the fat and other scraps in a saucepan, with a large teacupful of cold water, a small onion—one of the button kind minced—parsley and thyme, pepper and salt, and three or four whole cloves. Stew for an hour. Strain and return to the saucepan, with whatever gravy was left from the roast, a tablespoonful of currant jelly, one of tomato or mushroom catsup, and a little browned flour. Boil for three minutes; lay in the venison, cut into slices about an inch long, and let all heat for eight minutes, but do not allow the hash to boil. Stir frequently, and when it is smoking hot, turn into a deep covered dish.

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#### RABBITS OR HARES

The tame rabbit is rarely eaten. The wild hare of the South—in vulgar parlance, “old hare,” although the creature may be but a day old—exactly corresponds with the rabbit of the Northern fields, and when fat and tender may be made into a variety of excellent dishes.

Hares are unfit for eating in the early spring. There is thus much significance in “Mad as a March hare.” The real English hare is a much larger animal than that which is known in this country by this name. To speak correctly, all our “old field hares” are wild rabbits.

Belgian hares are found in the markets in many places and can be cooked by the same recipes as other varieties of hares or rabbits.

#### ROAST RABBIT

Clean, wash and soak in slightly salted water for an hour, changing the water once during this time. Parboil the heart and liver, chop fine, and mix with a slice of fat pork,

also minced. Make a force-meat of bread-crumbs, well seasoned, and the minced meat. Stuff the body with this, and sew it up. Rub with butter and roast, basting with butter and water until the gravy flows freely, then with the dripping. It should be done in an hour. Dredge with flour a few minutes before taking it up, then baste with butter. Lay in a hot dish, add to the gravy a little lemon juice, a young onion minced, a tablespoonful of butter, and thicken with browned flour. Give it a boil up, and serve in a tureen or boat.

Garnish the rabbit with sliced lemon, and put a dot of currant jelly in the center of each slice. Cut off the head before sending to table.

#### FRICASSEED RABBIT (*White*)

Clean two young rabbits, cut into joints, and soak in salt and water an hour. Put into a saucepan with a pint of cold water, a bunch of sweet herbs, an onion finely minced, a pinch of mace, one of nutmeg, pepper, and half a pound of fat salt pork, cut into slips. Cover, and stew until tender. Take out the rabbits and set in a dish where they will keep warm. Add to the gravy a cup of cream (or milk), two well-beaten eggs stirred in a little at a time, and a tablespoonful of butter. Boil up once—when you have thickened with flour wet in cold milk—and take the saucepan from the range. Squeeze in the juice of a lemon, stirring all the while, and pour over the rabbits. Do not cook the head or neck.

#### FRICASSEED RABBIT (*Brown*)

Cut off the head—joint, and lay in soak for an hour. Season the pieces with pepper and salt, dredge with flour,

and fry in butter or nice dripping until brown. Take from the fat, lay in a saucepan, and cover with broth made of bits of veal or lamb. Add a minced onion, a tablespoonful of walnut catsup, a bunch of sweet herbs, a pinch of cloves and one of allspice, half a teaspoonful of cayenne. Cover closely, and simmer for half an hour. Lay the pieces of hare in order upon a hot dish and cover to keep warm. Strain the gravy, return to the saucepan, thicken with browned flour, put in a tablespoonful of butter, squeeze in the juice of a lemon, pour over the rabbit, and send to table.

#### FRIED RABBIT

It must be very tender for this purpose. Cut into joints; soak for an hour in salt and water; dip in beaten egg, then in powdered cracker, and fry brown in nice sweet lard or dripping. Serve with onion sauce. Garnish with sliced lemon.

#### BARBECUED RABBIT

Clean and wash the rabbit, which must be plump and young, and having opened it all the way on the under side, lay it flat, with a small plate or saucer to keep it down, in salted water for half an hour. Wipe dry and broil whole, with the exception of the head, when you have gashed across the back-bone in eight or ten places that the heat may penetrate this, the thickest part. Your heat should be strong, the rabbit turned often. When browned and tender, lay upon a very hot dish, pepper and salt and butter profusely, turning the rabbit over and over to soak up the melted butter. Cover and set in the oven for five minutes, and heat in a tin cup two tablespoonfuls of vinegar seasoned with one of made mustard and one of white sugar. Anoint

the hot rabbit well with this, cover and send to table garnished with crisped parsley.

The odor of this barbecue is most appetizing, and the taste not a whit inferior.

#### RABBIT PIE

Cut a pair of rabbits into eight pieces each, soak in salted water half an hour, and stew until half done in enough water to cover them. Cut a quarter of a pound of fat pork into slips, and boil four eggs hard. Lay bits of pork in the bottom of a deep dish and upon these a layer of the rabbit. Upon this spread slices of boiled egg, peppered and buttered. Sprinkle with a little powdered mace, and squeeze a few drops of lemon-juice upon each piece of meat. Proceed in this order until the dish is full, the top layer being pork. Pour in the water in which the rabbit was boiled, when you have salted it and added a tablespoonful of butter rolled in flour. Cover with puff-paste, cut a slit in the middle, and bake one hour, laying paper over the top should it brown too fast.

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#### SQUIRRELS

The large gray squirrel is considered by many good judges of game to be equal to the rabbit, if not superior, in flavor. While red squirrels are also good they are so small that a number of them will be needed to make a dish for a family of moderate size. After skinning and cleaning, squirrels should be laid in salt and water for an hour and dried before cooking. The heads should always be cut off when the squirrels are dressed.

Fried Squirrels; Broiled Squirrels; Barbecued Squirrels;



Squirrel Pie, may all be prepared by the recipes given for cooking rabbits in like manner. Brunswick stew, named for Brunswick County, Virginia, where the dish originated at the political and social picnics known as barbecues, is one of the best methods by which to cook squirrels. The recipe given below came from Virginia and may be reduced in proportions for a small family.

#### BRUNSWICK STEW

- 3 squirrels.
- 1 quart tomatoes—peeled and sliced.
- 1 pint butter-beans, or Lima.
- 6 potatoes—parboiled and sliced.
- 6 ears green corn cut from the cob.
- $\frac{1}{2}$  lb. butter.
- $\frac{1}{2}$  lb. fat salt pork.
- 1 teaspoonful ground black pepper.
- Half a teaspoonful cayenne.
- 1 gallon water.
- 1 tablespoonful salt.
- 2 teaspoonfuls white sugar.
- 1 onion, minced small.

Put on the water with the salt in it, and boil five minutes. Put in the onion, beans, corn, pork or bacon cut into shreds, potatoes, pepper, and the squirrels, which must first be cut into joints and laid in cold salt and water to draw out the blood. Cover closely and stew two and a half hours very slowly, stirring frequently from the bottom. Then add the tomatoes and sugar, and stew an hour longer. Ten minutes before you take it from the fire add the butter, cut into bits the size of a walnut, rolled in flour. Give a final boil, taste to see that it is seasoned to your liking, and serve. Chickens may be substituted for squirrels.

## RAGOUT OF SQUIRRELS

Skin, clean, and quarter a pair of fine young squirrels, and soak in salt and water to draw out the blood. Slice an onion and fry brown in a tablespoonful of butter. Stir into the frying-pan five tablespoonfuls of boiling water, and thicken with two teaspoonfuls of browned flour. Put the squirrels into a saucepan, with a quarter of a pound of bacon cut into slips; season with pepper and salt to taste, add the onion and gravy, and half a cupful of tepid water. Cover and stew for forty minutes, or until tender; pour in a glass of sherry and the juice of half a lemon, shake around well, and turn into a deep covered dish.

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## ROAST PHEASANT OR GROUSE

Clean, truss, and stuff as you do chickens; roast in a hot oven, and baste with butter and water until brown; sprinkle with salt, dredge lightly at the last with flour, and serve hot. Thicken the gravy with browned flour, boil up, and serve in a boat. Wash the inside of all game with soda and water, rinsing out carefully afterward with clear water.

## BROILED

Clean, wash, and split down the back. Lay in cold water half an hour. Wipe carefully, season with salt and pepper, and broil on a gridiron. When done, lay in a hot dish, butter on both sides well, and serve at once.

Quails thus broiled are delicious fare for invalids.

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**GROUSE ROASTED WITH BACON**

Clean, truss, and stuff as usual. Cover the entire bird with thin slices of corned ham or pork, binding all with soft white string. Roast three-quarters of an hour, basting with butter and water three times, then with the dripping. When quite done, dish with the ham laid about the body of the bird. Skim the gravy, thicken with browned flour, season with pepper and the juice of a lemon. Boil up once.

**SALMIS OF GAME**

Cut cold roast partridges, grouse, or wild ducks into joints, and lay aside while you prepare the gravy. This is made of the bones, dressing, skin, and general odds and ends, after you have selected the neatest pieces of the birds. Put these—the scraps—into a saucepan, with one small onion, minced, and a bunch of sweet herbs; pour in a pint of water, and whatever gravy you may have, and stew, closely covered, for nearly an hour. A few bits of pork should be added if you have no gravy. Skim and strain, return to the heat, and add a little sherry and lemon-juice, with a pinch of nutmeg; thicken with browned flour if the stuffing has not thickened it sufficiently, boil up, and pour over the reserved meat, which should be put into another saucepan. Warm until all is smoking-hot, but do not let it boil. Arrange the pieces of bird in a symmetrical heap upon a dish, and pour the gravy over them.

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**WILD DUCKS**

Nearly all wild ducks are liable to have a fishy flavor, and when handled by inexperienced cooks are sometimes

uneatable from this cause. Before roasting them, guard against this by parboiling them with a small carrot, peeled, put within each. This will absorb the unpleasant taste. An onion will have the same effect; but, unless you mean to use onion in the stuffing, the carrot is preferable. In my own kitchen I usually put in the onion, considering it a desideratum with roast duck, whether wild or tame.

#### ROAST DUCK (*Wild*)

Parboil as above directed; throw away the carrot or onion, lay in fresh water half an hour; stuff with bread-crumbs seasoned with pepper, salt, sage, and onion, and roast until brown and tender, basting for half the time with butter and water, then with the drippings. Add to the gravy, when you have taken up the ducks, a tablespoonful of currant jelly, and a pinch of cayenne. Thicken with browned flour and serve in a tureen.

#### WILD DUCKS (*Stewed*)

Parboil ten minutes, when you have drawn them, and put in a raw carrot or onion. Lay in very cold water half an hour. Cut into joints, pepper, salt, and flour them. Have ready butter in a frying-pan, and fry them a light brown. Put them in a saucepan and cover with gravy made of the giblets, necks, and some bits of lean veal. Add a minced onion, a bunch of sweet herbs, salt, and pepper. Cover closely and stew half an hour, or until tender. Take out the duck, strain the gravy when you have skimmed it; put in a half cup of cream or rich milk in which an egg has been beaten, thicken with browned flour, add a tablespoonful of sherry and the juice of half a lemon, beaten in gradu-

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ally not to curdle the cream; boil up and pour over the ducks. This is about the best way of cooking wild ducks.

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#### TO KEEP GAME FROM TAINING

Draw birds as soon as they come into your possession; rinse with soda and water, then with pure cold water; wipe dry, and rub them lightly with a mixture of fine salt and black pepper. If you must keep them some time, put in the cavity of each fowl a piece of charcoal; hang them in a cool, dark place, with a cloth thrown over them. Small birds, unless there are too many of them, may be kept in a refrigerator after you have drawn, washed, and wiped them.

The charcoal is an admirable preventive of decomposition.

## SAUCES FOR MEAT AND FISH

THESE are no longer the appendages of the rich man's bill-of-fare only. A general knowledge of made sauces is a part of every intelligent housekeeper's culinary education. Few are so ignorant as to serve a fish sauce with game, or *vice versa*. From the immense number of recipes which I have collected and examined, I have selected comparatively few but such as I consider representative. The ingenious housewife is at liberty, as I said before, elsewhere, to modify and improve upon them.

Nothing marks more decidedly the difference between the plain and the elegant dinner than the sauce; in fact, it is often the lack of the sauce that makes the plain dinner and its presence that converts the simple into the elegant meal. It does not take the wise housekeeper long to learn that by the addition of a savory, though inexpensive sauce, the cheaper repast may be made every whit as palatable as the high-priced one. A rolled neck of lamb is more popular when masked with a tomato sauce; the white sauce makes a dainty dish of the warmed-over chicken or veal, and a brown sauce, well seasoned, converts the stew from yesterday's cold beef into an appetizing ragout. And so on, through endless combinations which the good cook is quick to learn, for the sauce boat is only rivaled by the stock-pot as a means of making a satisfying disposal of odds and ends and leftovers of soups and gravies and vegetables. A few spoonfuls of these that seem to be of no value may be utilized for a sauce that will add a pleasing touch to a plain dish.

In making sauces it must always be borne in mind that their cookery is an exact science. There must be no guessing

at quantities, no neglect of measuring. Given amounts mixed in a certain way will produce a sauce of the correct consistency and the most experienced cook is the last one to take liberties with the proportions of the ingredients in a sauce. When the simple and proper method of mixing them has once been mastered the secret of all sauces is in the hands of the learner.

### WHITE SAUCE

This sauce and a Brown or Spanish Sauce are known by French cooks as the two "mother-sauces," since upon them all other sauces are founded. They are simple, but when they are learned the way is open to countless combinations.

1 tablespoonful each of butter and of flour—as much flour above the rim of the spoon as there is below it.

Half-pint milk.

Saltspoonful salt.

Pinch white pepper.

Melt the butter in a saucepan over low or medium heat. As the butter melts stir in the flour, until both are blended and begin to bubble. As soon as this stage is reached pour in the milk, continuing to stir steadily until the sauce is smooth and thick as heavy cream and masks the back of the spoon. After it reaches the boil one minute's cookery is usually sufficient to bring it to the right stage. Season it then. If it must stand put it over boiling water and if it thickens too much add a little milk before serving it.

### BROWN SAUCE

1 rounded tablespoonful flour.

1 tablespoonful butter.

Half pint well-seasoned consommé or brown soup-stock.

Cook the butter and flour as in the preceding recipe; allow them to brown, but not to scorch. Continue stirring steadily and use medium heat. When they are browned add the stock and follow directions for White Sauce. You may shorten this process by using flour you have already browned. To make it a good color add a few drops of caramel or burnt sugar, or better still, season and color with a teaspoonful of kitchen bouquet.

#### CREAM SAUCE

Make this as you do White Sauce, but substitute light cream for milk or else double the quantity of butter you put in.

#### DRAWN BUTTER OR BUTTER SAUCE

Prepare by the recipe given for White Sauce, using water instead of milk and observing the same proportions.

#### BÉCHAMEL SAUCE (*For Fish*)

1 heaping tablespoonful each butter and flour.

Half pint fish stock, using for this the water in which fish has been boiled. If you have a quart of this to begin with it should be reduced to the required quantity by slow boiling and with it should be cooked a bay-leaf, a slice each of onion and carrot, a stalk of celery and a sprig of parsley. Strain this before you pour it on the butter and flour and cook them until rather thicker than the ordinary white sauce. Season with salt and white pepper and put in two or three tablespoonfuls of cream. Remove from the fire at once.

Use this sauce for boiled or baked fish or for fish croquettes or fritters. If you wish you may add to it a teaspoonful of capers or of sharp pickle, chopped fine.



**BÉCHAMEL SAUCE (For Meat)**

Follow the above recipe, but instead of the fish stock use half a pint of white meat stock, made from veal or chicken and highly seasoned.

**EGG SAUCE**

Make a half pint of White Sauce and add to it, when it has thickened, a hard-boiled egg, chopped fine. Let the sauce return to the boil and stir in drop by drop one raw egg, beaten light. Season and serve immediately.

This sauce is also good without the addition of the raw egg. Egg Sauce may be served with boiled or baked fish, boiled mutton or boiled fowl.

**CURRY EGG SAUCE**

1 tablespoonful each butter and flour.

Half-teaspoonful onion juice, obtained by tearing the onion on a vegetable grater; the juice will trickle down the side of the grater.

Half pint milk.

1 scant teaspoonful curry powder.

Hard-boiled egg, chopped fine.

2 tablespoonfuls cream.

Salt to taste.

Cook the butter and onion juice together; stir in the flour and curry powder, mixed, and the milk when the other ingredients are blended. Cook until thick and smooth, add the egg and after one minute, the cream. Salt to taste.

This sauce is good for fish or for boiled fowl. Boiled rice should be served with all curries.

### ANCHOVY EGG SAUCE

Cook together a tablespoonful each of butter and flour, add to them a teaspoonful of anchovy paste, rubbing it smooth, and half a pint of milk; stir until you have a smooth thick sauce. Put in a hard-boiled egg, chopped fine, and a couple of dashes of paprica. If you choose you may stir in at the last a tablespoonful or two of cream. This sauce is excellent for boiled fish.

### ONION OR SOUBISE SAUCE

Half pint White Sauce.

2 medium-sized onions, boiled soft and chopped fine.

Salt and white pepper to taste.

Rub the onions through a colander or put them through a potato ricer and stir into the white sauce. Let this boil half a minute, add salt and pepper and serve. This is very good for boiled mutton or is good as a sauce in which to warm over cold mutton or veal or boiled chicken.

### CELERY SAUCE

Make like Onion Sauce, using stewed and crushed celery instead of onion.

### CAPER SAUCE

Make a Butter Sauce or Drawn Butter, adding half a teaspoonful of onion juice to the butter when you put it in the saucepan; after the sauce thickens stir in a teaspoonful of capers and cook until the sauce is again hot.

This is fine for boiled mutton and a delicious second-day dish is made by warming over the sliced mutton in the caper sauce. It is worth while to make an additional supply of

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this if enough is not left over from the first day of its appearance.

### TOMATO SAUCE

1 tablespoonful each butter and flour.

Half pint strained tomato liquor.

Half small onion and a bay leaf.

Half teaspoonful white sugar.

Pinch baking-soda.

Salt and pepper to taste.

Cook the onion and bay leaf half an hour in the tomato liquor, keeping this at a simmer over low heat; strain the liquor, cook the butter and flour together to bubbling, add the soda and sugar to the tomato and pour this on the butter and flour, stir until smooth and thick, season with salt and pepper and serve. This is a sauce which may be used with cold meat of any kind, for warming over; with macaroni or spaghetti, combined with green peppers and various vegetables and in half a dozen other ways.

### HOLLANDAISE SAUCE

Make half a pint of Butter Sauce, as directed, put it over a low heat and stir into it drop by drop one beaten egg and as soon as it is all in add a teaspoonful of salad oil in the same slow manner. Take from the fire, season with salt, white pepper and a teaspoonful of lemon juice and serve at once. If allowed to stand it is likely to curdle.

### CUCUMBER SAUCE

Make Hollandaise Sauce as just directed and when it comes from the stove, stir into it a finely chopped small cucumber.

**HORSERADISH SAUCE**

Make a half pint of White or Cream Sauce and stir into it two tablespoonfuls of grated and drained horseradish and let this become heated. Add a teaspoonful of vinegar, salt to taste and a little cayenne or a more liberal allowance of paprica, take from the stove, stir in lightly three tablespoonfuls of cream, whipped light, and serve with roast beef or fillet of beef or steak.

**MUSHROOM SAUCE**

Cut up half a cupful of mushrooms and put them over medium heat with two tablespoonfuls of butter. Cook at low heat, after they are hot through, until the mushrooms are soft. Strain the butter and liquor from them, add to this enough brown stock or consommé to make half a pint of liquid; cook together a small tablespoonful of butter and a rounded tablespoonful of browned flour until they thicken, pour the liquid upon them and stir until smooth. Brown and season with a half teaspoonful of kitchen bouquet, put in salt and a little paprica, add the cooked mushrooms and when these are heated through, serve the sauce.

**TARTARE SAUCE (*Hot*)**

Make half a pint of Butter Sauce, add to it ten drops of onion juice and a pinch of mustard, rubbed smooth with a few drops of vinegar, a teaspoonful of minced tart pickle and capers, salt and pepper to taste and at the last a beaten egg, drop by drop. Cook only a minute after the egg goes in and take from the stove. This is good with fish or with meats lacking a decided flavor of their own.

TARTARE SAUCE (*Cold*)

To a half pint of Mayonnaise Dressing (see Salads) add a small half teaspoonful of mustard mixed with a little oil, a tablespoonful of chopped parsley, a teaspoonful each of capers and chopped sharp pickle and ten drops of onion juice. Mix all well and serve with fish, shell-fish, artichokes, etc.

## OYSTER SAUCE

1 pint oysters.

Half a lemon.

2 tablespoonfuls butter.

2 tablespoonfuls flour.

1 teacup milk or cream.

Cayenne and nutmeg to taste.

Stew the oysters in their own liquor five minutes, and add the milk. When this boils, strain the liquor and return to the saucepan. Thicken with the flour when you have wet it with cold water; stir it well in; put in the butter, next the cayenne (if you like it), boil one minute; squeeze in the lemon-juice, shake it around well, and pour out.

*Or*

Drain the oysters dry without cooking at all; make the sauce with the liquor and other ingredients just named. Chop the raw oysters, and stir in when you do the butter; boil five minutes, and pour into the tureen. Some put in the oysters whole, considering that the sauce is handsomer than when they are chopped.

Oyster sauce is used for boiled halibut, cod, and other fish, for boiled turkey, chickens, and white meats generally.

### CLAM SAUCE

This may be made by either of the preceding methods.

### MINT SAUCE FOR ROAST LAMB

2 tablespoonfuls green mint, chopped fine.

1 tablespoonful powdered sugar.

Half a teacup cider vinegar.

Chop the mint, put the sugar and vinegar in a sauce boat, and stir in the mint. Let it stand in a cool place fifteen minutes before sending to table.

### MAÎTRE D'HOTEL SAUCE (I)

1 teacup drawn butter.

1 teaspoonful minced parsley.

1 lemon.

Cayenne and salt to taste.

To the Drawn Butter or Butter Sauce add the chopped parsley, lemon juice, pepper and salt, boil up once and serve.

### MAÎTRE D'HOTEL SAUCE (II)

Whip one cupful of butter very light and creamy with a fork, beat into it a tablespoonful of minced parsley, a tablespoonful of lemon-juice and a little white pepper. Let it stand on the ice or in a very cold place for half an hour before serving. This is especially nice with fillet of sole or other fish and with lobster and hard and soft crabs.

### BREAD SAUCE

3 tablespoonfuls fine white bread-crumbs.

1 tablespoonful bread-crumbs fried light brown and crisp in a little butter.

1 cup milk.

1 small onion.

1 bay leaf.

1 tablespoonful butter.

Salt and white pepper to taste and a pinch of nutmeg.

Boil the onion and the bay leaf in the milk for ten minutes, putting them over low heat, strain the milk, return this to the stove with the white crumbs, cook these for three minutes after they are hot, add the butter and the seasoning, boil up and take from the range. Turn into a sauceboat and strew the fried crumbs over the surface of the sauce.

#### CRANBERRY SAUCE

Wash and pick a quart of ripe cranberries, and put into a saucepan with a teacupful of water. Stew slowly, stirring often until they are thick as marmalade. They require at least an hour and a half to cook. When you take them from the stove, sweeten abundantly with white sugar. If sweetened while cooking, the color will be bad. Put them into a mold and set aside to get cold.

*Or*

And this is a nicer plan—strain the pulp through a colander or sieve into a mold wet with cold water. When firm, turn into a glass dish or salver. Be sure that it is sweet enough.

Eat with roast turkey, game, and roast ducks.

## APPLE SAUCE

Pare, core, and slice ripe tart apples, stew in water enough to cover them until they break to pieces. Beat up to a smooth pulp, stir in a good lump of butter, and sugar to taste.

Or you may cut up the apples without either peeling or coring them, taking care to remove all bad spots and making sure there are no worms at the cores; put them on the stove with enough water to keep them from scorching and stew over low heat until the fruit is soft enough to put through a colander or a potato ricer. Beat hard then, add sugar to taste and set aside to get cold. Apple Sauce should always accompany fresh pork no matter how this is cooked and should also be served with ducks and geese.

## MADE MUSTARD

4 tablespoonfuls best English mustard.

2 teaspoonfuls salt.

2 teaspoonfuls white sugar.

1 teaspoonful white pepper.

2 teaspoonfuls salad oil.

Vinegar to mix to a smooth paste—celery or tarragon vinegar if you have it.

1 small clove of garlic, minced very fine.

Put the mustard in a bowl and wet with the oil, rubbing it in with a silver or wooden spoon until it is absorbed. Mix with vinegar to a stiff paste; add salt, pepper, sugar, and garlic, and work all together thoroughly, wetting little by little with the vinegar until you can beat it as you do cake-batter. Beat five minutes very hard; put into wide-mouthed bottles—empty French mustard bottles, if you have them—pour a little oil on top, cork tightly, and set away in a cool



place. It will be mellow enough for use in a couple of days.

Having used this mustard for years in my own family, I can safely advise my friends to undertake the trifling labor of preparing it in consideration of the satisfaction to be derived from the condiment. I mix in a Wedgewood mortar, with pestle of the same; but a bowl is nearly as good. It will keep for weeks.

#### TO BROWN FLOUR

Spread upon a tin plate, set upon the stove, or in a *very* hot oven, and stir continually after it begins to color until it is brown all through.

Keep it always on hand. Make it at odd minutes, and put away in a glass jar, covered closely. Shake up every few days to keep it light and prevent lumping.

#### TO BROWN BUTTER

Put a lump of butter into a hot frying-pan, and toss it around over a good heat until it browns. Dredge browned flour over it, and stir to a smooth batter until it begins to boil. Use it for coloring gravies, such as brown fricassees, etc.; or make into sauce for baked fish and fish-steaks by beating in celery or onion vinegar, a *very* little brown sugar and even less cayenne.

## SALADS

“THE dressing of the salad should be saturated with oil, and seasoned with pepper and salt before the vinegar is added. It results from this process that there never can be too much vinegar; for, from the specific gravity of the vinegar compared with oil, what is more than useful will fall to the bottom of the bowl. The salt should not be dissolved in the vinegar, but in the oil, by which means it is more equally distributed throughout the salad.”—*Chaptal, a French chemist.*

The Spanish proverb says that, “To make a perfect salad, there should be a miser for oil, a spendthrift for vinegar, a wise man for salt, and a madcap to stir the ingredients up and mix them well together.”

### SYDNEY SMITH'S RECIPE FOR SALAD DRESSING

“Two boiled potatoes, strained through a kitchen sieve,  
Softness and smoothness to the salad give;  
Of mordant mustard take a single spoon—  
Distrust the condiment that bites too soon;  
Yet deem it not, thou man of taste, a fault,  
To add a double quantity of salt.  
Four times the spoon with oil of Lucca crown,  
And twice with vinegar procured from town;  
True taste requires it, and your poet begs  
The pounded yellow of two well-boiled eggs.  
Let onions' atoms lurk within the bowl,  
And, scarce suspected, animate the whole;

And lastly, in the flavored compound toss  
A magic spoonful of anchovy sauce.  
Oh, great and glorious! oh, herbaceous meat!  
'Twould tempt the dying anchorite to eat.  
Back to the world he'd turn his weary soul,  
And plunge his fingers in the salad bowl."

At least twenty-five years ago I pasted the above doggerel in my scrap-book and committed it to memory. The first salad I was ever trusted to compound was dressed in strict obedience to the directions of the witty divine, and to this day these seem to me pertinent and worthy of note. The anchovy sauce can be omitted if you like, and a spoonful of Harvey's or Worcestershire substituted. This is best suited for chicken or turkey salad.

#### MAYONNAISE DRESSING

Into the yolk of an egg broken into an ice-cold plate stir the juice of a lemon, a little dry mustard, a saltspoonful of salt and a small amount of white pepper. Add to this salad oil, a few drops at a time, stirring steadily. When the dressing begins to thicken, as it should in a few minutes, add the oil more rapidly, but stir uninterruptedly. Put in a little vinegar to reduce it to the right consistency. A pint of oil may be used with one egg and the vinegar may be added as needed. Keep the dressing on the ice until ready to serve the salad and just before using it stir in lightly the stiffly beaten white of the egg.

#### FRENCH DRESSING

1 saltspoonful salt.  
Half saltspoonful pepper.

3 tablespoonfuls salad-oil.

1 tablespoonful vinegar.

Have the ingredients and the bowl in which the dressing is to be mixed very cold; dissolve the salt and pepper in the vinegar, add the oil and stir it steadily for three minutes. The dressing should be the thickness of heavy cream if properly mixed. An excellent flavor is given to the dressing by rubbing the inside of the bowl in which it is mixed with a clove of garlic or the cut side of an onion. Use either of these seasonings with discretion, for it is easy to have too much of them.

#### BOILED SALAD DRESSING

Cream a tablespoonful of butter with one of flour, stir in a beaten egg, a teaspoonful of white sugar, a half teaspoonful each of pepper and dry mustard and four tablespoonfuls of vinegar. Put this on the range and cook at low heat, slowly, stirring constantly until the dressing is very thick, then remove it. Add a teaspoonful of salt and keep in a cool place until needed. Just before serving, thin with whipped cream to the consistency of mayonnaise. This dressing will keep in a cool place for several days, but the cream must never be put in until the dressing is to be used.

#### LOBSTER SALAD

Select rather large lobsters, as there is a good deal of waste about the small ones. Plunge them head downward into boiling water and cook for about three-quarters of an hour. Break the shells carefully, remove and throw away the stomach, the vein that runs through the tailpiece and the spongy fingers between the body and the shell. All the other meat is eatable. Cut into neat pieces, arrange it on

lettuce, cover with mayonnaise dressing and garnish with the claws of the lobster. You may eke out the supply of lobster meat by mixing with it a quarter as much chopped celery as you have lobster.

#### EXCELSIOR LOBSTER SALAD WITH CREAM DRESSING

1 fine lobster, boiled and when cold picked to pieces, or two small ones.

1 cup best salad oil.

$\frac{1}{2}$  cup sweet cream, whipped light to a cupful of froth.

1 lemon—the juice strained.

$\frac{1}{2}$  teaspoonful mustard wet with vinegar.

1 tablespoonful powdered sugar.

1 teaspoonful salt.

A pinch of cayenne pepper.

4 tablespoonfuls vinegar.

Beaten yolks of two eggs.

Beat eggs, sugar, salt, mustard, and pepper until light; then, and very gradually, the oil. When the mixture is quite thick, whip in the lemon. Beat five minutes before putting in the vinegar. Just before the salad goes to table add half the whipped cream to this dressing and stir well into the lobster. Line the salad-bowl with lettuce-leaves; put in the seasoned meat and cover with the rest of the whipped cream.

This salad deserves its name.

#### SHRIMP SALAD

Throw fresh shrimps into a pot of boiling water, cook for fifteen or twenty minutes at high heat, drain and pour cold water upon them and as soon as the shrimps are cool enough to handle remove from the shells. You may either

serve them whole or cut each into two or three pieces. Arrange on lettuce leaves in a shallow bowl and serve with mayonnaise. If you use canned shrimps turn them out of the tin an hour or two before they are to be served and keep on the ice or in a cold place until needed.

#### SALMON SALAD

Boil the salmon until thoroughly done, but not overcooked. Cut into square or oblong pieces about two or three by three or four inches in size, lay on crisp lettuce leaves, arranging some of the best of these as a border to the dish, and pour mayonnaise dressing over the salmon. A delightful addition is that of cucumbers, sliced very thin and laid on the salmon or around the dish as a garnish.

#### FISH SALAD

For this you may use a good white fish, like halibut, bass or even cod, if this is fresh and has no strong taste. Follow the directions given for Salmon Salad, and you may add a pleasing touch to the dish by flaking a sardine fine and mixing it with the mayonnaise before pouring it on the fish. Or cucumbers may be served with it as suggested for Salmon Salad.

#### LETTUCE SALAD

Pick it over carefully, throwing aside coarse and wilted leaves. Leave it on the ice or in ice-cold water for an hour before serving, dry it between folds of a clean cloth and arrange in a salad bowl. You may rub this with garlic or onion beforehand or add this to the bowl in which the French dressing for the lettuce is mixed.

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**ROMAINE, ENDIVE, CHICORY, CRESS**

Any one of these may be prepared and served precisely like Lettuce Salad.

**ASPARAGUS SALAD**

Cook asparagus in boiling water until tender, first cutting off the coarser and harder parts of the stalks. Blanch it by pouring cold water over it and when thoroughly chilled serve with mayonnaise or with French dressing.

**CUCUMBER SALAD**

Peel cucumbers, slice them very thin and lay in iced water for an hour before using. Dry between clean cloths and serve with a French dressing, first rubbing the bowl with garlic or a slice of onion or add a teaspoonful of onion juice to the dressing or a tablespoonful of minced chives.

**MACÉDOINE OR VEGETABLE SALAD**

For this you may use left-over cooked vegetables and mingle with them uncooked items. Dice cold beets, potatoes and carrots, slice a few stalks of celery and a couple of boiled onions and put with these cold green peas or string-beans. You may serve each kind of vegetable in a little mound by itself or mix all together, using lettuce leaves as a foundation in either case. Pour on the vegetables a French, Mayonnaise or boiled dressing. Almost any vegetable may be employed. Cold cauliflower is excellent and the addition of sliced tomatoes and diced cucumbers is beneficial.

### TOMATO SALAD

Pour boiling water on your tomatoes several hours before they are to be eaten, leaving them in the scalding bath only long enough to loosen the skin, remove this and put the tomatoes at once on the ice that they be thoroughly chilled before serving. Quarter or slice the tomatoes, lay them on crisp lettuce leaves or serve them by themselves, with either a French or a mayonnaise dressing.

### TOMATO BASKETS

Select large firm tomatoes; wash but do not peel them. Make baskets of them by cutting away a piece from each side of the top, leaving a strip for a handle. Scoop out the pulp, leaving thick firm walls of the outside of the tomato and fill the hollows left with cooked green peas, minced celery, chicken, sweetbreads, diced cucumbers, shrimps or what you will, first treating the filling with pepper and salt or a little French dressing. Arrange the tomato baskets on lettuce leaves, put a teaspoonful of mayonnaise on top of each and serve.

### CELERY AND APPLE SALAD

Add a cupful of tart apple cut into dice to a cupful and a half of crisp celery, cut into inch lengths. If you choose you may enrich the salad with the kernels of half a dozen walnuts cut into small bits. Serve with a mayonnaise and do not add the apple until the last moment, since fruit darkens after short exposure to the air.



## CHICKEN SALAD (1)

The white meat of a cold boiled or roasted chicken (or turkey).

Three-quarters the same bulk of chopped celery.

2 hard-boiled eggs.

1 raw egg, well beaten.

1 teaspoonful salt.

1 teaspoonful pepper.

1 teaspoonful made mustard.

3 teaspoonfuls salad oil.

2 teaspoonfuls white sugar.

$\frac{1}{2}$  teacupful vinegar.

Mince the meat well, removing every scrap of fat, gristle, and skin; cut the celery into bits half an inch long, *or less*, mix them, and set aside in a cold place while you prepare the dressing.

Rub the yolks of the eggs to a fine powder, add the salt, pepper, and sugar, then the oil, grinding hard, and putting in but a few drops at a time. The mustard comes next, and let all stand together while you whip the raw egg to a froth. Beat this into the dressing, and pour in the vinegar spoonful by spoonful, whipping the dressing well as you do it. Sprinkle a little dry salt over the meat and celery; toss it up lightly with a silver fork; pour the dressing over it, tossing and mixing until the bottom of the mass is as well saturated as the top; turn into the salad-bowl, and garnish with white of eggs (boiled) cut into rings or flowers, and sprigs of bleached celery-tops.

If you cannot get celery, substitute crisp white cabbage, and use celery vinegar in the dressing. You can also, in this case, chop a few green pickles, gherkins, mangoes, or cucumbers, and stir in.

Turkey makes even better salad than chicken.

**CHICKEN SALAD (II)**

Mix cold boiled or roast chicken, diced, with half as much celery as you have chicken, cut into inch lengths. Season it with salt and pepper and mix it with a tablespoonful each of vinegar and of oil, tossing the chicken and celery in this, so as to season them thoroughly. Arrange the chicken on lettuce leaves and heap upon it a liberal supply of mayonnaise dressing. For garnishing you may use capers, stoned olives or pimolas or sliced or quartered hard boiled eggs.

**EGG SALAD**

Boil six eggs for fifteen minutes, putting them on in cold water over high heat and continuing the cookery quarter of an hour after the boil is reached. Throw them into cold water; when chilled remove the shells, cut each egg into four pieces and serve on lettuce, with mayonnaise or boiled dressing.

**POTATO SALAD (I)**

Boil eight potatoes of medium size in their skins and do not slice until cold. Slice or chop the potatoes and add to them an onion minced fine, unless you prefer to put a teaspoonful of onion juice with the dressing. Make this by adding pepper and salt to taste to five tablespoonfuls of oil and two of vinegar. Toss and turn the potatoes in this half an hour before sending to table and serve very cold.

**POTATO SALAD (II)**

2 cups mashed potato, rubbed through a colander.  
 $\frac{3}{4}$  of a cup of chopped cabbage—white and firm.

2 tablespoonfuls cucumber pickle, also chopped.  
Yolks 2 hard-boiled eggs, pounded fine.  
Mix all well together.

### *Dressing*

1 raw egg, well beaten.  
1 saltspoonful celery-seed.  
1 teaspoonful white sugar.  
1 tablespoonful melted butter.  
1 teaspoonful flour.

$\frac{1}{2}$  cup vinegar.

Salt, mustard, and pepper to taste.

Boil the vinegar and pour it upon the beaten egg, sugar, butter, and seasoning. Wet the flour with cold vinegar, and beat into this. Cook the mixture, stirring until it thickens, when pour, scalding hot, upon the salad. Toss with a silver fork, and let it get very cold before eating.

### CABBAGE SALAD (I)

Wash a small white cabbage; lay it in cold water for half an hour and cut it into fine shreds with a sharp knife. When ready to serve pour over it a dressing made by rubbing the yolk of a hard-boiled egg to paste with half a cupful of salad oil, two tablespoonfuls of vinegar, salt and pepper to taste and a suspicion of mustard. A very good addition to this dressing is a couple of tablespoonfuls of sour cream whipped stiff and stirred in lightly at the last moment. Have all thoroughly cold.

### CABBAGE SALAD (II)

Shred the head of cabbage fine, and dress with—  
1 cup vinegar.

1 tablespoonful butter.

1 tablespoonful sugar.

2 tablespoonfuls sour cream.

A pinch of pepper, and the same of salt.

Put the vinegar, with all the ingredients for the dressing, except the cream, in a saucepan, and let them come to a boil. Pour while scalding over the cabbage, and set away until perfectly cold. Add the cream just before serving, stirring in with a silver fork.

This is a very nice preparation of cabbage, and far more wholesome than the uncooked.

#### FRUIT SALAD

Peel a sweet orange and a grapefruit and divide into small pieces and slice one banana. Put with them twenty white grapes, seeded, or the same number of stoned cherries, fresh or canned, and a dozen English walnut kernels cut up small. Serve on lettuce leaves with mayonnaise dressing. In season you may use sliced pears or peaches with the other fruits or in their stead.

## VEGETABLES

### *Rules Applicable to the Cooking of all Vegetables*

1. Have them as fresh as possible. Stale and withered ones are unwholesome and unpalatable. Summer vegetables should be cooked on the same day they are gathered, if possible.
2. Pick over and wash well, cutting out all decayed or unripe parts.
3. Lay them, when peeled, in *cold* water for some time before cooking.
4. If you boil them, put a little salt in the water.
5. Cook them steadily after you put them on.
6. Be sure they are thoroughly done. Rare vegetables are neither good nor fashionable.
7. *Drain well.*
8. Serve hot!

## POTATOES

### BOILED POTATOES (*With the skins on*)

Boil in cold water with a pinch of salt. Have them of uniform size, and cook steadily until a fork will pierce easily to the heart of the largest. Then pour off the water, every drop; sprinkle with salt and set back on the range, with the lid of the pot off. Let them dry three or four minutes; peel very quickly and serve in an uncovered dish.

*Without the Skins*

Pare very thin. The glory of a potato is its mealiness, and much of the starch, or meal, lies next the skin—consequently is lost by slovenly paring, which likewise defaces the shape. Lay in cold water for half an hour, have ready a pot of boiling water slightly salted, drop in the potatoes, and keep at a rapid boil until tender. Drain off the water, sprinkle with fine salt, and dry as just described.

## MASHED POTATOES

Old potatoes are best mashed. Pare, and let them lie in cold water from half to three-quarters of an hour. A longer time will not hurt them. Boil in hot or cold water, according to the toughness of texture. A coarse, waxy potato is best cooked in cold water. In either case, put in a pinch of salt. Drain thoroughly when done, sprinkle with salt, and mash them in the pot with a potato-beetle, or whip with a split spoon, working in a tablespoonful of butter and enough milk to make the paste about the consistency of soft dough. Leave no lumps in it, and when smooth, dish. Form into a mound with a wooden spoon, and leave dots of pepper here and there on the surface, as large as a half-dime.

*Or*

Brown by setting in the oven until a crust is formed. Glaze this with butter, and serve.

## TO BOIL NEW POTATOES

If very young, rub the skin off with a rough towel. If almost ripe, scrape with a blunt knife. Lay in cold water

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an hour, cover with cold water slightly salted, boil half an hour. Drain, salt, and dry for two or three minutes. Send to table plain.

*Or*

You may crack each by pressing lightly upon it with the back of a wooden spoon, lay them in a deep dish, and pour over them a cupful of milk, heated to a boil, in which a tablespoonful of butter has been melted.

#### TO STEW OLD POTATOES

This is a good way to cook potatoes which are so rank and tough as hardly to be eatable in any other form.

Pare and quarter, if large. Soak in cold water one hour. Put into a pot with enough cold salted water to cover them. When almost done, turn off the water, add a like quantity of milk, and bring to a boil. Before taking up, stir in a heaping tablespoonful of butter, a little salt, a handful of chopped parsley, and thicken slightly with flour previously wet in cold milk. Boil one minute, and pour all into a deep dish.

#### STEWED POTATOES

Pare, cut into dice, and soak in cold water half an hour. Stew in enough hot salted water to cover them. Before taking up, and when they are breaking to pieces, drain off half the water, and pour in a cupful of milk. Boil three minutes, stirring well; put in a lump of butter the size of an egg rolled in flour, salt to taste and a pinch of pepper; add a little parsley; boil up well and turn into a covered dish.

This is an excellent family dish. Children are usually fond of it and it is very wholesome.

## DICED BROWNE POTATOES

Peel white potatoes, cut them into good-sized dice, cook them in boiling salted water until tender, but not broken. This should require about ten minutes. Take them out with a perforated spoon so as to drain them properly, and fry to a delicate brown in good dripping. Turn two or three times while they are cooking, watching that they do not get hard or too brown; remove them from the pan, sprinkle with chopped parsley, salt and pepper, and serve.

## POTATOES AU MAITRE D'HOTEL

Slice cold boiled potatoes a quarter of an inch thick, and put into a saucepan with four or five tablespoonfuls of milk, two or three of butter, pepper, salt, and a little chopped parsley. Heat quickly, stirring all the time until ready to boil, when stir in the juice of half a lemon.

## WHIPPED POTATO

Peel and quarter twelve good-sized potatoes; lay them in cold water for half an hour; then put over the heat in boiling salted water and cook until tender. Drain off the water, sprinkle a little salt on the potatoes and set them to one side in a warm place to dry. After five minutes transfer them to a bowl and with a fork break and whip them until they are light and mealy. For each cupful of potato allow a heaping teaspoonful of butter and a tablespoonful of milk; whip these in with salt to taste and after the potato is beaten soft and creamy set the dish containing it in a hot oven for ten minutes. Potatoes prepared in this way will be very different from the stiff and soggy mashed potatoes so often served.



## BAKED POTATOES

Wash and wipe large ripe potatoes, and bake in a quick oven until tender, say from three-quarters of an hour to an hour, if of a good size. Serve in a napkin, with the skins on. Tear or cut a hole in the top when you eat them and put in a bit of butter with salt and pepper.

## POTATO PUFF

Peel, boil and mash potatoes and to two cupfuls of the mashed potato add a tablespoonful of butter, beat light, season to taste with salt and pepper. Stir in a cupful of milk and a beaten egg and bake brown in a greased pudding-dish. Have the oven at high heat for ten minutes before you put in the potato, then turn it to medium and leave it at this until the potato is done.

## DUCHESS POTATOES

To two cupfuls of mashed potatoes add a beaten egg, a tablespoonful of butter and enough milk to make the mixture as soft as it can be handled. Season to taste with salt and white pepper, and spread on a board in a sheet about an inch and a half thick. Cut into shapes with a round or a square cutter, lay these in a biscuit-tin, strew grated cheese lightly over them and brown quickly in the oven.

## POTATO CROQUETTES

Season cold mashed potato with pepper, salt, and nutmeg. Beat to a cream, with a tablespoonful of melted butter to every cupful of potato. Bind with two beaten eggs, and add a little minced parsley. Roll into oval balls, dip in

beaten egg, then in bread-crumbs, and fry in hot lard or drippings.

Pile upon a flat dish, and serve.

#### FRIED POTATOES

Pare, wash, and slice raw potatoes as thin as wafers. This can be done with a sharp knife, although there is a little instrument for the purpose to be had at the house-furnishing stores, which flutes prettily as well as slices evenly. Lay in ice-water for half an hour, wipe dry in two cloths, spreading them upon one, and pressing the other upon them. Have ready in the frying-pan boiling lard or nice dripping, fry the potatoes to a light brown, sprinkle with salt, and serve in a napkin laid in a deep dish and folded over them. To dry them of the fat, take from the frying-pan with a perforated skimmer as soon as they are brown, put into a colander and shake for an instant. They should be crisp and free from grease.

*Or*

Chop cold boiled potatoes into bits, season with pepper and salt, and fry lightly in dripping or butter, turning them constantly until nicely browned.

#### POTATOES À LA CRÈME

Put into a saucepan two tablespoonfuls of butter, a tablespoonful of parsley chopped small, salt and pepper to taste. Stir up well until hot, add a half teacupful of cream or rich milk, thicken with two teaspoonfuls of flour, and stir until it boils. Chop cold boiled potatoes, put into the mixture and boil up once before serving.

## STUFFED POTATOES

Bake large, fair potatoes until soft, and cut a round piece off the top of each. Scrape out the inside carefully, so as not to break the skin, and set aside the empty cases with the covers. Mash the inside very smoothly, working into it while hot butter and cream—about half a teaspoonful of each for every potato. Season with salt and pepper, with a good pinch of grated cheese for each; work very soft with milk, and put into a saucepan to heat, stirring, to prevent burning. When scalding hot, stir in one well-beaten egg for six large potatoes. Boil up once, fill the skins with the mixture, replacing the caps, return them to the oven for three minutes; arrange upon a napkin in a deep dish, the caps uppermost; cover with a fold of the napkin, and eat hot.

*Or*

You may omit the eggs and put in a double quantity of cheese. They are very good.

BROWNE D POTATOES (*Whole*)

Parboil and peel large, ripe potatoes, and three-quarters of an hour before a piece of roast beef, lamb, or mutton is removed from the oven, skim the fat from the gravy; put the potatoes in the dripping-pan, having dredged them well with flour. Baste them, to prevent scorching, with the gravy, and when quite brown, drain on a sieve. Lay them about the meat in the dish.

BROWNE D POTATOES (*Mashed*)

This is also an accompaniment to roast beef or mutton. Mash boiled potatoes smoothly with a little milk, pepper,

salt, and a boiled onion (minced); make into small cones or balls; flour well, and put under or beside the meat, half an hour or so before you take it up. Skim off all the fat from the gravy before putting them in. Drain them dry when brown, and lay around the meat when dished.

These are nice with roast spare-rib, or any roast pork that is not too fat.

#### POTATO CAKES

Into leftover mashed potatoes work a teaspoonful of melted butter, a little salt and pepper and, if the potato has stiffened much in cooling, add a small quantity of milk. Form into cakes, roll in flour and fry brown in shallow fat. Good dripping will answer the purpose.

#### LYONNAISE POTATOES

Cut cold boiled potatoes into inch-square pieces. Fry a small onion, sliced, in two large tablespoonfuls of good dripping and when a delicate brown lay in the potatoes—about two cupfuls—and cook until they are smoking hot and well colored. Add salt and pepper, and serve hot and dry.

#### ROAST SWEET POTATOES

Select those of uniform size, wash, wipe, and roast until you can tell, by gently pressing the largest between the finger and thumb, that it is mellow throughout. Serve in their jackets.

Sweet, as well as Irish potatoes, are very good for picnic luncheon, roasted in hot ashes. This, it will be remembered, was the dinner General Marion set before the Brit-

ish officer as "quite a feast, I assure you, sir. We don't often fare so well as to have sweet potatoes and salt."

The feast was cleansed from ashes by the negro orderly's shirt-sleeve, and served upon a natural trencher of pine-bark.

#### BOILED SWEET POTATOES

Have them all as nearly the same size as possible; put into cold water, without any salt, and boil until a fork will easily pierce the largest. Turn off the water, and lay them in the warm oven to dry for five minutes. Peel before sending to table.

*Or*

Parboil, and then roast until done. This is a wise plan when they are old and watery. Another way still is to boil until they are almost done, when peel and bake brown, basting them with butter several times, but draining them dry before they go to the table.

#### FRIED SWEET POTATOES

Parboil them, skin, and cut lengthwise into slices a quarter of an inch thick. Fry in sweet dripping or butter.

Cold boiled potatoes may be cooked in this way. Or you can chop them with an equal quantity of cold Irish potatoes, put them into a frying-pan with a good lump of butter, and stir until they are hot and slightly brown.

#### BUTTERED SWEET POTATOES

Boil sweet potatoes of medium size until tender; scrape the peel from them and cut each in two lengthwise. Lay

them in a deep hot vegetable dish and on each piece put a teaspoonful of butter. Set the dish in the oven and leave it there until the butter is melted and begins to sizzle; then send to the table.

#### SCALLOPED SWEET POTATOES

After removing the skins of cold sweet potatoes cut into slices and arrange them in a pudding dish. Pour over them half a cupful of boiling water in which you have melted a tablespoonful of butter, sprinkle in a tablespoonful of brown sugar and bake in a medium oven until heated through and browned on top.

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#### CABBAGE

##### BOILED CABBAGE

Pick off the outer green leaves, quarter, examine carefully to be sure there are no insects in it, and lay for an hour in cold water. Then put into a pot with plenty of boiling water, and cook fifteen minutes. Throw away the water, and fill up the pot from the boiling kettle. Cook until tender all through. Three-quarters of an hour will do for a good-sized cabbage when young. Late in the season you must be guided by the tenderness of the stalk. Drain well, chop, and stir in a tablespoonful of butter, pepper, and salt. Serve very hot. If you boil corned beef or pork to eat with cabbage, let the second water be taken from the pot in which this is cooking. It will flavor it nicely.

*Always* boil cabbage in two waters.

**BACON AND CABBAGE**

This, I need hardly say, is a favorite country dish at the South. The old-fashioned way of preparing it was to boil meat and cabbage together, and serve, reeking with fat, the cabbage in quarters, soaking yet more of the essence from the ham or middling about which it lay. In this shape it justly earned a reputation for grossness and indigestibility that banished it, in time, from many tables.

Yet it is a savory and not unwholesome article of food in winter, if the cabbage be boiled in two waters, the second being the "pot liquor" from the boiling meat. Drain thoroughly in a colander, pressing out every drop of water that will flow, without breaking the tender leaves; and when the meat is dished, lay the cabbage neatly about it.

When you eat, season with pepper, salt, and vinegar.

**FRIED CABBAGE**

Chop cold boiled cabbage, and drain very dry, stirring in a little melted butter, pepper, and salt, with three or four tablespoonfuls of milk. Heat all in a buttered frying-pan, stirring until smoking hot; then let the mixture stand just long enough to brown slightly on the underside. It is improved by the addition of a couple of beaten eggs. Turn out by putting a flat dish above the pan, upside-down, and reversing the latter.

**BAKED CABBAGE**

Wash and quarter a small cabbage, put it into the oven of the electric range or over low heat on the gas stove, with only the water left on the leaves from rinsing. Do not cover it. Have a slice of bread in the pot as a means of

averting the odor of the cabbage. When it has finished cooking, chop it fine, put with it a tablespoonful of butter, a scant half cupful of milk into which you have stirred a beaten egg, a teaspoonful of salt and a little pepper, turn into a buttered pudding dish, return to the oven and let it bake to a light brown.

#### LADIES' CABBAGE

Boil a firm white cabbage fifteen minutes, changing the water then for more from the boiling kettle. When tender, drain and set aside until perfectly cold. Chop fine, and add two beaten eggs, a tablespoonful of butter, pepper, salt, three tablespoonfuls rich milk or cream. Stir all well together and bake in a buttered pudding-dish until brown. Eat very hot.

I can conscientiously recommend this dish even to those who are not fond of any of the ordinary preparations of cabbage. It is digestible and palatable.

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#### CAULIFLOWER

##### BOILED CAULIFLOWER

Pick off the leaves and cut the stalk close to the bottom of the bunch of flowers. Lay in cold water for half an hour. Unless *very* large, do not cut it; if you do, quarter neatly. Tie a close net of coarse bobbinet lace or tarlatan about it to prevent breaking or bruising; put into boiling water salted, and cook until tender. Undo and remove the net, and lay the cauliflower in a hot dish. Have ready a large cupful of drawn butter and pour over it.

Take cauliflower out of the water as soon as it is done, serve quickly, and eat hot. It darkens with standing.



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**STEWED CAULIFLOWER**

Use for this dish the smaller and more indifferent cauliflowers. Cut them into small clusters; lay in cold salt and water half an hour, and stew fifteen minutes in boiling water. Turn most of this off, leaving but half a teacupful in the saucepan. Add to this a half-cupful of milk thickened with a very little flour, and two tablespoonfuls of melted butter, pepper, and salt. Stir the sauce until it boils; take out the cauliflowers with a perforated skimmer, lay in order upon a dish, and pour the sauce over them.

**SCALLOPED CAULIFLOWER**

Boil until tender, clip into neat clusters, and pack—the stems downward—in a buttered pudding-dish. Beat up a cupful of bread-crumbs to a soft paste with two tablespoonfuls of melted butter and six of milk; season with pepper and salt, bind with a beaten egg, and pour this over the cauliflower. Cover the dish closely and bake six minutes in a quick oven; brown in five more, and serve very hot in the dish in which it was baked.

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**BROCCOLI**

Pick over, wash carefully, cut off the lower part of the stems and lay in cold water, slightly salted, half an hour. Cook quickly in boiling water, with a little salt, until tender. This will be in twelve or fifteen minutes. Cook in an uncovered saucepan. Drain well, lay in a neat pile lightly heaped in the center of a dish, and pour drawn butter over it.

**BRUSSELS SPROUTS**

Pick over the sprouts, removing the wilted outer leaves and then lay in cold water for half an hour; drain and cook in as little boiling water as possible until tender. This should take about fifteen minutes. The sprouts should not be cooked until so soft as to be mushy. Turn into a colander and when well drained into a hot dish; dress with a large tablespoonful of melted butter, a saltspoonful of salt and half as much pepper. Serve very hot.

**BRUSSELS SPROUTS WARMED OVER**

Make a white sauce of a tablespoonful each of butter and flour cooked smooth together, with a cupful of milk poured on these and all stirred until smooth. In this sauce put the left-over Brussels sprouts, quartered; add a half teaspoonful of salt and a little pepper; turn into a greased pudding dish, sprinkle with crumbs, a heaping teaspoonful of butter, cut into small bits, and a tablespoonful of grated cheese. Bake to a light brown.

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**MASHED TURNIPS**

Peel and lay in cold water, slightly salted, until the water boils in the saucepan intended for them. Put them in and boil until very tender. The time will depend upon their age. Drain and mash in the colander with a wooden spoon, stirring in at the last a tablespoonful of butter with pepper and salt to taste, and serve hot.

If eaten with boiled corned beef, you may take a little of the liquor from the pot in which the meat is cooking;

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put it into a saucepan, boil up once to throw off the scum, skim clean, and cook the turnips in this.

*Or*

If the turnips are young, rub them when tender *through* the colander; add a little milk, butter, pepper, and salt; heat to boiling in a clean saucepan and serve.

#### YOUNG TURNIPS BOILED WHOLE

Pare smoothly, and trim all into the same size and shape. Lay in cold water half an hour. Put on in boiling water, with a tablespoonful of butter, and stew until tender. Drain dry, without crushing or breaking them; pile in a deep dish, and cover with a white sauce made of butter drawn in milk. Turnips should be eaten very hot always.

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#### BOILED SPINACH

Wash your spinach very thoroughly, stripping the coarser stems from the leaves. Rub the spinach vigorously between the hands in water to rid it of adhering sand and dirt. It should be washed in at least three waters. After the final rinsing put the spinach, with no other water than that which clings to it, into a cooking container with a close-fitting lid and after having added a quarter of a teaspoonful of baking-soda clamp the lid securely. Boil from fifteen to twenty minutes. When tender, drain thoroughly, chop *very* fine; put into a saucepan with a piece of butter the size of an egg, and pepper to taste. Stir until very hot, turn into a dish and shape into a flat-topped mound with a silver or wooden spoon; slice two hard-boiled eggs and lay on top.

## SPINACH À LA CRÈME

Boil and chop *very* fine, put through the meat chopper or rub through a colander. Season with pepper and salt. Beat in, while warm, two tablespoonfuls melted butter (this is for a large dish). Put into a saucepan and heat, stirring constantly. When smoking hot, add two tablespoonfuls of cream and a teaspoonful white sugar. Boil up once, still stirring, and press firmly into a hot bowl or other mold. Turn into a hot dish and garnish with boiled eggs.

## SPINACH SOUFFLÉ

To two cupfuls of boiled spinach which have been run through the meat chopper and reduced to a dry pulp, add the beaten yolks of two eggs, a tablespoonful of melted butter, salt and pepper to taste and a pinch of mace. Finally beat in lightly the whites of the two eggs, whipped stiff, turn into a buttered pudding-dish and bake in a pre-heated oven to a light brown. The oven should be at only moderate heat when the soufflé goes in and must remain at this for fifteen minutes or until the soufflé has had a chance to cook through, when the heat may be increased and the top of the soufflé lightly browned. Eat quickly, as it soon falls.

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GREEN PEAS

Shell and lay in cold water until you are ready to cook them. Put into salted boiling water, and cook from twenty minutes to half an hour. If young and fresh, the shorter time will suffice. If just gathered from your own vines and tender, season only with salt. Market peas are greatly improved by the addition of a small lump of white sugar. It

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improves taste and color. The English always put it in, also a sprig of mint, to be removed when the peas are dished. Drain well, and dish, with a great lump of butter stirred in, and a little pepper. Keep hot.

#### GREEN PEA PANCAKES

Mash and rub through a colander two cupfuls of green peas, put a tablespoonful of melted butter with them, a teaspoonful of salt and a dash of pepper, two eggs, beaten light, and a cupful of milk. Finally beat in half a cupful of flour which has been sifted with half a teaspoonful of baking powder. Cook on a griddle as you would other pancakes. These can easily be cooked on the electric table-grill.

#### GREEN PEA SOUFFLÉ

Into a cupful of boiled green peas, mashed smooth, stir the beaten yolks of two eggs, a tablespoonful of melted butter, and salt and pepper to taste, and last, beat in the whipped whites of the eggs and a tablespoonful of cream. Turn into a buttered pudding-dish and bake in the pre-heated oven at medium heat to a light brown as directed in recipe for Spinach Soufflé.

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#### ASPARAGUS (*Boiled*)

Cut your stalks of equal length, rejecting the woody or lower portions, and scraping the white part which remains. Throw into cold water as you scrape them. Tie in a bunch with soft strings—muslin or tape—and put into boiling water slightly salted. If very young and fresh, it is well to tie in a piece of coarse net to protect the tops. Boil from

twenty to forty minutes, according to the age. Just before it is done, toast two or three slices of bread, cutting off the crust; dip in the asparagus liquor, butter, and lay in a hot dish. When you take up the asparagus, drain, unbind the bundle, and heap it upon the toast, with bits of butter between the stalks, or pour White or Cream or Hollandaise sauce over them.

#### ASPARAGUS TIPS

Use for this dish only the tips of the asparagus and cut them about two inches long. Boil in hot salted water until tender, drain and turn into a deep dish, sprinkle with salt and pepper and pour a good White or Cream sauce over them. Serve very hot on toast or fried bread. The stalks may be boiled for soup.

#### ASPARAGUS PÂTÉS

Cut rounds of stale bread two inches thick, press a small circular cutter an inch or more deep into each and dig out the inside, leaving a hollow. Butter the rounds well inside and crisp them in a well-heated oven. Fill them with asparagus tips prepared by the preceding recipe and send to table smoking hot.

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#### BOILED ONIONS

Peel medium-sized white onions, lay them in cold water for an hour; put them on the heater unit, or on the gas range in enough hot salted water to cover them, and then boil at high heat for fifteen minutes. Drain off the water, add another supply and cook until tender. Keep the heat at

medium after the water comes to a boil. Drain the onions, put them into a heated dish, dress them with a tablespoonful of butter, salt and pepper and serve very hot.

#### STEWED ONIONS

Young onions should always be cooked in this way. Top, tail, and skin them, lay them in cold water half an hour or more, then put into a saucepan with hot water enough to cover them. When half done, throw off all the water, except a small teacupful—less, if your mess be small; add a like quantity of milk, a tablespoonful of butter, with pepper and salt to taste. Stew gently until tender, and turn into a deep dish.

If the onions are strong and large, boil in three waters, throwing away all of the first and second, and reserving a very little of the third to mix with the milk.

It ought to be more generally known that the disagreeable odor left by any of the onion family upon the breath may be removed by chewing and swallowing a few grains of roasted coffee. No more nutritious vegetable ever finds its way to our tables, and it is greatly to be regretted that the unpleasant result just named should deter so many from eating it. It is especially beneficial to brain-workers and nervous invalids—the very people who are least likely to taste it.

#### STUFFED ONIONS

Wash and skin large Bermuda onions. Lay in cold water an hour. Parboil in boiling water half an hour. Drain, and while hot extract the hearts, taking care not to break the outer layers. Chop the inside thus obtained very fine, with a little cold fat pork or bacon. Add bread-crumbs, pepper,

salt, mace, and wet with a spoonful or two of cream. Bind with a well-beaten egg, and work into a smooth paste. Stuff the onions with this; put into a dripping-pan with a very little hot water, and simmer in the oven for an hour, basting often with melted butter. When done, take the onions up carefully, and arrange the open ends uppermost in a vegetable dish. Add to the gravy in the dripping-pan the juice of half a lemon, four tablespoonfuls of milk, and a little browned flour wet with cold milk. Boil up once, and pour over the onions.

#### ONION SOUFFLÉ

Chop the cold onions fine, put with them two eggs beaten light, whites and yolks separately, one cupful of milk, half a teaspoonful of salt and a little pepper. Bake in a buttered pudding dish, with the oven at medium heat, until the soufflé puffs up and browns. This takes about fifteen or twenty minutes.

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#### STEWED TOMATOES

Loosen the skins by pouring scalding water upon them; peel and cut them up, extracting the cores or hard parts of the stem end and removing all unripe portions. Stew in a saucepan half an hour, when add salt and pepper to taste, a teaspoonful of white sugar and a tablespoonful of butter. Stew gently fifteen minutes longer, and serve.

Some cooks thicken the tomatoes with a little grated bread. A minced onion—a small one—improves the flavor. Another pleasant variety is to put a quarter as much green corn as you have tomatoes into the saucepan when it is first set on the fire and stew gently.



**STUFFED BAKED TOMATOES**

Choose large, smooth tomatoes, and cut a thin slice from the blossom end of each, laying it aside for further use. Scoop out the inside, and chop fine with a little grated bread, and green corn, salt, pepper, a teaspoonful white sugar, and a tablespoonful butter. Mix well, and stuff the hollowed tomatoes. Fit the tops on neatly, place in circular rows in a deep dish and bake three-quarters of an hour, to a light brown. Fill the interstices with the forcemeat if you have any left, before you bake. Do not peel the tomatoes.

**SCALLOPED TOMATOES (I)**

Drain from a can of tomatoes all the watery liquid (keep this to add to your stockpot) and turn the solid portion into a wooden bowl; chop it until it is free from lumps. Season it with half a teaspoonful of onion-juice, a teaspoonful of sugar, half a teaspoonful of salt and a pinch of pepper. Strew bread-crumbs lightly on the bottom of a buttered pudding-dish, put the tomatoes on this, over them spread another and a thicker layer of bread-crumbs, dot with a tablespoonful of butter cut into small bits, sprinkle over it a little salt and pepper and bake. Have the oven at high heat for five minutes before you put in the scallop, turn then to medium and keep the heat at this half an hour. If the tomato is not lightly browned on the top by this time, turn the heat high for five minutes longer.

**SCALLOPED TOMATOES (II)**

Peel and cut in slices a quarter of an inch thick. Pack in a pudding-dish in alternate layers, with a forcemeat made of bread-crumbs, butter, salt, pepper, and a little white

sugar. Spread thickly upon each stratum of tomatoes, and when the dish is nearly full, put tomatoes uppermost, a good bit of butter upon each slice. Dust with pepper and a little sugar. Strew with dry bread-crumbs, and bake covered half an hour; remove the lid and bake brown.

#### SCALLOP OF TOMATOES AND GREEN CORN

This is made as above, substituting for the bread-crumbs in the forcemeat green corn cut from the cob, and seasoning with a minced onion, pepper, salt, and sugar. Let the top layer be tomatoes, butter and season, and sift grated bread-crumbs over it to brown the scallop. Bake covered half an hour; uncover and leave in the oven as much longer. This time is for a large dishful.

#### BROILED TOMATOES

Select large, firm ones, and do not peel. Slice half an inch thick, and broil upon a grill or in the gas broiler. A few minutes will suffice to cook them. Have ready in a cup a tablespoonful of hot butter, seasoned with pepper, salt, a little sugar, and a quarter teaspoonful of made mustard. As soon as the tomatoes are done, dip each piece in this mixture and lay upon a hot dish. When all are dished, heat what remains of the seasoning to a boil, pour upon them, and serve at once.

#### BAKED TOMATOES (*Plain*)

Peel and slice a quarter of an inch thick. Pack in a pudding-dish, seasoning each layer with salt, pepper, butter, and a very little white sugar. Bake covered half an hour, remove the lid, and brown for fifteen minutes. Five

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minutes before taking from the oven, pour over the top three or four tablespoonfuls of milk whipped up for a few minutes with melted butter.

#### CURRIED TOMATOES

Mince fine half a small onion and cook it brown in two tablespoonfuls of butter and a teaspoonful of curry powder. When this is done lay in tomatoes sliced as directed above and cook them until tender; use high heat all the time. Season to taste with salt and pepper. These should, if possible, be accompanied by boiled rice.

#### FRIED RIPE TOMATOES

Do not peel the tomatoes for this dish, but wash them and cut them into slices at least half an inch thick. Get the pan thoroughly hot and put in enough butter to prevent the tomatoes from sticking. Begin with a tablespoonful and add more, if needed. Without changing the heat lay the tomatoes in and watch them closely, having at hand both a broad-bladed knife with which to turn them and a spoon to lift them if they slip from the knife; cook only until tender, as the slices are likely to break if cooked too long. Then sprinkle with salt before serving.

#### FRIED GREEN TOMATOES

After these are cut into thick slices they may either be cooked by the method for Fried Ripe Tomatoes or sprinkled with salt and pepper, dipped in flour and then in a raw egg beaten up with a tablespoonful of cold water and after this rolled in fine cracker-crumbs. Two tablespoonfuls of butter should be melted in the pan before the tomatoes are

laid in. Continue high heat for the cooking. The slices of tomatoes may be taken out as soon as well browned. Green tomatoes demand longer cooking than ripe, but they are less likely to soften and break. They are especially good when served with crisply grilled bacon.

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#### FRIED CUCUMBERS

Pare and lay in ice-water half an hour. Cut lengthwise, into slices *nearly* half an inch thick, and lay in ice-water ten minutes longer. Wipe each piece dry with a soft cloth, sprinkle with pepper and salt, and dredge with flour. Fry to a delicate brown in sweet clarified dripping, nice lard, or butter.

Many declare that cucumbers are never fit to eat unless fried, and they are assuredly far more wholesome than when served raw.

#### STEWED CUCUMBERS

Pare, lay in ice-water an hour; then slice a quarter of an inch thick. Pick out the seeds with a pen-knife, and put the slices into a saucepan with enough boiling water to cover them. Stew fifteen minutes, and drain off the water. Add enough from the boiling kettle to keep them from burning; season with salt and pepper, and stir carefully in a tablespoonful of butter—or two, should the quantity of cucumber be large. Stew gently ten minutes, and add half a cupful of rich milk; thicken with a little flour, boil up, and serve in a deep dish, squeezing a little lemon juice in at the last.

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**STUFFED CUCUMBERS**

Cut good-sized cucumbers in half lengthwise and remove the seeds. Fill the halves with a mixture consisting of minced chicken or veal and one-third as much bread-crumbs, softened with butter and a little milk and seasoned with salt, pepper and paprica. Lay the halves in a baking-pan with the open side up, just cover with good stock, cover the pan and bake the cucumbers tender in a moderate oven. This should take about forty-five minutes. Uncover and brown, keep the cucumbers hot while adding browned flour to the sauce in the pan, setting this on top of the stove and stirring the gravy until it thickens. Pour over the cucumbers when dished.

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**BOILED GREEN CORN**

Choose young corn, full grown, but not hard; test with the nail. When the grain is pierced, the milk should escape in a jet, and not be thick. Clean by stripping off the outer leaves, turn back the innermost covering carefully, pick off every thread of silk, and recover the ear with the thin husk that grew nearest it. Tie at the top with a bit of thread, put into boiling water salted, and cook fast from twenty minutes to half an hour, in proportion to size and age. Cut off the stalks close to the cob, and send whole to table wrapped in a napkin.

Or you can cut from the cob while hot, and season with butter, pepper and salt. Send to table in a vegetable dish.

## STEWED GREEN CORN

Cut from the cob, and stew fifteen minutes in boiling water. Turn off most of this, cover with cold milk, and stew until very tender, adding, before you take it up, a large lump of butter cut into bits and rolled in flour. Season with pepper and salt to taste. Boil five minutes, and serve.

Cold corn left from dinner should be cut from the cob and stewed a few minutes in a little milk, adding seasoning as above. Or, you can mix it with chopped cold potatoes—Irish or sweet; heat a piece of butter or beef-dripping in a frying-pan, and stir in the mixture until smoking-hot. Never throw away a good ear of sweet corn.

## CORN PUDDING

Into two cupfuls of chopped canned corn beat two eggs, whipped light, a cupful of milk to which you have added a pinch of baking-soda, a tablespoonful each of melted butter and of sugar and half a teaspoonful of salt. Turn into a greased pudding-dish and bake in a medium oven for twenty minutes, covered; uncover and brown. Serve in the dish in which it was cooked.

## GREEN CORN FRITTERS OR CAKES

Grate the corn, and allow an egg to two cupfuls, with a tablespoonful of milk or cream. Beat the eggs well, add the corn by degrees, beating very hard; salt to taste; put a tablespoonful of melted butter to every pint of corn; stir in the milk, and thicken with just enough flour to hold them together—say a tablespoonful for every two eggs. You may fry in hot lard, as you would fritters, but a better plan is to

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cook upon a griddle like batter cakes. Test a little first to see that the batter is of the right consistency.

#### CORN AND TOMATOES

Take equal quantities of green corn cut from the cob, and tomatoes sliced and peeled. Stew together half an hour; season with pepper, salt, and a *very* little sugar. Stew fifteen minutes longer, and stir in a tablespoonful of butter. Five minutes later, pour out and serve.

#### SUCCOTASH

This is made of green corn and Lima beans, although you can substitute for the latter string or butter beans. Have a third more corn than beans, when the former has been cut from the cob and the beans shelled. Put into boiling water enough to cover them—no more—and stew gently together until tender—perhaps half an hour—stirring now and then. Pour off nearly all the water, and add a large cupful of milk. Stew in this, watching to prevent burning, for an hour; then stir in a tablespoonful of butter, a teaspoonful of flour wet with cold milk, pepper and salt to taste. Boil up once, and pour into a deep vegetable-dish. If you use string-beans, string and cut up into half-inch lengths before cooking.

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#### SALSIFY OR OYSTER PLANT (*Stewed*)

Scrape the roots, dropping each into cold water as soon as it is cleaned. Exposure to the air blackens them. Cut in pieces an inch long, put into a saucepan with hot water enough to cover them, and stew until tender. Turn off nearly

all the water, and add a cupful of cold milk. Stew ten minutes after this begins to boil; put in a tablespoonful of butter cut into bits and rolled in flour; pepper and salt to taste. Boil up once and serve. The taste is curiously like that of stewed oysters.

#### SALSIFY FRITTERS

Scrape the skin from a half dozen good-sized salsify roots and having laid them in cold water for twenty minutes put them in a kettle with just enough water to cover. Cook with high heat either on the top of the electric range or on the gas flame. When the salsify is tender take it out of the kettle and set aside to cool. Then mash and using a little milk make a smooth paste. To each cupful of this paste add a tablespoonful of butter and a beaten egg. Season to taste with salt and pepper and form into cakes about the size of small fish-balls. Dredge with flour and fry to a golden brown in shallow fat in a skillet.

#### FRIED SALSIFY (*Plain*)

Cut the roots into pieces three or four inches long, put them on the stove at medium heat in enough salted boiling water to cover them and cook until tender. Drain, dry, roll in an egg beaten with a tablespoonful of water and then in cracker-crumbs and sauté in shallow fat to a good brown. Sprinkle with salt and pepper and serve hot.

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#### FRIED EGGPLANT

Slice the eggplant at least half an inch thick; pare each piece carefully, and lay in salt and water, putting a plate



upon the topmost to keep it under the brine, and let it alone for an hour or more. Wipe each slice, dip in beaten egg, then in cracker-crumbs, and fry in hot lard until well done and nicely browned.

#### STUFFED EGGPLANT

Parboil for ten minutes. Slit each down the side, extract the seeds, and lay in cold salt and water while you prepare the force-meat. Make this of bread-crumbs, minute bits of fat pork, salt, pepper, nutmeg, parsley, and a *very* little onion, chopped up together. Moisten with milk, and bind with a beaten egg. Fill the cavity in the eggplant with this; wind soft string about it to keep the slit shut, and bake, putting a little water in the dripping-pan. Baste with butter and water when the eggplant begins to cook. Test with a straw when it is tender, and baste twice at the last with butter. Lay the eggplant in a dish, add two or three tablespoonfuls of cream to the gravy, thicken with a little flour, put in a teaspoonful of chopped parsley, boil up once, and pour over the vegetable.

#### EGGPLANT WITH CHEESE SAUCE

Make a good white sauce by the directions already given and into a large cupful of the sauce stir a heaping tablespoonful of grated cheese. In the bottom of a buttered pudding-dish lay slices of fried eggplant, either hot or cold, pour part of the sauce on them, first sprinkling them with salt and pepper, repeat the layer of eggplant and the sauce until the dish is full or you have used all your materials, strewing more grated cheese thickly over the top layer. Set in a moderate oven and bake twenty minutes or until the

contents of the dish are bubbling hot, increase the heat and brown them a little.

This is such an appetizing preparation of eggplant that it is worth while to fry the eggplant especially for it, if you have not enough left over. While it is rather rich, it contains so much nutriment that it may be served at luncheon or supper or even at dinner in place of meat.

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#### BOILED CARROTS

Wash and scrape well, and lay in cold water half an hour. If large, split them, or cut across in two or three pieces. Put into boiling water, slightly salted, and boil until tender. Large ones will require nearly an hour and a half to cook. Butter well, and serve hot.

#### YOUNG CARROTS

Young carrots are different in flavor from the strong, winter carrots. Boil them for five minutes over high heat, drain them and rub the skins off them with a coarse cloth, then return to the stove and cook them at medium heat until they are tender, but not broken. Take them out and slice them lengthwise, making two pieces of a small carrot and three of a larger size. If you have two cupfuls of the carrots when sliced, heat in a frying-pan over medium heat two tablespoonfuls of butter; as soon as it bubbles lay in the carrots and fry them quickly, turning them when one side is lightly browned. Just before taking them from the pan, sprinkle over them a tablespoonful of finely minced parsley, half a teaspoonful each of salt and sugar and a few dashes of pepper.

## STEWED CARROTS

Scrape, and lay in cold water half an hour or more. Boil whole three-quarters of an hour, drain, and cut into round slices a quarter of an inch thick. Put on in a saucepan with a teacupful of broth—veal, or beef, or mutton—pepper and salt to taste, and stew gently half an hour. Just before they are done, add four tablespoonfuls of milk, and a tablespoonful of butter cut into bits, and rolled in flour. Boil up and serve.

If you have not the broth, use water, and put in a tablespoonful of butter when the saucepan is set on the stove, in addition to the quantity I have specified.

*Another Way*

Scrape and boil until nearly done. Cut into small squares, and put into a saucepan, with two small onions, minced; a little chopped parsley, pepper and salt to taste, and half a cup of rather thin butter sauce. They will require half an hour's simmering. Serve hot.

## MASHED CARROTS

Wash, scrape, and lay in cold water a while. Boil very tender in hot water, slightly salted. Drain, and mash with a beetle or wooden spoon, working in a large spoonful of butter, with pepper and salt. A little cream will improve them. Mound as you would mashed potatoes.

## CREAMED YOUNG CARROTS

Scald the carrots for five minutes in boiling water, rub off the skins with a rough cloth, slice them crosswise and

thin. Put in a saucepan over high heat two tablespoonfuls of hot water and one of butter with a little salt and pepper, lay in the sliced carrots, cover, turn the heat low and simmer for half an hour. Drain and turn over them four tablespoonfuls of milk which you have poured on an egg, beaten, cooking until the sauce thickens. Add salt and pepper and a teaspoonful of minced parsley to the sauce just before you put it on the carrots and serve all very hot.

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#### STRING OR "SNAP" BEANS

Break off the tops and bottoms and unless the beans are of the stringless variety remove the woody fiber or strings, if necessary paring the edges with a small sharp vegetable knife, cut the beans in pieces an inch long, and lay in cold water with a little salt for fifteen or twenty minutes. Drain them, and put into a saucepan of boiling water. Boil quickly, twenty minutes if well-grown—less if small—at any rate, until tender. Drain in a colander until the water ceases to drip from them. Dish with a tablespoonful of butter stirred in.

To my taste, beans *need* to have a bit of bacon boiled with them—whole, or chopped into bits that dissolve in the boiling. It mellows the rank taste you seek to remove by boiling.

#### LIMA AND BUTTER BEANS

Shell into cold water; let them lie a while; put into a pot with plenty of boiling water and a little salt, and cook fast until tender. Large beans sometimes require nearly an hour's boiling. The average time is forty minutes. Drain and butter well when dished, peppering to taste.

**DRIED BEANS**

Wash and soak over night in lukewarm water, changing it several times for warmer. If this is done the beans will require but two hours' boiling. Drain very thoroughly, pressing them firmly, but lightly in the colander with a wooden spoon; salt, pepper and mix in a large lump of butter when they are dished.

**BAKED BEANS WITH PORK**

For this recipe look for "Pork and Beans" under "Pork."

**LYONNAISE BEANS**

Soak the beans overnight, as directed for Dried Beans. In the morning put them on to cook in cold water on a steady heat. Have this at medium until they boil. Drain off the water and cover the beans with a fresh supply of cold; after this boils keep the heat low until the beans are tender, but not broken. Turn them into a colander, strew a little salt on them, and while they are drying melt in a frying-pan a generous tablespoonful of bacon or ham dripping, fry half of a sliced onion in the fat and when the onion is brown put in the beans. Stir them often and gently until they are very hot, then season with salt and pepper, sprinkle over them a tablespoonful of minced parsley and send to table. Tomato catsup or chili sauce will go very well with this dish.

**FRICASSEED BEANS**

Prepare beans by soaking and boiling them as in the preceding recipe. Heat a cupful of good gravy you have left over, or make it from bones and trimmings of meat, or use a

can of soup. Season well with onion juice, parsley, salt and pepper. Drain the water from the beans, return them to the saucepan, pour over them the gravy and simmer at low heat for fifteen or twenty minutes.

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### BOILED BEETS

Wash, but do not touch with a knife before they are boiled. If cut while raw, they bleed themselves pale in the hot water. Boil until tender—if full-grown at least two hours. When done, rub off the skins; slice round if large, split if young, and butter well in the dish. Salt and pepper to taste.

A nice way is to slice them upon a hot dish, mix a tablespoonful of melted butter with four or five of vinegar, pepper and salt, heat to boiling, and pour over the beets.

Instead of consigning the cold ones "left over" to the garbage pail, pour cold vinegar upon them and use as pickles with cold or roast meat.

### STEWED BEETS

Boil young, sweet beets, until nearly done; skin and slice them. Put into a saucepan with a minced onion and parsley, two tablespoonfuls melted butter, a like quantity of vinegar, salt and pepper. Set on the fire and simmer twenty minutes, shaking the saucepan now and then. Serve with the gravy poured over them.

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### BOILED PARSNIPS

If young, scrape before cooking. If old, pare carefully, and if large, split. Put into boiling water, salted, and

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boil, if small and tender, from half to three-quarters of an hour, if full-grown, more than an hour. When tender, drain and slice lengthwise, buttering well when you dish.

#### FRIED PARSNIPS

Boil until tender, scrape off the skin, and cut in thick lengthwise slices. Dredge with flour and fry in hot dripping or lard, turning when one side is browned. Drain off every drop of fat; pepper, and serve hot.

#### PARSNIP FRITTERS

Boil tender, mash smooth and fine, picking out the woody bits. For five large parsnips allow two eggs, one cup milk, one tablespoonful butter, one teaspoonful salt, three tablespoonfuls flour. Beat the eggs light, stir in the mashed parsnips, beating hard; then the butter and salt, next the milk, lastly the salt. Fry as fritters, or as griddle-cakes.

#### MASHED PARSNIPS

Boil and scrape them, mash smooth with the back of a wooden spoon or a potato beetle, picking out the fibers; mix in three or four spoonfuls of cream, a tablespoonful of butter, pepper and salt to taste. Heat to boiling in a saucepan and serve. Heap in a mound as you would potato cooked in the same way.

#### BUTTERED PARSNIPS

Boil tender and scrape. Slice a quarter of an inch thick lengthwise. Put into a saucepan with three tablespoonfuls melted butter, pepper and salt, and a little chopped parsley.

Stir over the heat until the mixture boils. Lay the parsnips in order upon a dish, pour the sauce over them, and garnish with parsley. It is a pleasant addition to this dish to stir a few spoonfuls of cream into the sauce after the parsnips are taken out; boil up and pour upon them.

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#### BOILED SEA KALE

Tie up in bunches when you have picked it over carefully, and lay in cold water for an hour. Put into salted boiling water, and cook twenty or thirty minutes until tender. Lay slices of buttered toast in the bottom of a dish, clip the threads binding the stems of the sea kale, and pile upon the toast, buttering it abundantly. Or you can send around with it a boat of drawn butter.

#### STEWED SEA KALE

Clip off the stems, wash well, tie in neat bunches, and when it has lain in cold water an hour or so, put into a saucepan of boiling water, slightly salted. Boil fifteen minutes, drain well, clip the threads and return to the saucepan, with a little rich gravy if you have it. If not, pour in three or four tablespoonfuls of drawn butter, pepper and salt, and simmer eight or ten minutes.

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#### BOILED ARTICHOKEs

Pare off the stems and any wilted outside leaves. Wash and lay in cold water for ten minutes, drain, lay in boiling salted water and cook at a steady heat until the bottoms are



tender. Unless the artichokes are old and tough this cooking should not require more than half an hour. Drain them, remove the fuzzy blossom-top before sending to table and pass with the artichokes Hollandaise Sauce; or French dressing may be supplied to eat with them.

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### SUMMER SQUASH

There are many varieties of this vegetable, but the general rules for cooking them are the same. Unless they are extremely tender it is best to pare them, cutting away as little as possible besides the hard outer rind. Take out the seeds, when you have quartered them, and lay the pieces in cold water. Boil until tender throughout. Drain well, pressing out all the water; mash soft and smooth, seasoning with butter, pepper, and salt. Do this quickly, that you may serve up hot.

### BAKED SQUASH

Into three cupfuls of boiled and mashed squash stir two teaspoonfuls of butter, an egg, beaten light, three tablespoonfuls of milk and pepper and salt to taste. Turn into a buttered bake-dish, strew fine crumbs over the top and cook in a steady oven to a good brown.

### SQUASH FRITTERS

Allow a cupful of milk, one beaten egg, a saltspoonful of salt and half a cupful of flour sifted with a teaspoonful of baking-powder, to two cupfuls of cold mashed squash. Bake on a griddle as you would corn fritters.

## WINTER SQUASH

Pare, take out the seeds, cut into small pieces, and stew until soft and tender. Drain, press well, to rid it of all the water, and mash with butter, pepper, and salt. It will take much longer to cook than the summer squash, and before you put it into hot water, should lie in cold at least two hours.

## VEGETABLE MARROW

This has been called a sublimated squash and is very delicate in flavor and attractive in appearance. It may be cooked by any of the recipes given for squash as well as by the following directions:

Peel the marrow, cut it into cubes and cook it in boiling salted water until tender. Drain, sprinkle with salt and pepper and pour over it a White Sauce made according to directions already supplied. Always serve squash or vegetable marrow steaming hot.

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CREAMED CELERY

Cut stalks of celery into inch lengths, put it in hot water over medium heat and cook until tender. Drain, prepare a white sauce of a tablespoonful each of butter and flour and a cupful of milk, season with a teaspoonful of salt and a little white pepper, lay the celery in this and when hot send to table.

## CELERY AU GRATIN

Turn into a buttered pudding-dish celery prepared by the preceding recipe, strew crumbs and grated cheese over the

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top, dot with bits of butter, using about a tablespoonful of this, put in a steady oven and cook until hot through and browned on top.

#### FRIED CELERY

For this the coarser stalks may be used. Cut into four or five-inch lengths, parboil, drain and cool and lay in a little butter, first rolling the stalks in egg and salted flour. Sauté in the butter to a delicate brown and serve very hot. This is an Italian dish and worth trying in this country. Grated cheese may be sprinkled over it just before serving.

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#### OKRA

Boil the young pods in enough salted hot water to cover them until tender. Drain thoroughly, and when dished pour over them a sauce of three or four spoonfuls melted butter, a tablespoonful of vinegar, pepper, and salt to taste. Heat this to boiling before covering the okra pods with it.

#### OKRA AND TOMATOES

Boil the okra pods by above directions, drain them and put with them a cupful of tomato which has been stewed until tender with a sliced onion, a stalk of celery and a sprig of parsley and rubbed free from lumps, but not strained. Season all to taste with salt and pepper. This is a pleasant addition to the list of vegetables at the housekeeper's command and may be prepared in winter from the canned okra and tomato.

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**STUFFED GREEN PEPPERS**

Cut the stem end from peppers and remove the seeds. If the peppers are very large cut them across, or in half, lengthwise. Fill them with a stuffing made of chopped meat of any sort, well seasoned, eking this out with rice or tomato, or you may make a filling of boiled rice and tomato mixed. Set the peppers in a baking dish with the open side uppermost, pour about them weak stock or diluted gravy enough to keep them from scorching, cover and bake steadily half an hour, uncover and brown. You may either serve them in the dish in which they were cooked or transfer them to a platter and thicken the gravy to pour over the peppers.

This is an attractive way of using scraps of left-overs of meat and vegetables, since almost any varieties will work in well.

**FRIED GREEN PEPPERS**

Cut open crosswise or across the length, remove the seeds, wash, dry, then roll the peppers in salted flour and fry until tender in shallow butter or good dripping. They make a nice garnish to any meat dish.

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**FRIED BANANAS**

Strip the skins from good firm bananas, roll each one in egg beaten up with a little cold water, then in flour or cracker-crumbs and sauté in hot butter, turning often until brown.

## BAKED BANANAS

Remove the skin and lay the bananas in a buttered pudding-dish and bake until they are lightly browned. Dress with a tablespoonful of butter, salt lightly and serve.

## BOILED HOMINY

The large kind, made of cracked, not ground corn, is erroneously termed "samp" by Northern grocers. This is the Indian name for the fine-grained. To avoid confusion, we will call the one large, the other small. Soak the large over night in cold water. Next day put it into a pot with at least two quarts of water to a quart of the hominy, and boil slowly three hours, or until it is soft. Drain in a colander, heap in a deep dish, and stir in butter, pepper, and salt.

Soak the small hominy in the same way, and boil in as much water, slowly, stirring very often, almost constantly at the last. It should be as thick as mush, and is a good and exceedingly wholesome dish, especially for children. The water in which it is boiled should be slightly salt. If soaked in warm water, and the same be changed once or twice for warmer, it will boil soft in an hour. Boil in the last water.

## FRIED HOMINY (I)

If large, put a good lump of butter or dripping in the frying-pan, and heat. Turn in cold boiled hominy, and cook until the under side is browned. Place a dish upside down on the frying-pan and reverse the latter, that the brown crust may be uppermost.

Eat with meat.

## FRIED HOMINY (II)

Soak two cupfuls of fine hominy overnight or for several hours. When ready to cook just cover it with slightly salted boiling water and simmer for an hour. Then drain off any water which has not boiled away. While the hominy is still warm turn it into a deep square tin with straight sides. When it is perfectly cold cut into slices an inch thick, roll these in flour, or if you can spare an egg mix one with a tablespoonful of cold water and dip each slice in this before rolling it in fine cracker-crumbs, using high heat for this. Fry to a good brown in shallow fat.

## HOMINY CROQUETTES

Boil small hominy in a little salted water. When it is cooked turn it into a pan or dish to cool. When cold work into a heaping cupful of the hominy a tablespoonful of melted butter, an egg, a teaspoonful of sugar and half as much salt. Beat this until it is well blended, then form into croquettes. Roll the croquettes in flour when made and set in a cool place until firm. An hour should suffice. Heat in a saucepan enough fat to allow the croquettes to float in it, keep the heat continuously high, and when the fat is hot enough instantaneously to brown a piece of bread dropped into it, put in the croquettes, a few at a time, and cook to a golden brown. Drain on soft paper in a colander.

## BAKED HOMINY

To a cupful of cold boiled hominy (small kind) allow two cups of milk, a heaping teaspoonful of butter, a teaspoonful of white sugar, a little salt, and two eggs. Beat the eggs very light, yolks and whites separately. Work the

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yolks first into the hominy, alternately with the melted butter. When thoroughly mixed, put in sugar and salt and go on beating while you soften the batter gradually with the milk. Be careful to leave no lumps in the hominy. Lastly stir in the whites, and bake in a buttered pudding-dish until light, firm, and delicately browned.

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### BOILED RICE

Wash a cupful of rice in a colander, letting the water run through it and put it in a saucepan with at least two quarts of water. Three quarts would be none too much. Set the saucepan over a high heat or flame and put in a teaspoonful of salt and then the washed rice. Keep the water at a hard boil until the rice is done, shaking the saucepan occasionally or stirring up from the bottom with a fork to be sure the rice does not stick. Test a grain from time to time between the thumb and finger and when the rice is tender, turn off the water, putting it aside for the soup-pot, set the rice in a colander over a saucepan with just enough water to prevent injury to the vessel and keep this on low heat until the rice is dry. Serve very hot. Each grain should be firm, white and distinct.

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### PILAFF (I)

Heat together a cupful of well-seasoned white stock from chicken, veal or lamb with the same quantity of strained tomato liquor. Put it in a saucepan on the stove with four tablespoonfuls of washed rice and cook over medium heat, after the boil has been reached, until the rice is soft and has absorbed all the liquid. Add a heaping tablespoonful of but-

ter, salt and paprica to taste, cook for two minutes and serve. Pass grated cheese with this.

#### PILAFF (II)

Heat to boiling a pint of chicken stock or soup. You may use either the liquor in which you have cooked a chicken or a pint can of a good brand of chicken soup. Wash a cupful of dry rice, put it into the soup when it boils and cook at medium heat until the stock is absorbed and the rice soft. When the rice has simmered fifteen minutes stir in a half teaspoonful of onion juice and salt and pepper to taste. Drain in a colander, turn out on a dish that will stand the fire, shaping the rice into a mound, strew grated cheese on it and set it in your very hot oven until the cheese melts. It is especially good if a mushroom sauce is served with it.

You may vary this by making it with the liquid in which giblets were cooked, chopping the giblets, seasoning them well and mixing them with the rice before mounding it.

#### PILAFF (III)

Wash a cupful of rice in several waters, very thoroughly, and dry between two clean cloths. It must be bone-dry. Heat two tablespoonfuls of butter in a frying-pan; cook the rice in this until each grain is lightly browned. Have ready in a saucepan three pints of well-seasoned stock from chicken or lamb, put the rice into it and simmer until all the liquid is absorbed. Add salt and paprica if necessary. Should there be bits of meat in the stock, let them remain and you may even add half a cupful or more of meat fragments if you wish a combined meat and vegetable dish. Serve hot.



**RICE AND GREEN PEPPERS**

Fry green peppers by the recipe already given, cutting them in strips before cooking them and turn the peppers and the butter in which they were cooked over the boiled rice after you have put it in a hot dish. Let it stand in the oven for a moment before serving.

**SPANISH SAUCE**

Boil rice as above directed. Fry two medium-sized onions, sliced, in a large tablespoonful of bacon dripping or butter, put these and two chopped green peppers with the rice, add two cupfuls of stewed tomatoes freed from lumps, and season to taste with salt and paprica. Turn into a buttered pudding-dish, strew fine crumbs over the top, bake covered for twenty minutes, uncover and brown. If the mixture seems too stiff when you put it in the dish, soften it with more tomato. If you wish you may add to it a few chopped olives or pimolas.

**RICE CROQUETTES**

Wash and boil a cupful of rice in two quarts of salted water. Have the water at a hard boil when the rice goes in; cook for twenty minutes at a vigorous boil, or until a grain of the rice is soft when pinched between the thumb and finger; then drain off the water and work into the hot, dry rice half a cupful of milk, the beaten yolks of two eggs, a teaspoonful of butter and half as much salt. Set aside until the mixture is cold and then form with the hands into croquettes. Roll these in an egg beaten with a tablespoonful of water and then in crumbs and let them stand where it is cool for a couple of hours. Fry in deep fat at high heat on

the heater unit of your electric range or on the gas stove until the croquettes are brown. Take them out with a split spoon, drain on soft paper in a colander and serve very hot.

#### RISOTTO

Fry a small sliced onion brown in a tablespoonful of butter or of pork or beef dripping. In Italy, the original home of this dish, olive oil would be used. When the fat is hot add to it a pint of hot water and a cupful of unpolished rice, which has been washed and picked over. Up to now the heat should have been high; turn it to medium and after the rice has been added let it boil until soft, adding a little more water if the first supply cooks away before the rice is done. Free a cupful of stewed tomato from lumps, put with it a teaspoonful of sugar and stir into the rice. When this is soft season with a teaspoonful of salt and a little pepper, turn into a hot dish, strew over it a tablespoonful of grated cheese and serve.

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#### BAKED MACARONI

Break half a pound of pipe macaroni in pieces an inch long, and put into a saucepan of boiling water slightly salted. Stew gently twenty minutes. It should be soft, but not broken or split. Drain well and put a layer in the bottom of a buttered pie or pudding-dish; upon this grate mild, rich cheese, and scatter over it bits of butter. Spread upon the cheese more macaroni, and fill the dish in this order, having macaroni at the top, buttered well, without the cheese. Add a few spoonfuls of cream or milk, and a very little salt. Bake covered half an hour, then brown and serve in the bake-dish.

STEWED MACARONI (*Italian Style*)

Break the macaroni into inch lengths, and stew twenty minutes, or until tender. Prepare the sauce beforehand. Cut half a pound of beef into strips and stew half an hour. The water should be cold when the meat is put in. At the end of that time add a minced onion and a pint of tomatoes peeled and sliced. Boil for an hour and strain through a colander when you have taken out the meat. The sauce should be well boiled down by this time. You do not want more than a pint for a large dish of macaroni. Return the liquid to the saucepan, add a good piece of butter, with pepper and salt, and stew until you are ready to dish the macaroni. Drain this well, sprinkle lightly with salt, and heap in a dish. Pour the tomato-sauce over it; cover and let it stand in a warm place ten minutes before sending to table. Send around grated cheese with it. The Italians serve the meat also in a separate dish as a ragout, adding some of the sauce, highly seasoned with pepper and other spices.

## SPANISH MACARONI

Break macaroni into pieces about three inches long, boil it in salted water until it is clear, turn it into a colander and pour over it cold water to free it from any flour that may adhere to it. Heat in a saucepan a cupful of good gravy from lamb, mutton, beef or poultry, or if you have none left over make some from any trimmings of meat that may be in the house. Put with this a cupful of tomato liquor, a green pepper, seeded and chopped fine, season with a teaspoonful each of onion-juice and sugar, salt and pepper to taste, and in this sauce lay the macaroni. Turn the heat

low and let the macaroni simmer for half an hour before serving. Pass grated cheese with it.

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### CREAMED SPAGHETTI

Break spaghetti into two-inch lengths. This also should be cooked in boiling salted water until tender. Drain as directed above. Have ready a cupful of white sauce made by cooking together a tablespoonful each of butter and of flour to bubbling and pouring on them a cupful of milk. Stir until thick, add a tablespoonful of grated cheese and as soon as this is melted season with a teaspoonful of salt and a saltspoonful of paprica and pour over the hot spaghetti.

If you prefer you can make a tomato sauce for the spaghetti by using tomato liquor instead of milk. In that case add half a teaspoonful of sugar to take off the acidity of the tomato.

### SPAGHETTI CROQUETTES

Have salted water boiling on the range. Break into short lengths two cupfuls of spaghetti and put it into the boiling salted water. As soon as the boil is regained turn the heat to medium and keep it at this until the spaghetti is tender but not so soft as to be mushy. Lay it in a colander and blanch by running cold water over it, then drain. Make a white sauce by cooking together a tablespoonful of butter and one of flour in a saucepan until they bubble; pour on them half a pint of milk and cook until the sauce is thick and smooth. Add to this the spaghetti, season with a teaspoonful of salt and a saltspoonful of white pepper and stir in two tablespoonfuls of grated cheese before you take the saucepan from the range. Turn into a flat dish and set aside until

cold and stiff; form into small croquettes with the hands; roll in egg and fine crumbs and fry in deep fat.

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### MUSHROOMS

*Imprimis.*—Have nothing to do with wild mushrooms until you are an excellent judge between the true and false. That sounds somewhat like the advice of the careful mother to her son, touching the wisdom of never going near the water until he learned how to swim—but the caution can hardly be stated too strongly. The good mushrooms are most plenty in August and September and spring up in the open, sunny fields or commons, after low-lying fogs or soaking dews. The top is a dirty white,—*par complaisance*, pearl-color—the under side pink or salmon, changing to russet or brown soon after they are gathered. The poisonous sport all colors, and are usually far prettier than their virtuous kindred. Those which are dead-white above and below, as well as the stalk, are also to be let alone.

### STEWED MUSHROOMS

Choose mushrooms of uniform size. Peel them and cut off the stalks. Put into a porcelain saucepan, cover with cold water, and stew very gently fifteen minutes. Salt to taste; add a tablespoonful of butter, divided into bits and rolled in flour. Boil three or four minutes; stir in three or four tablespoonfuls of cream whipped up with an egg, stir two minutes without letting it boil, and serve.

*Or*

Peel them, stew in water ten minutes; strain partially, and cover with as much warm milk as you have poured off

water; stew five minutes in this; salt and pepper, and add veal or chicken gravy, or drawn butter as required. Thicken with a little flour wet in cold milk, and a beaten egg.

#### BAKED MUSHROOMS

Take fresh ones,—the size is not very important,—cut off the stalks, and peel the tops. Arrange neatly in a pie-dish, pepper and salt, sprinkle a little mace among them, and lay a bit of butter upon each. Bake about half an hour, basting now and then with butter and water, that they may not be too dry. Serve in the dish in which they were baked, with *maitre d'hôtel* sauce poured over them.

#### BROILED MUSHROOMS

Peel the finest and freshest you can get and cut the stems close. Put into a deep dish and anoint well, once and again, with melted butter. Salt and pepper, and let them lie in the butter an hour and a half. Broil them on the electric grill or in the broiler of the gas oven, turning them as they brown; serve hot, with a dressing of butter, pepper and salt.

#### MUSHROOM SAUTÉS

Cut the stalks from large mushrooms of uniform size, peel them and lay them in two tablespoonfuls of melted butter in a frying pan. This amount of butter should suffice for half a pound to a pound of mushrooms. Cover the pan, set it on low heat and let the mushrooms cook until tender—the length of time will depend upon the age and toughness of the mushrooms. Serve on toast and pour over them the butter and juice in which they were cooked.

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You can vary this recipe by putting a tablespoonful of Maitre d'hôtel Sauce on the mushrooms after they are cooked.

#### FRIED MUSHROOMS AND BACON

Lay half a dozen slices of thinly cut bacon in a cold frying pan, let it heat gradually and cook until the bacon is crisp but not until brittle and crumbly. Take it out, keep it hot, lay in the fat half a pound of mushrooms, prepared as directed and cook until soft. Serve them on toast, after peppering them lightly, and garnish with the bacon.

#### SCALLOPED MUSHROOMS

Cut the stems from half a pound of fresh mushrooms, peel them and cook five minutes in just enough boiling salted water to cover them. While they are simmering make a sauce of two tablespoonfuls of butter, one of flour and a half pint of rich milk; drain the mushrooms and cut them in quarters. Add them to the sauce, season to taste with salt and pepper and fill nappies with the mixture; set in the oven after sprinkling fine crumbs on top, and brown lightly.

#### MUSHROOM PATÉS

Prepare the mushrooms by the preceding recipe and instead of baking them in nappies, use them to fill pastry shells, making these hot and setting them in the oven for a few minutes after they are filled.

## EGGS

THE egg shares with milk the honor of being one of the so-called "perfect foods," which means that it contains all that is necessary to support life. Even at their highest cost eggs are seldom as expensive as meat and they may be so cooked as to be appetizing as well as nourishing. You cannot altogether blame your family if they weary of eggs scrambled, boiled, poached and fried and there is no excuse for their always appearing in one or another of these forms. In Paris there is a restaurant—and there is another in New Orleans—where the chefs boast of preparing eggs in a hundred different ways and I have known housekeepers in private life who had nearly as many egg recipes at their command.

Among the directions given below are some for dishes which will be acceptable as the main item at dinner as well as at luncheon or supper if properly balanced with soup, vegetables and dessert.

Eggs in any form, more than most dishes, require to be served very hot and the moment they are done, not allowed to cool between the kitchen range and the plate of the eater. This is one reason why the electric table-stove is so admirable for the cookery of eggs—there is no time wasted in the transit of the food.

### BOILED EGGS

Put into a saucepan of *boiling* water with a tablespoon, not to break or crack them. Only a slovenly cook, or a



careless one, drops them in with her fingers. Boil steadily three minutes, if you want them soft—ten, if hard.

Another way is to put them on in cold water, and let it come to a boil, which will be in ten minutes. The inside, white and yolk, will be then of the consistency of custard.

### CODDLED EGGS

When cooked properly, coddled eggs are of a custard-like consistency throughout and very different from ordinary boiled eggs. To prepare them in this manner fill a broad bottomed sauce-pan with sufficient water to cover the number of eggs you wish to cook and place it upon your range. Using high heat bring to a boil. When the water has reached this point, put in the eggs, re-cover and turn off the heat. Let the eggs stand in the hot water for ten minutes and serve.

### DROPPED OR POACHED EGGS

Strain boiling water into a frying-pan, which must be perfectly clean. The least impurity will mar the whiteness of the eggs. When the water boils, break the eggs separately into a saucer. Take the frying-pan off, and slip the eggs, one by one, carefully upon the surface. When all are in, put back over the fire and boil gently three minutes. Take out with a perforated skimmer, drain, and lay upon slices of buttered toast in a hot dish. Garnish with parsley, and dust with pepper and salt.

### POACHED EGGS À LA CRÈME

Nearly fill a clean frying-pan with water boiling hot; strain a tablespoonful of vinegar through cheesecloth, and add to the water with a little salt. Slip your eggs from the

saucer upon the top of the water (first taking the pan from the fire). Boil three minutes and a half, drain, and lay on buttered toast in a hot dish. Turn the water from the pan and pour in half a cupful of cream or milk. If you use the latter, thicken with a very little cornstarch. Let it heat to a boil, stirring to prevent burning, and add a tablespoonful of butter, pepper and salt. Boil up once, and pour over the eggs. A better way still is to heat the milk in a separate saucepan, that the eggs may not have to stand. A little broth improves the sauce.

#### POACHED EGGS WITH SAUCE

Make the sauce by putting half a cupful of hot water in a saucepan, with a teaspoonful of lemon-juice, three tablespoonfuls of veal or chicken broth (strained), pepper, salt, and a tablespoonful of butter, with a little minced parsley. Boil slowly ten minutes, and stir in a well-whipped egg carefully, lest it should curdle. Have ready poached eggs in a deep dish, and pour the sauce over them.

#### CREAMED EGGS (I)

Melt a tablespoonful of butter in a saucepan on the range, add six drops of onion-juice and a tablespoonful of flour. When the mixture bubbles stir in a cupful of hot milk and as soon as your sauce is smooth add six eggs which you have beaten without separating whites and yolks. Season with salt and pepper, stir until you have a light white and yellow mass almost stiff enough to stand alone. Have ready slices of toast, each topped with a thin slice of boiled ham, and heap the eggs on these. It is an improvement to the dish if the ham can be laid in the frying-pan long enough to be lightly crisped.

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### CREAMED EGGS (II)

Heat a cupful of milk and melt in it a tablespoonful of butter. When the milk bubbles around the edges break into it as many eggs as you can get in without crowding, putting them in carefully so as to keep yolk and white distinct. Cook until the eggs are firm, dipping up the milk with a spoon and pouring it over them. Season with salt and pepper and when the eggs are done lift them out, one at a time, placing each on a slice of toast. Pour over them the milk left in the pan.

### SCRAMBLED EGGS

Put a good piece of butter in a frying-pan, and when it is hot drop in the eggs, which should be broken whole into a bowl. Stir in with them a little chopped parsley, pepper and salt, and keep stirring to and fro, up and down, without cessation, for three minutes. Turn out at once into a hot dish, or upon buttered toast and eat without delay.

### FRIED EGGS

Heat in your frying-pan two large tablespoonfuls of clarified dripping or bacon or ham fat or the same quantity of butter and when it is hissing hot drop in your eggs, one after another. When set, if you wish to have eggs fried on both sides slip a cake-turner or broad-bladed knife under each one and turn to cook the under side. Dust with salt and pepper after they are on the hot dish.

### BAKED EGGS

Break as many eggs as are needed into a buttered dish, taking care that each is whole, and does not encroach upon

the others so much as to mix or disturb the yolks. Sprinkle with pepper and salt, and lay a bit of butter upon each. Put into an oven and bake until the whites are well set. Serve very hot with rounds of buttered toast.

#### FLORENTINE EGGS

Heat a tablespoonful of butter; when it melts stir into it six eggs which you have beaten lightly with half a cupful of cold water. As soon as they begin to thicken add to them two tablespoonfuls of grated cheese, cook until this melts and before serving season with a teaspoonful of salt and sprinkle paprica over the top.

#### ITALIAN EGGS

Have ready a half cupful of boiled macaroni or spaghetti, cut into small pieces—the left-over from baked macaroni-and-cheese will answer—and half a cupful of rather thick tomato which you have seasoned with a teaspoonful of sugar and a few drops of onion-juice. Melt a tablespoonful of butter over steady heat and put in the tomato, and when this is hot, add six eggs, lightly beaten. Stir steadily and as soon as the mixture begins to thicken add the spaghetti or macaroni, a tablespoonful of grated cheese, a teaspoonful of salt and a little pepper. Serve when the contents of the pan are smoking hot.

#### SPANISH EGGS

For this you will need half a cupful of good gravy or stock, a cupful of stewed tomato, free from lumps, a green pepper, seeded and minced, half a dozen stoned olives, chopped, a quarter teaspoonful of onion-juice and a tablespoonful of

butter. Cook together and when they are very hot put into them six eggs, beaten slightly; as soon as these are well mixed add a couple of hard-boiled eggs, coarsely chopped. Cook until the raw eggs thicken, season with a teaspoonful of salt and a pinch of red pepper.

### EGGS WITH MUSHROOMS

Stem and peel half a pound of fresh mushrooms, cut them small and cook them in a large tablespoonful of butter. When they are tender pour upon them five eggs beaten light with two tablespoonfuls of milk; stir until the eggs thicken. Season with salt and pepper and serve smoking hot on thin slices of buttered toast.

### SHIRRED EGGS

Butter small nappies and break an egg into each one. Put in a pan of boiling water and set this on the heat until the white is firm. Lay a bit of butter on top of each, sprinkle lightly with salt and pepper and send to table at once. Eat from the nappies.

### TOMATOES AND SHIRRED EGGS

Drain the liquor from a can of tomatoes and put it aside for soup or sauce. Chop the solid portion until it is free from lumps and then set it over the fire and stew to a pulp, at a gentle heat. Season with half a teaspoonful of onion juice, a teaspoonful of white sugar and one of salt, a quarter teaspoonful of celery salt and a little paprica. Spread the tomato in the bottom of small nappies, break an egg into each nappy, taking pains to keep yolk and white separate; dust with pepper and salt; set in the deep pan of your electric

grill or in the gas oven, cover and bake until the eggs are firm. If you prefer you may use a large dish, masking the bottom of the dish with the tomato, and break several eggs on top of this.

#### EGGS IN CHICKEN GRAVY

Season well a cupful of chicken gravy, half fill buttered nappies with it; break into each nappy an egg, season with salt and pepper and over the top of the egg pour carefully gravy to fill the dish. Bake as directed in previous recipe until eggs are set, and serve very hot in the nappies. Eggs may be baked in any well-seasoned gravy or in tomato or cream sauce.

#### BAKED EGGS IN MILK

Follow the preceding recipe, substituting for the gravy milk you have seasoned to taste with salt, pepper and, if you like the flavor, a few drops of onion juice. Sprinkle grated cheese thickly over the top just before putting the eggs in the grill or oven and bake until the cheese is melted.

#### EGGS BAKED WITH CHEESE

Have a deep pan filled with boiling water. Into each one of as many nappies as the pan will hold put enough grated cheese to cover the bottom of the dish, break an egg in each, cover it with more grated cheese, sprinkle on a little salt and paprica, put a teaspoonful of cream or rich milk on each egg, arrange the nappies in the boiling water, cover and cook until the eggs are set. Eat from the nappies.

## BAKED BREADED EGGS

Butter well the inside of the nappies to be used in preparing eggs in this manner and line thickly with soft crumbs. Break an egg into each nappy, dust with salt and pepper and set the nappies in a deep pan which has been half filled with boiling water. Cover, and using high heat cook until the eggs are firm.

## SCALLOPED EGGS

Make a force-meat of chopped ham, fine bread-crumbs, pepper, salt, a little minced parsley, and melted butter. Moisten with milk to a soft paste, and half fill patty-pans or scallop-shells with the mixture. Break an egg carefully upon the top of each, dust with pepper and salt, and sift very finely powdered cracker over all. Set in the oven, and bake until the eggs are *well* set—about eight minutes. Eat hot. They are very nice. You can substitute tongue for the ham.

## STIRRED EGGS (I)

Heat a cupful of good gravy or soup in a saucepan, add to it a scant tablespoonful of butter and bring to a boil. Stir in then from four to six eggs which have been beaten enough to mix whites and yolks and continue stirring for three minutes or until the mixture thickens. Sprinkle with salt, pepper and minced parsley unless the gravy or stock is adequately seasoned, and serve on squares or rounds of hot buttered toast or fried bread.

## STIRRED EGGS (II)

Put a good lump of butter into the frying-pan. When it is hot, stir in four or five well-beaten eggs, with pepper,

salt, and a little parsley. Stir and toss for three minutes. Have ready to your hand slices of buttered toast (cut round with a tin cake-cutter before they are toasted); spread thickly with minced tongue, chicken, or ham. Heap the stirred egg upon these in mounds, and set in a hot dish garnished with parsley and pickled beets.

#### EGGS AU LIT

Mince cold fowl—chicken, turkey, or duck (or cold veal and ham in equal quantities)—very fine, adding melted butter, pepper, salt, minced parsley and a beaten egg. Warm in a frying-pan when it is well mixed, stirring in a little hot water should it dry too fast. Cook five minutes, stirring to keep it from scorching or browning. Form, on a hot platter or flat dish; into a mound, flat on top, with a ridge of the mixture running all around. It is easily moulded with a broad-bladed knife. In the dish thus formed, on the top of the mince-meat, lay as many poached eggs as it will hold, sprinkling them with pepper and salt. Arrange triangles of buttered toast in such order, at the base of the mound, that they shall make a pointed wall against it.

#### EGGS IN THE NEST

Beat the whites of five eggs very stiff, taking care not to mix the yolks with them. Heap the beaten whites into buttered nappies, drop a yolk in the center of each, add a teaspoonful of butter, sprinkle lightly with salt and pepper and set the nappies in either the oven of an electric range or in the gas oven. Bake until the yolks are set and the whites slightly browned. This should take about ten minutes. Whether you bake these eggs in an electric range oven or in a gas oven be sure to pre-heat thoroughly.



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### BREADED EGGS

Boil hard, and cut in round thick slices. Pepper and salt; dip each in beaten raw egg, then in fine bread-crumbs or powdered cracker, and fry in nice dripping or butter, hissing hot. Drain off every drop of grease, and serve on a hot dish for breakfast, with a white sauce poured over them.

### EGG CUPS

Cut six eggs in two after boiling hard and cut a thin slice off the top of each half so that it will stand on end. Arrange the eggs thus on a platter, set them in the oven until hot and pour over them a tomato or cream sauce or any good, well-seasoned gravy you may happen to have in the house.

### SAVORY EGGS

Boil six eggs hard and cut into thick slices. Heat half a cupful of tomato pulp with as much good gravy, a tablespoonful of butter and a tablespoonful of Worcestershire sauce. Season with salt and pepper, lay the eggs in it and leave them until heated through, but not long enough to cook to pieces.

### LYONNAISE EGGS

Boil six eggs hard and slice them, making four slices of each egg, cutting across the length. Melt two tablespoonfuls of butter and cook in it a small onion sliced very thin. When this begins to brown add half a cupful of milk into which you have stirred two teaspoonfuls of flour, carefully, that it may not lump, and as soon as the sauce thick-

ens, put in the eggs. Season with a teaspoonful of salt and a couple of dashes of pepper, add a teaspoonful of minced parsley and serve when the eggs are hot through.

#### STUFFED EGGS

Boil six eggs, cut them in two crosswise, take out the yolks, work these to a paste with butter, pepper and a little ham ground fine, return the seasoned yolks to the halved whites, dip the edges in beaten white of egg and press them together so that you have the egg apparently whole. Roll the eggs in the yolk of an egg beaten with a tablespoonful of cold water and then in crumbs and fry in deep fat to a golden brown.

#### EGG CROQUETTES

Boil the eggs to be used for this dish until they are hard. While they are still hot, having removed the shell, dip each one in a batter made by melting a tablespoonful of butter in a cupful of warm water, stirring into this a cupful of flour sifted with a half a teaspoonful of baking powder and a pinch of salt, and lastly the stiffly beaten white of an egg. Fry the eggs in deep fat after they have been dipped in the batter until they are a good brown, continuing to use high heat to keep the fat hot enough. Serve these eggs either with a gravy or white sauce.

#### CURRIED EGGS

Make a white sauce by cooking together a tablespoonful each of butter and flour until they bubble, adding a teaspoonful of curry powder to the flour and putting in half a teaspoonful of onion juice as soon as the butter is hot.

When they are blended and bubbling, add half a pint of milk and as soon as the sauce is smooth and thick lay in four or five hard-boiled eggs, cut in thick slices, sprinkling in at the same time a quarter teaspoonful of salt. Stir very little, lest you break the egg-rounds. If possible, serve boiled rice with these eggs.

#### SCOTCH WOODCOCK

Make by the above rule, omitting the curry powder and the onion juice and substituting a teaspoonful of anchovy paste, rubbed into the butter and flour. Follow the same procedure with the eggs, but use no salt—the anchovy paste will obviate the need for this.

#### GOLDEN EGGS

Again, make a white sauce, but this time only with butter, flour and milk in the usual proportions. Have ready from four to six eggs boiled hard, remove the whites from the yolks, chop the former and stir them into the white sauce, pour this on hot buttered toast or fried bread, after seasoning the egg mixture adequately with salt and pepper, and put the yolks through a ricer on the top of the whites and sauce. Set in the oven for three minutes that the eggs may be smoking hot when they go to the table.

#### PLAIN OMELET

Beat together the whites and yolks of four eggs, add to them two tablespoonfuls of milk or of water, half a teaspoonful of salt and a little pepper. Melt in the omelet pan a tablespoonful of butter, turn in the eggs and cook, slipping a broad-bladed knife under the edge of the omelet from time

to time and tipping the pan that the butter may run from one side to the other. Use high heat and when the omelet appears firm on top, with your knife fold one half over the other and serve the omelet from the pan.

#### FROTHED OMELET

Beat six eggs very light, the whites to a stiff froth that will stand alone, the yolks to a smooth thick batter. Add to the yolks a small cupful of milk, pepper, and salt; lastly stir in the whites lightly. Have ready in a hot frying-pan a good lump of butter. When it hisses, pour in your mixture gently and set over a clear fire. It should cook in ten minutes at most. Do not stir, but contrive, as the eggs set, to slip a broad-bladed knife under the omelet to guard against burning at the bottom. When done, lay a hot dish bottom upward on the top of the pan, and dexterously reverse the latter to bring the browned side of the omelet uppermost. Eat soon, or it will fall.

To prevent quick falling of the omelet mix with the eggs the crumb of an ordinary-sized slice of bread, which has been soaked for ten minutes in the milk or water which is to be put with the omelet and beat this in with the yolks of the eggs. For Plain Omelet it can be mixed with the un-separated eggs. The bread will not alter the texture of the omelet to an appreciable extent and will save it from the rapid decline and fall which make an omelet heavy and leathery.

#### OMELET WITH HAM, TONGUE, OR CHICKEN

Make precisely as above; but when it is done, scatter thickly over the surface minced ham, tongue, or seasoned chicken, slip your broad knife under one side of the omelet

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and double in half, enclosing the meat. Then reverse the frying-pan upon a hot dish.

*Or*

You can stir the minced meat into the omelet after all the ingredients are put together, adding, if you like, a little chopped parsley.

#### CAULIFLOWER OMELET

Chop cold cauliflower very fine, and mix in when your omelet is ready to go into the pan. Season highly with cayenne pepper and salt.

#### ASPARAGUS OMELET

Is made of the tops only, minced and seasoned, and stirred in as is the cauliflower. Tomato omelet has stewed tomato spread over the surface, and is then doubled in half.

#### OMELET AUX FINES HERBES

After the yolks and whites are mixed together with the milk, stir in, with two or three strokes of the spoon or whisk, two tablespoonfuls of chopped parsley, green thyme, and sweet marjoram, with pepper and salt. Fry instantly.

#### CHEESE OMELET

Grate dry cheese, and having mixed the omelet as usual, stir in the cheese with a swift turn or two of the whisk, and at the same time a little chopped parsley and thyme. If you beat long the cheese will separate the milk from the eggs. Cook at once.

*Or*

Make the omelet in the usual way; grate cheese upon it and fold it over.

Other savory omelets may be made with the addition of different kinds of filling. A couple of left-over sausages may be minced; shad roes may be parboiled, blanched and crumbled; mushrooms cooked, drained and minced; the half cupful of peas or corn remaining from dinner may be utilized. Either stir these remnants in with the egg mixture and cook all together, or heat the filling separately and pour it on the omelet just before folding it and sending it to the table.

#### BAKED OMELET

Prepare as for either the Plain Omelet or the Frothed Omelet, turn into a buttered pudding dish and bake in a steady oven until it puffs up and is set. Turn on a little more heat then to brown the surface and serve as soon as it comes from the oven. You can add the bread and milk mixture to this as well as to the omelets cooked in the ordinary way.

#### TOM THUMB OR INDIVIDUAL OMELETS

Make as above but bake in individual, straight-sided napies, buttering these well and setting them to cook in a pan of boiling water. When done, turn out on a hot flat dish, pour a white sauce over them and sprinkle with minced parsley. If you like, add a tablespoonful of grated cheese to the sauce one minute before you take it from the heat. Season with salt and a little paprica.

Let me say, by the way, to the fortunate possessor of an

electric table-stove, if you have never tried making omelets on your electric grill, begin now. As soon as you have acquired a little skill you will appreciate what a field of food enjoyment is open to you and your family. Start with a small omelet when no company is present and cultivate your self-confidence. All dishes of eggs that can be made on top of the stove may be cooked on the table and with an ovenette many of the baked dishes are feasible. Don't be afraid of experiments in this line.

### SWEET OMELETS

#### OMELET SOUFFLÉ (*Fried*)

4 eggs.

2 tablespoonfuls sugar (powdered).

1 teaspoonful vanilla.

1 tablespoonful butter.

Beat the whites and yolks separately. Add the sugar to the yolks, a little at a time, beating very thoroughly, until they are smooth and thick. The whites should stand alone. Put two tablespoonfuls of butter in a frying-pan, heat to boiling, and when you have added the vanilla to the omelet pour it in and cook very quickly, as you would a plain one. Slip the knife frequently under it, to loosen from the sides and bottom. It is more apt to scorch than an omelet without sugar. Turn out upon a *very* hot dish, sift *powdered* sugar over the top, and serve instantly, or it will fall and become heavy.

#### OMELET SOUFFLÉ (*Baked*)

4 eggs.

4 tablespoonfuls powdered sugar.

Juice of a lemon and half the peel, grated.

Beat yolks and whites separately and very well. Add to the yolks by degrees the powdered sugar, and beat until it ceases to froth and is thick and smooth. The whites should be stiff enough to cut with a knife. Stir together lightly with the seasoning, pour into a well-buttered dish, and bake in a steady oven until lightly browned. Do not have the oven too hot at the outset.

#### APPLE OMELET

Strain a cupful of apple sauce while it is hot and beat into it a tablespoonful of butter, half a cupful of powdered sugar and a quarter teaspoonful of ground nutmeg. Set it aside to get cold, put in the beaten yolks of five eggs and after whipping hard for a couple of minutes add the stiffly beaten whites of the eggs and a pinch of soda dissolved in a teaspoonful of cream. Have your buttered bake-dish ready, turn the mixture into this and bake by the preceding directions.

#### JELLY OMELET

Add two heaping tablespoonfuls of powdered sugar to the well-beaten yolks of five eggs, then four tablespoonfuls of light cream or of milk and last, the stiffened whites. Heat in the frying-pan a liberal tablespoonful of butter, turn in the omelet and cook until it sets. Like Omelet Soufflé it is more likely to scorch than an omelet that does not contain sugar. Have ready grape, currant, quince or other well-flavored jelly and just before taking the omelet from the stove spread over the surface several spoonfuls of the jelly, fold the omelet over this filling and slip from the pan to a hot platter. Sift powdered sugar over it and send at once to table.



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An omelet soufflé or a sweet omelet of any kind is not a cheap dessert when eggs are at their highest, but even then it is hardly more costly than a really good pie of the variety that is taken for granted on many tables.

## CHEESE DISHES

ONE pound of cheese is asserted to equal in food value three pounds of meat. Housekeepers who try to practise economy by having in their homes at least one meatless day a week will do well to bear in mind the merits of cheese and to experiment with dishes in which it is a prominent item. When cooked properly it is not a severe tax on the normal digestion and no one can dispute its savoriness.

### CHEESE SOUFFLÉ

Beat four eggs light and pour upon them a cupful of hot milk in which has been dissolved a teaspoonful of corn-starch and a pinch of baking-soda. When well mixed add a tablespoonful of melted butter, a saltspoonful of salt, a dash of cayenne and lastly, a cupful of grated cheese. Beat all well, pour into a well-buttered baking-dish and bake in a steady oven for fifteen minutes, until puffy and brown. Serve at once. If you prefer you may bake the mixture in individual nappies.

### CHEESE FONDU

Put into a double-boiler a tablespoonful of butter with a cupful of milk, a tiny pinch of soda, a scant cupful of bread-crumbs and two cupfuls of grated cheese. Add pepper and salt to taste and let all cook together until the fondu is smooth, the cheese thoroughly melted and the mixture very hot. Add, a few drops at a time, two eggs, beaten

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light, stir constantly for about three minutes or until the fondu has a creamy look and is thickened and then serve very hot.

### CHEESE FONDU AU GRATIN

Soak a cupful of bread-crumbs in two cupfuls of milk for fifteen minutes; stir into them a tablespoonful of butter, a saltspoonful of salt, a pinch of red pepper, two well-beaten eggs and a cupful of grated cheese. Pour into a greased pudding dish, strew a few fine crumbs and dry grated cheese over the top and bake in a steady oven, covered, for fifteen minutes; uncover and brown. Serve at once.

### WELSH RAREBIT

Melt a heaping tablespoonful of butter with a saltspoonful of dry mustard and stir into this three cupfuls of grated cheese. As it begins to soften add about a gill of ale or beer, if you can get it and if not, use boiling water or boiling milk. Stir hard all the while and when the mixture is thick and smooth it is ready to serve on hot toast or crackers. Three or four minutes should suffice after the cheese is in.

This rarebit can be made on the stove, but it is eminently suited for cooking on the table stove or grill and this may be supplemented by the toaster for making the toast to serve with the rarebit.

### BAKED BREAD AND CHEESE

Cut stale bread into slices about half an inch thick, arrange them in a pudding dish with alternating slices of cheese, cut thin; sprinkle each layer with a very little salt. Pour over all enough milk to fill the dish, pouring it in slowly

that it may be absorbed better. Have your oven hot, then lower it to medium and bake the bread and cheese for half an hour or until hot through and lightly browned. This dish combines proteid and starches and is nutritious as well as wholesome for grown-up digestions.

#### CHEESE STICKS

Roll pastry into a thin sheet and cut into strips three or four inches long and an inch wide. Strew grated cheese thickly upon half of these strips, lay the other halves on top and press down gently so they will stick together. Do not pinch the edges or the pastry will not rise. Lay the sticks in a biscuit-tin, put them in the oven, which has been pre-heated, and when they begin to brown brush with beaten white of egg and sift grated cheese over them.

#### CHEESE BALLS

Mix half a cupful of grated cheese into the whites of two eggs beaten stiff, season with salt and a little red pepper, and form with your floured hands into balls about twice the size of English walnuts. Have ready boiling fat, as for croquettes, and drop the balls into this, one or two at a time. Take them out with a split spoon when they are lightly browned. They are good but not digestible.

#### TOASTED BREAD AND CHEESE

Lay thin slices of American cheese between two thin slices of bread and toast quickly. They are very good and less taxing to the digestion than the same bread and cheese laid in butter and lightly browned, although these, too, are pleasing to the palate.

## COTTAGE CHEESE

Heat thick sour milk until the whey rises to the top. Pour it off, put the curd in a bag and let it drip six hours, without squeezing it. Put in a wooden bowl, chop fine, salt to taste, and work to the consistency of soft putty, adding a little cream and butter as you proceed. Mold with your hands into round "pats" or balls, and keep in a cool place. It is best when fresh.

## BREAD

DURING the half-century or more that has elapsed since "Common Sense in the Household" was written, great and manifold changes have taken place in the conduct and product of commercial bakeries. Food laws and inspection have enforced clean and hygienic conditions in making and baking bread as well as purity in the materials composing the loaf. No longer is the housekeeper who buys bread likely "to feed her family, growing children and all, upon the varicolored sponges bought at the baker's—sponges inflated with sal volatile, flavorless as chips when a day old, and too often betraying, in the dark streaks running through the interior of the loaf, want of cleanliness in the kneader."

Such was the status of bakers' bread when Marion Harland wrote the above. Now that mixing and kneading are done by machinery and sanitary supervision insists upon a high standard in the output of the bakeries, it is possible for the woman of small means to buy as good bread as the rich woman. There is so much competition between the great baking-establishments as to who shall manufacture the best loaf that the firm which falls below the mark is bound to suffer in its business.

The ability to get good bakers' bread is not limited to the dweller in cities, who can send to the corner grocery and be sure of getting a light and wholesome loaf. The increase in motor transportation brings the wares of high-class bakers within the reach of those who live in small towns and even in out-of-the-way country districts.

Yet there are still many housekeepers who make and bake

their own bread. With all the advantages and conveniences of being able to buy good bread ready-made, the fact remains that the home-mixed and baked loaf, *if really good*, is superior in flavor and probably in nutriment content to anything that can be purchased, no matter how excellent this may be. Also it is cheaper, in the long run, if one has a number to feed. The resident in an apartment who caters to a small family may find it expensive in time, effort and money to do her own baking; this is not the case with the woman who provides for a large household, the majority of them the possessors of vigorous appetites.

In view of this it has been deemed worth while to condense and preserve Marion Harland's general instructions in bread-making as well as certain of the recipes she gives. These will be found as trustworthy now as when they first helped struggling women to make bread for their families.

#### GENERAL DIRECTIONS FOR BREAD-MAKING

Novices in bread-making, and many who should have learned better by long experience, fall into a sad mistake in the consistency of the dough. It should be mixed as *soft as it can be handled*. Bread will rise sooner and higher, be lighter and more digestible, and keep fresh much longer, if this rule be followed. Stiff bread is close in texture, often waxy to the teeth, and after a day or so becomes very hard.

Set the dough to rise in a moderately warm place, and keep it in an even temperature. There is force in the old lament—"My bread took cold last night." Cold arrests the process of fermentation. There is a chance, should this occur, that a removal to a more genial atmosphere and careful nursing may cure the congestion, should it be only partial. Too much heat carries forward the work too rapidly. In this case you will find your dough puffy and sour.

Correct the latter evil by dissolving a little soda or saleratus in hot water, and working it well in.

Knead your bread faithfully and from all sides, until it rebounds like india-rubber after a smart blow of the fist upon the center of the mass.

The oven should not be too hot. If you cannot hold your bare arm within it while you count thirty, it is too quick. Keep the heat steady after the bread goes in. Too much heat at first, and rapidly cooling, produce the effect upon the bread which is technically called "slack-baked," *i.e.*, the inside of the loaf is never properly done. Practise and intelligent observation will, in time, make you an adept in the management of your ovens. If the bread rises rapidly while baking, and the crust begins to form before the lower part of the loaf is baked, cover the top with clean paper until you are ready to brown it.

Grate away the burned portions of the crust, should there be such. This is better than chipping with a knife. One of the best bread-makers I know bakes in round pans, each loaf by itself, and grates the whole outer surface, top, bottom, and sides, quickly and lightly, toning down the brown to a uniform and pleasing tint. Tilt your loaves upon the edge, the lower part resting upon the table, the upper supported by the wall or other upright object, and throw a coarse dry cloth over them until they cool. This position allows the air to get at all sides, and prevents "sweating." A tin bread-box is best, with a cloth at bottom and enwrapping the loaves.

### BREAD SPONGE (*Potato*)

3 potatoes, boiled and mashed fine while hot.

1 yeast-cake, dissolved in three tablespoonfuls lukewarm water.



- 1 tablespoonful white sugar.
- 1 tablespoonful lard.
- Half teaspoonful baking-soda.
- 1 pint warm—*not hot*—water.
- 1 cup and a half flour.

Mash the potatoes, and work in the lard and sugar. Stir to a cream, mixing in gradually a quart of the water in which the potatoes were boiled, which should have been poured out to cool down to blood warmth. *Beat* in the flour, already wet up with a little potato-water to prevent lumping, then the yeast, lastly the soda. Cover lightly if the weather is warm, more closely in winter, and set to rise over night in a warm place.

#### BREAD SPONGE (*Plain*)

- 1 pint warm water.
- 1 yeast-cake dissolved in three tablespoonfuls lukewarm water.
- 1 tablespoonful lard.
- 1 tablespoonful white sugar.
- Half teaspoonful baking-soda.
- Flour to make a soft batter.

Melt the lard in the warm water, add the sugar, then the flour by degrees, stirring in smoothly. A scant quart of flour will usually be sufficient if the quality is good. Next comes the yeast, lastly the soda. Beat up hard for several minutes, and set to rise as above.

Bread mixed with potato-sponge is more nutritious, keeps fresh longer, and is sweeter than that made with the plainer sponge. Also it is safer, because surer for beginners in the important art of bread-making. After using it for fifteen years, I regard it as almost infallible—given the conditions of good flour, yeast, kneading, and baking.

FAMILY BREAD (*White*)

Having set your sponge over night, or, if you bake late in the afternoon, early in the morning, sift dry flour into a deep bread-tray, and strew a few spoonfuls of fine salt over it. The question of the quantity of flour is a delicate one, requiring judgment and experience. It will be safe, however, to sift a quart and a cupful if you have set the potato-sponge; a quart for the plain sponge. Make a hole in the middle of the heap, pour in the risen sponge (which should be very light and seamed in many places on the top), and work down the flour into it with your hands. If too soft, add more flour. If you can mold it at all, it is not too soft. If stiff, rinse out the bowl in which the sponge was set with a little lukewarm water, and work this in. When you have it in manageable shape, begin to knead. Work the mass into a ball—your hands having been well floured from the first; detach it from the tray, and lift it in your left hand, while you sprinkle flour with the right thickly over the bottom and sides of the tray. Toss back the ball into this, and knead hard—always toward the center of the mass, which should be repeatedly turned over and around, that every portion may be manipulated. Brisk and long kneading makes the pores fine and regular. Gaping holes of diverse sizes are an unerring tell-tale of a careless cook. Spend at least twenty minutes—half an hour is better—in this kind of useful gymnastics. It is grand exercise for arms and chest. This done, work the dough into a shapely ball in the center of the tray, sprinkle flour over the top; throw a cloth over all and leave it on the kitchen table to rise, taking care it is not in a draught of cold air. In summer, it will rise in four or five hours—in winter, six are often necessary. It should come up steadily until it at least trebles its original bulk and the floured surface cracks all

over. Knead again for ten or fifteen minutes. Then divide it into as many parts as you wish loaves, and put these in well-greased pans for the final rising.

Do not make your loaves too large; they bake better if of medium size. The second kneading is done upon a floured board, and should be thorough as the first, the dough being continually shifted and turned. Set the pans in a warm place for an hour longer, with a cloth thrown over them to keep out the air and dust. Then bake, following the instructions given under General Directions for Bread-making. If your ovens are in good condition the above quantity of bread should bake in from three-quarters of an hour to one hour, depending to some extent upon the size of the loaves. Test the heat of the gas or electric oven as directed. Experience must be your guide, after all, unless you have a thermometer or regulator. Note carefully for yourself how much time is required for your first successful baking, as also how much dry flour you have worked into your sponge and let these data regulate future action. And do not make your first baking too large. Practice is requisite to the management of an unwieldy mass of dough.

If I have seemed needlessly minute in the directions I have laid down, it is because I wish to be a guide, not a betrayer, and because I am deeply impressed with the worth of such advice as may tend to diminish the number of those who know not for themselves the comfort and delight of eating from day to day, and year to year, good family bread.

#### FAMILY BREAD (*Without Sponge*)

Sift into a large bowl a quart of good flour with a quarter teaspoonful of salt and a half teaspoonful of white sugar. Heat to nearly scalding half a pint of milk with a teaspoonful of butter; add to it half a pint of boiling water and

set both aside until tepid. When it reaches this stage put with it half a cake of yeast thoroughly dissolved and rubbed smooth in a quarter cupful of lukewarm water and pour all the fluid into a hole made in the sifted flour. Work with a wooden spoon to a soft dough, turn upon a board, knead faithfully for ten minutes and set it to rise in a bread-pan with a perforated cover or lay a cloth over the bowl. Leave this to rise for six hours in a warm corner. Divide into two loaves, work each well for five minutes and put into a well-greased pan, throw a clean cloth over the pans and let the loaves rise for another hour before baking.

#### FAMILY BREAD (*Brown*)

I wish it were in my power, by much and earnest speaking and writing, to induce every housekeeper to make brown bread—that is, bread made of unbolted, usually called Graham flour—a staple article of diet in her family. I only repeat the declaration of a majority of our best chemists and physicians when I say that our American fondness for fine white bread is a serious injury to our health. We bolt and rebolt our flour until we extract from it three-quarters of its nutritive qualities, leaving little strength in it except what lies in gluten or starch, and consign that which makes bone and tissue, which regulates the digestive organs, and leaves the blood pure, the brain clear, to the lower animals. Growing children especially should eat brown bread daily.

Prepare a sponge as for white bread, using potatoes or white flour. My rule is to take out a certain quantity of the risen sponge on baking day, and set aside for brown bread. Put into a tray two parts Graham flour, one-third white, and to every quart of this allow a handful of Indian meal, with a teaspoonful of salt. Wet this up with the

sponge, and when it is mixed, add, for a loaf of fair size, half a teacupful of molasses. The dough should be *very* soft. If there is not enough of the sponge to reduce it to the desired consistency, add a little blood-warm water. Knead it diligently and long. It will not rise so rapidly as the white flour, having more "body" to carry. Let it take its time; make into round, comfortable loaves, and set down again for the second rising, when you have again kneaded it. Bake steadily, taking care it does not burn, and do not cut while hot. The result will well repay you for your trouble. It will take a longer time to bake than white bread. Brown flour should not be sifted.

#### RYE BREAD

Set a sponge for this as directed under Bread Sponge (Potato). In the morning mix with this one pint warm milk, a heaping teaspoonful salt, half a cup of Indian meal and enough rye flour to make a pliable dough. If you wish you may add a heaping teaspoonful of caraway seeds.

Proceed as with wheat bread, baking it a little longer.

It is a mistake to suppose that acidity, greater or less, is the normal state of rye bread. If you find your dough in the slightest degree sour, correct by adding a teaspoonful of soda dissolved in warm water. It is safest to add this always in warm weather.

#### WHOLE-WHEAT FLOUR BREAD

Dissolve half a yeast-cake in quarter of a cupful of lukewarm water and mix with a cupful of milk mingled with one of boiling water after this has become only lukewarm. Add a half teaspoonful each of salt and sugar and enough whole wheat flour to make good batter, beating this up hard

for five or six minutes with strokes that go to the bottom of the bowl. When this batter is very light—about a pint of whole-wheat flour should bring it to the right consistency—add more flour until you have a soft dough that can be handled. Turn out on your floured bread-board, knead ten minutes and set to rise. It should be light in three hours. Knead again for five minutes, make into loaves, leave these to rise until twice their first bulk and bake.

#### BOSTON BROWN BREAD (*Raised*)

Set a sponge as for white bread and when it has risen five or six hours add to it a cupful of Graham or of rye flour and the same quantity of Indian meal, a teaspoonful of salt and half an even teaspoonful of baking-soda. Mix soft with the sponge and when all the batter is in add two tablespoonfuls of molasses and beat well. Knead thoroughly, let it rise six hours, knead again and make into one large or two small loaves and set in greased pans for another rising of an hour. This should be baked three to four hours in a very slow oven. In the old New England home of this bread it cooked all Saturday night in the brick oven, to be ready for the Sunday morning breakfast.

#### BOSTON BROWN BREAD (*Quick*)

Sift together a cupful each of white flour, of yellow corn-meal and of Graham flour and pour upon them half a pint of boiling water. Dissolve a level half teaspoonful of soda and the same of salt in a slightly warmed half-pint of milk, add half a cupful of molasses and pour this on the scalded meal and flour. Beat hard for several minutes and put into a brown-bread mold with a tightly fitting top. Set in a pot of boiling water, cook steadily for three hours, turn out the loaf and let it dry fifteen minutes in the oven.

## FRENCH ROLLS

In kneading dough for the day's baking, after adding and working in the risen sponge, set aside enough for a loaf of tea-rolls. Work into this a heaping tablespoonful of lard or butter, and let it stand in a tolerably cool place (not a cold or draughty one) for four hours. Knead it again, and let it alone for three hours longer. Then make into rolls, by rolling out, *very* lightly, pieces of the dough into round cakes, and folding these, not quite in the center, like turnovers. The third rising will be for one hour, then bake steadily half an hour or less, if the oven is quick.

Having seen these rolls, smoking, light, and delicious, upon my own table, at least twice a week for ten years, with scarcely a failure in the mixing or baking, I can confidently recommend the recipe and the product. You can make out part of your Graham dough in the same manner.

## PULLED BREAD

Remove the crust from a freshly baked loaf of bread and pull the bread apart in long strips, tearing the loaf in half first, then into quarters and finally into eighths. Have your oven at low heat, put in the bread and leave it until well dried and lightly browned. Don't let it scorch, but take it out when it is crisp as well as colored.

## GRISINI

Before kneading your bread dough for the second rising, work a tablespoonful of butter into it for every quart of flour represented in the dough. After it has risen for the second time roll it into a sheet less than half an inch thick. Cut this thin sheet into strips an inch wide and seven or

eight inches long. With your floured hand roll each of these lengthwise into sticks no larger than a slender pencil, lay them in a floured baking-pan covered for ten minutes and bake in a moderate oven to a light brown.

#### FINGER ROLLS

These are made in the same way as the *grisini* but are twice as thick and only half as long.

#### RISEN BISCUIT OR ROLLS

1 pint milk.

2 tablespoonfuls lard and butter, half and half.

Half yeast cake dissolved in quarter cupful warm water.

1 tablespoonful white sugar.

Half teaspoonful salt.

Flour to make a soft dough.

Mix over night, warming the milk slightly and melting the lard or butter. In the morning, roll out into a sheet three-quarters of an inch in thickness; cut into round cakes, set these closely together in a pan, let them rise for twenty minutes, and bake twenty minutes.

These delightful biscuits are even better if the above ingredients be set with half as much flour in the form of a thin sponge, and the rest of the flour be worked in five hours later. Let this rise five hours more, and proceed as already directed.

#### QUICK BISCUIT

1 quart flour.

2 heaping tablespoonfuls of lard.

2 teaspoonfuls baking-powder.



2 cups sweet milk.

1 saltspoonful salt.

Sift the flour with the baking-powder and salt, add next the lard, rubbed into the prepared flour quickly and lightly; lastly, pour in the milk. Work out the dough rapidly, kneading with as few strokes as possible, since handling injures the biscuit. If properly prepared the dough will have a rough surface and the biscuit be flaky. The dough should also be *very* soft. If the flour stiffen it too much, add more milk. Roll out lightly, cut into cakes an inch thick, and bake in a quick oven.

### SCONES

Prepare a dough like that for Quick Biscuit, roll into a sheet about an inch thick, cut with a biscuit-cutter into rounds and bake on a well-floured griddle or in a large frying-pan floured, to a light brown, turning two or three times that the scones may not cook too quickly on one side. They should be over a low heat, either of gas or electricity, and should puff up to twice their first thickness in cooking. Tear them open, butter while hot and serve.

### GRAHAM BISCUIT

3 cups Graham flour.

1 cup white flour.

3 cups milk.

2 tablespoonfuls lard.

1 heaping tablespoonful white sugar.

1 saltspoonful of salt.

2 teaspoonfuls baking-powder.

Mix and bake like Quick Biscuit.

### BUTTER CAKES

For these chop a tablespoonful of mixed butter and lard into two cupfuls of flour to which has been added a teaspoonful of baking-powder and a pinch of salt. Make into a dough with a cupful of milk; roll, handling as little and as lightly as possible, into a sheet half an inch thick and cut into rounds half the size of ordinary biscuits. Roll each of these again to half their first thickness, prick with a fork and arrange in a pan which has been sprinkled with flour. Bake quickly with high heat and when brown butter well and serve.

### MINUTE BISCUIT

1 pint sour, or buttermilk.

1 teaspoonful soda.

2 teaspoonfuls melted butter.

Flour to make soft dough—just stiff enough to handle. Mix, roll, and cut out rapidly, with as little handling as may be, and bake in a quick oven.

### POTATO BISCUIT

Mash half a dozen good-sized boiled potatoes, roll them out on a bread-board until they are free from lumps, put into a bowl and soften with a teaspoonful of butter and a cupful of milk; work in just enough flour to make a soft dough—a half cupful should suffice—a scant teaspoonful of salt and one of baking-powder. Roll the dough out lightly, cut into rounds and bake as you do ordinary biscuit. Eat while hot, as they fall quickly.

## GRAHAM WHEATLETS

1 pint Graham flour.

Nearly a quart of boiling water or milk.

1 teaspoonful salt.

Scald the flour, when you have salted it, into as soft dough as you can handle. Roll it nearly an inch thick, cut in round cakes, lay upon a hot buttered tin or pan, and bake them in the hottest oven you can get ready. Everything depends upon heat in the manufacture of these. Properly scalded and cooked, they are light as puffs, and very good; otherwise they are flat and tough. Split and butter while hot.

## CURRANT BUNS

Cream half a cupful of sugar with two tablespoonfuls of butter and stir into this two beaten eggs and a cupful of milk. Into a quart of flour sift two teaspoonfuls of baking-powder and half a teaspoonful of salt, put with the other ingredients and into this dough work three tablespoonfuls of cleaned currants, dredged in flour. Roll the dough into a sheet about half an inch thick, cut into rounds and bake in a well-floured biscuit tin in a steady oven. Eat hot with butter.

## SWEET RUSK

1 pint warm milk.

$\frac{1}{2}$  cup butter.

1 cup sugar.

2 eggs.

1 teaspoonful salt.

Half yeast cake dissolved in 4 tablespoonfuls warm water.

Make a sponge with the milk, yeast, and enough flour

for a thin batter, and let it rise over night. In the morning add the butter, eggs, and sugar, previously beaten up well together, the salt, and flour enough to make a soft dough. Mold with the hands into balls of uniform size, set close together in a pan, and let them rise until very light. After baking, wash the tops with a clean soft cloth dipped in molasses and water.

### DRIED RUSK

1 pint warm milk.

2 eggs.

$\frac{1}{2}$  teacup butter.

Half yeast cake dissolved in 4 tablespoonfuls warm water.

1 teaspoonful salt.

Set a sponge with these ingredients, leaving out the eggs, and stirring in flour until you have a thick batter. Early next morning add the well-beaten eggs and flour enough to enable you to roll out the dough. Let this rise in the bread-bowl two hours. Roll into a sheet nearly an inch thick, cut into round cakes, and arrange in your baking-pan two deep, laying one upon the other carefully. Let these stand for another half-hour, and bake.

These are now very nice for eating, and you may, if you like, reserve a plateful for tea; but the rule for the many, handed down through, I am afraid to say how many generations in the family where I first ate this novel and delightful biscuit, was to divide the twins, thus leaving one side of each cake soft, and piling them loosely in the pan, set them in the oven at night when the heat has been turned off after cooking, and leave them in until morning. Then, still obeying the traditions of revered elders, put them in a clean muslin bag, and hang them up in the kitchen. They will be fit to eat upon the third day. Put as many as you

need in a deep dish, and pour over them iced milk, or water, if you cannot easily procure the former. Let them soak until soft, take them out, drain them for a minute in a shallow plate, and eat with butter. Invalids and children crave them eagerly. Indeed, I have seen few refuse them who had ever tasted them before. There is a pastoral flavor about the pleasant dish, eaten with the accompaniment of fresh berries, on a summer evening, that appeals to the better impulses of one's appetite.

Try my soaked rusk—not forgetting to ice the milk—and you will find out for yourself what I mean, but cannot quite express.

Dried rusk will keep for weeks, and grow better every day. The only risk is in their being eaten up before they attain maturity.

#### SALLY LUNN

1 quart of flour.

4 eggs.

½ cup melted butter.

1 cup warm milk.

1 cup warm water.

Half yeast cake dissolved in 4 tablespoonfuls warm water.

1 teaspoonful salt.

½ teaspoonful soda, dissolved in hot water.

Beat the eggs to a stiff froth, add the milk, water, butter, soda, and salt; stir in the flour to a smooth batter, and beat the yeast in well. Set to rise in a buttered pudding-dish, in which it must be baked and sent to table. Or, if you wish to turn it out, set to rise in a *well*-buttered mold. It will not be light under six hours. Bake steadily three-quarters of an hour, or until a straw thrust into it comes up clean. Eat while hot.

This is the genuine old-fashioned Sally Lunn, and will hardly give place even yet to the newer and faster compounds known under the same name.

#### WAFERS

- 1 pound flour.
- 2 tablespoonfuls butter.
- A little salt.

Mix with sweet milk into a stiff dough, roll out very thin, cut into round cakes, and again roll these as thin as they can be handled. Lift them carefully, lay in a pan, and bake very quickly.

These are extremely nice, especially for invalids. They should be hardly thicker than writing-paper. Flour the baking-pan instead of greasing.

#### ENGLISH MUFFINS

- 2 cups milk.
- 1 tablespoonful butter.
- 1 teaspoonful sugar.
- Saltspoonful salt.
- Half yeast cake.

Flour for very stiff batter—about four cups.

Mix and set to rise in a warm place for three hours. The batter should double its bulk and be honeycombed. Bake in muffin rings on a griddle over a low gas flame or medium heat, turning when browned on one side. These muffins should be made the day before they are to be eaten, and when needed, split, toasted and buttered and served very hot.

They are also good baked in muffin pans in the oven.

## CRUMPETS

Warm three cupfuls of milk, add to this half a yeast cake dissolved in a little warm water, a saltspoonful of salt and flour enough to make a batter about as thick as can be stirred with ease. Set this to rise in a sheltered spot and when the batter has doubled in bulk, beat into it two table-spoonfuls of melted butter, and a saltspoonful of baking-soda. If the butter makes the batter seem too thin, add a very little flour. The consistency should be such that the batter will pour slowly. Let it stand ten minutes longer and pour into muffin-rings or pans. Use high heat to begin and when the pan is hot turn to low and bake until the crumpets have risen a little and are brown on the under side; then turn and cook until done. Butter and eat hot.

## RICE CRUMPETS

For these melt a tablespoonful of butter, dissolve half a yeast cake in a gill of warm water, mix with a cupful of milk and beat into this two cupfuls of flour, sifted with a teaspoonful of salt and a tablespoonful of sugar; last, add a small cupful of boiled rice. Set to rise early in the morning in a warm corner and when light bake in muffin tins.

## GRAHAM MUFFINS

- 3 cups Graham flour.
- 1 cup white flour.
- 1 quart milk.
- Half yeast cake dissolved in half cup of warm water.
- 1 tablespoonful lard or butter.
- 1 teaspoonful salt.
- 2 tablespoonfuls sugar.

Set to rise over night, and bake in muffin-rings twenty minutes in a quick oven. Eat hot.

### QUEEN MUFFINS

1 pint milk.

Half yeast cake dissolved in half cup warm water.

1 tablespoonful white sugar.

1 tablespoonful lard or butter.

Half teaspoonful salt.

2 eggs.

Flour to make good batter.

Set the batter—leaving out the eggs—to rise over night. In the morning beat the eggs very light, stir into the batter, and bake in muffin-tins twenty minutes in a quick oven or an ovenette on the table.

### MOTHER'S MUFFINS

1 pint milk.

1 egg.

1 tablespoonful lard.

Half yeast cake dissolved in half cup warm water.

Flour for stiff batter.

1 teaspoonful salt.

Set to rise over night.

### CHARLOTTE MUFFINS

1 quart flour.

3 eggs—the whites and yolks beaten separately and until stiff.

3 cups milk. If sour, no disadvantage if soda be added, a scant teaspoonful dissolved in hot water.



A little salt.

The excellence of these depends upon thorough beating and quick baking.

### BUTTERMILK MUFFINS

1 quart buttermilk or "loppered" milk.

2 eggs.

1 teaspoonful soda, dissolved in hot water.

Half teaspoonful salt.

Flour to make good batter.

Beat the eggs well and stir them into the milk, beating hard all the while; add the flour and salt; at the last the soda. Bake at once in a quick oven.

### RICE MUFFINS

$\frac{1}{2}$  cup cold boiled rice.

$\frac{1}{2}$  pint flour.

2 eggs.

1 pint milk, or enough to make thin batter.

$\frac{1}{2}$  tablespoonful lard or butter.

$\frac{1}{2}$  teaspoonful salt.

Beat hard and bake quickly.

### HOMINY MUFFINS

1 cup cold boiled fine hominy.

2 eggs.

$1\frac{1}{2}$  cups milk.

2 tablespoonfuls melted butter.

1 teaspoonful salt.

1 tablespoonful white sugar.

1 scant cup flour.

2 teaspoonfuls baking powder.

Beat the hominy smooth, stir in the milk, then the butter, salt and sugar, next the well-beaten eggs and last the flour with which has been sifted the baking-powder. If you prefer to use sour milk omit the baking-powder and put in instead an even teaspoonful of baking soda dissolved in hot water and mixed with the milk. There are no more delicious or wholesome muffins than these if properly mixed and baked.

#### OMELET BREAD

Beat separately, until very light, the whites and yolks of three eggs. Melt a tablespoonful of butter and stir into it a teaspoonful of sugar, a pinch of salt, the beaten yolks, half a cupful of flour, milk enough to make a thick batter, and last of all the stiffly beaten whites of the eggs. Make ready a baking tin, liberally greased, have your oven pre-heated and very hot, pour the batter into the tin and put it in the oven. Turn the heat to medium and bake until a testing-straw comes out clean. When done and slightly brown on top cut with a heated knife and serve. A cold knife is likely to make the bread heavy.

#### POPOVERS

Beat three eggs very light, mix with them a pint of milk and stir into this a pint of flour, sifted with a teaspoonful each of salt and of sugar. Turn into well-greased deep muffin-tins, put in a pre-heated oven, and bake for twenty minutes or until the popovers puff up and brown.

#### GRAHAM GEMS

Melt two tablespoonfuls of butter and put this into two cupfuls of milk which you have made lukewarm. Stir two

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eggs together just enough to blend the yolks and whites, but do not beat them, and then add them to the milk. Have ready two cupfuls of Graham flour and two of white flour which you have sifted with a teaspoonful of salt and two teaspoonfuls of sugar and mix this with the milk and eggs and beat furiously for two or three minutes. While you are doing this the oven or ovenette should be heating and the gem-pans warming. When these have become very hot grease them well and turn in the batter. The gems must bake at high heat until done.

Except in extremely warm weather hot gems are a very acceptable addition to a cold meat and salad supper or luncheon. They are very simple to make and if one owns an electric ovenette there is not the necessity for heating the oven of a big range.

### CORN BREAD

There is a marked difference between the corn-meal ground at the South, and that which is sent out from Northern mills. If any one doubts this, it is not she who has perseveringly tried both kinds, and demonstrated to her own conviction that the same treatment will not do for them. An intelligent lady once told me that the shape of the particles composing the meal was different—the one being round and smooth, the other angular. I am inclined to believe this. The Southern meal is certainly coarser, and the bread made from it less compact.

Indian meal should be purchased in small quantities, except for a very large family. It is likely to heat, mold, and grow musty, if kept long in bulk or in a warm place. If not sweet and dry, it is useless to expect good bread or cakes. As an article of diet, especially in the early warm days of spring, it is healthful and agreeable, often acting

as a gentle corrective to bile and other disorders. In winter, also, it is always acceptable upon the breakfast or supper table, being warming and nutritious. In summer the free use of it is less judicious, on account of its laxative properties. As a kindly variation in the routine of fine white bread and baker's rolls, it is worth the attention of every housewife. "John and the children" will like it if it approximates the fair standard of excellence; and I take it, my good friend—you who have patiently kept company with me from our prefatory talk until now—that you love them well enough to care for their comfort and likings.

"My husband is wild about corn bread," a wife remarked to me not a hundred years ago, "but I won't make it for him; it is such a bother! And if I once indulge him, he will give me no peace."

Beloved sister, I am persuaded better things of you. Good husbands cannot be spoiled by petting. Bad ones cannot be made worse—they may be made better. It seems a little thing, so trifling in its consequences, you need not tire further your aching back and feet to accomplish it—the preparation of John's favorite dish when he does not expect the treat—to surprise him when he comes in cold and hungry, by setting before him a dish of hot milk-toast, or a loaf of corn bread, brown and crisp without, yellow and spongy within, instead of the stereotyped pile of cold slices, brown or white. If he were consulted, he would say, like the generous soul he is—"Don't take one needless step for me, dear." And he would mean it. But for all that, he will enjoy your little surprise—aye! and love you the better for it. It is the "little by little" that makes up the weal and woe of life.

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## RECIPES FOR BREAD MADE OF NORTHERN INDIAN MEAL

## NONPAREIL CORN BREAD

- 2 heaping cups Indian meal.
- 1 cup flour.
- 3 eggs.
- 2½ cups milk.
- 1 teaspoonful lard.
- 2 teaspoonfuls white sugar.
- 2 teaspoonfuls baking-powder.
- 1 teaspoonful salt.

Beat the eggs very thoroughly—whites and yolks separately—melt the lard, sift baking-powder into the meal and flour while yet dry, and stir this in at the last. Then, to borrow the direction scribbled by a rattle-tongued girl upon the above recipe, when she sent it to me—“*beat like mad!*” Bake quickly and steadily in a buttered mold. Half an hour will usually suffice. In cutting corn bread *hold the knife perpendicularly* and cut toward you.

## CORN-MEAL MUFFINS

Mix according to the foregoing recipe, only a little thinner, and bake in rings or small pattypan. All kinds of corn bread should be baked quickly and eaten while hot.

## CORN-MEAL GEMS

Work two tablespoonfuls of butter into two cupfuls of corn-meal, first adding to the meal a teaspoonful of salt. Sift two teaspoonfuls of baking powder with a cupful of flour, mix with the meal, beat two eggs light without separating whites and yolks and stir them into a cupful of milk and put this with the dry ingredients; then beat very hard.

Before you finish beating this, start heating the oven or ovenette. Heat the gem-pans, then grease them liberally, turn the batter into them and bake for about twenty minutes or half an hour at high heat until they puff up and brown. To ascertain whether or not they are done, thrust a straw into one of them and if it comes out clean they are ready to take out.

#### STEAMED CORN BREAD

- 2 cups Indian meal.
- 1 cup flour.
- 2 tablespoonfuls white sugar.
- 2 $\frac{1}{2}$  cups "loppered" milk, or buttermilk.
- 1 teaspoonful soda.
- 1 teaspoonful salt.
- 1 heaping tablespoonful lard, melted.

Beat very hard and long, put in a buttered mold, tie a coarse cloth tightly over it, and if you have no steamer, fit the mold in the top of a pot of boiling water, taking care it does not touch the surface of the liquid. Lay a close cover over the cloth tied about the mold to keep in all the heat. Steam one hour and a half, and set in an oven ten minutes. Turn out upon a hot plate and eat while warm.

This will do for a plain dessert, eaten with pudding-sauce.

#### CORN-MEAL CRUMPETS

- 1 quart Indian meal.
- 1 quart boiled milk.
- Half yeast cake, dissolved in half cup warm water.
- 2 tablespoonfuls white sugar.
- 2 heaping tablespoonfuls lard, or butter, or half-and-half.
- 1 saltspoonful salt.

Scald the meal with the boiling milk, and let it stand until lukewarm. Then stir in the sugar, yeast, and salt, and leave it to rise five hours. Add the melted shortening, beat well, put in greased muffin-rings, set these in a warm place for fifteen minutes, and bake. Half an hour in a quick oven ought to cook them.

Never cut open a muffin or crumpet of any kind, least of all one made of Indian meal. Pass the knife lightly around it to pierce the crust, then break open with the fingers.

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### RECIPES FOR CORN BREAD MADE OF SOUTHERN INDIAN MEAL

#### JOHNNY CAKE

- 1 teacupful sweet milk.
- 1 teacupful buttermilk.
- 1 teaspoonful salt.
- 1 teaspoonful soda.
- 1 tablespoonful melted butter.

Enough meal to enable you to roll it into a sheet half an inch thick. Spread upon a buttered tin, or in a shallow pan, and bake forty minutes. As soon as it begins to brown, baste it with a brush dipped in melted butter. Repeat this five or six times until it is brown and crisp. Break—no cut it up—and eat for luncheon or tea, accompanied by sweet or buttermilk.

#### BATTER BREAD, OR EGG BREAD

- Half a cup cold boiled rice.
- 2 eggs.
- 2 cups Indian meal.

1 tablespoonful lard or butter.

1 teaspoonful salt.

1 pint milk.

Beat the eggs light, and the rice to a smooth batter in the milk. Melt the shortening. Stir all together hard, and bake in shallow tins very quickly.

#### CORN-MEAL PONE

1 quart Indian meal.

1 teaspoonful salt.

A little lard, melted.

Cold water to make a soft dough.

Mold with the hands into thin oblong cakes, lay in a well-greased pan, and bake very quickly.

The common way is to mold into oval mounds, higher in the middle than at the ends, shaping these rapidly and lightly with the hands, by tossing the dough over and over. This is done with great dexterity by the Virginia cooks, and this corn-meal pone forms a part of every dinner. It is broken, not cut, and eaten very hot.

#### FRIED PONE

Instead of molding the dough with the hands, cut into slices with a knife. Try out some fat pork in a frying-pan, and fry the slices in the gravy thus obtained to a light brown.

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#### GRIDDLE-CAKES, WAFFLES, ETC.

If you have not used your griddle or waffle-iron for some time, wash it off hard with hot soap and water; wipe and



rub well with dry salt. Heat it and grease with a bit of fat salt pork on a fork. It is a mistake, besides being slovenly and wasteful, to put on more grease than is absolutely necessary to prevent the cake from sticking. A piece of pork an inch square should last for several days. Put on a great spoonful of batter for each cake, and before filling the griddle test it with a single cake, to be sure that all is right with it as well as the batter. If possible, have a soapstone griddle, which does not have to be greased. Cakes cooked on this are dryer and more wholesome than those fried on a greased griddle. Failing the soapstone, get for the gas stove the heavy metal griddle made especially for gas cookery.

The rules for cleaning a waffle-iron are different if you have an electric waffle-iron. Directions for the care of this come with it and must be strictly followed. Always lay hot cakes and waffles upon a heated plate as soon as baked.

#### BUCKWHEAT CAKES

1 quart buckwheat flour.

Half yeast-cake, dissolved in warm water.

1 teaspoonful salt.

1 handful Indian meal.

2 tablespoonfuls molasses—*not* syrup.

Warm water enough to make a thin batter. Beat very well and set to rise in a warm place. If the batter is in the least sour in the morning, stir in a small pinch of soda dissolved in hot water.

Mix in an earthen crock, and leave some in the bottom each morning—a cupful or so—to serve as sponge for the next night. In cold weather this plan can be successfully pursued for a week or ten days without setting a new sup-

ply. Of course you add the usual quantity of flour, etc., every night, and beat up well.

Do not make your cakes too small. Buckwheats should be of generous size. Some cooks put two-thirds buckwheat, one-third oat-meal, omitting the Indian.

#### FLANNEL CAKES

1 quart milk.

Half yeast-cake dissolved in warm water.

1 tablespoonful butter, melted.

2 eggs, well beaten.

1 teaspoonful salt.

Flour to make a good batter. Set the rest of the ingredients as a sponge over night, and in the morning add the melted butter and eggs.

#### CORN-MEAL FLAPJACKS

1 quart sour buttermilk.

2 eggs, beaten light.

1 teaspoonful salt.

1 teaspoonful soda dissolved in hot water.

2 tablespoonfuls molasses.

1 tablespoonful lard, melted.

$\frac{1}{2}$  cup flour.

Meal to make a batter a trifle thicker than flannel cakes.

#### AUNTIE'S CAKES (*Without eggs*)

1 quart sour or buttermilk.

2 teaspoonfuls soda (small ones).

1 teaspoonful salt.

Flour to make a tolerably thick batter.

Stir until smooth—no longer—and bake immediately.

## GRANDPA'S FAVORITES

- 1 quart milk.
- 2 cups stale bread-crumbs.
- 1 good handful flour.
- 1 tablespoonful melted butter.
- 2 eggs, well beaten.
- 1 teaspoonful salt.

Work the bread and milk smooth, stir in the butter and eggs, then the salt, lastly just enough flour to bind the mixture. If too thick, add milk. These are wholesome and good. Take care they do not stick to the griddle.

## RICE CAKES

- 1 cup cold boiled rice.
- 1 pint flour.
- 1 teaspoonful salt.
- 2 eggs, beaten light.
- Milk to make a tolerably thick batter.
- Beat all together well.

## HOMINY CAKES

- 1 cup fine hominy, boiled and cold.
  - $\frac{1}{2}$  cup white flour.
  - 1 pint milk.
  - 2 eggs, very well beaten.
  - $\frac{1}{2}$  teaspoonful salt.
- Beat smooth the hominy, work in the milk and salt, then the flour, lastly the eggs. Bake at once, and keep the mixture well stirred.

## CONCERNING WAFFLE-IRONS

Waffle-irons come made for special use on the gas stove and are very satisfactory. If waffles are to be cooked for a large family and there is some one in the kitchen who can bake fresh relays of waffles to keep the table supplied the gas waffle-iron possesses many advantages.

On the other hand, every woman whose home has electric service should have an electric waffle-iron. Whether the particular iron is square, round or oblong makes no difference. If properly mixed batter is poured into the electric waffle-iron after it has been connected up long enough to become thoroughly hot, the woman who is cooking the waffles can be sure that the result will be not only a credit to her culinary skill but also a joy to eat.

When waffles are to be cooked in an electric waffle-iron it is most convenient to place the appliance on the table. With this arrangement the first of the waffles may be cooked while the early part of the meal is being eaten. Connect the iron about eight or ten minutes before you will want to begin serving waffles. This will give it time to get smoking hot. When it is in this condition pour in your batter evenly but not so generously as to have it spew out at the sides. A small amount of slightly bluish smoke rising from the waffle-iron will tell you that the waffles inside are ready. Serve these and pour in more batter, repeating as many times as the appetites of the household require.

The uninstructed eater may think all good waffles are made in the same way, but in this he is mistaken. There are several kinds and while you may be well pleased with those usually served it is worth while to try a variety—if for nothing else, for the sake of confirming your satisfaction in the kind you first knew and liked. Any recipe given below may be used either for the electric or the gas waffle-

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iron and the proportions of materials may be increased or diminished to meet the appetites of the family and guests.

#### ONE, TWO, THREE, WAFFLES

1 egg.

1 small teaspoonful of salt.

2 cups flour.

2 cups milk.

3 teaspoonfuls baking-powder.

3 tablespoonfuls melted lard or good cooking oil.

Beat the egg, put it with the milk, and the oil, stir in the flour, sifted with the salt and baking-powder, and bake quickly.

#### MINUTE WAFFLES

Beat three eggs light, the yolks and whites separately, and add two cupfuls of milk to the yolks with a tablespoonful of melted lard, butter or crisco. Have ready in a bowl two cupfuls of flour sifted with a teaspoonful of salt and one of baking-powder. Into this stir the milk mixture, add the whites of the eggs and beat all well for a minute. Turn batter into a pitcher and pour from this into the waffle-iron, which should have been heating for several minutes before the waffles go in.

#### RICE WAFFLES

Into a cupful of cold boiled rice work a tablespoonful of melted butter or crisco and a teaspoonful of salt. Beat three eggs light, stir them into the rice, add three cupfuls of flour which has been sifted with two teaspoonfuls of baking-powder, alternately with four cupfuls of milk. Be

careful that the batter is not too stiff and if it seems so add a little more milk. Give the batter a good hard beating before you begin to cook your waffles.

Instead of maple syrup with waffles, get a variety once in a while by serving with them grated maple sugar or else powdered white sugar to which cinnamon has been added in the proportion of a teaspoonful of the spice to a cupful of the sugar.

#### RICE AND CORN-MEAL WAFFLES

1 cup cold boiled rice.

$\frac{1}{2}$  cup white flour, and same of corn-meal.

2 eggs well whipped, and milk to make soft batter.

1 tablespoonful melted butter.

$\frac{1}{2}$  teaspoonful baking-powder.

1 teaspoonful salt.

Beat the mixture smooth before baking.

Be especially careful in greasing your gas waffle-iron for these waffles, as for all which contain rice.

#### MOTHER'S WAFFLES

2 cups milk.

2 eggs.

3 cups flour.

2 teaspoonfuls baking-powder.

Saltspoonful salt.

1 tablespoonful melted butter.

Sift the baking-powder with the flour, beat the eggs very light; add melted butter, milk and flour. If the batter is too thin, put in a trifle more flour.

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## SHORTCAKE, ETC.

SUNNYBANK SHORTCAKE (*For fruit*)

- 1 scant quart flour.
- 1 tablespoonful lard.
- 1 tablespoonful butter.
- 2 cups sour or buttermilk. "Loppered" cream is still better.
- 1 egg, well beaten.
- 1 teaspoonful soda, dissolved in hot water.
- 1 teaspoonful salt.

Chop up the shortening in the salted flour, as for pastry. Add the eggs and soda to the milk; put all together, handling as little as may be. Roll lightly and quickly into two sheets, the one intended for the upper crust half an inch thick, the lower less than this. Lay the latter smoothly in a well-greased baking-pan, strew it *thickly* with raspberries, blackberries, or, what is better yet, huckleberries; sprinkle four or five tablespoonfuls of sugar over these, cover with the thicker crust, and bake from twenty to twenty-five minutes, until nicely browned, but not dried. Eat hot with butter and powdered sugar.

If sweet milk be used, omit soda and add two teaspoonfuls baking-powder sifted into the dry flour. It should be mixed as soft as can be rolled. This shortcake is very nice made with the common "black-caps" or wild raspberries.

## STRAWBERRY SHORTCAKE

- 1 quart flour.
- 3 tablespoonfuls butter.
- 1 *large* cup sour cream or very rich "loppered" milk.
- 1 egg.

4 tablespoonfuls white sugar.

1 teaspoonful soda dissolved in hot water.

Saltspoonful salt.

Divide the dough in two portions, roll out and lay one sheet smoothly on the other. Bake until done and separate while warm. Lay on the lower half strawberries, several deep, sprinkle with powdered sugar, cover with the upper crust. Many cooks prefer to crush the berries first.

It is best to bake strawberry shortcake in round jelly-cake tins, or round pans a little deeper than these, as they should be sent to table whole, while the hot shortcake is generally cut into square slices, and piled upon a plate.

Strawberry shortcake is cut into triangles like pie, and sweet cream poured over each slice, with more sugar sifted over it, if desired.

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#### EASTER BUNS (*"Hot Cross"*)

3 cups sweet milk.

Half yeast-cake, dissolved in half cup warm water.

Flour to make thick batter.

Set this as a sponge over night. In the morning add—  
1 cup sugar.

$\frac{1}{2}$  cup butter, melted.

$\frac{1}{2}$  nutmeg, grated.

1 saltspoonful salt.

Flour enough to roll out like biscuit. Knead well, and set to rise for five hours. Roll half an inch thick, cut into round cakes, and lay in rows in a buttered baking-pan. When they have stood half an hour, make a cross upon each with a knife, and put instantly into the oven. Bake to a light brown, and brush over with the white of an egg beaten up stiff with white sugar.



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**PLAIN BUNS**

Are made as above, but not rolled into a sheet. Knead them like biscuit-dough, taking care not to get it too stiff, and after the five-hour rising, work in two or three handfuls of currants which have been previously well washed and dredged with flour. Mold with your hands into round balls, set these closely together in a pan, that they may form a loaf when baked. Let them stand nearly an hour, or until very light; then bake from half to three-quarters of an hour until brown. Wash them over while hot with the beaten egg and sugar.

These are generally eaten cold, or barely warm, and are best the day they are baked.

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**TOASTS AND SANDWICHES****PLAIN TOAST**

Cut stale bread in slices about quarter of an inch thick and toast it to a delicate brown either in your gas stove, on the grill in the oven, on one of the various excellent toasters which come for use on top of the gas range, or in your electric toaster. Wherever the work is done, do not scorch the toast and on the other hand see that it is evenly, if lightly colored—not pale and doughy. Butter it lightly and spread the butter smoothly—not scant in one place and thick in another, so that one part of the slice is soggy and another too dry.

The question of crust or no crust must be settled by the individual, since some persons dislike the brittle edge and others like it. If you remove the crust trim it off evenly.

**MILK TOAST**

Heat two cupfuls of milk while you are making your toast; melt a tablespoonful of butter in the milk and when this is actually boiling stir in the stiffly whipped white of an egg and turn off the heat. Butter the toast and arrange it in a deep dish, sprinkling each layer with a little salt, and pour the cream sauce over the slices.

**BAKED MILK TOAST**

Toast slices of bread half an inch thick, butter them, sprinkle them with salt and arrange in a pudding-dish. Pour milk over the toast, doing this slowly that each layer may be well moistened and allow enough to stand on top. Cover the dish, turn the heat high and bake the toast until the milk on it boils and the contents of the dish are of custard-like consistency.

**EGG TOAST**

Boil four eggs hard, remove the shells and chop whites and yolks fine. Cook together a tablespoonful of butter and one of flour until they bubble, pour on them a cupful of milk, and stir until you have a smooth sauce the thickness of double cream. Mix the egg with this and season with a teaspoonful of salt and a dash of pepper. Toast your bread, butter, and spread the chopped egg thickly on the slices.

**TOMATO TOAST**

Rub a pint of fresh or canned stewed tomatoes through the colander and put them to heat with a tablespoonful of

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butter, a teaspoonful of salt and one of white sugar. While this is warming cut and toast bread, butter it lightly and lay it in a hot dish. Add a cupful of milk with a tiny pinch of baking-soda in it to the tomatoes when the latter reach the boil, and pour them at once over the toast, before the milk has time to curdle. Lift the slices with a fork that all may have their share of the sauce.

#### CHEESE TOAST

Make slices of toast as before directed, cutting them into rounds with a biscuit-cutter or into neat squares. Rub into four tablespoonfuls of grated cheese a teaspoonful of melted butter, a tablespoonful of cream and a little salt and paprica. Spread the mixture on your toast, put it under the flame of the gas oven or in the electric oven long enough to melt the cheese so that the top is soft and begins to color a little. Serve hot.

#### CINNAMON TOAST

Prepare toast and cut it into strips or triangles or small squares. Have ready two tablespoonfuls of melted butter in a small tin pan which will keep hot on top of the toaster. In a plate have two tablespoonfuls of powdered sugar mixed with one teaspoonful of ground cinnamon. Lay each section of toast in the butter, lift it out with a fork and transfer at once to the powdered sugar and cinnamon. If the toast is well moistened with the butter the dry ingredients will adhere to the slice. Should it be insufficiently coated with the mixture dip the toast once more in the butter and again in the sugar and lay the pieces on a hot-water plate. The slices of toast must not remain in the butter long enough to become soggy and unpleasant to hold in the fingers.

These quantities will make enough toast to serve two or three persons at afternoon tea; if more are to be fed or if the guests have exceptionally robust appetites, increase the allowance of each item in proportion. While the pieces of toast first finished are having their butter and sugar treatment other slices may be browning in the toaster.

#### EGG SANDWICHES

Rub the yolks of hard-boiled eggs to a powder, chop the whites very fine, mix all with mayonnaise dressing to a paste that can be spread and put this on thin slices of brown or white bread.

#### CHEESE AND EGG SANDWICHES

To half a Philadelphia cream cheese softened with cream or mayonnaise until soft enough to spread add two hard-boiled eggs, chopped fine, season with pepper, salt and paprika and put between thicknesses of white or brown bread.

#### CREAM CHEESE AND OLIVE SANDWICHES

Prepare the cheese as directed in preceding recipe, but instead of adding eggs to it substitute stoned olives or pimolas, minced fine, and season as required. This is good spread on thin slices of Graham or Boston brown bread and is further improved by laying on the filling a leaf of lettuce dipped in French dressing or sprinkled with salt.

#### CREAM CHEESE AND SALTED NUTS

To half a Philadelphia cream cheese softened as directed with cream or mayonnaise add a tablespoonful of salted

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nuts chopped very small. For this you may use any variety of salted nuts but the decided flavor of peanuts makes them specially good for this purpose.

#### TOMATO PASTE SANDWICHES

Cut brown or white bread thin, buttering it on the loaf before slicing and spread with Campbell's or other good canned tomato soup just as it comes from the tin. It is the right consistency for spreading and makes an excellent sandwich.

#### CHEESE AND CHILI SANDWICHES

Grate good cheese and mix with it enough chili sauce to make a soft paste. Spread this on lightly buttered bread, cut thin. This sandwich is inexpensive, easily made and pleasing to the taste.

#### CHEESE AND CELERY SANDWICHES

Into half a cupful of cream cheese which has been softened with mayonnaise until it will spread easily, work two tablespoonfuls of celery, chopped fine; four olives, stoned and minced; a tablespoonful of English walnut kernels, blanched and chopped, and a scant teaspoonful of salt. Butter each slice of bread on the loaf, cut thin, trim off the crust and spread alternate slices with the cheese and celery mixture; lay two slices together with the filling between them and cut into squares, circles or rectangles, or into any fancy shape you wish, with a cake cutter. Either white or brown bread may be used or you may combine the two and have one side of the sandwich white and one brown.

## RIBBON SANDWICHES

Butter and slice thin white and brown bread; lay four thicknesses on top of each other, alternating the white and brown, first spreading with any of the sandwich pastes for which recipes have been given. Trim off all crust and cut into squares, triangles or rectangles with a sharp knife. The effect of the alternate coloring is very pretty.

A decorative sandwich is made by spreading a thin layer of cream cheese on the top of the sandwich and ornamenting this with rings of stuffed olives, disks cut with a thimble from pimientos or pickled beets and strips of blanched almonds. The slight softness of the cheese will make the adornments stay in place as they would not on the bare bread.

## SNAPPY SANDWICHES

Into two tablespoonfuls of butter which have been beaten to a cream with a fork work ten drops of onion-juice; a teaspoonful of lemon-juice; half a teaspoonful of salt, a quarter teaspoonful of French mustard and a pinch of paprika. To this add a teaspoonful each of capers, cucumber pickle and stoned olives, all minced very fine. Spread on brown or whole wheat bread.

## BREAKFAST CEREALS

### OATMEAL

THE directions given with different brands of oatmeal vary so much that it is impracticable to lay down a hard and fast rule. As a general thing it is safe to allow one full part of oatmeal to two and a half parts of water. You may put this cold into a double boiler, adding a scant teaspoonful of salt to each quart of porridge and after the water in the outer vessel boils hard keep it at this for half an hour. A longer time will do it no harm. The porridge should not be too thick but of such consistency that it will just pour. Beat it up hard before taking it from the pot.

### HOMINY BOILED IN MILK

Wash a cupful of fine white hominy and soak it overnight in enough cold water to cover it. Drain off the water in the morning and put the hominy in a double boiler with two cupfuls of milk and cook for an hour after the water in the outer vessel boils. Stir in a small tablespoonful of butter and a scant teaspoonful of salt and beat up well before serving.

### HOMINY BOILED PLAIN

Soak a cupful of hominy over night in cold water; in the morning put it in a double boiler with two cupfuls of water to which you have added a teaspoonful of salt, and cook for two hours. Stir now and then. Or you may put it

directly on the stove and cook at medium heat for an hour, watching the water does not boil away or the hominy scorch, and stirring it several times while it cooks.

#### CRACKED WHEAT

Unless this is a specially prepared brand it will require long cookery and three tablespoonfuls of the cracked wheat should be soaked in a pint of salted warm water for two hours; then cooked steadily in a double boiler for two hours more.

#### CORNMEAL MUSH

Stir a cupful of yellow cornmeal to a paste with a little cold water and add it to a quart of boiling water to which you have put a teaspoonful of salt. Bring the water in the outer vessel to a boil and cook steadily for an hour, stirring up now and then. If the mush should seem stiff add a little boiling water to bring it to the desired consistency. This last plan should be followed with all cooked cereals.

All cereals that demand long, slow simmering may be cooked in the fireless cooker.

#### THICKENED MILK

Put a quart of milk over the fire in a double boiler, add a half teaspoonful of salt and stir into it two heaping tablespoonfuls of rice or wheat flour wet to a paste in a little milk. Keep the water in the outer vessel at a hard boil for half an hour, stirring from time to time. You may improve the flavor of this by grating a little nutmeg on the surface of the milk when you serve it. Eat with sugar and cream.



**BREWIS**

To provide variety in breakfast cereals try brewis, which is an old-fashioned New England dish that will be welcomed in other parts of the country.

Heat two cupfuls of milk over your range, using high heat, add a tablespoonful of butter and a saltspoonful of salt. Have ready a good supply of bread crumbs broken fine but not so pulverized as when used for breading chops. Add enough of these bread crumbs to make a mixture of the consistency of ordinary oatmeal porridge, and after stirring well, cook for ten minutes. Serve either with butter and sugar or with milk.

Brewis is excellent when made of Graham or brown bread crumbs and grated maple sugar is a delicious accompaniment. It is also a good way of using broken slices of bread too small to toast.

## CAKE

USE none but the best materials for making cake. If you cannot afford to get good flour, dry white sugar, and the best family butter, make up your mind to go without your cake.

There are no intermediate degrees of quality in eggs. I believe I have said that somewhere else, but it ought to be repeated just here. They should be, like Cæsar's wife, above suspicion.

All kinds of cake are better for having the whites and yolks beaten separately. Beat the former until you can cut through the froth with a knife, leaving as clear and distinct an incision as you would in a solid substance. Beat the yolks in an earthenware bowl until they cease to froth, and thicken as if mixed with flour. Have the dishes *cool*—not too cold. It is hard to whip whites stiff in a warm room.

Stir the butter and sugar to a cream. Cakes often fail because this rule is not followed. Beat these as faithfully as you do the eggs, warming the butter very slightly if hard.

The old-fashioned wire egg-whisk does good work and it is claimed that you attain better results with it than with any of the new patents. The fact remains that such an egg-beater as the Ladd, a variant of the old and honored Dover, does wonderful work with a minimum of labor.

Best of all for the woman who can afford it is the electric kitchen-aid, which beats eggs, creams butter and sugar, chops flour and shortening for pastry and does many other tiresome tasks in the twinkling of an eye and with no toil on the part of the housekeeper. If one can spare the money for this convenience it will pay for itself in the labor and trouble it saves the worker in the kitchen.

Do not use fresh and stale milk in the same cake. It acts as disastrously as a piece of new cloth in an old garment. Sour milk makes a spongy cake; sweet, one closer in grain.

Study the moods and tenses of your oven carefully before essaying a loaf of cake. Confine your early efforts to tea-cakes and the like. Jelly-cake, baked in shallow flat tins, is good practice during the novitiate. Keep the heat steady.

Streaks in cake are caused by unskilful mixing, too rapid or unequal baking, or a sudden decrease in heat before the cake is quite done.

Don't delude yourself, and maltreat those who are to eat your cake, by trying to make soda do the whole or most of the duty of eggs. Others have tried it before, with unfortunate results.

Good cake was never really cheap, even in pre-war days. Now, with the high cost of butter, eggs, sugar and everything else you cannot hope to afford the pound and fruit cakes of former years, unless for rare high-days and holidays. My own advice is to have good cake and have it seldom, or else to study the less expensive varieties and bestow so much care on their mixing and baking that the more costly loaves of the old times will not be missed. The best materials will not produce a good result if carelessly blended; cheaper items may give satisfaction if judiciously compounded and cooked.

Test whether a cake is done by running a clean straw into the thickest part. It should come out clean.

Do not leave the oven-door open. If it hardens too fast on the top, cover with paper. It should rise to full height before the crust forms.

Except for gingerbread, use none but white sugar.

Always sift the flour.

Be accurate in your weights and measures.

*There is no royal road to good fortune in cake-making.*

*What is worth doing at all is worth doing well.* There is no disgrace in not having time to mix and bake a cake. You may well be ashamed of yourself if you are too lazy, or careless, or hurried to beat your eggs, cream your butter and sugar, or measure your ingredients.

Yet, sometimes, when you believe you have left no means untried to deserve success, failure is your portion. What then?

If the cake be uneatable, throw it away and say nothing about it. If streaky or burned, cut out the best parts, make them presentable as possible, and give them to John and the children as a "second-best" treat. Then keep up a brave heart and try again. You *may* not satisfy yourself in a dozen trials. You certainly *will* not if you never make another attempt.

Cake should be wrapped in a thick cloth as soon as cool, and kept in tight tin boxes. Do not cut more at a time than you are likely to use, as it is not good when dry. Layer cakes are best set away upon plates, cloths wrapped closely about them, and a box enclosing all.

Cream your sugar and butter, measure milk, spices, etc., before beginning work. For fruit-cake it is best to prepare the materials the day before. Let your icing dry thoroughly before wrapping up the cake.

*Sift your flour before measuring*, as all the following recipes are for sifted flour.

### QUICK ICING

Whites of 2 eggs.

Half pound powdered white sugar.

Lemon, vanilla, or other seasoning.

Break the whites into a broad, clean, cool dish. Throw a small handful of sugar upon them, and begin whipping

it in with slow, steady strokes of the beater. A few minutes later throw in more sugar, and keep adding it at intervals until it is all used up. Beat perseveringly until the icing is of a smooth, fine, and firm texture. If not stiff enough, put in more sugar. A little practice will teach you when your end is gained. If you season with lemon-juice, allow, in measuring your sugar, for the additional liquid. Lemon-juice whitens the icing. Use *at least* a quarter of a pound of sugar for each egg.

This method of making icing was taught me by a confectioner as easier and surer than the old plan of beating the eggs first and alone. I have used no other since my first trial of it. The frosting hardens in one-fourth the time required under the former plan, and not more than half the time is consumed in the manufacture. I have often iced a cake but two hours before it was cut, and found the sugar dry all through.

Pour the icing by the spoonful on the top of the cake and near the center of the surface to be covered. If the loaf is of such a shape that the liquid will settle of itself to its place, it is best to let it do so. If you spread it, use a broad-bladed knife, dipped in cold water. If it is as thick with sugar as it should be, you need not lay on more than one coat.

Color icing yellow by putting the grated peel of a lemon or orange in a thin muslin bag, straining a little juice through it, and squeezing it hard into the egg and sugar.

For all tints the French vegetable colorings are safe and potent.

### BOILED ICING (*Fondant*)

Let a pound of granulated sugar and half a cupful of water boil slowly over medium heat without stirring until a

little of the syrup dropped from the tip of a spoon spins a hair. Take from the stove and when a trifle more than blood-warm begin to stir steadily, always in one direction, until the syrup becomes a smooth snowy cream. Apply to the cake with a knife and dip this in hot water to smooth the icing. It should harden by the time it is on the cake. This icing will keep for some time and may be softened by being set over boiling water, but after each heating it becomes harder and more difficult to handle. Flavor and color to taste.

#### CHOCOLATE ICING (I)

Add a tablespoonful of grated chocolate to a cupful of fondant or boiled icing while this is still very hot and stir until smooth.

#### CHOCOLATE ICING (II)

$\frac{1}{4}$  cake unsweetened chocolate.

$\frac{1}{2}$  cup sweet milk.

1 tablespoonful cornstarch.

1 teaspoonful vanilla.

Mix together these ingredients, with the exception of the vanilla; boil it two minutes (after it has fairly come to a boil), flavor, and then sweeten to taste with powdered sugar, taking care to make it sweet enough.

#### MARTHA'S CAKE (*For Jelly-Cake*)

1 tablespoonful butter.

3 eggs.

1 cup sugar.

Half cup milk.

2 cups flour.

1 heaping teaspoonful baking-powder.

Bake in jelly-cake tins, and spread, when cold, with fruit-jelly.

This is, although so simple and inexpensive, an admirable foundation for the various kinds of jelly, cream, and meringue cake, which are always popular. It seldom fails, and when well mixed and baked, is very nice.

### MRS. M.'s CUP CAKE

1 cup butter.

2 cups sugar.

3 cups flour.

4 eggs.

1 cup sweet milk.

2 teaspoonfuls baking-powder.

Bake in a loaf, or as jelly-cake.

### CREAM CAKE

2 cups powdered sugar.

1 cup butter.

4 eggs.

$\frac{1}{2}$  cup milk.

3 cups flour.

2 teaspoonfuls baking-powder.

Bake in thin layers as for jelly-cake, and spread between them, when cold, the following mixture:

$\frac{1}{2}$  pint milk.

2 small teaspoonfuls cornstarch.

1 egg.

1 teaspoonful vanilla.

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

Heat the milk to boiling, and stir in the cornstarch, wet with a little cold milk; take out a little and mix gradually with the beaten egg and sugar; return to the rest of the custard, and boil, stirring constantly until quite thick. Let it cool before you season, and spread on cake. Season the icing also with vanilla.

### COCONUT CAKE

2 cups powdered sugar.  
½ cup butter.  
3 eggs.  
1 cup milk.  
3 cups flour.  
2 teaspoonfuls baking-powder.  
Bake as for jelly-cake.

#### *Filling*

1 grated coconut.

To one half of this add whites of two eggs, beaten to a froth, and one cup of powdered sugar. Lay this between the layers.

Mix with the other half of the grated coconut four tablespoonfuls powdered sugar, and strew thickly on top of cake.

### ROSIE'S COCONUT CAKE

2 cups flour.  
1½ cups sugar.  
½ cup butter.  
½ cup sweet milk.  
3 eggs.  
2 teaspoonfuls baking-powder.



Sift baking-powder into the dry flour; cream the butter and sugar; add the beaten eggs, then the milk; lastly the flour. Bake in jelly-cake tins.

Grate one coconut; mix with it a cup and a half of white sugar, also the milk of the coconut. Set the mixture in the oven until the sugar melts; then spread between the cakes.

### ONE, TWO, THREE, FOUR COCONUT CAKE

- 1 cup butter.
- 2 cups sugar.
- 3 cups flour.
- 4 eggs (the whites only).
- 1 cup milk.
- 2 teaspoonfuls baking-powder.
- $\frac{1}{2}$  small coconut, stirred in at the last.

### LEE CAKE

- 5 eggs.
- Half pound sugar.
- Quarter pound flour.
- 2 lemons.
- 1 small orange.

Beat whites and yolks separately; add to all the yolks and the whites of three eggs the sugar, the rind of two lemons, and juice of one. Bake as for jelly-cake.

To the whites of two eggs allow three-quarters of a pound of powdered sugar; beat stiff as for icing, take out enough to cover the top of the cake and set aside. Add to the rest the juice and half the grated rind of an orange. When the cake is nearly cold, spread this between the layers. Beat into the icing reserved for the top a little lemon-juice, and,

if needed, more sugar. It should be thicker than that spread between the cakes.

You can make a very delightful variation of this fine cake by spreading the orange icing between layers made according to the recipe given for "Martha's Jelly-Cake," and frosting with lemon meringue, as above.

### WHITE MOUNTAIN CAKE

- 3 cups sugar.
- 1 cup butter.
- $\frac{1}{2}$  cup sweet milk.
- Whites eight eggs.
- 2 teaspoonfuls baking-powder sifted with the flour.
- 4 cups flour.
- Flavor with essence of bitter almond.

Icing, whites of three eggs, 1 pound powdered sugar. Flavor with lemon-juice. Bake in jelly-cake tins, and fill with grated coconut, sweetened with a quarter of its weight of powdered sugar, or with icing such as is made for Lee cake, only flavored with lemon entirely.

### FRENCH CAKE

- 1 pound sugar.
- $\frac{1}{2}$  pound butter.
- 1 pound currants, washed clean and dredged with flour.
- 3 cups flour.
- 4 eggs.
- Nutmeg and cinnamon to taste.
- $\frac{1}{2}$  teaspoonful soda dissolved in three tablespoonfuls milk.

## LADY CAKE

Half-pound sugar.

Half-pound sifted flour.

3 ounces butter.

The whipped *whites* of five eggs.

Flavor with bitter almond, and bake in square, not very deep, tins. Flavor the frosting with vanilla. The combination is very pleasant.

## SISTER MAG'S CAKE

2½ cups powdered sugar.

¾ cup butter.

1 cup sweet milk.

3 cups flour.

4 eggs.

1 lemon, juice and rind.

1 small teaspoonful soda.

2 teaspoonfuls baking-powder.

Bake in a square or oblong tin, and frost with whites of two eggs beaten stiff with powdered sugar.

## DOVER CAKE

1 pound flour.

1 pound white sugar.

½ pound butter, rubbed with the sugar to a *very* light cream.

6 eggs.

1 cup sweet milk.

1 teaspoonful soda dissolved in vinegar.

1 teaspoonful powdered cinnamon.

1 tablespoonful rose-water.

Flavor the frosting with lemon-juice.

### CHOCOLATE CAKE

2 cups sugar.  
1 cup butter.  
Yolks of five eggs and whites of two.  
1 cup milk.  
 $3\frac{1}{2}$  cups flour.  
2 teaspoonfuls baking-powder sifted into the flour.  
Bake in jelly-cake tins.

#### *Mixture for Filling*

Whites of two eggs.  
1 cup sugar.  
2 tablespoonfuls grated chocolate.  
1 teaspoonful vanilla.  
Beat well together, spread between the layers and on top of cake.

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### CARAMEL CAKE

3 cups sugar.  
 $1\frac{1}{2}$  cups butter.  
1 cup milk.  
 $4\frac{1}{2}$  cups flour.  
5 eggs.  
2 heaping teaspoonfuls baking-powder.

#### *Caramel for Filling*

$1\frac{1}{2}$  cups brown sugar.  
 $\frac{1}{2}$  cup milk.  
1 cup molasses.  
1 teaspoonful butter.  
1 tablespoonful flour.  
2 tablespoonfuls cold water.

Boil this mixture five minutes, add half a cake unsweetened chocolate (grated), boil until it is the consistency of rich custard. Add a pinch of soda, stir well, and remove from fire.

When cold, flavor with a large teaspoonful vanilla, and spread between the layers of cake, which should be baked as for jelly-cake. Cover the top with the same, and set in an open, sunny window to dry.

The above quantity will make two large cakes.

### MARBLED CAKE

- 1 cup butter.
- 2 cups powdered sugar.
- 3 cups flour.
- 4 eggs.
- 1 cup sweet milk.
- 2 teaspoonfuls baking-powder.

When the cake is mixed take out about a teacupful of the batter, and stir into this a tablespoonful of grated chocolate, wet with a scant tablespoonful of milk. Fill your mold about an inch deep with the yellow batter, and drop upon this, in two or three places, a spoonful of the dark mixture. Give to the brown spots a slight stir with the tip of your spoon, spreading it in broken circles upon the lighter surface. Pour in more yellow batter, then drop in the brown in the same manner as before, proceeding in this order until all is used up. When cut, the cake will be found to be handsomely variegated.

### ELLIE'S CAKE

- 1 cup sugar.
- $\frac{1}{2}$  cup butter.

3 eggs.  
½ cup sweet milk.  
2½ cups flour.  
2 teaspoonfuls baking-powder.

Bake in jelly-cake tins, and fill with jelly or chocolate.  
A simple and excellent cake.

### SPONGE CAKE

Weigh six eggs; take their weight in sugar and half their weight in flour. Beat the yolks of the eggs until smooth and thick; add the sugar, the juice of a lemon and half its grated peel. Stir in the flour, and the whites of the eggs, whipped until stiff enough to stand alone. Grease carefully a straightside baking-pan, turn the batter into it and put into the oven which has been preheated long enough to bring it to a steady medium temperature. Do not open the oven to look at the cake until it has been in fifteen minutes and all the while it is baking be careful not to slam the door of the oven or of the kitchen. A sharp jar may ruin the cake.

The lady from whom I had this admirable recipe was celebrated among her acquaintances for her beautiful and delicious sponge-cake.

"Which should always be baked in tins like these," she said to me once, sportively, "or it does not taste just right."

The molds were like a large brick in shape, with almost perpendicular sides. I instantly gave an order for a couple precisely like them, and really fancied that cake baked in them was a little better than in any other form. But you can hardly fail of success if you prepare yours precisely as I have directed, bake in whatever shape you will. Be careful that your oven is steady, and cover the cake with paper to prevent burning.

## POUND CAKE

- 1 pound flour.
- 1 pound eggs.
- 1 pound sugar.
- $\frac{3}{4}$  pound butter.
- 1 glass brandy. (The salted brandy or brandy extract may be used.)
- 1 nutmeg.
- 1 teaspoonful mace.

Cream half the flour with the butter, and add brandy and spice. Beat the yolks until light, add the sugar, then the beaten whites and the rest of the flour alternately. When this is thoroughly mixed, put all together and beat steadily for half an hour.

If properly made and baked this is a fine cake.

## WASHINGTON CAKE

- 3 cups sugar.
- 2 cups butter.
- 5 eggs.
- 1 cup milk.
- 4 cups flour.
- 2 teaspoonfuls baking-powder.
- Mix as usual and stir in, at the last—
- $\frac{1}{2}$  pound currants well washed and dredged.
- $\frac{1}{4}$  pound raisins seeded and chopped fine, then floured.
- A handful of citron sliced fine.
- Cinnamon and nutmeg to taste.

Fruit-cake takes longer to bake than plain, and the heat must be kept steady.

### BLACK FRUIT CAKE

Cream half a pound of butter with half a pound of sugar, add the beaten yolks of six eggs and beat hard. Put in half a tablespoonful of cinnamon, half a teaspoonful each of nutmeg and allspice and half a pound of flour alternately with the stiffly whipped whites of the eggs. When thoroughly mixed stir in half a pound each of cleaned currants and of seeded and chopped raisins and one-quarter of a pound of shredded citron, all well dredged with flour. Turn into a greased mold, put into the preheated oven of your electric or gas range, turn to medium heat and bake steadily for two hours. Ice.

### WHITE FRUIT CAKE

Cream together half a cupful of butter and one cupful of sugar, mix with the beaten yolks of two eggs and two scant cupfuls of flour sifted with one teaspoonful of baking-powder, and flavor with a teaspoonful of vanilla and half as much almond extract. Stir in lightly the whites of five eggs, whipped stiff. Have ready three-quarters of a pound each of fresh grated coconut and shredded citron, half a pound of almonds, blanched and chopped, and the same of sultana raisins. Dredge the fruit and nuts with flour, stir them into the cake batter, turn into a very well-greased cake tin and bake at medium heat for an hour and a quarter. Cover with icing.

### NUT CAKE

Beat separately the whites and yolks of two eggs; cream together half a cupful of butter and a cupful of sugar and mix with the beaten yolks. Add half a cupful of cold



water, a cupful and a half of flour with which have been sifted a teaspoonful of baking-powder and half a teaspoonful of salt; then put in the whites of the eggs. Stir in last a cupful of English walnut or hickory-nut kernels cut into small pieces and rolled in flour. Bake the cake in a steady oven until a straw comes out clean from the thickest part of the loaf.

### TWENTIETH CENTURY ANGEL CAKE

Add to an even half-pint of flour three even teaspoonfuls of baking-powder and a pinch of salt. Mix with this one level half pint of powdered sugar and sift together five times. Put over at high heat half a pint of milk, watch it that it does not scorch and the moment it reaches the boil pour it slowly upon the flour and sugar, stirring steadily that the mixture may be smooth and free from lumps. Flavor with a teaspoonful of vanilla, mix in the stiffly beaten whites of two eggs and turn the batter into an ungreased cake-tin with straight sides. Bake at medium heat for forty minutes.

### JELLY ROLL

3 eggs.

1 tablespoonful butter.

1 cup sugar.

2 tablespoonfuls milk.

1 cup flour.

1 teaspoonful baking-powder, sifted with the flour.

Spread very thin and evenly in a greased baking tin, bake in a moderate oven, taking care the cake is not done too much, spread with jelly while warm, roll, cover with waxed paper and tie into shape until cold.

### GOLD CAKE

- 1 cup butter.
- 2 cups sugar.
- Juice of a lemon and grated peel of an orange.
- 1 cup milk.
- 3 cups flour.
- 2 teaspoonfuls baking-powder.
- Yolks of 4 eggs.

Cream the butter and sugar, add the juice of the lemon and the orange-peel, the egg-yolks, beaten light, the milk and flour, sifted with the baking-powder. Bake in a loaf.

### SILVER CAKE

- 1 cup powdered sugar.
  - Whites of 6 eggs.
  - Half cup flour, sifted with a rounded teaspoonful of baking-powder.
- Mix as directed for Sponge Cake and bake in a mold similar to that you use for Gold Cake. Cut and pile with the Gold Cake in alternate slices.

### ORANGE CAKE

- 3 tablespoonfuls butter.
  - 2 cups sugar.
  - 4 eggs.
  - 1 cup cold water.
  - 3 cups flour sifted with 2 teaspoonfuls baking-powder.
  - Juice and half the grated peel of a large orange.
- Use the yolks of all the eggs and the whites of two in making the cake, bake in jelly-cake tins and make a filling by beating the whites of two eggs stiff with a cupful of

powdered sugar, the juice and half the grated peel of an orange—this is in addition to the orange used in flavoring the cake. Ice the cake when filled.

### HUCKLEBERRY CAKE

1 cup butter.

2 cups sugar.

3 cups flour.

5 eggs.

1 cup sweet milk.

1 teaspoonful soda dissolved in hot water.

1 teaspoonful nutmeg, and the same of cinnamon.

1 quart ripe, fresh huckleberries, thickly dredged with flour.

Stir the butter and sugar to a cream, add the beaten yolks; then the milk, the flour, and spice, the whites whipped stiff, and the soda. At the last stir in the huckleberries with a wooden spoon or paddle, not to bruise them. Bake in a loaf or card, in a moderate but steady oven, until a straw comes out clean from the thickest part.

This is a delicious cake, and deserves to be better known. It is best on the second day after baking.

### CORNSTARCH CAKE

2 cups sugar, }  
1 cup butter, } rubbed to a cream.

1 cup milk.

2 cups flour.

3 eggs, whites and yolks beaten separately.

$\frac{1}{2}$  cup cornstarch.

2 teaspoonfuls baking-powder sifted well through the flour.

Sift the cornstarch with the flour, and add the last

thing. Bake in small tins and eat while fresh. They dry in two or three days and become insipid, but are very nice for twenty-four hours after they are baked.

### WHITE CAKE

- 1 cup butter.
- 2 cups sugar.
- 1 cup sweet milk.
- Whites of five eggs.
- 3 cups flour.
- 2 teaspoonfuls baking-powder.

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### COOKIES, CRULLERS, DOUGHNUTS, GINGERBREAD

#### MRS. B.'S COOKIES

- 6 eggs, whites and yolks separately.
- 1 cup butter.
- 3 cups sugar.
- Flour to make batter *just* stiff enough to be molded with well-floured hands.
- Flavor with lemon.
- Make into round cakes and bake in a quick oven.

#### SMALL SUGAR CAKES

- 1 heaping cup sugar.
- $\frac{3}{4}$  cup butter.
- $\frac{1}{4}$  cup sweet milk.
- 2 eggs, well beaten.
- 2 teaspoonfuls baking-powder.
- Flour sufficient to enable you to roll out the dough.

1 saltspoonful salt.  
Nutmeg and cinnamon to taste.  
Cut in round cakes and bake quickly.

NEW YEAR'S CAKES (*Very nice*)

1¼ pound sugar.  
1 pound butter.  
½ pint cold water.  
3 eggs.  
3 pounds flour.  
1 teaspoonful soda dissolved in hot water.  
4 tablespoonfuls caraway seed sprinkled through the flour.

Rub the butter, or, what is better, chop it up in the flour; dissolve the sugar in the water; mix all well with the beaten eggs, cut in square cakes, or with oval mold, and bake quickly.

## MOTHER'S COOKIES

1 cup butter.  
2 cups sugar.  
3 eggs, well beaten.  
¼ teaspoonful soda dissolved in boiling water.  
1 teaspoonful nutmeg.  
1 teaspoonful cloves.

Flour to make soft dough, just stiff enough to roll out. Try two cups to begin with, working it in gradually. Cut in round cakes, stick a raisin or currant in the top of each, and bake quickly.

## CORIANDER COOKIES

1 cup butter.  
3 cups sugar.

- 1 cup "loppered" milk or cream.
  - 4 eggs.
  - 6 cups flour, or just enough to stiffen into a *rollable* paste.
  - 2 tablespoonfuls coriander seed (ground or beaten).
  - 1 teaspoonful soda, dissolved in boiling water.
- You may substitute caraway for the coriander seed.

#### MOLASSES COOKIES (*Good*)

- 1 cup butter.
- 2 cups molasses.
- 1 teaspoonful cloves.
- 1 tablespoonful ginger.

Sufficient flour to make a *soft* dough. Mold with the hands into small cakes, and bake in a steady rather than quick oven, as they are apt to burn.

#### GINGER-SNAPS (I)

- 1 large cup butter and lard mixed.
  - 1 coffee-cup sugar.
  - 1 cup molasses.
  - $\frac{1}{2}$  cup water.
  - 1 tablespoonful ginger.
  - 1 tablespoonful cinnamon.
  - 1 teaspoonful cloves.
  - 1 teaspoonful soda dissolved in hot water.
- Flour for pretty stiff dough.

Roll out rather thinner than sugar cakes, and bake quickly. These ginger-snaps will keep for weeks, *if locked up*.

#### GINGER-SNAPS (II)

- 1 pint molasses.
- 1 cup sugar.

1 teaspoonful ginger.  
1 teaspoonful allspice.  
1 cup butter.  
5 cups flour.  
Roll thin and cut into small cakes. Bake in quick oven.

## AUNT MARGARET'S JUMBLES

1 cup butter.  
2 cups sugar.  
1 cup milk.  
5 eggs.  
 $\frac{1}{2}$  teaspoonful soda dissolved in boiling water.  
1 teaspoonful nutmeg.  
Sufficient flour to make *soft* dough. Roll out, cut into shapes and sift sugar over them before they go into the oven.

## MRS. M.'S JUMBLES

1 cup sugar.  
1 cup butter.  
 $\frac{1}{2}$  cup sour cream.  
1 egg.  
1 teaspoonful soda, dissolved in hot water.  
Nutmeg to taste.  
Flour for soft dough.

## MACAROONS

Buy from a fancy grocer or confectioner six ounces of almond paste, chop it fine. Beat stiff the whites of two eggs, add to them a cup and a half of powdered sugar and the almond paste; make into balls the size of a hickory-nut.

Arrange these on buttered paper, leaving space enough between them to allow them to spread. Heat the oven before you put in the cakes and bake them for about fifteen minutes or until they are a delicate brown. Do not take them from the paper until they are entirely cold for they break if handled while warm.

#### JUMBLES

Beat light the yolks of two eggs; mix with them half a cupful of butter which you have creamed with three-quarters of a cupful of powdered sugar. Stir in a cupful of flour and flavor to taste with lemon or vanilla. You should have a dough just stiff enough to handle. Flour your fingers and form the paste into balls the size of a hickory nut; arrange them on buttered paper so far apart that they will not run into one another when they cook; stick on top of each a raisin or half a blanched almond. Have the oven heated as for macaroons and bake the jumbles for about ten minutes. Watch them carefully so they do not bake beyond a pale yellow. These are brittle when cool and should therefore be removed from the paper while warm.

#### CHOCOLATE HEARTS

Cream half a cupful of butter with a cupful of sugar; mix with it seven tablespoonfuls of grated chocolate, dissolved and stirred until smooth and melted in a half cupful of boiling milk. To this put four well-beaten eggs, a teaspoonful of vanilla and two cupfuls of flour into which you have sifted a heaping teaspoonful of baking-powder and the same of salt. Turn into a square biscuit tin in a sheet not more than half an inch thick, bake in a medium oven and take out as soon as a straw comes clear from the thickest



part of the cake. Do not let this bake too long or it will be brittle. Before the cake cools turn it out very carefully on a board, cut into heart-shapes with a small sharp cooky cutter and coat each cake while still warm with chocolate icing.

#### COCONUT-CAKES (*Small*)

1 coconut, carefully skinned and grated.

Milk of the same.

1½ pounds powdered sugar.

As much water as you have coconut milk.

Whites of three eggs.

Dissolve one pound of sugar in the milk and water. Stew until it becomes a "ropy" syrup, and turn out into a buttered dish. Have ready the beaten white of egg, with the remaining half-pound of sugar whipped into it; mix with this the grated coconut, and little by little—beating all the while—the boiled syrup as soon as it cools sufficiently not to scald the eggs. Drop in tablespoonfuls upon buttered papers. Try one first, and if it runs, beat in more sugar. Bake in a very moderate oven, watching to prevent scorching. They should not be suffered to brown at all.

These will keep some time, but are best quite fresh.

#### COCONUT CONES

1 pound powdered sugar.

½ pound grated coconut.

Whites of 5 eggs.

1 teaspoonful best arrowroot.

Whip the eggs as for icing, adding the sugar as you go on, until it will stand alone, then beat in the coconut and arrowroot.

Mold the mixture with your hands into small cones, and set these far enough apart not to touch one another upon buttered paper in a baking-pan. Bake in a very moderate oven.

#### CURRENT CAKES

1 pound flour.

$\frac{1}{2}$  pound butter.

$\frac{3}{4}$  pound sugar.

4 eggs.

$\frac{1}{2}$  pound currants, well washed and dredged.

$\frac{1}{2}$  teaspoonful soda dissolved in hot water.

$\frac{1}{2}$  lemon, grated rind and juice.

1 teaspoonful cinnamon.

Drop from a spoon upon well-buttered paper, lining a baking-pan. Bake quickly.

#### AUNT MARGARET'S CRULLERS

$\frac{1}{2}$  pound butter.

$\frac{3}{4}$  pound powdered sugar.

6 eggs.

Mace and nutmeg to taste.

Flour to roll out stiff.

Roll out in a thin sheet, cut into shapes and fry in *plenty* of boiling lard. Test the heat first by dropping in one. It should rise almost instantly to the surface. Crullers and doughnuts soak in fat at the bottom of the kettle. These should be a fine yellow.

The most delicious and the nicest-looking crullers I have ever seen were made by the dear old lady from whom I had this recipe. They were as pretty and perfect a picture of their kind as she was of hers.

Crullers are better the second day than the first. If the fat becomes so hot that the crullers brown before they puff out to their full dimensions, lower the heat for a few minutes. Have enough cut out before you begin to fry them to keep a good supply all the while in the kettle. If you undertake the task alone, cut out all before cooking one.

## KATIE'S CRULLERS

1 pound sugar.  
 $\frac{1}{4}$  pound butter.  
6 eggs.  
1 tablespoonful sweet milk.  
1 small teaspoonful soda.  
1 nutmeg.  
Sufficient flour to roll out stiff.

## MOTHER'S CRULLERS

$1\frac{1}{2}$  teacups sugar.  
 $\frac{1}{2}$  teacup sour cream or milk.  
 $\frac{1}{3}$  teacup butter.  
1 egg.  
1 small teaspoonful soda dissolved in hot water.  
Flour to roll out a tolerably stiff paste.

## ANNIE'S CRULLERS

2 cups sugar.  
1 cup butter.  
2 eggs.  
2 cups sour milk.  
1 teaspoonful soda dissolved in hot water.  
Flour to roll out tolerably stiff.

**RISEN DOUGHNUTS**

1 pound butter.

1 $\frac{3}{4}$  pounds sugar.

1 quart sweet milk.

4 eggs.

1 yeast cake dissolved in one cup warm water.

1 tablespoonful mace or nutmeg.

2 teaspoonfuls cinnamon.

1 teaspoonful salt.

Flour to make all stiff as bread dough.

Cream the butter and sugar, add the milk, yeast, and one quart and a pint of flour. Set to rise over night. In the morning beat the eggs very light, and stir into the batter with the spice and the rest of the flour. Set to rise three hours, or until light; roll into a pretty thick sheet, cut out, and fry in boiling lard. Sift powdered sugar over them while hot.

**QUICK DOUGHNUTS**

1 cup butter.

2 cups sugar.

4 eggs.

1 cup sour milk or cream.

1 teaspoonful soda dissolved in hot water.

1 teaspoonful nutmeg.

$\frac{1}{2}$  teaspoonful cinnamon.

Flour to roll out in pretty soft dough.

Cut into shapes and fry in hot lard.

**SOFT GINGERBREAD**

1 cup butter.

1 cup molasses.

- 1 cup sugar.
- 1 cup sour or buttermilk.
- 1 teaspoonful soda dissolved in boiling water.
- 1 tablespoonful ginger.
- 1 teaspoonful cinnamon.
- 2 eggs.

*About* five cups of flour—enough to make it thick as cup-cake batter, perhaps a trifle thicker. Work in four cups first, and add very cautiously.

Stir butter, sugar, molasses, and spice together to a light cream, set them on the heat until slightly warm; beat the eggs light; add the milk to the warmed mixture, then the eggs, the soda, and lastly the flour. Beat very hard ten minutes, and bake at once in a loaf, or in small tins. Half a pound raisins, seeded and cut in half, will improve this excellent gingerbread. Dredge them well before putting them in. Add them at the last.

#### SPONGE GINGERBREAD (*Eggless*)

- 5 cups flour.
- 1 heaping tablespoonful butter.
- 1 cup molasses.
- 1 cup sugar.
- 1 cup milk (sour is best).
- 2 teaspoonfuls saleratus, dissolved in hot water.
- 2 teaspoonfuls ginger.
- 1 teaspoonful cinnamon.

Mix the molasses, sugar, butter, and spice together; warm them slightly, and beat until they are lighter in color by many degrees than when you began. Add the milk, then the soda, and having mixed all well, put in the flour. Beat very hard five minutes, and bake in a broad,

shallow pan, or in muffin-tins. Half a pound of seeded raisins cut in pieces will be a pleasant addition.

Try this gingerbread warm for tea or luncheon, with a cup of hot chocolate to accompany it, and you will soon repeat the experiment.

#### PLAIN GINGERBREAD

2 cups molasses.

$\frac{1}{2}$  cup lard.

$\frac{1}{2}$  cup butter.

2 tablespoonfuls soda dissolved in hot water.

2 tablespoonfuls ginger.

1 cup sour milk.

Thicken with flour to a soft dough.

Warm the molasses, lard, butter, and ginger, and beat them ten minutes before adding the milk, soda, and flour. Roll out, cut into shapes, and bake in a quick, but not too hot, oven. Keep in a tight tin box. Brush over with white of egg while hot.

#### SUGAR GINGERBREAD

1 cup butter.

2 cups sugar.

1 cup sour cream or milk.

3 eggs.

1 teaspoonful soda dissolved in hot water.

2 teaspoonfuls ginger.

1 teaspoonful cinnamon.

5 cups of flour, or enough to roll out *soft*. Cut in shapes, brush over with white of egg while hot, and bake.

## CREAM PUFFS

$\frac{1}{2}$  pound butter.

$\frac{3}{4}$  pound flour.

6 eggs.

1 pint water.

Stir the butter into the water, which should be warm, set it on the fire in a saucepan, and slowly bring to a boil, stirring it often. When it boils, put in the flour, boil one minute, stirring all the while; take from the fire, turn into a deep dish, and let it cool. Beat the eggs very light, and whip into this cooled paste, first the yolks, then the whites.

Drop in great spoonfuls upon buttered paper, taking care not to let them touch or run into each other, and bake ten minutes.

*Cream for Filling*

1 quart milk.

4 tablespoonfuls cornstarch.

2 eggs.

2 cups sugar.

Wet the cornstarch with enough milk to work it into a smooth paste. Boil the rest of the milk. Beat the eggs, add the sugar and cornstarch to these, and so soon as the milk boils pour in the mixture gradually, stirring all the time until smooth and thick. Drop in a teaspoonful of butter, and when this is mixed in, set the custard aside to cool. Then add vanilla or lemon seasoning; pass a sharp knife lightly around the puffs, split them, and fill with the mixture.

## HOUSEWORK BY ELECTRICITY

THE application of electricity to domestic uses has practically revolutionized the work of the housekeeper. It has also to a certain extent rendered her independent of servants. The disappearance of the general housework maid is approximately coincident with the arrival of the mechanical helpers, but he would be a wise man who could say positively which is cause and which effect. The servants have gone; the vacuum-cleaner, the electrical washing-machine and dish-washer are here and this is all we know about it.

Vacuum-cleaners are of almost as many varieties as were the hired assistants they have succeeded, and like these, each makes its claim to surpassing efficiency. All declare themselves to be perfectly adapted to the work they undertake, but their methods of displaying this competency vary. In each type of vacuum-cleaner there is found the same general theory put into practise and the chief difference between the machines consists in weight, mechanism and attachments.

The principle that characterizes all vacuum-cleaners is the same. It is premised that dirt and dust are embedded in the meshes of carpets and rugs and that the mere passage of a broom over them can only remove superficial litter, leaving germs and grit nestling snugly in the fibers, the one to prove a source of disease, the other to cut into the floor-covering under the pressure of the passing foot. Beating might loosen these foreign particles, but apart from the difficulty of lifting a carpet, hanging it on the line and castigating it with enough force to remove the dirt, this opera-



tion is distinctly hard on the fabric. By the time the process has been repeated once or twice a month for a year or so the material has been battered into thin spots which give way under usage. The life of any rug or carpet must be shortened by such drastic treatment.

The vacuum-cleaner works on a different plan. In one of the best makes, by the suction obtained with the aid of the electric current, the dirt is drawn from the carpet and at the same time the revolving brush attached to the nozzle of the cleaner gathers up the loosened particles and sweeps them into the bag of the machine. No dust is stirred up, but all surface dirt, as well as that trodden in, is captured and segregated. Other machines act by suction without a brush; still others have straight instead of revolving brushes, working with the same action as a broom, but all are valuable in cleaning without scattering dust and in lessening the labors of the housekeeper.

The superiority of this style of cleaner to the ordinary broom and carpet-sweeper is at once apparent. The latter do not claim to remove anything more than surface soil. Even hard brushing with a stiff broom cannot loosen the dirt which has worked its way down into the interstices of the floor-covering. The force of the electric current generates a suction which could be secured in no other way and the combination of this with the brush wins cleanliness that could not be obtained otherwise except by the work of professional carpet-cleaners or renovators.

Almost every woman who lives in or near a town of any size has been displayed the operation of the vacuum-cleaner and even the dweller in remote country districts has probably had the automobile of the demonstrator stop at her door. Yet for the benefit of those who are debarred these privileges or who have not taken advantage of them it is worth while to tell of some of the work done by this household aid, besides

cleaning carpets and rugs. This is only one of its activities. Women of an inventive turn have put it to numerous uses that may never have come into the mind of the manufacturers; certain housekeepers have even made it clean the kitchen range for them. Not the electric range, for that does not demand strenuous cleaning, but stoves burning different fuel. The electric cleaner will do more than take the loose dirt from the top of the stove. With the flexible hose and radiator tool attached to it unsuspected deposits of dust will be gathered from the farthest recesses of the oven and broiler, stray crumbs and other leavings will be extracted from nooks and corners and all accomplished without blackening the hands.

Every good vacuum-cleaner is provided with numerous attachments. Some of these are included with the cleaner, others can be purchased separately to meet the housekeeper's needs or preferences. One of these attachments may be used on hangings; another on tufted furniture, drawing out the dust which accumulates around buttons and trimmings; with a third, a long-handled brush, deposits are removed from cornices, the tops of doors and window-casings and from picture-frames. Mattress-bindings and tuftings are freed from fluff; matted feathers in pillows and cushions are freshened and remote corners under bureaus and bookcases are reached and cleansed, while the books themselves are cleaned far more easily than they could be by hand. Even furs and clothing can be submitted to the offices of a suction and brushing appliance with advantage.

A natural inquiry would be if this treatment does not injure the fabrics of rugs, furniture and draperies. On the contrary, it prolongs their usefulness by removing the dust that wears and frets. A month's application of a vacuum-cleaner gives less wear than a single hard beating and brushing and the work is done with a swiftness and ease that seem miraculous. It is like play to see ravelings, lint,

feathers and hair and other scraps drawn into the maw of the cleaner and vanish from sight. The apparatus is mounted on casters and may be rolled easily from place to place and the bag belonging to it is of a stout material which does not permit the escape of dust through its meshes. When the day's cleaning is done the bag must be emptied and set aside to await its next term of service. With some of the cleaners comes an apron with pockets to hold the various attachments, that they may always be at hand when needed.

The vacuum-cleaner has in a measure done away with housecleaning. The old fashion of having a semi-annual upheaval when everything was turned out and over, hangings taken down, floor-coverings taken up, books removed from shelves and wiped off, picture frames and cornices reached by precarious balancings on a step-ladder in order to scatter the dust of months, and general misery produced through the household, is no longer essential to cleanliness. From this bondage the vacuum-cleaner has to a large extent delivered the housekeeper. Not yet has a machine been devised which will mechanically mop up a floor or take china from the shelf and wash it, but it is probably on the way and when it comes it will undoubtedly be run by electricity!

Few housekeepers are in such bondage to the sewing-machine as to the broom and dust-pan, but the woman who made part of the clothing for herself and her family and took it for granted that bed-linen, curtains, cushion-covers and the like should be hemmed or run in the house often suffered in health and strength by operating a sewing-machine. All that tiresome treadle business may be done away with by the attachment of an electric motor to the sewing-machine. Whether this be stationary in a table or stand like the machines we knew in our youth, or of the portable variety, the elimination of wearying effort is the same. A touch of the foot or the knee or the hand to the switch con-

trolling the motor and the machine begins to operate. Its speed can be regulated at the wish of the worker and the machine will run either slowly or at a rather startlingly rapid rate. Every type of electric sewing-machine may be used anywhere that there is a socket with which to connect it, and the portable variety, while it is not a light weight, may be carried from room to room or even to the porch that the worker may have the benefit of fresh air, and is not too bulky to be stowed away in a closet or under the bed.

All sorts of fine work are as possible with this new machine as with the old, and ruffling, tucking, etc., are within the grasp of the seamstress, as are the hemming of dish-towels or other heavy stitching. The cost of operating is so slight as to be almost negligible, for the ordinary electric sewing-machine claims to run for three to four hours for one cent.

Possibly of less importance, but still of great value in a good-sized family is the dish-washer. For washing dishes is one of the household duties that may be postponed but cannot be escaped. If you are untidy enough you may let dirt accumulate on the floor and dust on the furniture; you may turn down your bed in the morning and make it up at night by the simple method of getting into it and pulling up the covers, but a person with even the rudiments of civilization cannot eat a meal from an unwashed plate.

So a machine which will simplify this task and make it a little less of a burden is bound to appeal to the woman who must prepare and clear away three meals a day.

Only a small number of practicable dish-washing machines are on the market—few compared with the array of vacuum-cleaners and electric sewing-machines offered the public. The models especially to be commended all work on virtually the same principle. The soiled dishes are scraped and arranged on racks fitted into a large container. When

the dishes are all in, hot water and soap powder are added, the electric current is turned on by the pressure of a switch and starts a rotating dasher or paddle in the lower part of the container. By this dasher the soapy water is thrown upon the dishes and around them and this process continued for some minutes, until the dishes are clean, when the dirty water is drained off through a rubber hose attached to the waste-pipe of the container, and clean water turned in for rinsing. The dishes are then left in the washer to dry, only the glass and silverware having to be polished.

One model of a dish-washer may be attached to a sink, another is a separate piece of furniture. Minor features of any one of them may be learned on inquiry of the manufacturers or agents. While a dish-washing machine may not appeal to the mistress of a household of two or three, it is unquestionably of great help to the housekeeper with a larger family. If she is well supplied with dishes she may have only one dish-washing a day, the soiled pieces being placed in the machine as they come from the table after each meal and all cleansed at one time. There is by this method a big saving in time and work and the woman to whom the inevitable tri-daily business of dish-washing becomes unspeakably irksome will do well to investigate the claims of a good dish-washer.

## PIES

USE no butter but the best in pastry.

"Cooking butter is a good thing," said a grave epicure to me once, "an admirable thing—in its place, which is in the soap-fat kettle or upon wagon-wheels!"

It is certainly out of place in biscuits, cake, or in any substance destined for human palates and stomachs. It is never less in place than in pastry; never betrays its vileness more surely and odiously.

"Keep cool," is a cardinal motto for pastry-makers. A marble or enamel slab is a good thing to roll out paste upon. Next to this, the best article is a *clean* board of hard wood. It is more difficult to make good pastry in warm weather than cold, on account of the tendency of the butter to oil, and thus render the crust heavy and solid.

Few people know what really good pastry is. Fewer still can make it. It has no inevitable resemblance either to putty or leather. It is light, crisp, flaky, goodly to behold—goodlier to the taste.

"Pork fat and pies kill more people yearly in the United States than do liquor and tobacco," said a popular lecturer upon conservatism.

Perhaps so; but I incline to the belief that bad pastry is answerable for a vast majority of the murders. Not that I recommend pies of any description as healthful daily food—least of all for children. But since they are eaten freely all over our land, let us make them as wholesome and palatable as possible.

## FAMILY PIE CRUST (1)

1 quart flour.

$\frac{1}{3}$  pound lard, sweet and firm.

$\frac{1}{2}$  pound butter.

1 small teacup ice-water.

Sift the flour into a deep wooden bowl. With a broad-bladed knife, or a small keen "chopper," cut up the lard into the flour until it is fine as dust. Wet with ice-water into a stiff dough, working it with a wooden spoon until obliged to make it into a roll or ball with your hands. Flour these, and knead the paste into shape with as few strokes as will effect your end. Lay the lump upon a floured kneading-board and roll it out into a thin sheet, always rolling from you with quick, light action. When thin enough, stick bits of butter in regular close rows all over the sheet, using a knife for this purpose rather than your hand. Roll up the paste into close folds as you would a sheet of music. Flatten it so that your rolling-pin can take hold, and roll out again as thin as before. Baste, roll up and then out, until your butter is gone. It is a good plan to sprinkle the inside of each sheet with a little flour after buttering it, before making it into a roll. Finally, make out your crust; butter your pie-plates, lay the paste lightly within them, cut it off evenly about the edges after fitting it neatly; gather up the scraps left from cutting, and make into another sheet. If the pies are to have a top crust, fill the plates with fruit or whatever you have ready, lay the paste on this, cut it to fit, and press down the edges to prevent the escape of the juice, with a spoon, knife, or jaggings-iron, ornamenting it in a regular figure.

Bake in a moderate oven until a light brown. Be particularly careful to have your heat as great at the bottom as at the top, or the lower crust will be clammy and raw.

Pastry is always best when fresh.

It is well, when you can spare the time, to lay the roll, when all the butter is used up, in a very cold place for fifteen minutes or so before rolling it into crust. Indeed, some good housewives let it stand on the ice an hour in hot weather. They say it tends to make it flaky as well as firm.

Touch as little with your hands as may be practicable.

### FAMILY PIE CRUST (II)

1 pound flour.

$\frac{3}{4}$  pound butter.

2 teaspoonfuls baking-powder.

Ice-water to make into a stiff dough.

Chop half the butter into the flour until it looks like yellow sand (sift the baking-powder with the flour, passing it through the sieve twice to make sure it is well mixed); work with ice-water into stiff dough; roll into a thin sheet, baste with one-third the remaining butter, fold up closely into a long roll, flatten and re-roll, then baste again. Repeat this operation three times, until the butter is gone, when make out your crust.

This is an easy and sure recipe, and the paste very fine.

### PUFF PASTE

4 cups sifted flour.

$1\frac{1}{2}$  cups butter.

1 cup ice-water.

When ingredients and utensils are ice-cold, chop the butter and flour together until the former is in bits about the size of a pea. Add the ice-water, working it in with the chopping knife—never with the hands. Turn the paste out on a



well-floured pastry board and roll it out, always from you, into a sheet about half an inch thick, dredge lightly with flour, fold twice, so that you have three thicknesses, lay the roll with the end towards you, roll out again, still from you, dredge, fold and roll twice more. Fold lightly and leave in a cold place until thoroughly chilled. In making your pies divide the paste into as many pieces as you plan pies and handle as little as possible, to avoid stiffness. Pressing the paste makes it heavy and the edges of a pie should always be trimmed off with a very sharp knife dipped in flour. Do not have the oven too hot at the beginning and keep the heat moderate throughout the baking.

In certain of the following recipes as in others in this volume the use of brandy and sherry is recommended. I am not unmindful of the fact that Prohibition has rendered it expensive if not impossible to secure these as one could in former days. Nevertheless no chef has as yet devised an adequate substitute which will produce the effect in flavoring that is bestowed by the liquors I have named, although I am informed that boiled cider makes a fair alternate. It is possible, however, to purchase salted sherry and brandy extract, prepared expressly for cookery, but unfit for drinking, which answer admirably in mincemeat, plum puddings, soups and sauces. These liquors can be used in a recipe which calls for salt in seasoning, but are of course ruinous to beverages of any kind. While these substitutes are not cheap, they are worth while, to many housekeepers, for mince pies and plum puddings.

### MINCE PIES

2 pounds lean fresh beef, boiled, and when cold, chopped fine.

1 pound beef-suet, cleared of strings and minced to powder.

- 5 pounds apples, pared and chopped.
- 2 pounds raisins, seeded and chopped.
- 1 pound sultana raisins, washed and picked over.
- 2 pounds currants, washed and *carefully* picked over.
- $\frac{3}{4}$  pound citron, cut up fine.
- 2 tablespoonfuls cinnamon.
- 1 teaspoonful powdered nutmeg.
- 2 tablespoonfuls mace.
- 1 tablespoonful cloves.
- 1 tablespoonful allspice.
- 1 tablespoonful fine salt.
- 2 $\frac{1}{2}$  pounds brown sugar.
- 1 quart brown Sherry.
- 1 pint best brandy.

These proportions will probably have to be reduced for a small household, but mincemeat made by this old family recipe will keep all winter in a cool place. Store in stone jars, tied over with double covers. Add a little more liquor (if it should dry out) when you make up a batch of pies. Let the mixture stand at least twenty-four hours after it is made before it is used.

Lay strips of pastry, notched with a jaggging-iron, in a cross-bar pattern, upon the pie instead of a top-crust.

#### MOCK MINCEMEAT

- 6 soda crackers—rolled fine.
- 2 cups cold water.
- 1 cup molasses.
- 1 cup brown sugar.
- 1 cup *sour* cider.
- 1 $\frac{1}{2}$  cup melted butter.
- 1 cup raisins—seeded and chopped.
- 1 cup currants.

2 eggs—beaten light.

1 tablespoonful cinnamon and allspice mixed.

1 teaspoonful nutmeg.

1 teaspoonful cloves.

1 teaspoonful salt.

1 teaspoonful black pepper.

1 wineglass brandy.

“Mince pie in summer is a pleasant rarity,” was the remark of a party of hungry travelers, in semi-apology for the fact that every plate made a return journey to the comely landlady, who was dispensing generous triangles of pie. She smiled gratifiedly, but said nothing in reply, until, when the men had strolled off to the woods with their cigars, she came upon me, seated alone on the piazza, and grew confidential under the influence of that sort of free-masonic understanding housekeepers have with one another almost at sight.

“I had to laugh,” said the good soul, “when they praised my mince pies. They’re healthfuller in summer time than the real thing.”

I took down the recipe on the spot, from her lips. If any one doubts the merits of the counterfeit, let her do as I did—try it.

#### APPLE PIE (1)

Pare, core, and slice ripe, tart winter apples, line your dish with a good crust, put in a layer of fruit, then sprinkle light brown sugar thickly over it, scatter half a dozen whole cloves upon this, lay on more apples, and so on, until the dish is well filled. Cover with crust and bake. Sift powdered sugar over the top before sending to table.

## APPLE PIE (II)

Stew green or ripe apples, when you have pared and cored them. Mash to a smooth compote, sweeten to taste, and, while hot, stir in a teaspoonful butter for each pie. Season with nutmeg. When cool, fill your crust, and either cross-bar the top with strips of paste, or bake without cover.

Eat cold with powdered sugar strewed over it.

## APPLE CUSTARD PIE

3 cups stewed apple.

Nearly a cup white sugar.

4 eggs.

1 quart milk.

Make the stewed apple very sweet, and let it cool. Beat the eggs light, and mix the yolks well with the apple, seasoning with nutmeg only. Then stir in gradually the milk, beating as you go on; lastly add the whites; fill your crust and bake without cover.

## APPLE MERINGUE PIES

Stew and sweeten ripe, juicy apples when you have pared and sliced them. Mash smooth, and season with nutmeg. If you like the flavor, stew a little lemon-peel with the apple, and remove when cold. Fill your crust and bake until just done. Spread over the apple a thick meringue, made by whipping to a stiff froth the whites of two eggs for each pie, sweetening with a tablespoonful of powdered sugar for each egg. Flavor this with rose-water or vanilla; beat until it will stand alone, and cover the pie three-quarters of an inch thick. Set back in the oven

until the meringue is well set. Should it color too darkly, sift powdered sugar over it when cool. Eat cold.

These are very fine.

Peach pies are even more delicious made in this manner.

### PUMPKIN PIE (I)

1 quart stewed pumpkin—pressed through a sieve.

8 eggs—whites and yolks beaten separately.

2 scant quarts milk.

1 teaspoonful mace.

1 teaspoonful cinnamon, and the same of nutmeg.

1½ cups white sugar, or very light brown.

Beat all well together, and bake in crust without cover.

### PUMPKIN PIE (II)

1 quart pumpkin—stewed and strained.

1 quart milk.

1 cup sugar.

5 eggs—beaten very light.

1 teaspoonful ginger, and same of mace and cinnamon each.

### SQUASH PIE

Is made precisely like pumpkin pie, except that, being less rich, it requires one more egg for each pie.

### SWEET POTATO PIE

1 pound mealy sweet potatoes. The firm yellow ones are best.

⅓ cup butter.

- ¾ cup white sugar.
- 1 tablespoonful cinnamon.
- 1 teaspoonful nutmeg.
- 3 eggs—whites and yolks beaten separately.
- 1 cup milk.
- 1 lemon, juice and rind, and glass of brandy.

Parboil the potatoes, and grate them when quite cold. If grated hot, they are sticky and heavy. Cream the butter and sugar; add the yolk, the spice, and lemon; beat the potato in by degrees and until all is light; then the milk, then the brandy, and stir in the whites. Bake in dishes lined with good paste—without cover.

You may make a pudding of this by baking in a deep dish—well buttered, without paste. Cool before eating.

#### IRISH POTATO PIE (*or Pudding*)

- 1 pound mashed potato, rubbed through a colander.
- ½ pound butter—creamed with the sugar.
- 4 eggs—whites and yolks separately.
- 1 lemon—squeezed into the potato while hot.
- 1 cup milk.
- 1 teaspoonful nutmeg, and same of mace.
- 2 cups white sugar.

Mix as you do sweet potato pudding, and bake in open shells of paste. To be eaten cold.

#### LEMON PIE (*or Transparent Pudding*)

- ½ pound butter.
- 1 pound sugar.
- 4 eggs—whites and yolks separately.
- Juice of one lemon.
- Grated rind of two.

1 nutmeg.

$\frac{1}{2}$  glass brandy.

Cream butter and sugar, beat in the yolks, the lemon, spice, and brandy, stirring in the whites at the last.

Bake in pie-crust, open.

You may, if you wish to have these very nice, beat up the whites of but two eggs in the mixture, and whip the whites of two more into a meringue with two tablespoonfuls sugar and a little lemon-juice, to spread over the top of each pie.

Eat cold. They are nice baked in pattypan.

#### LEMON PIE (II)

1 apple, chopped fine.

1 egg.

1 lemon, chop the inside very fine and grate the rind.

1 cup sugar.

Butter, the size of a walnut.

This is just enough for one pie. Remove the thick white rind from the lemon before you chop it. Take out the seeds carefully.

#### LEMON CREAM PIE

1 teacup powdered sugar.

1 tablespoonful butter.

1 egg.

1 lemon—juice and grated rind, removing the seeds with care.

1 teacupful boiling water.

1 tablespoonful cornstarch, dissolved in cold water.

Stir the cornstarch into the water, cream the butter and sugar, and pour over them the hot mixture. When

quite cool, add lemon and the beaten egg. Take the inner rind off the lemon and mince very small.

Bake in open shell.

#### ORANGE PIE

2 eggs.

$\frac{3}{4}$  cup white sugar.

2 tablespoonfuls butter.

1 orange—juice and half the grated rind.

$\frac{1}{2}$  lemon—juice and grated peel.

Nutmeg to taste.

Cream the butter and sugar, beating in the orange and lemon until very light; add the beaten yolks, fill two pastry shells and bake. Whip the whites stiff with two tablespoonfuls powdered sugar, and when the pies are done, spread the meringue over them, returning to the oven for three or four minutes.

#### COCONUT PIE

$\frac{1}{2}$  pound grated coconut.

$\frac{3}{4}$  pound white sugar (powdered).

4 ounces butter.

3 eggs—the whites only.

2 tablespoonfuls rose-water.

1 teaspoonful nutmeg.

Cream the butter and sugar, and when well mixed, beat very light, with the wine and rose-water. Add the coconut with as little and as light beating as possible; finally, whip in the stiffened whites of the eggs with a few skilful strokes, and bake at once in open shells. Eat cold, with powdered sugar sifted over them.

These are very pretty and delightful pies.



## COCONUT CUSTARD PIE

- 1 pound coconut, grated.
- $\frac{1}{2}$  pound powdered sugar.
- 1 quart milk, *unskimmed*.
- 4 eggs beaten to a froth.
- 1 teaspoonful nutmeg.
- 2 teaspoonfuls vanilla or rose-water.

Boil the milk, take it from the fire, and whip in gradually the beaten eggs. When nearly cold, season; add the coconut, and pour into paste-shells. Do not boil the egg and milk together. Bake twenty minutes.

Some put the custard quite raw into the pie-dishes, but the coconut is apt, in that case, to settle at the bottom.

You may, however, pour the raw mixture into cups, and bake by setting in a pan of boiling water, stirring well once, as they begin to warm. This is coconut cup-custard, and is much liked.

## CHOCOLATE CUSTARD PIE

- 1 quarter-cake of Baker's chocolate, grated.
- 1 pint boiling water.
- 4 eggs.
- 1 quart milk.
- $\frac{1}{2}$  cup white sugar.
- 2 teaspoonfuls vanilla.

Dissolve the chocolate in a very little milk, stir into the boiling water, and boil three minutes. When nearly cold, beat up with this the yolks of all the eggs and the whites of two. Stir this mixture into the milk, season, and pour into shells of good paste. When the custard is "set"—but not more than half done—spread over it the whites, whipped to a froth, with two tablespoonfuls sugar.

You may bake these custards without paste in a pudding-dish or cups set in boiling water.

### CUSTARD PIE

4 eggs.

1 quart milk.

4 tablespoonfuls white sugar.

Flavor with vanilla or other essence.

Beat the yolks and sugar light, and mix with the milk; flavor, whip in the whites, which should be already a stiff froth, mix well, and pour into shells. Grate nutmeg upon the top.

Bake this as cup-custard, or a custard pudding, in cups or a deep dish set in a pan of boiling water.

### PEACH PIE

Peel, stone, and slice the peaches. Line a pie-plate with a good crust, and lay in your fruit, sprinkling sugar liberally over the peaches in proportion to their sweetness. Very ripe peaches require comparatively little. Allow three peach-kernels, chopped fine, to each pie; pour in a very little water, and bake with an upper crust, or with cross-bars of paste across the top.

Some simply pare the peaches and put in whole, packing them well, and sweetening freely. In this case they should be covered entirely with crust.

For one of the most delightful pies that can be made of any fruit, look for Apple Meringue Pie, and substitute peaches. Peach meringue pie may be made in winter from canned peaches.

## CHERRY PIE

Line the dish with a good crust, and fill with ripe cherries, regulating the quantity of sugar you scatter over them by their sweetness. Cover and bake.

Eat cold, with white sugar sifted over the top.

## BLACKBERRY, RASPBERRY, BLUEBERRY AND PLUM PIES

Are made in the same manner.

## CURRANT AND RASPBERRY TART

To three cups of currants allow one of raspberries. Mix well together before you fill the crust, and sweeten abundantly. Cover with crust and bake.

Eat cold, with white sugar sifted over it.

## CURRANT TART

Is made as above, with more sugar. The most common fault of currant pie is extreme sourness. Small fruits should be picked over carefully before they are cooked. Currants are troublesome, and they must be looked after warily on account of their extreme stemminess.

## GREEN GOOSEBERRY TART

Top and tail the gooseberries. Put into a porcelain kettle with enough water to prevent burning, and stew slowly until they break. Take them off, sweeten *well*, and set aside to cool. When cold pour into pastry shells, and bake with a top crust of puff paste. Brush all over

with beaten egg while hot and set back in the oven to glaze for three minutes.

Eat cold.

### RIPE GOOSEBERRY PIE

Top and tail the berries. Line your dish with crust and fill with berries, strewing white sugar among them. Cover and bake.

### DAMSON TART

Pick over the fruit, put in a dish lined with pastry, sweeten very freely, cover and bake. Brush with beaten egg when done, and return to the oven for a few minutes to glaze.

### CRANBERRY TART

Wash and pick over the berries. Put into a porcelain saucepan with a very little water and simmer until they burst open and become soft. Run through a colander to remove the skins, and sweeten to taste. Bake in pastry shells, with cross-bars of pastry over the top.

### STRAWBERRY MERINGUE

Line a pie-dish with good pastry, set it in the oven at medium heat and bake to a delicate brown. Arrange in the dish a pint of rather small hulled strawberries, sprinkle them with sugar, spread over them a meringue made from the whites of three eggs whipped stiff with two table-spoonfuls of powdered sugar, leave this in the oven at high heat long enough to brown slightly. Serve cold.

## CREAM RASPBERRY TART

Line a dish with paste and fill with raspberries, made very sweet with powdered sugar. Cover with paste, but do not pinch it down at the edges. When done, lift the top crust, which should be thicker than usual, and pour upon the fruit the following mixture:—

1 small cup milk—half cream, if you can get it—heated to boiling.

Whites two eggs, beaten light and stirred into the boiling milk.

1 tablespoonful white sugar.

$\frac{1}{2}$  teaspoonful cornstarch wet in cold milk.

Boil these ingredients three minutes; let them get perfectly cold before you put them into the tart. Replace the top crust, and set the pie aside to cool. Sprinkle sugar over the top before serving.

You can make strawberry cream tart in the same manner.

RHUBARB TART (*Open*)

Skin the stalks with care, cut into small pieces; put into a saucepan with very little water, and stew slowly until soft. Sweeten while hot, but do not cook the sugar with the fruit. It injures the flavor, by making it taste like preserves. Have ready freshly baked shells. Fill up with the fruit and they are ready to serve.

*Or*

You may, after sweetening the stewed rhubarb, stir in a lump of butter the size of a hickory-nut for each pie, also a well-beaten egg for each, and bake in pastry. Lay cross-bars of pastry over the top.

**RHUBARB PIE (*Covered*)**

Skin the stalks, cut in lengths of half an inch; strew lavishly with sugar, and fill the crusts with the raw fruit. Some scatter seedless raisins among the rhubarb. Cover, and bake nearly three-quarters of an hour. Brush with egg while hot, and return to the oven to glaze.

**Eat cold.**

## PUDDINGS

I HAVE for convenience' sake, classed among pies all preparations baked *in crust* in a pie-dish. Many of these, however, are called puddings, such as custards of various kinds, lemon, coconut, and orange puddings. The reader will have no trouble in finding the recipes for these if she will bear the above remark in mind.

### BAKED PUDDINGS

Beat your eggs very light—and, if you put in only one or two, whip white and yolk separately, beating the latter into the sugar before adding the whites.

Fruit, rice, cornstarch, and bread puddings require a steady, moderate oven in baking. Custard and batter puddings should be put into the dish, and this into the oven, the instant they are mixed, and baked quickly. No pudding, unless it be raised with yeast, should be allowed to stand out of the oven after the ingredients are put together. Give one final hard stir just before it goes in, and be sure the dish is well greased.

### APPLE MERINGUE PUDDING

1 pint stewed apples.

2 eggs—whites and yolks separate.

½ cup white sugar, and one teaspoonful butter.

1 teaspoonful nutmeg and cinnamon mixed.

1 teaspoonful essence bitter almond (for the meringue).

Sweeten and spice, and, while the apple is still very hot, stir in the butter, and, a little at a time, the yolks. Beat all light, pour into a buttered dish, and bake ten minutes. Cover, without drawing from the oven, with a meringue made of the beaten whites, two tablespoonfuls white sugar, and the bitter almond seasoning. Spread smoothly and quickly, close the oven again, and brown very slightly.

Eat cold, with white sugar sifted over the top, and send around cream to pour over it instead of sauce.

### SWEET APPLE PUDDING

1 quart milk.

3 eggs.

3 cups chopped apple.

1 lemon—all the juice and half the rind.

Nutmeg and cinnamon.

$\frac{1}{4}$  teaspoonful soda dissolved in a little vinegar.

Flour for a stiff batter.

Beat the yolks very light, add the milk, seasoning, and flour. Stir hard five minutes, and beat in the apple, then the whites, lastly the soda, well mixed in.

Bake in two square shallow pans one hour, and eat hot, with sweet sauce. Much of the success of this pudding depends upon the mixing—almost as much upon the baking. Cover with paper when half done, to prevent hardening.

### BROWN BETTY

1 cup bread-crumbs.

2 cups chopped apples—tart.

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

1 teaspoonful cinnamon.



2 tablespoonfuls butter cut into small bits.

Butter a deep dish, and put a layer of the chopped apple at the bottom; sprinkle with sugar, a few bits of butter, and cinnamon; cover with bread-crumbs; then more apple. Proceed in this order until the dish is full, having a layer of crumbs at top. Cover closely, and steam three-quarters of an hour in a moderate oven; then uncover and brown quickly.

Eat warm with sugar and cream or sweet sauce.

This is a homely but very good pudding, especially for children. Serve in the dish in which it is baked.

#### APPLE BATTER PUDDING

1 pint rich milk.

2 cups flour.

3 eggs.

1 teaspoonful salt.

$\frac{1}{4}$  teaspoonful soda, dissolved in hot water.

Peel and core eight apples carefully, and range them closely together in a deep dish. Beat the batter very light and pour over them. Unless the apples are very ripe and sweet (for tart apples), fill the center of each with white sugar. Bake an hour, and eat hot with sweet sauce.

#### APPLE AND TAPIOCA PUDDING

1 cupful tapioca.

6 apples—juicy and well-flavored pippins—pared and cored.

1 quart water.

1 teaspoonful salt.

Cover pearl tapioca with three cups of lukewarm water, and set it in a tolerably warm place to soak five or six

hours, stirring now and then. Pack your apples in a deep dish, adding a cup of lukewarm water; cover closely and steam in a moderate oven until soft all through, turning them as they cook at bottom. If the dish is more than a quarter full of liquid, turn some of it out before you pour the soaked tapioca over all. Unless your apples are *very* sweet fill the center with sugar and stick a clove in each just before you cover with the tapioca. It softens the hard acid of the fruit. Bake, after the tapioca goes in, one hour.

Eat warm, with sweet hard sauce. Should minute tapioca be used, omit the long preliminary soaking.

#### BAKED APPLE DUMPLINGS

1 quart flour.

2 tablespoonfuls lard—or half butter is better.

2 cups milk.

2 teaspoonfuls baking-powder sifted into the dry flour.

1 saltspoonful salt.

Chop the shortening into the flour after you have sifted this and the baking-powder and wet up quickly—just stiff enough to roll into a paste less than half an inch thick. Cut into squares, and lay in the center of each a juicy, tart apple, pared and cored; bring the corners of the square neatly together and pinch them slightly. Lay in a buttered baking-pan, the joined edges downward, and bake to a fine brown. When done, brush over with beaten egg, and set back in the oven to glaze for two or three minutes. Sift powdered sugar over them, and eat hot with rich sweet sauce.

I greatly prefer the above simple crust for all kinds of dumplings to the rich paste which becomes heavy as soon as it begins to cool. It is also more quickly and easily made, and far more wholesome than pastry.

**CANNED PEACH DUMPLINGS**

Make a biscuit dough by chopping two tablespoonfuls of shortening into four cupfuls of flour, which you have sifted with half a teaspoonful of salt and two teaspoonfuls of baking-powder. Your electric kitchen aid, if you have one, will do this for you in a couple of minutes. Add two cupfuls of milk to the dry ingredients, roll the dough into a sheet less than half an inch thick and cut into pieces about five inches square. Lay in the middle of each square two halves of canned peaches, drained from the liquor, sprinkle with a teaspoonful of sugar, fold the dough over the fruit, pinch the edges of the paste together and lay the dumplings, edges downward, in a floured baking pan. Bake in a steady oven at medium heat until the crust is a light brown. Heat the liquor from the can to boiling, add a tablespoonful of butter and enough sugar to sweeten the sauce to taste and serve in a pitcher, with the hot dumplings.

**APPLE SHORTCAKE**

Sift four cupfuls of flour with a teaspoonful of salt and two teaspoonfuls of baking-powder; chop into this a tablespoonful of butter and one of lard and make into a soft dough with two cupfuls of milk. Roll out about half an inch thick and cut part of it to fit the bottom of a round or square baking tin. Have ready two cupfuls of tart apples, peeled, cored and sliced, lay these on the dough, strew over them half a cupful of sugar and half a teaspoonful of cinnamon or nutmeg. Lay another sheet of dough about half the thickness of the first over the apples and bake in a steady oven for half an hour or until the crust is lightly browned. Eat hot with hard sauce or with butter and sugar.

## MERINGUED APPLES

Peel, core and quarter six large tart apples—greenings will answer the purpose. Heat two tablespoonfuls of butter, a cupful of white sugar and the juice of a large lemon in a saucepan over medium heat; add a couple of dashes of nutmeg. When the mixture is very hot lay in the fruit, turn the heat low and let the apples cook until tender, then transfer to a shallow dish. Make a meringue of the whites of two eggs beaten stiff with half a cupful of powdered sugar and heap this on the apples. Pour the syrup in which the apples were cooked into a small pitcher and pass this with the dessert.

Or you may heat the butter, sugar, etc., in a pyrex dish in the oven, cook the apples in this at low heat until they are tender, put the meringue on them and leave in the oven until delicately browned, then eat the dessert cold with cream.

## TAPIOCA PUDDING

1 cup tapioca.

1 quart milk.

4 eggs—whites and yolks beaten separately.

2 tablespoonfuls butter, melted.

2 tablespoonfuls sugar.

Soak pearl tapioca, in enough cold water to cover it, two hours; drain off the water, if it be not all absorbed; soak two hours longer in the milk, which should be slightly warmed. When the tapioca is quite soft, beat the sugar and butter together; add the yolks, the milk and tapioca, lastly the whites. Stir very well, and bake in a buttered dish. Eat warm with sweet sauce.

You may make a sago pudding in the same way.

## CORNSTARCH PUDDING

- 4 tablespoonfuls cornstarch.
- 1 quart milk.
- 3 eggs—whites and yolks separate.
- $\frac{3}{4}$  cup sugar.
- Nutmeg and cinnamon.
- 1 tablespoonful butter.

Dissolve the cornstarch in a little cold milk, and having heated the rest of the milk to boiling, stir this in and boil three minutes, stirring all the time. Remove from the stove, and while still very hot, put in the butter. Set away until cold; beat the eggs very light, the sugar and seasoning with them, and stir into the cornstarch, beating thoroughly to a smooth custard. Turn into a buttered dish, and bake half an hour. Eat cold, with powdered sugar sifted over it.

## CORNSTARCH MERINGUE

- 3 eggs.
- 1 quart milk.
- $\frac{3}{4}$  cup sugar.
- 4 teaspoonfuls cornstarch.
- $\frac{1}{2}$  cup fruit-jelly or jam.

Heat the milk to boiling, and stir in the cornstarch, which has previously been dissolved in a little cold milk. Boil fifteen minutes, stirring all the while. Remove from the fire, and while still hot, add gradually the yolks of the eggs beaten up with the sugar and seasoned with vanilla, lemon, or bitter almond. Pour this into a buttered pudding-dish and bake fifteen minutes, or until the custard begins to "set." Without withdrawing it further than the door of the oven, spread lightly and *quickly* upon this a meringue of the whites whipped stiff with a half-cup of

jelly—added gradually. Use crab-apple jelly, if bitter almond has been put into the custard; currant, for vanilla; strawberry or other sweet conserve, if you season the custard with lemon. Bake, covered, for five minutes. Then remove the lid, and brown the meringue *very* slightly.

Eat cold, with powdered sugar sifted thickly over the top.

### BREAD PUDDING

1 quart milk.

2 cups fine bread-crumbs.

3 eggs.

2 tablespoonfuls melted butter.

Nutmeg to taste.

$\frac{1}{4}$  teaspoonful soda dissolved in hot water.

Beat the yolks very light, and having soaked the bread-crumbs well in the milk, stir these together; add the butter and seasoning, with the soda; lastly the whites. Bake to a fine brown, and eat hot with pudding-sauce.

This, if well mixed and baked, is quite a different dish from the traditional and much-despised bread-pudding of stingy housekeepers and boarding house landladies. Try mine, putting all the sugar into the sauce, and enough there, and you will cease to sneer.

You may boil this pudding, if you like, in a floured cloth or buttered mold.

### FRUIT BREAD PUDDING

1 quart milk.

3 eggs.

1 tablespoonful melted butter.

2 tablespoonfuls (heaping) sugar.

$\frac{1}{4}$  pound raisins, seeded and chopped.

$\frac{1}{4}$  pound currants, well washed and picked over.

Handful of shredded citron, and 1 teaspoonful soda, dissolved in hot water.

2 scant cups fine bread-crumbs, from a stale loaf.

Beat the yolks light with the sugar, add the bread-crumbs when they have been well soaked in the milk, and stir until smooth. Next put in the fruit, well dredged with flour, the soda, and finally the whites, whipped to a stiff froth.

This will require longer and steadier baking than if the fruit were not in. Cover it if it threatens to harden too soon on top. Send to table hot in the dish in which it was baked, or turn out very carefully upon a hot plate. Eat warm, with hard sauce.

#### BREAD-AND-BUTTER PUDDING

2 eggs.

3 cups milk.

$\frac{3}{4}$  cup sugar.

Vanilla or other extract.

Nutmeg to taste.

Bread and butter.

Cut thin slices of bread (stale), spread thickly with butter, and sprinkle with sugar. Fit them neatly and closely into a buttered pudding-dish until it is half full. Lay a small heavy plate upon them to prevent them from floating, and saturate them gradually with a hot custard made of the milk, heated almost to boiling, then taken from the fire, and the beaten eggs and sugar stirred in with the seasoning. Let the bread soak in this fifteen minutes, adding by degrees all the custard. Just before you put the pudding in the oven, take up the plate gently. If the bread still rise to the top, keep down with a silver fork or spoon, laid upon it from the side of the dish, until the custard thickens, when slip it out. Eat cold.

## THE QUEEN OF PUDDINGS

- 1½ cups white sugar.
- 2 cups fine dry bread-crumbs.
- 4 eggs.
- 1 tablespoonful butter.

Vanilla, rose-water, or lemon seasoning.

1 quart fresh rich milk, and one half cup jelly or jam.

Rub the butter into a cup of sugar; beat the yolks very light, and stir these together to a cream. The bread-crumbs, soaked in milk, come next, then the seasoning. Bake this in a buttered pudding-dish—a large one and but two-thirds full—until the custard is “set.” Draw to the mouth of the oven, spread over with the jam or other fruit-serve. Cover this with a meringue made of the whipped whites and half a cup of sugar. Shut the oven and bake until the meringue begins to color.

Eat cold, with cream.

You may, in strawberry season, substitute the fresh fruit for preserves. It is then truly delightful.

## CRACKER SUET PUDDING

- ¼ pound beef suet, freed from strings, and powdered.
- 1 cup fine cracker-crumbs.
- 2 tablespoonfuls sugar.
- 2 eggs.
- 3 cups milk.
- Pinch of soda.
- 1 teaspoonful salt.

Beat the yolks with the sugar; add to these the milk in which the cracker has been soaked for half an hour; work into a smooth paste before putting in the suet and soda. Whip the whites in last, and bake nearly, if not quite, an



hour. Cover, should the crust form too rapidly. Eat hot with sauce.

You may also steam or boil this pudding.

#### RICE PUDDING (*Plain*)

$\frac{1}{4}$  cup rice.

1 quart milk.

2 tablespoonfuls sugar.

$\frac{1}{2}$  teaspoonful salt.

Butter the size of an egg—melted.

Nutmeg and cinnamon to taste.

Wash and pick over the rice, and soak in one pint of the milk two hours. Then add the rest of the milk, the sugar, salt, butter and spice. Bake two hours, and eat cold.

#### RICE AND TAPIOCA PUDDING

$\frac{1}{2}$  cup rice.

$\frac{1}{2}$  cup tapioca.

$\frac{3}{4}$  cup sugar.

3 pints milk.

Cinnamon to taste.

Soak the tapioca in a cup of the milk three hours; wash the rice in several waters, and soak in another cup of milk as long as you do the tapioca. Sweeten the remaining quart of milk; put all the ingredients together, and bake two hours in a slow oven. Eat cold.

When minute tapioca is used, the time of soaking may be less. Follow the directions accompanying the tapioca.

#### RICE PUDDING WITH EGGS

1 quart milk.

3 eggs.

½ cup rice.

¾ cup sugar.

1 tablespoonful butter.

Handful of raisins, seeded and cut in two.

Soak the rice in a pint of the milk an hour, then set the saucepan containing it where it will slowly heat to a boil. Boil five minutes; remove and let it cool. Beat the yolks, add the sugar and butter, the rice and the milk in which it was cooked, with the pint of unboiled, the beaten whites, and finally the raisins. Grate nutmeg on the top, and bake three-quarters of an hour, or until the custard is well set and of a light brown. Eat cold.

#### BATTER PUDDING

1 pint milk.

3 eggs—whites and yolks beaten separately.

2 even cups flour.

1 teaspoonful salt.

1 pinch of soda.

Bake in a buttered dish three-quarters of an hour. Serve in the pudding-dish as soon as it is drawn from the oven, and eat with rich sauce.

*Or*

You may boil it in a buttered mold or floured bag, flouring the inside *very* thickly. Boil two hours, taking care the boiling does not cease for a moment until the pudding is done.

#### COTTAGE PUDDING

Cream together a small cupful of granulated sugar and a rather liberal tablespoonful of butter and put with them the yolks of two eggs, beaten light. Stir in a cupful of

milk, then the whites of the eggs, whipped stiff, and last of all, two cupfuls of flour sifted with two teaspoonfuls of baking powder and a half teaspoonful of salt. Turn into a greased cake tin or into small muffin-pans if you prefer the individual puddings. The oven, which must be pre-heated, should be at medium heat when the pudding goes in and cook steadily at this until the pudding is so well done that a straw comes out clean when thrust into the thickest part of the loaf. Turn out on a plate and eat with liquid sauce.

### IRISH POTATO PUDDING

Peel, boil and mash half a dozen large white potatoes and put them through a vegetable press. Cream half a cupful of butter with three-quarters of a cupful of white sugar and stir into this the beaten yolks of three eggs, a teaspoonful of powdered cinnamon and half a teaspoonful of nutmeg. Add the potato, the juice and grated rind of a lemon, and at the last whip in the stiffly frothed whites of the eggs. Bake in a buttered pudding-dish in a hot oven—and eat cold with hot lemon sauce.

### CUP PUDDINGS

3 eggs.

The weight of the eggs in sugar and in flour.

Half their weight in butter.

2 tablespoonfuls milk.

1 teaspoonful baking-powder, sifted with the flour.

Rub the sugar and butter together; beat the yolks light and add then the milk; lastly the flour and beaten whites alternately. Fill six small cups, well buttered, and bake twenty minutes, or until a nice brown. Eat warm.

## LEMON PUDDING

1 cup sugar.

2 eggs.

2 tablespoonfuls cornstarch.

2 lemons—juice of both and rind of one.

1 pint milk.

1 tablespoonful butter.

Heat the milk to boiling, and stir in the cornstarch, wet with a few spoonfuls of cold water. Boil five minutes, stirring constantly. While hot, mix in the butter, and set it away to cool. Beat the yolks light, and add the sugar, mixing very thoroughly before putting in the lemon-juice and grated rind. Beat this to a stiff cream, and add gradually to the cornstarch-milk, when the latter is cold. Stir all smooth, put in a buttered dish, and bake. Eat cold.

LEMON MERINGUE PUDDING (*Very nice*)

1 quart milk.

2 cups bread-crumbs.

3 eggs.

$\frac{1}{2}$  cup butter.

1 cup white sugar.

1 large lemon—juice and half the rind, grated.

Soak the bread in the milk; add the beaten yolks, with the butter and sugar rubbed to a cream, also the lemon. Bake in a buttered dish until firm and slightly brown. Draw to the door of the oven and cover with a meringue of the whites whipped to a froth with three tablespoonfuls of powdered sugar, and a little lemon-juice. Brown very slightly; sift powdered sugar over it, and eat cold.

You may make an orange pudding in the same way.

## ORANGE MARMALADE PUDDING

- 1 cup fine bread-crumbs.
- $\frac{1}{2}$  cup sugar.
- 1 cup milk.
- 2 eggs.
- 2 teaspoonfuls butter.
- 1 cup orange or other sweet marmalade.

Rub the butter and sugar together; add the yolks well beaten, the milk, bread-crumbs, and the whites whipped to a froth. Put a layer of this in the bottom of a well-buttered mold, spread thickly with pretty stiff marmalade—then another layer of the mixture, and so on until the mold is full, having the custard mixture at top. Bake in a moderate oven about an hour, turn out of the mold upon a dish and serve with sweetened cream or custard.

## MACARONI PUDDING

- 1 cup macaroni broken into inch lengths.
- 1 quart milk.
- 3 eggs.
- $\frac{1}{2}$  lemon—juice and grated peel.
- 2 tablespoonfuls butter.
- $\frac{3}{4}$  cup sugar.

Simmer the macaroni in half the milk until tender. While hot stir in the butter, the yolks, well beaten up with the sugar, the lemon, and lastly the whipped whites. Bake in a buttered mold about half an hour, or until nicely browned.

## DATE AND CRACKER PUDDING

Cut a cupful of dates into small pieces, removing the stones. Soak a cupful of cracker-crumbs—not the cracker

dust that comes for breadng—in two cupfuls of milk for ten minutes, add to this a saltspoonful of salt and the same of cinnamon; two tablespoonfuls of beef suet, powdered fine, half a cupful of sugar and two beaten eggs. Dredge your cut-up dates in a tablespoonful of flour, add to the other ingredients and after beating well turn into a buttered earthenware pudding dish and bake slowly for three hours. Have the oven hot when you put the pudding in and after that keep it at low heat the rest of the time.

### JAM DUMPLINGS

1 quart flour, sifted with 2 teaspoonfuls baking-powder.  
2½ tablespoonfuls lard and butter mixed.  
2 cups milk, or enough to make a soft dough.

Roll out a quarter of an inch thick, cut into oblong pieces; put a tablespoonful of good jam or preserve in the middle of each and make into a dumpling. Bake three-quarters of an hour, brush over with beaten egg while hot, set back in the oven three minutes to glaze.

Eat hot with sauce.

### *Or*

You may make a roll-pudding by rolling out the paste into an oblong sheet, spreading thickly with the preserves, folding it up as one would a shawl to be put into a strap, pinching the ends together that the juice may not escape, and boiling in a floured cloth fitted to the shape of the "roly-poly." Boil an hour and a half.

### BOILED PUDDINGS

You can boil puddings in a bowl, a mold, or a cloth. The mold should have a closely fitting top, and be but-

tered well—top and all—before the batter or dough is put in. These molds are usually made with hasps or other fastening. In lack of this, you had better tie down the cover securely. I once boiled a pudding in a tin pail, the top of which I made more secure by fitting it over a cloth floured on the inside, lest the pudding should stick. The experiment succeeded admirably, and I commend the suggestion to those who find, after the pudding is mixed, that their mold leaks, or the bowl that did duty as a substitute has been broken. If you use a bowl, butter it, and tie a floured cloth tightly over the top. If a cloth, have it clean and sweet, and flour bountifully on the inside. In all, leave room for batter, bread, rice, and cracker puddings to swell. Tie the string very tightly about the mouth of the bag, which must be made with *felled* seams at sides and bottom, the better to exclude the water.

The water must be boiling when the pudding goes in, and not stop boiling for one instant until it is done. If it is in a bag, this must be turned several times, *under water*, to prevent sticking or scorching to the sides of the pot. The bag must also be entirely covered, while the water should not quite reach to the top of a mold. If you use a basin, dip the cloth in boiling water before dredging with flour on the inside.

When the time is up, take mold, basin, or cloth from the boiling pot, and plunge *instantly* into cold water; then turn out without the loss of a second. This will prevent sticking, and leave a clearer impression of the mold upon the contents.

Boiled puddings should be served as soon as they are done, as they soon become heavy.

Many of the baked puddings I have described are quite as good boiled. As a safe rule, *double the time of baking if you boil.*

### BERRY PUDDING

1 pint milk.

2 eggs.

1 saltspoonful salt.

1 teaspoonful baking-powder, sifted through a cup of flour, and added to enough flour to make a thick batter.

1 pint blackberries, raspberries, currants, or huckleberries, well dredged with flour stirred in at the last.

### HUCKLEBERRY PUDDING

1 pint milk.

2 eggs.

1 quart flour—or enough for thick batter.

$\frac{1}{2}$  yeast cake dissolved in 1 gill warm water.

1 saltspoonful salt.

1 teaspoonful soda, dissolved in boiling water.

Nearly a quart of berries—well dredged with flour.

Make a batter of eggs, milk, flour, yeast, salt, and soda, and set it to rise in a warm place about four hours. When you are ready to boil it, stir in the dredged fruit quickly and lightly. Boil in a buttered mold or a floured cloth for two hours.

This will be found lighter and more wholesome than boiled pastry.

Eat hot with sweet sauce.

### FRUIT VALISE PUDDING

1 quart flour.

1 tablespoonful lard, and same of butter.

2 teaspoonfuls baking-powder, sifted through the flour.

1 saltspoonful salt.



2 cups milk, or enough to make the flour into soft dough.  
1 quart berries, chopped apples, sliced peaches, or other fruit; jam, preserves, canned fruit, or marmalade may be substituted for the berries.

Roll out the crust less than half an inch thick—indeed, a quarter of an inch will do—into an oblong sheet. Cover thickly with the fruit and sprinkle with sugar. Begin at one end and roll it up closely, the fruit inside. In putting this in, leave a narrow margin at the other end of the roll, which should be folded down closely like the flap of a pocket-book. Pinch the ends of the folded roll together, to prevent the escape of the fruit, and baste up in a bag, the same size and shape as the “valise.” Flour the bag well before putting in the pudding, having previously dipped it—the cloth—into hot water, and wrung it out.

Boil an hour and a half. Serve hot with sauce, and cut crosswise in slices half an inch thick.

#### BOILED APPLE DUMPLINGS (I)

Make a paste according to the above recipe; cut in squares, and put in the center of each an apple, pared and cored. Bring the corners together; enclose each dumpling in a small square cloth, tied up bag-wise, leaving room to swell. Each cloth should be dipped in hot water, wrung out and floured on the inside before the apple is put in.

Boil one hour.

#### APPLE DUMPLINGS (II)

1 quart flour.

$\frac{1}{4}$  pound suet.

1 teaspoonful salt.

2 teaspoonfuls baking-powder, sifted in the flour.

Cold water enough to make into a tolerably stiff paste.

Roll out, cut into squares, put in the middle of each a fine, juicy apple, pared and cored. Fill the hole left by the core with marmalade, or with sugar wet with lemon-juice. Stick a clove in the sugar. Close the paste, tie up in the cloths, when you have wet them with hot water and floured them, and boil one hour.

### BOILED FRUIT PUDDING

Prepare a paste in accordance with either of the foregoing recipes, but roll into one sheet. Lay apples, peaches, or berries in the center, paring and slicing large fruits; sprinkle with sugar, and close the paste over them as you would a dumpling. Dip a stout cloth in hot water, flour the inside, put in the pudding, tie tightly, and boil two hours and a half.

Eat hot with sauce.

### SUET PUDDING

Mix together a cup each of milk and molasses and sift a scant teaspoonful each of salt and baking-soda through a cup and a half of flour. Into this flour chop a cup of beef kidney suet, freed from strings and rubbed fine. (If it shows a tendency to stick together, sprinkle it with a little flour.) Pour the milk and molasses on the flour and shortening, beat well, and add a half cup of raisins which have been seeded, chopped and dredged with flour. Turn into a straight-sided mold, buttering it well first, fit on a tight top, set the mold in a pot of boiling water and keep at a steady boil for three hours, filling up the outer vessel if the water boils away too fast. Eat with hard or liquid sauce.

## INDIAN PUDDING

Heat a quart and a pint of milk in a double boiler and when it is scalding stir in a heaping cupful of yellow Indian meal, doing this with care to prevent lumping. Let this mush cook for an hour, steadily, stirring it frequently. Beat together two tablespoonfuls of butter and a small cup of molasses and put with them four eggs whipped light, a teaspoonful of minced mace and cinnamon, and one of ground ginger and beat these hard with the milk and meal. Stir in last of all a cup of seeded raisins dredged in flour, turn into a covered and greased mold with straight sides and boil for two hours. Or you may bake it in a buttered pudding-dish, covered, for forty minutes, uncover, stir up well from the bottom and brown on top. Serve with it hard sauce, to which you have added a little cinnamon or nutmeg.

## RICE DUMPLINGS

$\frac{1}{2}$  pound rice boiled without stirring, until soft and dry.

6 apples, pared and cored.

Strawberry marmalade or crab-apple jelly.

Let the rice cool upon a sieve or coarse cloth, that it may dry at the same time. Dip your dumpling cloths in hot water; wring them out and flour well inside. Put a handful of the cold rice upon each, spreading it out into a smooth sheet. Lay in the center an apple; fill the hole left by the core with marmalade or jelly; draw up the cloth carefully to enclose the apple with a coating of rice; tie, and boil one hour.

Turn out with care; pour sweet sauce or rich sweetened cream over them, and send around more in a boat with them.

### SUET DUMPLINGS (*Plain*)

1 cup fine bread-crumbs, soaked in a very little milk.

$\frac{1}{2}$  cup beef suet, freed from strings, and powdered.

2 eggs, whites and yolks separated, and beaten very light.

1 tablespoonful sugar.

1 teaspoonful baking-powder, sifted with the flour.

Saltspoonful salt.

$\frac{1}{2}$  cupful flour.

Enough milk to mix into a stiff paste.

Make into large balls with floured hands; put into dumpling cloths dipped into hot water and floured inside; leave room to swell, and tie the strings very tightly.

Boil three-quarters of an hour. Serve hot with wine sauce.

### FRUIT SUET DUMPLINGS

Are made as above, with the addition of one-half pound raisins, seeded, chopped, and dredged with flour, and one-quarter pound currants, washed, dried, and dredged.

Boil one hour and a quarter.

### CABINET PUDDING

$\frac{1}{2}$  pound flour.

$\frac{1}{4}$  pound butter.

3 eggs.

1 pound sugar.

$\frac{1}{2}$  pound raisins, seeded and cut in three pieces each.

$\frac{1}{4}$  pound currants, washed and dried.

$\frac{1}{2}$  cup cream or milk.

$\frac{1}{2}$  lemon—juice and rind grated.

Cream the butter and sugar; add the beaten yolks, then

the milk and the flour, alternately, with the whites. Lastly, stir in the fruit, well dredged with flour, turn into a buttered mold, and boil two hours and a half at least.

Serve hot, with sauce.

### ORANGE ROLY-POLY

Sift two cups flour with two teaspoonfuls of baking-powder and a saltspoonful of salt and chop into it a tablespoonful of butter and one of lard. Mix the dough with a cupful and a half of milk, making the paste as soft as can be readily handled, roll it into a sheet about twice as long as it is wide and spread on it oranges, peeled, sliced and seeded. Four fair-sized oranges should be enough for this quantity of dough. Sprinkle over them half a cupful of sugar and roll up the dough with the fruit inside, pinching the ends of the roll together that the juice may not run out. Lay the roll in a baking-pan, put in the pre-heated oven and bake for half an hour or until done. Eat hot with hard sauce.

Or you may tie the pudding up in a floured cloth, leaving room for the roll to swell in cooking, drop it into a pot with boiling water enough to cover the pudding well and keep it at a steady boil over medium heat for an hour and a half. Then take off the cloth and lay the pudding on a hot dish. The latter method of cookery makes the regulation roly-poly, but the baked pudding is more digestible.

### THE QUEEN OF PLUM PUDDINGS

$\frac{1}{2}$  pound butter.

$\frac{1}{2}$  pound suet, freed from strings and chopped fine.

$\frac{1}{2}$  pound sugar.

$1\frac{1}{4}$  pounds flour.

1 pound raisins, seeded, chopped, and dredged with flour.  
1 pound currants, picked over carefully after they are washed.

$\frac{1}{4}$  pound citron, shredded fine.

6 eggs, whites and yolks beaten separately.

$\frac{1}{2}$  pint milk.

$\frac{1}{2}$  cup brandy.

$\frac{1}{4}$  ounce cloves.

$\frac{1}{4}$  ounce mace.

1 grated nutmeg.

Cream the butter and sugar; beat in the yolks when you have whipped them smooth and light; next put in the milk; then the flour, alternately with the beaten whites; then the brandy and spice; lastly the fruit, well dredged with flour. Mix all thoroughly; wring out your pudding-cloth in hot water; flour well inside, pour in the mixture, and boil five hours.

I can confidently recommend this as the best plum pudding I have ever tasted, even when the friend at whose table I had first the pleasure of eating it imitated the example of "good King Arthur's" economical spouse, and what we "couldn't eat that night," "next *day* fried," by heating a little butter in a frying-pan, and laying in slices of her pudding, warmed them into almost their original excellence. It will keep a long time—in a *locked* closet or safe.

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#### FRITTERS, PANCAKES, ETC.

Have plenty of fat or oil in which to fry fritters, and test the heat by dropping in a teaspoonful before you risk more. If right, the batter will rise quickly to the surface in a puff-ball, spluttering and dancing, and will speedily assume a rich golden-brown. Take up, as soon as done, with

a perforated skimmer, shaking it to dislodge any drops of lard that may adhere; pile the fritters in a hot dish, sift sugar over them, and send instantly to the table. A round-bottomed saucepan or kettle, rather wide at top, is best for frying them.

Use a frying-pan for pancakes; heat it; put in a teaspoonful or two of lard and run it quickly over the bottom; then pour in a large ladleful of batter—enough to cover the bottom of the pan with a thin sheet. Turn with a tin spatula, very carefully, to avoid tearing it. The frying-pan should be a small one. Have ready a hot dish; turn out the pancake upon it, cover with powdered sugar, and roll up dexterously like a sheet of paper. Send half a dozen to table at once, keeping them hot by setting the dish in the oven until enough are baked.

I am thus explicit in these general instructions to save myself the trouble and the reader the tedium of a repetition under each recipe.

#### FRITTERS

1 pint flour.

3 eggs.

1 teaspoonful salt.

1 pint boiling water.

Stir the flour into the water by degrees, and stir until it has boiled three minutes. Let it get almost cold, when beat in the yolks, then the whites of the eggs, which must be previously whipped *stiff*.

#### APPLE FRITTERS

A batter according to the preceding recipe.

3 large juicy apples, pared and quartered.

1 tablespoonful white sugar.

1 teaspoonful cinnamon.

Put a very little water, the sugar and the spice into a covered saucepan with the apples. Stir gently until half done; drain off the liquor, every drop; mince the apple when cold, and stir into the batter.

#### ORANGE FRITTERS

Mix a fritter batter by sifting half a teaspoonful of baking-powder and a saltspoonful of salt with a cupful of flour; make a hollow in the middle of this and pour into it slowly a cupful of warm water in which has been melted a tablespoonful of butter. Stir smooth and add the white of an egg, beaten light. Have ready sweet oranges, peeled and cut into slices quarter of an inch thick. Remove the seeds, sprinkle the slices with sugar, dip each slice into the fritter batter and lay at once in deep hot fat which should be ready on the range. Heat this while you are making the fritter batter so that when you are ready to cook the fritters the fat may be at the right temperature to brown quickly a bit of bread dropped in to test it. The fritters should not need more than a minute in the fat to come to a golden brown. Lift them out with a split spoon or pierced skimmer, lay on soft paper in a colander for a moment, to free them from grease, sprinkle with powdered sugar and serve. You may eat them with sugar or with a hard or soft sauce flavored with lemon.

#### BANANA FRITTERS

Peel and cut bananas into lengthwise slices, squeezing over both sides of each piece a few drops of lemon-juice. After this treatment dry the slices lightly between clean cloths and



dip into a fritter batter. Make this by the directions given for the batter for Orange Fritters and fry in the same way. Banana fritters must be handled with much care on account of the tenderness of the fruit. They may be served as a vegetable or have a little sugar sprinkled over them and answer for a simple dessert.

#### QUEEN'S TOAST

Fry slices of stale baker's bread in boiling lard to a fine brown. Dip each slice quickly in boiling water to remove the grease. Sprinkle with powdered sugar and pile upon a hot plate. Before toasting, cut the slices with a round cake-cutter, taking off all the crust. Pour sweet sauce over them when hot, and serve at once.

#### JELLY-CAKE FRITTERS (*Very nice*)

Stale sponge, or *plain* cup cake, cut into rounds with a cake-cutter.

Hot lard.

Strawberry or other jam, or jelly.

A little boiling milk.

Cut the cake carefully and fry a nice brown. Dip each slice for a second in a bowl of boiling milk, draining this off on the side of the vessel; lay on a hot dish and spread thickly with strawberry jam, peach jelly, or other delicate conserve. Pile them neatly and send around hot, with cream to pour over them.

This is a nice way of using up stale cake.

#### FRENCH PANCAKES

To two eggs beaten light add a cup and a half of milk, a tablespoonful of melted butter, two cupfuls of flour with

a little salt. Bake on a griddle, like ordinary pancakes, spread them with butter and jam or jelly, or lemon-juice and sugar, roll with the sweet inside, sprinkle with fine sugar and serve very hot. You may make them the ordinary size for pancakes or much larger, if preferred. The same batter may be made stiffer and used for plain fritters.

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## SWEET, OR PUDDING SAUCES

### HARD SAUCES

Stir to a cream 1 cup butter.

3 cups powdered sugar.

When light, beat in juice of a lemon.

2 teaspoonfuls nutmeg.

Beat long and hard until several shades lighter in color than at first, and creamy in consistency. Smooth into shape with a broad knife dipped in cold water, and stamp with a wooden mold, first scalded and then dipped in cold water. Set upon the ice until the pudding is served.

### BRANDY SAUCE (*Hard*)

$\frac{1}{2}$  cup butter.

2 cups powdered sugar.

1 wineglass brandy, or brandy extract to taste.

1 teaspoonful mixed cinnamon and mace.

Warm the butter very slightly, work in the sugar, and, when this is light, the brandy and spice. Beat hard, shape into a mold and set in a cold place until wanted.

## BROWN PUDDING SAUCE

Soften a tablespoonful of butter and work into a cupful of brown sugar. When it is well creamed put it into a saucepan with half a cupful of boiling water and bring to a boil; add a heaping teaspoonful of cornstarch wet to a soft paste with cold water, boil up and stir until it thickens, take from the range, flavor with nutmeg or cinnamon to taste, turn into a pitcher and serve hot with the pudding.

## LEMON SAUCE (I)

Wet two teaspoonfuls of cornstarch to a paste with cold water, put them into a cupful of boiling water in a skillet on the range at high heat. Stir until the mixture is smooth and clear, add a heaping teaspoonful of butter and a half cupful of sugar; boil once and flavor with the juice of a lemon.

## LEMON SAUCE (II)

1 *large* cup sugar.

Nearly half a cup butter.

1 egg.

1 lemon—all the juice and half the grated peel.

1 teaspoonful nutmeg.

3 tablespoonfuls boiling water.

Cream the butter and sugar and beat in the egg whipped light; the lemon and nutmeg. Beat hard ten minutes, and add, a spoonful at a time, the boiling water. Put in the inner vessel of a double-boiler; keep boiling until the steam heats the sauce very hot, but not to boiling. Stir constantly.

**MILK PUDDING SAUCE**

1 egg beaten stiff.

$\frac{1}{2}$  large cup sugar.

3 tablespoonfuls boiling milk.

$\frac{1}{2}$  teaspoonful arrowroot or cornstarch, wet with cold milk.

1 teaspoonful nutmeg, or mace.

1 tablespoonful butter.

Rub the butter into the sugar, add the beaten egg, and work all to a creamy froth. Wet the cornstarch and put in next with the spice—finally, pour in by the spoonful the boiling milk, beating well all the time. Set within a double-boiler and cook five minutes stirring steadily. Do not let the sauce boil.

**CABINET PUDDING SAUCE**

Yolks of two eggs, whipped very light.

1 lemon—juice and half the grated peel.

1 teaspoonful cinnamon.

1 cup sugar.

1 tablespoonful butter.

Rub the butter into the sugar, add the yolks, lemon, and spice. Beat ten minutes, stirring hard. Set within a saucepan of boiling water, and beat while it heats, but do not let it boil.

Pour over the pudding.

**FRUIT PUDDING SAUCE**

$\frac{1}{2}$  cup butter.

$2\frac{1}{2}$  cups sugar.

1 dessertspoonful cornstarch wet in a little cold milk.

1 lemon—juice and half the grated peel.

1 glass sherry.

1 cup boiling water.

Cream the butter and sugar well; pour the cornstarch into the boiling water and stir over a clear fire until it is well thickened; put all together in a bowl and beat five minutes before returning to the saucepan. Heat once, almost to the boiling point, add the wine and serve.

#### JELLY SAUCE (I)

$\frac{1}{2}$  cup currant jelly.

1 tablespoonful butter, melted.

$\frac{1}{2}$  dessertspoonful arrowroot or cornstarch; wet with cold water.

1 glass sherry.

3 tablespoonfuls boiling water.

Stir the arrowroot into the boiling water and heat, stirring all the time, until it thickens; add the butter, and set aside until almost cool, when beat in, spoonful by spoonful, the jelly to a smooth pink paste. Pour in the wine, stir hard, and heat in a tin vessel, set within another of boiling water, until very hot.

Pour over and around bread-and-marmalade pudding, cake fritters, and Queen's toast.

#### JELLY SAUCE (II)

$\frac{1}{2}$  cup currant jelly.

2 tablespoonfuls melted butter.

1 lemon—juice and half the grated peel.

$\frac{1}{2}$  teaspoonful nutmeg.

1 tablespoonful powdered sugar.

Heat the butter a little more than blood-warm; beat

the jelly to a smooth batter and add gradually the butter, the lemon, and nutmeg. Warm almost to a boil, stirring all the while; beat hard, put in the sugar and set in a vessel of hot water, stirring now and then until it is wanted. Stir well before pouring out.

#### CREAM SAUCE (*Hot*)

$\frac{1}{2}$  pint cream.

2 tablespoonfuls powdered sugar.

White of an egg beaten stiff.

Extract of vanilla or bitter almond, half teaspoonful.

$\frac{1}{4}$  teaspoonful nutmeg.

Heat the cream slowly in a vessel set in a saucepan of boiling water, stirring often. When scalding, but not boiling hot, remove it from the fire, put in the sugar and nutmeg; stir three or four minutes and add the white. Mix thoroughly and flavor, setting the bowl containing it in a pan of hot water stirring now and then until the pudding is served.

## CUSTARDS, BLANC-MANGE, JELLIES AND CREAMS

THE rule for rich custard is five eggs to a quart of milk and a tablespoonful of sugar to each egg, although a good custard can be made with an egg for each cup of milk and four tablespoonfuls of sugar to the quart. Creams and custards that are to be frozen must have at least one-third more sugar than those which are not to undergo this process.

In heating the milk for custard do not let it quite boil before adding the yolks. My plan, which has proved a safe one thus far, is to take the scalding milk from the fire and instead of pouring the beaten eggs into it, to put a spoonful or two of milk to *them*, beating well all the while, adding more and more milk as I mix until there is no longer danger of sudden curdling. Then return all to the fire and boil gently until the mixture is of the right consistency. From ten to fifteen minutes should thicken a quart. Stir constantly. A pinch of soda added in hot weather will prevent the milk from curdling.

*Always boil milk and custard in a vessel set within another of boiling water.* If you have not a double-boiler, improvise one by setting a tin pail inside of a pot of hot water, taking care it does not float, also that the water is not so deep as to bubble over the top. Custards are better and lighter if the yolks and whites are beaten separately, the latter stirred in at the last.

## RICH BOILED CUSTARD

1 quart milk.

Yolks of four eggs and whites of six (two for the meringue).

4 tablespoonfuls sugar.

Vanilla flavoring—1 teaspoonful to the pint.

Heat the milk almost to boiling; beat the yolks light and stir in the sugar. Add the milk in the manner described in general directions at head of this section; stir in four whites whipped stiff; return to the range and stir until thick, but not until it breaks. Flavor with vanilla, pour into glass cups; whip the whites of two eggs to a meringue with a heaping tablespoonful of powdered sugar, and when the custard is cold, pile a little of this upon the top of each cup. You may lay a preserved strawberry or cherry, or a bit of sweetmeat, or a little bright jelly upon each.

## QUAKING CUSTARD

3 cups milk.

Yolks four eggs—reserving the whites for meringue.

1 tablespoonful gelatine.

4 tablespoonfuls sugar.

Vanilla or lemon flavoring. Juice of a lemon in meringue.

Soak the gelatine in a cup of the cold milk, heat the rest of the milk to boiling, add that in which the gelatine is, and stir over the heat until the latter is quite dissolved. Take from the stove, and let it stand five minutes before putting in the beaten yolks and sugar. Heat slowly until it begins to thicken perceptibly, not boil—say seven or eight minutes, stirring constantly. When nearly cold, having stirred it every few minutes during the time, flavor it, wash



out your mold in cold water, and without wiping it, pour in the custard and set on the ice or in a cold place to harden. When quite firm, turn into a cold dish, loosening it by wrapping about the mold a cloth wrung out in hot water, or dipping the mold for an instant in warm, not boiling, water. Have ready the whites whipped to a froth with three tablespoonfuls powdered sugar and juice of a lemon. Heap neatly about the base of the molded custard, like snow-drifts. If you like, you may dot this with minute bits of currant jelly.

This is a pleasing dish to the eye and taste.

#### FLOATING ISLAND

1 quart milk.

4 eggs—whites and yolks beaten separately.

4 tablespoonfuls white sugar.

1 teaspoonful extract bitter almond or vanilla.

$\frac{1}{2}$  cup currant jelly.

Beat the yolks well, stir in the sugar, and add the hot, not boiling, milk, a little at a time. Boil until it begins to thicken. When cool, flavor and pour into a glass dish, first stirring it up well. Heap upon it a meringue of the whites into which you have beaten, gradually, half a cup of currant, cranberry, or other bright tart jelly. Dot with bits of jelly cut into rings or stars, or straight slips laid on in a pattern.

#### SPANISH CREAM

$\frac{1}{2}$  box gelatine.

1 quart milk.

Yolks three eggs.

1 small cup sugar.

Soak the gelatine an hour in the milk; put on the fire and stir well as it warms. Beat the yolks very light with the sugar, add to the scalding milk, and heat to boiling point, stirring all the while. Strain through cheesecloth, and when almost cold, put into a mold wet with cold water. Flavor with vanilla or lemon.

#### BAVARIAN CREAM (*Very fine*)

1 pint sweet cream.

Yolks three eggs.

$\frac{1}{2}$  ounce gelatine.

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

1 teaspoonful vanilla or bitter almond extract.

Soak the gelatine in just enough cold water to cover it, and stir into a half pint of the cream made boiling hot. Beat the yolks smooth with the sugar, and add the boiling mixture, beaten in a little at a time. Heat until it begins to thicken, but do not actually boil; remove it from the range, flavor, and while it is still hot stir in the other half pint of cream, whipped stiff. Beat this, a spoonful at a time, into the custard until it is the consistency of sponge-cake batter. Dip a mold in cold water, pour in the mixture, and set on the ice to form.

#### SNOW CUSTARD

$\frac{1}{2}$  package gelatine.

3 eggs.

1 pint milk.

2 cups sugar.

Juice one lemon.

Soak the gelatine in a teacupful of cold water, and to this add one pint boiling water. Stir until the gelatine is thor-

oughly dissolved; add two-thirds of the sugar and the lemon-juice. Beat the whites of the eggs to a stiff froth, and when the gelatine is quite cold, whip it into the whites, a spoonful at a time. Whip steadily and evenly, and when all is stiff, pour into a mold, previously wet with cold water, and set in a cold place. In four or five hours turn into a glass dish.

Make a custard of the milk, eggs, and remainder of the sugar, flavor with vanilla or bitter almond, and when the meringue is turned out of the mold, pour this around the base.

### BAKED CUSTARD

1 quart milk.

4 eggs, beaten light—whites and yolks separately.

4 tablespoonfuls sugar, mixed with the yolks.

Nutmeg and vanilla.

Scald, but do not boil the milk; add by degrees to the beaten yolks, and when well mixed, stir in the whites. Flavor, and pour into a deep dish or custard-cups of white stone china. Set these in a pan of hot water, grate nutmeg upon each, and bake until firm. Eat cold from the cups.

### TAPIOCA CUSTARD

5 dessertspoonfuls tapioca, minute or pearl.

1 quart milk.

1 pint cold water.

3 eggs.

1 teaspoonful vanilla.

1 cup sugar.

A pinch of salt.

Soak the tapioca in the water until soft. Let the milk come to a boil; add the tapioca, the water in which it was

soaked, and a good pinch of salt. Stir until boiling hot, and add gradually to the beaten yolks and sugar. Boil again (*always* in a vessel set within another of hot water), stirring constantly. Let it cook until thick, but not too long, as the custard will break. Five minutes after it reaches the boil will suffice. Pour into a bowl, and stir gently into the mixture the whites of the eggs, beaten to a stiff froth. Flavor, and set aside in a glass dish until very cold.

#### TAPIOCA BLANC-MANGE

½ pound tapioca, soaked in a cup of cold water until soft.  
1 pint milk.  
¾ cup sugar.  
2 teaspoonfuls vanilla.  
A little salt.

Heat the milk, and stir in the soaked tapioca. When it has dissolved, add the sugar. Boil slowly fifteen minutes, stirring all the time; take from the fire, and beat until nearly cold. Flavor and pour into a mold dipped in cold water. Turn out, and serve with cream.

#### SAGO BLANC-MANGE

May be made in the same way as tapioca.

#### CORNSTARCH BLANC-MANGE

1 quart milk.  
4 tablespoonfuls cornstarch, wet in a little cold water.  
2 eggs, well beaten—whites and yolks separately.  
1 cup sugar.  
Vanilla, lemon, or other flavoring.  
1 saltspoonful salt.

Heat the milk to boiling; stir in the cornstarch and salt, and boil together five minutes (in a double-boiler), then add the yolks, beaten light, with the sugar; boil two minutes longer, stirring all the while; remove the mixture from the range, and beat in the whipped whites while it is boiling hot. Pour into a mold wet with cold water, and set in a cold place. Eat with sugar and cream.

#### PLAIN BLANC-MANGE

Soak an ounce of gelatine in two cups milk and scald two more cups milk with a bit of soda; add to it half a cup sugar. When this is dissolved pour the milk on the soaked gelatine, return to the stove until this is melted, which will take about a minute after the mixture regains its heat, strain and put away to cool. Flavor and turn into a mold wet with cold water and set aside until firm. Eat very cold with cream.

#### CHOCOLATE BLANC-MANGE

1 quart milk.

1 ounce gelatine, soaked in a cup of the milk.

4 heaping tablespoonfuls of grated chocolate, melted over hot water.

2 eggs, whites and yolks beaten separately.

$\frac{3}{4}$  cup sugar and 2 teaspoonfuls of vanilla.

Heat the milk to boiling; pour in the gelatine and milk, and stir until it is dissolved; add the sugar to the beaten yolks and stir until smooth; beat the chocolate into this and pour in, spoonful by spoonful, the scalding milk upon the mixture, stirring until all is in. Return to the inner saucepan and heat gently, stirring faithfully until it almost boils. Remove from heat, turn into a bowl, and whip in lightly and

briskly the beaten whites with the vanilla. Set to form in molds wet with cold water.

#### CHARLOTTE RUSSE

1 pound lady fingers.

1 pint rich sweet cream.

$\frac{1}{2}$  cup powdered sugar.

1 teaspoonful vanilla or other extract.

Split and trim the cakes, and fit neatly in the bottom and sides of a two quart mold. Whip the cream to a stiff froth when you have sweetened and flavored it; fill the mold, lay cakes closely together on the top, and set upon the ice until needed.

#### *Or*

You may use for this purpose a loaf of sponge-cake, cutting strips from it for the sides and leaving the crust for the bottom and top, each in one piece.

#### GELATINE CHARLOTTE RUSSE (*Very nice*)

1 pint cream, whipped light.

$\frac{1}{2}$  ounce gelatine, dissolved in 1 gill hot milk.

Whites 2 eggs, beaten to a stiff froth.

1 small tea-cup powdered sugar.

Flavor with bitter almond and vanilla.

Mix the cream, eggs, and sugar; flavor, and beat in the gelatine and milk last. It should be quite cold before it is added.

Line a mold with slices of sponge-cake, or with lady fingers, and fill with the mixture.

Set upon the ice to cool.

### SYLLABUB

Rub six lumps of sugar on the rind of two large oranges until the oil from the skin has yellowed and flavored the sugar; crush them and add the juice of the oranges, which has been stirred into two tablespoonfuls of granulated sugar. Whip stiff a pint of heavy cream,—an electric beating machine will do this swiftly and surely,—stir the flavored sugar into it and heap in a glass dish which you have lined with lady fingers moistened with fruit juice. In former times the cake was softened with sherry and a portion of this was beaten into the syllabub, but in these days the juice of oranges, raspberries or strawberries may be used in place of wine. When berries are employed the dish may be decorated with them, uncrushed.

### STRAWBERRY FLOAT

Pick over and cap a quart of strawberries—small berries will answer for this as well as large—and mash them with a spoon in a colander, saving all the juice that comes from them. Sweeten this to taste. Whip stiff a cupful of cream and add the juice. Beat to a standing meringue the whites of three eggs with three tablespoonfuls of powdered sugar and stir into it lightly the mashed berries. Turn the cream into a glass dish, heap the meringue by the spoonful on top of the cream and serve very cold. You may line the dish with lady fingers or sliced sponge cake if you wish.

### WINE JELLY

1 cup sugar.  
½ pint sherry or claret.  
½ cup cold water.

1 ounce gelatine.

Juice of a lemon and half the grated peel.

1 pint boiling water.

1 good pinch cinnamon.

Soak the gelatine in the cold water one hour. Add to this the sugar, lemons, and cinnamon; pour over all the boiling water, and stir until the gelatine is thoroughly dissolved. Put in the wine, strain through a double flannel bag, without squeezing, wet your molds with cold water, and set the jelly away in them to cool.

### CIDER JELLY

May be made by the recipe just given, substituting a pint of clear, sweet cider for the wine.

### A HEN'S NEST IN BLANC-MANGE

Prepare a few days ahead for this dish by saving your egg-shells for molds. To do this remove their contents through a small hole broken carefully in one end and lay the emptied shells in cold water. The day before the dish is to be served heat a quart of milk over high heat in a double boiler; stir into it one cupful of sugar and a heaping tablespoonful of powdered gelatine which has been soaked for five minutes in cold water. Study the directions on the box containing the gelatine, as different kinds demand different proportions of liquid. When the gelatine is dissolved in the milk, take it from the heat, divide into two portions and set aside to cool. Leave one half white and tint the other a delicate pink or yellow, according to your color scheme, with the vegetable coloring matter that comes for the purpose. Flavor the white with lemon or bitter almond, the pink with vanilla. When the mixtures are entirely cold but before they begin



to stiffen fill the prepared egg-shells, setting them with the open ends uppermost in a bowl of meal or flour, that they may not tip to one side, and leave them in a cold place until firm. Make a nest of candied orange peel cut into fine strips to simulate straws, break the shells away from the blanc-mange eggs and arrange them in the nest. Pass cream with the blanc-mange. This is a very pretty dish and eminently suitable for Easter.

### ORANGE JELLY

2 oranges—juice of both and grated rind of one.

1 lemon—juice and peel.

1 package gelatine, soaked in a very little water.

1 quart boiling water.

1½ cups sugar.

1 good pinch cinnamon.

Squeeze the juice of the fruit into a bowl, and put with it the grated peel and the cinnamon. Pour over them the boiling water, cover closely, and let them stand half an hour. Strain, add the sugar, let it come to a boil, stir in the gelatine, and, when this is well dissolved, take the saucepan from the fire. Strain into molds.

### STRAWBERRIES IN JELLY

Make a clear jelly with a good brand of gelatine, following the directions given on the package for soaking the gelatine and dissolving it in hot water. Allow for about three cupfuls of the jelly, using to this quantity a cupful of granulated sugar; flavor with the juice of a good-sized orange and half the grated peel. Set the jelly aside to cool. When it begins to harden wet custard cups or nappies with cold water, arrange in each one four or five strawberries which have

been hulled, pour the jelly upon them and leave it until cold and firm. If you have an electric refrigerator stand the nappies in this for about an hour before serving so that the jelly will be *frappé*, or partially frozen. Turn the forms out on a flat dish and serve cream with them. They are very pretty surrounded with whipped cream.

#### STRAWBERRY FOAM

Prepare a jelly by the preceding recipe and when it begins to harden whip the whites of three eggs to a standing froth and beat the jelly into them. If you use an ordinary egg-beater, this process will require about fifteen minutes; with an electric kitchen-aid you can bring the mixture to stiffness and lightness in less than a fourth of that time. Have a pint of strawberries picked over and hulled, sprinkle them with sugar and at the last stir them into the foam, turn it into a mold and set on the ice. This is especially delicious if put in the electric refrigerator for a couple of hours, long enough to freeze the foam but not enough to make the berries hard and bullet-like.

## ICE-CREAM AND OTHER ICES

IF you wish to prepare ice-cream at an hour's notice, you cannot do better than to purchase the best patent freezer you can procure. My own earliest recollections of ice-cream are of the discordant grinding of the well-worn freezer among the blocks of ice packed about it—a monotone of misery, that, had it been unrelieved by agreeable associations of the good to which it was “leading up,” would not have been tolerated out of Bedlam. For one, two, three, sometimes four hours, it went on without other variety than the harsher sounds of the fresh ice and the rattling “swash” as the freezer plunged amid the icy brine when these were nearly melted; without cessation save when the unhappy operator nodded over his work, or was relieved by another predestined victim of luxury and ennui—a battalion of the laziest juveniles upon the place being detailed for this purpose. I verily believed in those days that the freezing could not be facilitated by energetic action, and used to think how fortunate it was that small darkies had a predilection for this drowsy employment. I shall never forget my amazement at seeing a brisk Yankee housewife lay hold of the handle of the ponderous tin cylinder, and whirl it with such will and celerity, back and forth, back and forth, that the desired end came to pass in three-quarters of an hour.

That day has gone by. Time has grown too precious now even to juvenile contrabands for them to sit half the day shaking a freezer under the locust-tree on the old

plantation lawn. Machines that will do the work in one-tenth of the time, with one-fiftieth of the labor, are sold at every corner. But, so far as I know, it was reserved for a nice old lady up in the New Jersey mountains to show her neighbors and acquaintances that ice-cream could be made to freeze itself. For years I practised her method, with such thankfulness to her, and such satisfaction to my guests and family, that I eagerly embrace the opportunity of circulating the good news.

#### SELF-FREEZING ICE-CREAM

1 pint milk.

3 eggs—whites and yolks beaten separately and very light.

2 cups sugar.

1 pint sweet cream.

3 teaspoonfuls vanilla or other flavoring, or 1 vanilla bean, broken in two, boiled in the custard, and left in until it is cold.

Heat the milk almost to boiling, beat the eggs light, add the sugar, and stir up well. Pour the hot milk to this, little by little, beating all the while, and return to the range—boiling in a pail or saucepan set within one of hot water. Stir the mixture steadily until it is thick as boiled custard. Pour into a bowl and set aside to cool. When quite cold, beat in the cream, and the flavoring, unless you have used the bean.

Have ready a quantity of ice, cracked in pieces not larger than a pigeon egg—the smaller the better. You can manage this easily by laying a lump of ice between two folds of coarse sacking or an old carpet, tucking it in snugly, and battering it, through the cloth, with a hammer or mallet until fine enough. There is no waste of ice, nor need you take it in your hands at all—only gather up the corners of

the carpet or cloth, and slide as much as you want into the outer vessel. Use an ordinary old-fashioned upright freezer, set in a deep pail; pack around it closely, first, a layer of pounded ice, then one of rock salt—*common salt will not do*. In this order fill the pail; but before covering the freezer-lid, remove it carefully that none of the salt may get in, and, with a long wooden ladle or flat stick (I had one made on purpose), beat the custard as you would batter, for five minutes, without stay or stint. Replace the lid, pack the ice and salt upon it, patting it down hard on top; cover all with several folds of blanket or carpet, and leave it for one hour. Then remove the cover of the freezer when you have wiped it carefully outside. You will find within a thick coating of frozen custard upon the bottom and sides. Dislodge this with your ladle, which should be thin at the lower end, or with a long carving-knife, working every particle of it clear. Beat again hard and long until the custard is smooth, half-congealed paste. The smoothness of the ice-cream depends upon your action at this juncture. Put on the cover, pack in more ice and salt, and turn off the brine. Spread the double carpet over all once more, having buried the freezer out of sight in ice, and leave it for three or four hours. Then, if the water has accumulated in such quantity as to buoy up the freezer pour it off, fill up with ice and salt, but do not open the freezer. In two hours more you may take it from the ice, open it, wrap a towel, wrung out in boiling water, about the lower part, and turn out a solid column of cream, firm, close-grained, and smooth as velvet to the tongue.

Should the ice melt very fast, you may have to turn off the water more than twice; but this will seldom happen except in very hot weather. You need not devote fifteen minutes in all to the business after the custard is made. You may go into the cellar before breakfast, having made

the custard overnight, stir in the cold cream and flavoring, get it into the freezer and comfortably packed down before John has finished shaving, and by choosing the times for your stolen visits to the lower regions, surprise him and the children at a one-o'clock dinner by a delicious dessert.

Any of the following recipes for *custard* ice-cream may be frozen in like manner. Do not spare salt, and be sure your ice is finely cracked, and after the second beating do not let the air again into the freezer. Keep the freezer hidden, from first to last, by the ice heaped over it, except when you have to lift the lid on the occasions I have specified.

Unfortunately the electric refrigerator cannot be utilized for this ice-cream, although admirable for mousses and other frozen sweets which do not need turning or stirring in the process of freezing. The motor-driven ice-cream freezer is too expensive for most families, but the electric kitchen-aid turns a freezer as well as performs other valuable services for the housewife.

### CHOCOLATE ICE-CREAM

1 pint cream.

1 pint new milk.

1 cup sugar.

1 egg beaten very light.

5 tablespoonfuls chocolate, melted over hot water.

Heat the milk almost to boiling, and pour by degrees on the beaten egg and sugar. Stir in the chocolate, beat well three minutes and return to the inner kettle. Heat until it thickens well, stirring constantly; take from the fire and set aside to cool. Many think a little vanilla an improvement. When the custard is cold, beat in the cream. Freeze.

## COFFEE ICE-CREAM

1 quart cream.

1 cup black coffee—very strong and clear.

1 cup sugar.

1 tablespoonful arrowroot, wet up with cold water.

Heat half the cream nearly to boiling, stir in the sugar, and, when this is melted, the coffee; then the arrowroot. Boil all together five minutes, stirring constantly. When cold, beat up very light, whipping in the rest of the cream by degrees. Then freeze.

## LEMON ICE-CREAM

1 quart cream.

2 lemons—the juice of one and the grated peel of one and a half.

2 cups sugar.

Sweeten the cream, beat the lemon gradually into it, and put at once into the freezer. Freeze rapidly, as the acid is likely to turn the milk.

You may make orange ice-cream in the same way.

## MACAROON ICE-CREAM

Pour a pint of boiling milk upon three eggs beaten light with a cupful of sugar, put this in a double-boiler and cook it at high heat, stirring constantly until the mixture is creamy. Take it off and let it cool, then add to it one pint of cream, whipped, one teaspoonful of vanilla and a half pound of macaroons crushed fine. Beat hard and freeze.

## PINEAPPLE ICE-CREAM

The same process is followed to make pineapple ice-cream except that shredded pineapple instead of the macaroons is added before putting it into the freezer.

## CRUSHED STRAWBERRY ICE-CREAM

Heat a quart of milk in a double-boiler; when scalding hot pour it upon five eggs, beaten light, the whites and yolks together, and mixed with two cupfuls of sugar and a pinch of salt. Return to the range in the double-boiler and cook over medium heat until the custard begins to thicken and masks the spoon. Then remove it, add one cupful of cream, whipped, and when the mixture is cold put it into a freezer. Pack with salt and freeze. When the ice-cream begins to harden, open the freezer and stir in a quart of strawberries which have been hulled, mashed and sweetened liberally. Close the freezer and continue to turn the dasher until the cream is firm. Pack and leave standing for a couple of hours before serving.

RASPBERRY OR STRAWBERRY ICE-CREAM (*Without Custard*)

1 quart ripe sweet berries.

1 pound sugar.

1 quart fresh cream.

Scatter half the sugar over the berries and let them stand three hours. Press and mash them, and strain them through a thin muslin bag. Add the rest of the sugar, and when dissolved beat in the cream little by little. Freeze rapidly, opening the freezer (if it is not a patent one) several times to beat and stir.



*Or*

You may have a pint of whole berries, unsugared, ready to stir in when the cream is frozen to the consistency of stiff mush. In this case add a cup more sugar to the quart of crushed berries.

#### PEACH ICE-CREAM

Is very nice made after the preceding recipe, with two or three handfuls of freshly cut bits of the fruit stirred in when the cream is half frozen.

#### CARAMEL PARFAIT

Brown three-quarters of a cupful of sugar in a saucepan on the range over high heat, add a quarter cupful of boiling water, cook until thick, pour on four egg yolks, beaten, put into a double-boiler with a pinch of salt and a cupful of thin cream. When this is hot, take from the range and beat until cool; add two cupfuls of whipped cream, half a cupful of fine sugar and the same of minced nuts. Pack and freeze without stirring. With an electric refrigerator the ice-and-salt pack are not needed. When the parfait is frozen serve in tall glasses or fruit cocktail cups with a little whipped cream on top of each portion.

#### LEMON ICE

6 lemons—juice of all, and grated peel of three.

1 large sweet orange—juice and rind.

1 pint water.

1 pint sugar.

Squeeze out every drop of juice, and steep in it the rind of orange and lemons one hour. Strain, squeezing the

bag dry; mix in the sugar, and then the water. Stir until dissolved, and freeze by turning in a freezer.

#### ORANGE ICE

6 oranges—juice of all, and grated peel of three.

2 lemons—the juice only.

1 pint of sugar dissolved in 1 pint of water.

Prepare and freeze as you would lemon ice.

#### PINEAPPLE ICE

1 juicy ripe pineapple—peeled and cut small.

Juice and grated peel of 1 lemon.

1 pint sugar.

1 pint water, or a little less.

Strew the sugar over the pineapple and let it stand an hour. Mash all up together, and strain out the syrup through a hair-sieve. Add the water and freeze.

#### CURRENT AND RASPBERRY ICE (*Fine*)

1 quart red currants.

1 pint raspberries—red or white.

1 pint water.

1½ pints sugar.

Squeeze out the juice; mix in the sugar and water, and freeze.

#### STRAWBERRY OR RASPBERRY ICE

1 quart berries. Extract the juice and strain.

1 pint sugar, dissolved in the juice.

1 lemon—juice only.

½ pint water.

**FRUIT SURPRISE**

Chop or crush any kind of fresh fruit, berries, oranges or peaches, so that you have a quart of the pulp. Put with it two cupfuls of sugar, one cup of cold water and the unbeaten whites of four eggs; turn into a freezer and freeze until firm. Pack and leave for an hour before turning it out.

This can also be made of canned fruits or even of apple sauce, or stewed prunes or dates, chopped fine.

**STRAWBERRY MOUSSE**

Have three cupfuls of double cream very cold and whip it light and stiff. When this is done beat into it half a cupful of powdered sugar and a gill of strawberry juice squeezed from fresh berries. It will probably require at least two cupfuls of the berries to produce a gill of the juice. Strain it through a fine cloth to remove all seeds.

The easiest way to freeze this mousse is by the help of the electric refrigerator in the little individual trays that come for the purpose. Put the mousse into the refrigerator about four hours before it is to be used and when you are ready to serve it the forms will be ready for the table and need only be turned out. Should you lack the comfort of the electric refrigerator put the mousse into a mold and pack it in ice and salt several hours before luncheon. A mousse does not need to be turned while freezing.

**EASTER EGGS OF RASPBERRY OR MAPLE MOUSSE**

Beat a pint of thick, rich cream very stiff, add to it half a cupful of raspberry jelly which you have melted and cooled, or of syrup from preserved raspberries. If the cream

is properly whipped you should have over a quart of the mixture for your mousse. Turn it into a dish and set this in your electric refrigerator long enough to freeze firmly, or if you do not own such a refrigerator pack the mousse in ice and salt. When ready to serve take the mousse out with a dessert spoon dipped in boiling water, giving the spoon a little turn to secure an egg-shaped form to the portions you remove. Arrange these on a bed of whipped cream. The raspberry will color the mousse pink as well as flavor it. For the yellow tint use half a cupful of maple syrup in place of the raspberry.

#### COFFEE MOUSSE

Sweeten four cups of thick or double cream, using half a cup of fine sugar, add half a cup of very strong coffee and whip all light. Unless the cream is really heavy it is best to whip this first and then beat in the coffee. Turn into a mold and freeze without stirring, as directed above, in your electric refrigerator, if you have one; if not, by packing in finely chopped ice and salt.

#### COFFEE FRAPPÉ

Add four tablespoonfuls of sugar and a cupful of cream to four cupfuls of strong black coffee, pack in a freezer and freeze as you would ordinary ice-cream. Serve in tall glasses with a little whipped cream on top of each.

## FRUIT FOR DESSERT

### ORANGES

MAY be put on whole in fruit-baskets, or the skin be cut in eighths halfway down, separated from the fruit and curled inward, showing half the orange white, the other yellow. Or pass a sharp knife lightly around the fruit, midway between the stem and blossom end, cutting through the rind only. Slip the smooth curved handle of a teaspoon carefully between the peel and body of the orange, and gently work it all around until both upper and lower halves are free, except at stem and blossom. Turn the rind, without tearing it, inside out, making a white cup at each end—the round white fruit between them.

### APPLES

Wash and polish with a clean towel, and pile in a china fruit-basket, with an eye to agreeable variety of color.

### PEACHES AND PEARS

Pick out the finest, handling as little as may be, and pile upon a salver or flat dish and ornament with peach leaves or fennel sprigs.

One of the prettiest dishes of fruit I ever saw upon a dessert-table was an open silver basket, wide at the top, heaped with rich red peaches and yellow Bartlett pears, interspersed with feathery bunches of green, which few of those who admired it knew for *carrot-tops*. Wild white

clematis wreathed the handle and showed here and there among the fruit, while scarlet and white verbenas nestled amid the green.

### MELONS

Keep on ice until just before serving. Cut watermelons in half and remove a slice from each end that the sections may stand upright. Cut in wedge-shaped slices or serve the crimson pulp with a spoon. A pretty fashion is that of scooping out the pulp in balls with a Parisian potato-cutter and serving them in sherbet glasses. Cantaloupes and other melons should be cut in half, the seeds removed and the melon served with ice.

### GRAPES

Wash and drain dry before serving and have grape-scissors on the dish with the fruit.

### PINEAPPLES

Remove the peeling and the hard, fibrous portion and cut into thin slices or into dice. Have this very cold and sprinkle with sugar a few minutes before serving.

### STRAWBERRIES, RASPBERRIES, BLACKBERRIES

Pick over carefully; if gritty or dusty, lay them in a colander and run cold water over them, lifting them carefully with the fingers, so as not to bruise the berries. Turn them into a dry sieve or colander and let them drip and leave them in this in a cold place until you are ready to send them to the table. Never sprinkle sugar on them until they are in the individual dishes from which they are to be eaten.

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Large strawberries may be served unhulled, dipped into sugar and eaten with the fingers.

#### FRUIT WITH CREAM

Peaches, Bartlett pears, bananas, when served with cream and sugar, should be kept on the ice and not sliced until just before they go to the table.

#### CURRANTS AND RASPBERRIES

Pick the currants from the stems, and mix with an equal quantity of raspberries. Put into a glass bowl, and eat with powdered sugar.

#### FROSTED CURRANTS

Pick fine even bunches, and dip them, one at a time, into a mixture of frothed white of egg, and a very little cold water. Drain them until nearly dry, and roll in pulverized sugar. Repeat the dip in the sugar once or twice, and lay them upon white paper to dry. They make a beautiful garnish for jellies or charlottes, and look well heaped in a dish by themselves or with other fruit.

#### AMBROSIA

8 fine sweet oranges, peeled and sliced.

$\frac{1}{2}$  grated coconut.

$\frac{1}{2}$  cup powdered sugar.

Arrange the orange in a glass dish, scatter the grated coconut thickly over it, sprinkle this lightly with sugar, and cover with another layer of orange. Fill up the dish in

this order, having coconut and sugar for the top layer. Serve at once.

#### TROPICAL SNOW

Cut into sections six sweet oranges, removing seeds and skin; slice two red bananas; grate half a coconut. Put a layer of oranges in a dish, strew with sugar, add a layer of bananas and coconut on them and continue this until the dish is full or the materials all used. Make the top layer of coconut sprinkled with sugar and serve the dish ice cold. Do not let it stand when the fruit is sliced, but send to table immediately.

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#### COOKED FRUITS FOR DESSERT

##### BAKED APPLES

Cut out the blossom end of sweet apples with a sharp penknife; wash, but do not pare them; pack them in a large pudding-dish; pour a cupful of water in the bottom, cover closely with another dish or pan; set in a moderate oven, and steam until tender all through. Pour the liquor over them while hot, and repeat this as they cool. Set on the ice several hours before they are to be eaten, and, when you are ready, transfer them to a glass dish, pouring the juice over them again. Eat with powdered sugar and cream. Apples baked in this way are more tender and digestible and better flavored than those baked in an open vessel.

##### APPLES STEWED WHOLE

Pare, and with a small knife extract the cores of fine juicy apples that are not too tart; put into a deep dish



with just enough water to cover them; cover and bake, or stew, in a moderate oven until they are tender and clear; take out the apples, put in a bowl, and cover to keep hot; turn the juice into a saucepan, with a cupful of sugar for twelve apples, and boil half an hour. Season with mace, ginger, or whole cloves, adding the spice ten minutes before you remove the syrup from the stove. Pour scalding over the apples, and cover until cold.

Eat with cream.

#### MERINGUED APPLES

Into a baking-dish put as many tart apples as it will hold after you have peeled and cored these. In the empty space left by the removal of the core put two teaspoonfuls of sugar, a quarter teaspoonful of butter and half a dozen drops of lemon juice. Pour about the apples a very little water to prevent their scorching, set the dish in the oven at medium heat and when the contents are hot turn the heat to low and keep it at this until the apples are tender. Take out the dish and let the apples cool, heap on them a meringue of the whites of two eggs beaten stiff with half a cupful of powdered sugar, return the dish to the oven and leave it there at high heat for just long enough to color the meringue to a golden tinge. Eat the apples very cold, with cream. They will be found a great improvement on the regulation baked apples. If you choose, you may put a few blanched and chopped almonds in the core-holes with the sugar and butter.

#### BAKED PEARS

Sweet pears may be baked just as sweet apples are—*i. e.*, steamed without being pared or cored.

*Or*

If large, cut in half, put into a deep dish with a very little water; sprinkle them with sugar and put a few cloves, or bits of cinnamon, or a pinch of ginger among them. Cover closely, and bake until tender.

#### STEWED PEARS

If small and ripe, cut out the blossom-end, without paring or coring; put into a saucepan, with enough water to cover them, and stew until tender; add a half cupful of sugar for every quart of pears, and stew all together ten minutes; take out the pears, lay in a covered bowl to keep warm; add to the syrup a little ginger or a few cloves, boil fifteen minutes longer, and pour over the fruit hot.

*Or*

If the pears are not quite ripe, but hard and disposed to be tough, peel them, cut out the blossom-end, leaving on the stems, and stew until tender in enough water to cover them. Take them out, set by in a covered dish to keep warm; add to the liquor in the saucepan an equal quantity of the best molasses and a little ginger; boil half an hour, skim, and return the pears to the saucepan. Stew all together twenty minutes, and pour out.

These are very good, and will keep a week or more, even in warm weather. I have canned them while boiling hot, and kept them sweet a whole year.

#### BAKED QUINCES

Pare and quarter; extract the seeds and stew the fruit in clear water until a straw will pierce them; put into a

baking-dish with a half cupful of sugar to every eight quinces; pour over them the liquor in which they were boiled; cover closely, and steam in the oven one hour; take out the quinces, lay them in a covered bowl to keep warm; return the syrup to the saucepan, and boil twenty minutes; pour over the quinces, and set away covered, to cool. Eat cold.

## CANDIES

### MOLASSES CANDY

1 quart good molasses.

$\frac{1}{2}$  cup vinegar.

1 cup sugar.

Butter the size of an egg.

1 teaspoonful saleratus.

Dissolve the sugar in the vinegar, mix with the molasses and boil, stirring frequently, until it hardens when dropped from the spoon into cold water; then stir in the butter and soda, the latter dissolved in hot water. Flavor to your taste, give one hard final stir, and pour into buttered dishes. As it cools cut into squares for taffy, or, while soft enough to handle, pull white into sticks, using only the buttered tips of your fingers for that purpose.

### SUGAR-CANDY

6 cups sugar.

1 cup vinegar.

1 cup water.

Tablespoonful butter, put in at the last, with 1 teaspoonful saleratus dissolved in hot water.

Boil fast *without stirring*, an hour, or until it crisps in cold water. Pull white with the tips of your fingers.

It is very nice. Flavor to taste.

### CHOCOLATE CARAMELS OR FUDGE

Cook together over medium heat one pound brown sugar, quarter of a pound of Baker's chocolate, broken or cut in

small pieces and a quarter cupful of cold water and keep at a steady boil until a few drops of it will harden in cold water. Add then a heaping tablespoonful of butter and a teaspoonful of vanilla, turn into buttered pans and when it has cooled a little mark it into squares with a buttered knife. You can make it sugary by stirring the syrup for a few minutes after it comes from the stove and if you prefer the sticky and "chewy" caramels mix two tablespoonfuls of molasses with the sugar when you put it on the range.

### CHOCOLATE CREAMS

Mix with the unbeaten white of an egg an equal quantity of cold water and stir into it enough confectioners' sugar to make dough or paste that can be molded with the fingers into small balls. Melt six tablespoonfuls of unsweetened chocolate without water until it is thick and smooth and dip into it the sugar-balls. Several dippings may be needed before they are satisfactory.

Or you may make your balls of Fondant, or Boiled Icing, by the recipe given for this and dip them in the chocolate.

### MAPLE SUGAR CARAMELS

Melt a pound of maple sugar, broken into pieces in a pint of milk, cooking in a double-boiler. After the sugar is thoroughly melted set the inner vessel of the double-boiler on a heater unit or a gas flame at medium heat and stir as the syrup boils until a little hardens in cold water. Add a tablespoonful of butter and as soon as this melts pour the candy into greased pans and mark into squares with a buttered knife as the candy cools.

## CREAM PEPPERMINTS

Heat and stir Fondant or Boiled Icing until it begins to grow creamy, flavor to taste with essence of peppermint and drop the candy by the small spoonful on waxed paper. Cream Wintergreens may be made in the same way with wintergreen flavoring.

## NOUGAT

1 pound sweet almonds.

$\frac{3}{4}$  pound fine white sugar.

1 tablespoonful rose-water.

Blanch the almonds in boiling water. When stripped of their skins, throw them into ice-water for five minutes. Take them out and dry between two cloths. Shave with a small knife into thin slips. Put them into a slow oven until they are *very* slightly colored. Meanwhile, melt the sugar—*without adding water*—in a double-boiler on the stove, stirring it all the while. When it bubbles up and is quite melted take off the kettle and instantly stir in the hot almonds. Have ready a tin pan or mold, well buttered and slightly warmed. Pour in the nougat; press it thin and flat to the bottom of the pan if you mean to cut into strips; to all sides of the mold if you intend to fill it with syllabub or macaroons. Let it cool in the mold for the latter purpose, withdrawing it carefully when you want it. If you cut it up, do it while it is still warm—not hot.

The syrup should be a bright yellow before putting in the almonds.

## PRESERVES AND FRUIT JELLIES

USE agate ware of a good make for cooking preserves and jellies. Should you be the possessor of an old-fashioned copper or bell-metal preserving kettle, clean it thoroughly just before you put in the syrup or fruit. Scour with cleansing-powder, then set it over the heat with a cupful of vinegar and a large handful of salt in it. Let this come to a boil and scour the whole of the inside of the kettle with it. Do not let your preserves or anything else stand one moment in it after it is withdrawn from the stove, fill the emptied kettle instantly with water and wash it perfectly clean, although you may mean to return the syrup to it again in five minutes. By observing these precautions, preserves and pickles made in bell-metal may be rendered as good and wholesome as if the frailer porcelain be used.

Use only white sugar for fine preserves. Moist or dark sugar cannot be made to produce the same effect as dry white.

Do not hurry any needful step in the process of preserving. Prepare your fruit with care, weigh accurately, and allow time enough to do your work well. Put up the preserves in small jars in preference to large, and, when once made, store them in a cool, dark closet that is perfectly dry. Keep jellies in small stone china jars, or glass tumblers closely covered. As soon as the jelly is cold and firm cover the surface with melted paraffine and screw on the tops. If you utilize odd jars and glasses that are not fitted with tops you can supply this deficiency by covering the open mouth

of the jar with stout brown or white paper, pasting this on so as to exclude all dust or germs. Examine your shelves frequently and narrowly for a few weeks to see if your preserves are keeping well. If there is the least sign of fermentation, boil them over, adding more sugar.

If jellies are not so firm after six or eight hours as you would have them, set them in the sun, with bits of window glass over them to keep out the dust and insects. Remove these at night and wipe off the moisture collected on the under sides. Repeat this every day until the jelly shrinks into firmness, filling up one cup from another as need requires. This method is far preferable to boiling down, which both injures the flavor and darkens the jelly.

#### PRESERVED PEACHES

Weigh the fruit after it is pared and the stones extracted, and allow a pound of sugar to every one of peaches. Crack one-quarter of the stones, extract the kernels, break them to pieces and boil in just enough water to cover them, until soft, when set aside to steep in a covered vessel. Put a layer of sugar at the bottom of the kettle, then one of fruit, and so on until you have used up all of both; set it where it will warm slowly until the sugar is melted and the fruit hot through. Then strain the kernel-water and add it. Boil steadily until the peaches are tender and clear. Take them out with a perforated skimmer and lay upon large flat dishes, crowding as little as possible. Boil the syrup almost to a jelly—that is, until clear and thick, skimming off all the scum. Fill your jars two-thirds full of the peaches, pour on the boiling syrup, and, when cold, turn into sterilized jars. Prepare these by pouring about two inches of water into each jar, setting them in a large pan of hot water in the rack used for holding



jars while canning; have the water around them about three inches deep, bring this to a boil and cook the jars in it twenty minutes.

The peaches should be ready to take off after half an hour's boiling; the syrup be boiled fifteen minutes longer, *fast*, and often stirred, to throw up the scum. A few slices of pineapple cut up with the peaches flavor them finely.

#### PRESERVED PEARS

Are put up precisely as are peaches, but are only pared, not divided. Leave the stems on.

#### PEACH MARMALADE

Pare, stone, and weigh the fruit; heat slowly to draw out the juice, stirring up often from the bottom with a wooden spoon. After it is hot, boil quickly, still stirring, three-quarters of an hour. Add then the sugar, allowing three-quarters of a pound to each pound of the fruit. Boil up well for five minutes, taking off every particle of scum. Add the juice of a lemon for every three pounds of fruit, and a very little water in which one-fourth of the kernels have been boiled and steeped. Stew all together ten minutes, stirring to a smooth paste, and take from the range. Put up hot in air-tight cans, or, when cold, in small stone or glass jars with paraffine over the surface of the marmalade. A large, ripe pineapple, pared and cut up fine and stirred with the peaches, is a fine addition to the flavor.

#### PRESERVED QUINCES

Choose fine yellow quinces. Pare, quarter, and core them, saving both skins and cores. Put the quinces over

the heat with just enough water to cover them, and simmer until they are soft, but not until they begin to break. Take them out carefully, and spread them upon broad dishes to cool. Add the parings, seeds, and cores to the water in which the quinces were boiled, and stew, closely covered, for an hour. Strain through a jelly-bag, and to every pint of this liquor allow a pound of sugar. Boil up and skim it, put in the fruit and boil fifteen minutes. Take all from the stove and pour into a large deep pan. Cover closely and let it stand twenty-four hours. Drain off the syrup and let it come to a boil; put in the quinces carefully and boil another quarter of an hour. Take them up as dry as possible, and again spread out upon dishes, setting these in the hottest sunshine you can find. Boil the syrup until it begins to jelly; fill the jars two-thirds full and cover with the syrup. The preserves should be of a fine red. Cover with brandied tissue-paper.

#### PRESERVED APPLES

Firm, well-flavored pippins or bell-flower apples make an excellent preserve, prepared in the same manner as quinces. A few quinces cut up among them, or the juice of two lemons to every three pounds of fruit improves them.

#### QUINCE MARMALADE

Pare, core, and slice the quinces, stewing the skins, cores, and seeds in a vessel by themselves with just enough water to cover them. When this has simmered long enough to extract all the flavor and the parings are broken to pieces, strain off the water through a thick cloth. Put the quinces into the preserve-kettle when this water is almost cold, pour it over them and boil, stirring and mashing the fruit

with a wooden spoon as it becomes soft. The juice of two oranges to every three pounds of the fruit imparts an agreeable flavor. When you have reduced all to a smooth paste, stir in a scant three-quarters of a pound of sugar for every pound of fruit; boil ten minutes more, stirring constantly. Take off, and when cool put into small jars, with paraffine over the top.

#### PRESERVED GREEN-GAGES AND LARGE PURPLE PLUMS

Weigh the fruit and scald in boiling water to make the skins come off easily. Let them stand in a large bowl an hour after they are peeled, that the juice may exude. Drain this off; lay the plums in the kettle, alternately with layers of sugar, allowing pound for pound; pour the juice over the top and heat slowly to a boil. Take out the plums at this point, very carefully, with a perforated skimmer, draining them well through it, and spread upon broad dishes in the sun. Boil the syrup until thick and clear, skimming it faithfully. Return the plums to this and boil ten minutes. Spread out again until cool and firm, keeping the syrup hot on the stove, fill your jars three-quarters full of the fruit; pour on the scalding syrup, cover to keep in the heat and, when cold, tie up.

*Or*

If you do not care to take the trouble of peeling the fruit, prick it in several places with a needle, and proceed as directed.

#### PRESERVED ORANGE PEEL (*Very nice*)

Weigh the oranges whole, and allow pound for pound of sugar and fruit. Peel the oranges neatly and cut the

rind into narrow shreds. Boil until tender, changing the water twice and replenishing with hot from the kettle. Squeeze the strained juice of the oranges over the sugar; let this heat to a boil; put in the shreds and boil twenty minutes.

Lemon peel can be preserved in the same way, allowing more sugar.

#### ORANGE MARMALADE

Slice very thin and seed a dozen medium-sized oranges and one large lemon. Measure and add enough cold water to bring the quantity to three pints. Let all stand together in a covered earthen bowl overnight or for several hours. Turn it then into a preserving kettle, set it over low heat and keep the marmalade at a gentle simmer until the fruit is tender. Weigh a pound of sugar for each pint of the juice, add it to the boiling fruit and cook steadily until the marmalade begins to thicken. Test it by putting a little in a saucer; if it jellies quickly it is done. Let it cool before turning it into glasses. Cover these with paraffine and tightly fitting tops as you would jelly.

Half a pound of almonds, shelled, blanched and chopped are an acceptable addition to orange marmalade.

#### PRESERVED PINEAPPLE

Pare, cut into slices, take out the core of each one and weigh, allowing pound for pound of sugar and fruit. Put in alternate layers in the kettle and pour in water, allowing a teacupful to each pound of sugar. Heat to a boil; take out the pineapple and spread upon dishes in the sun. Boil and skim the syrup half an hour. Return the pineapple to the kettle and boil fifteen minutes. Take it out, pack in wide-mouthed jars, pour on the scalding syrup;

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cover to keep in the heat, and, when cold, tie up, first putting paraffine upon the top.

#### PINEAPPLE MARMALADE

Pare, slice, core and weigh the pineapple; then cut into small bits. Make a syrup of a teacup of water to two pounds of sugar; melt, and heat to a boil. Heat the chopped pineapple in a vessel set within one of boiling water, covering it closely to keep in the flavor. When it is smoking hot all through and begins to look clear, add to the syrup. Boil together half an hour, stirring all the while, or until it is a clear, bright paste.

#### PRESERVED CHERRIES

Stone the cherries, preserving every drop of juice. Weigh the fruit, allowing pound for pound of sugar. Put a layer of fruit for one of sugar until all is used up; pour over the juice and boil gently until the syrup begins to thicken.

The short-stem red cherries or other tart variety are best for preserves. Sweet cherries will not do.

#### PRESERVED STRAWBERRIES

Pound for pound. Put them in a preserving kettle over a slow heat until the sugar melts. Boil twenty-five minutes, fast. Take out the fruit in a perforated skimmer and fill a number of small cans three-quarters full. Boil and skim the syrup five minutes longer, fill up the jars, and seal while hot.

Keep in a cool, dry place.

### STRAWBERRY JAM

For every pound of fruit three-quarters of a pound of sugar.

1 pint red currant juice to every 4 pounds strawberries.

Boil the juice of the currants with the strawberries half an hour, stirring all the time. Add the sugar when you have dipped out nearly all the juice, leaving the fruit quite dry, and boil up rapidly for about twenty minutes, skimming carefully. Put in small jars, with paraffine over the top.

You can omit the currant juice, but the flavor will not be so fine.

### RASPBERRY JAM

$\frac{3}{4}$  pound sugar to every pound fruit.

Put the fruit on alone, or with the addition of a pint of currant juice to every four pounds of fruit. Boil half an hour, mashing and stirring well. Dip out most of the boiling juice before adding sugar and cook twenty minutes more. Blackberry jam is very nice made as above, leaving out the currant juice.

### GOOSEBERRY JAM

Is made in the same manner as raspberry, only the currant juice is omitted and the gooseberries boiled one hour without the fruit and another after it is put in. The fruit must be ripe.

### SPICED CURRANTS

To five pounds of red or white currants, washed and stripped from the stems, allow one pound of sugar, one pint

of vinegar and two tablespoonfuls each of cinnamon and allspice. Put on the range together at medium heat, stir from time to time to prevent scorching and cook steadily for half an hour after they reach the boil. These may be put up in jars or glasses, covered with paraffine and sealed while hot.

### SPICED GRAPES

Seed and pulp the grapes before weighing and follow recipe given for Spiced Currants.

### SPICED CHERRIES

These may be cooked like Spiced Currants after stemming and stoning the cherries.

### FRUIT JELLIES

*Currant, Blackberry, Strawberry, etc.*

Put the fruit into a stone jar; set this in a kettle of tepid water, and put it upon the range. Let it boil, closely covered, until the fruit is broken to pieces; strain, pressing the bag (a stout coarse one) hard, putting in but a few handfuls at a time, and between each squeezing turning it inside out to scald off the pulp and skins. To each pint of juice allow a pound of sugar. Set the juice on alone to boil, and while it is warming divide the sugar into several different portions and put into shallow pie-dishes or pans that will fit in your ovens; heat in these, opening the ovens now and then to stir it and prevent burning. Boil the juice just *twenty minutes* from the moment it begins fairly to boil. By this time the sugar should be so hot you cannot

bear your hand in it. Should it melt around the edges, do not be alarmed. The burned parts will only form into lumps in the syrup and can easily be taken out. Throw the sugar into the boiling juice, stirring rapidly all the while. It will hiss as it falls in, and melt very quickly. Withdraw your spoon when you are sure it is dissolved. Let the jelly just come to a boil, to make all certain, and take the kettle instantly from the stove. Roll your glasses or cups in hot water, and fill with the scalding liquid. If these directions be strictly followed, and the fruit is at the proper state of ripeness, there need be no dread of failure. I have often had the jelly form before I filled the last glass.

I wish it were in my power, by making known the advantages of the process I have described, to put an end to the doubts and anxieties attendant upon the old-fashioned method of boiling jelly into a preserve. This plan is so simple and safe, the jelly made so superior in flavor and color to that produced by boiling down juice and fruit, that no one who has ever tried both ways can hesitate to give it the preference. I have put up jelly in no other way for many years, and have never failed once.

Strawberry jelly should have a little lemon-juice added to that of the fruit. Both it and blackberry and very ripe raspberry jelly, are apt to be less firm than that made from more tart fruits; still, do not boil it. Set it in the sun, as I have directed at the beginning of the section upon preserves and fruit jellies, filling one cup from another as the contents shrink. The sun will boil it down with less waste and less injury to color and taste, than the stove will. Cooking jelly always darkens it.

Put paraffine over the top of each glass when cold and firm, fit on the cover and keep in a dry place.



**RASPBERRY AND CURRANT JELLY**

To two parts red raspberries or "blackcaps," put one of red currants, and proceed as with other berry jelly.

The flavor is exquisite. This jelly is especially nice for cake.

**WILD CHERRY AND CURRANT JELLY**

Two-thirds wild cherries (stones and all) and one of red currants. A pound of sugar to a pint of juice, and make as you do plain currant jelly.

This, besides being very palatable and an excellent table jelly, is highly medicinal, good for coughs and any weakness of the digestive organs. I put it up first as an experiment, and because I chanced to have the cherries. Now I would not pass the winter without it, unless obliged to do so by a failure of the fruit crop.

**PEACH JELLY**

Crack one-third of the kernels and put them in the jar with the peaches, which should be pared, stoned, and sliced. Heat in a pot of boiling water, stirring from time to time until the fruit is well broken. Strain, and to every pint of peach juice add the juice of a lemon. Measure again, allowing a pound of sugar to a pint of liquid. Heat the sugar very hot, and add when the juice has boiled twenty minutes. Let it come to a boil, and take instantly from the stove.

This is fine for jelly-cake.

### GREEN GRAPE JELLY

Is made after the recipe for currant jelly, only allowing a pound and a half of sugar to a pint of juice.

Ripe grapes require but pound for pint.

### QUINCE JELLY

Pare and slice the quinces, and add for every five pounds of fruit a cup of water. Put peelings, cores and all into a stone jar; set this in a pot of boiling water, and, when the fruit is soft and broken, proceed as with other jellies.

### CRAB-APPLE JELLY

Cut Siberian crab-apples to pieces, but do not pare or remove the seeds. The latter impart a peculiarly pleasant flavor to the fruit. Put into a stone jar, set in a pot of hot water and let it boil eight or nine hours. Leave in the jar all night, covered closely. Next morning squeeze out the juice, allow pound for pint and manage as you do currant jelly.

Should the apples be very dry, add a cup of water for every six pounds of fruit.

There is no finer jelly than this in appearance and in taste.

### GRAPE CONSERVE

8 pounds ripe grapes—Concords, preferably.

4 pounds sugar.

2 oranges.

1 lemon.

One and a half pounds raisins—the seedless variety.

Half pound English walnut kernels, chopped.

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Pulp and seed the grapes by rubbing the pulp through a colander or putting through a vegetable press. Slice and seed oranges and lemon and run through a meat chopper. Mix and cook with the sugar for three-quarters of an hour; add raisins and nuts, boil five minutes longer and turn into jars or glasses. When cold, cover surface with paraffine before putting tops on glasses or jars.

#### PLUM CONSERVE

This may be made by the same recipe, using cooking plums and stewing them until tender enough to take off skins. Remove pits by putting through a colander.

## CANNING AT HOME

SINCE "Common Sense in the Household" was written the processes of canning vegetables have changed so radically that the original instructions on that subject have been discarded from this edition, despite much useful and pleasing matter contained in them. Even later and apparently scientific methods have altered during the last few years. The water-bath or steam-bath, the fractional or intermittent process and the cold pack were practised for a while, but have been superseded. Study by experts in the Government Bureau of Home Economics as well as in other departments devoted to bacteriological research has led to the conclusion that the only safe method known at present for canning non-acid vegetables such as corn, string and Lima beans, asparagus, greens of all sorts, etc., is that of processing in steam under pressure at temperatures higher than can be obtained otherwise. The time and temperatures vary, as may be seen from the Department of Agriculture time-tables given later in this chapter, but the steam-pressure canner is considered the only safe means that has been devised up to date for canning vegetables. Research and experiment still continue upon this branch of Home Economics.

For the home canning of tomatoes and fruits the one-period process is used. In these cases the method is generally successful, since the combination of plant acids and heat usually kills all or most of the microorganisms present and hinders the growth of such as survive. If other vegetables are canned by this process they should always be thoroughly boiled before serving. Only in this way can the housekeeper be sure

certain dangerous bacterial spores may not have lain dormant for months in her canned vegetables. Even if apparently in a normal condition, all canned foods, with the exception of tomatoes and fruits, should have a vigorous boiling, unless they have been canned by steam pressure.

Farmers' Bulletin 1211 issued by the United States Department of Agriculture has been drawn upon freely in the preparation of this section and its statements relative to the precautions demanded in the work of canning should prove helpful to the housekeeper. Many portions are quoted verbatim with gratitude and appreciation.

#### GENERAL INFORMATION AND DIRECTIONS

"There are always microorganisms of one kind or another present on the skin or rind of fruits and vegetables. Bacteria, yeasts, and molds are found to a greater or less extent in the air, in natural waters, on our own skin as on all animal bodies, in the soil, and in dust. If we are canning food which we expect to keep perfectly for a period of weeks, months, or even years, we must make every effort to see that we do not allow any bacteria, yeasts, or molds to remain in the jar or can to grow on the food in the sealed container and spoil it. All utensils and materials must be kept as clean as possible and must be carefully handled to prevent the entrance of dirt and bacteria or other organisms, so that the chances of spoilage will be greatly lessened.

"Scalding and boiling jars, covers, and rubbers to be used in canning may help greatly by killing a large number of the bacteria present, yet it must not be expected that all the bacteria will be so easily killed, or that the containers can be actually sterile after a few minutes of scalding or even boiling. Even if the containers are boiled long enough to destroy all organisms present, it would be a mistake to sup-

pose that these articles will remain absolutely sterile after being removed from the hot water. The fingers which handle them are not sterile; they are perhaps laid down on a table which is not sterile, and they are certainly left for some seconds or minutes exposed to air which is not sterile.

"Processing as a canning term means the application of heat to food materials in such a way as to insure preservation and secure the maximum of good quality. It usually refers to the application of heat to the sealed or partially sealed container, as when jars of fruit or vegetables are heated in boiling water or in steam.

"In the old-fashioned open-kettle method of canning the food was cooked in the kettle or pan and then the scalded can or jar was filled with this boiling hot product and sealed without any processing or cooking in the container. The considerations just mentioned constitute one of the reasons why the 'open-kettle' method of canning usually fails when applied to any food material which is at all difficult to keep, such as most vegetables, meats, and milk. The food material and the jar and cover are open to bacteria in the air during cooking and filling of the jar. On the other hand, fruits and tomatoes may often keep well when canned in this way. This is because of the acidity of their contents, which causes the destruction of bacteria during the heating process to be more rapid than would otherwise be the case. However, the practise of packing the fruit or vegetable into the container before rather than after applying the final heating process is more likely to succeed in the destruction of organisms. It is, as a rule, important that the greater part of the heating process should be done *after* the can or jar is filled and closed away from further sources of contamination.

"The more tightly packed the vegetable or fruit mass is and the less water it contains, the longer it will take for the

heat to penetrate through it. One of the reasons why corn requires so long a time for sterilization, even at high temperatures in a steam-pressure canner, is the fact that it heats through very slowly. Whatever the type of processing, certain utensils, usually found in every home, are necessary for the proper handling of the products.

“For grading, sorting, and washing, shallow trays, pans, or bowls, and vegetable brushes are needed. For washing berries and for draining, a colander or sieve may be used. Several squares of cheesecloth, or wire baskets, may be used for holding the fruits or vegetables during the blanching process. Some container, such as a large enameled bucket, galvanized lard can, or wash boiler, which will hold enough water to submerge a convenient quantity of the product to be blanched, should be provided. Several kettles will be needed for blanching, for rinsing after blanching, etc. A teakettle should be kept full of boiling water, as a fresh supply will be needed from time to time for filling jars and for renewing the blanching water. Slender-pointed, sharp paring knives are convenient for peeling and cutting. It is well to use a silver knife for peeling fruits, as the fruit is sometimes discolored by steel. Tablespoons, teaspoons, measuring cups, and spatulas should be at hand. Trays provided with handles will be needed for holding the jars while in the boiler and for lifting them into and out of the boiling water, or a false bottom may be provided for the boiler. In this case some sort of a jar lifter will be needed. Many kinds of patent holders or lifters may be purchased, or a lifter may be improvised—*e. g.*, a large buttonhook works well with those jars which have a spring clamp over the top.

“For home use glass jars are more economical than tin, because they can be used repeatedly and with care will last for several years.

“Rubber rings must be new each season. It does not

pay to use them a second time, since the spoilage frequently resulting much more than offsets the cost of new rubbers. It must be remembered that modern methods of canning constitute a far more severe test for endurance of rubbers than does the 'open-kettle' procedure, since the rubber now has to withstand moist heat for a number of hours in canning some garden products.

"The rubber must be of good quality. Test the rubbers by inserting forefingers and stretching the ring; if the rubber cracks, or if it does not readily return to its former size and shape, it should not be used.

"Before gathering and preparing the fruits or vegetables, collect all the apparatus to be used and be sure that everything is absolutely clean and in good working condition. Those engaged in the work should observe all principles of cleanliness in the care of clothing, hands, and nails. Do not begin canning in a room immediately after sweeping or dusting. Two or more hours should elapse after sweeping, before beginning the canning. All garbage must be promptly disposed of, for it breeds germs as well as flies. When canning out of doors, select a cool shady spot, well covered with grass and free from dust which might come from the highways or from near-by fields. Flies are great germ carriers and must be kept away from the food being prepared for cans.

"The glass jars, of a size appropriate for the fruit or vegetable to be canned, should be tested very carefully for leaks or defects. Fill each jar with hot water, put the rubber and lid in position and seal. Invert the jar and allow it to stand for 5 to 10 minutes. If any leak occurs, examine the jar carefully and if possible determine what is causing the leak. If the jar or lid is defective it must be discarded. If the bail or clasp is too loose, remove it and tighten so



that it will hold the lid more closely against the rubber ring and stop the leak. These clamps should be tightened each year.

"In case of the old type screw-top jars, be sure that the lid is perfect. Screw it down onto the rubber and invert the jar. If it leaks, and the lid cannot be screwed more tightly, try another lid.

"If the automatic seal jars are used, examine the top of the jar carefully to see that it is smooth and even. If the rubber composition around the edge of the lid is cut or broken, discard the lid for a new one.

"After the jars are washed, place them in a pan of cold water and bring the water slowly to the boiling point. Allow them to boil at least 15 minutes, or until thoroughly scalded. If possible they should remain standing in this hot water until wanted. They will then be hot and fit for use when the products are ready to be packed.

"Sort and grade the fruit or vegetables according to size and degree of maturity. Much depends upon careful grading. If young, tender vegetables are canned in the same jar with older ones, they will be cooked to pieces long before the older ones are thoroughly processed. Overripe fruit may disintegrate, spoiling the appearance of the product and leaving the liquid cloudy. For choice products fruits or vegetables must be in prime condition. Fruits which are underripe, overripe, or decayed in any way, or vegetables which are too mature or which are stale, will not make good products. For this reason discard all fruit that is overripe, underripe, or unsound. Only those vegetables which are in choice condition for the table—that is, young, tender, and fresh—are suitable for canning. Those which are too mature or which have become stale, are more difficult to can, and the product is inferior.

"Can all young vegetables and soft fruits the same day they are gathered and as soon after gathering as possible; certainly within 3 or 4 hours.

"Following the sorting and grading, all products should be washed thoroughly. They are then hulled, pared, scraped, cored, seeded or sliced, according to the vegetable or fruit to be used, and the purpose for which it is to be canned. Some fruits and vegetables, such as peaches and tomatoes, are very readily peeled if first scalded in boiling water for a short time.

"Blanching consists of heating the fruit or vegetable in steam or boiling water for a short time, previous to packing and processing. It shrinks the vegetable or fruit, and makes it more flexible, thus insuring a better and fuller pack, and often helps to cleanse the material and may remove or destroy some of the bacteria which cling to it.

"During the blanching process the kettle or steamer should be kept closely covered, and the time is counted from the second the product comes in contact with the heat. Do not wait for the water to begin boiling after the product is immersed, but cover the kettle closely and begin counting the time at once. This is especially important in the case of fruits and tomatoes, for any additional cooking beyond the time set for the blanch tends to overcook them and to destroy both texture and flavor.

"Except when canning a very small quantity blanching by live steam is preferable to using boiling water, as quicker and more thorough. The ordinary steamer found in most homes will serve for this process. A square of cheesecloth laid in the steamer may hold the beans or other vegetable to be blanched, while the water, which must be actually boiling over the heat, is in the container underneath. By this method the color and flavor of the vegetable are preserved better than when it is blanched in boiling water. For the

cold dipping that follows blanching, the water should be iced or intensely cold that the vegetable may be chilled quickly and the color the hot water has brought to the surface be retained.

“Immediately after blanching and cold dipping the product should be well drained, handled and reheated if necessary, packed in the container, and processed at once. Do not allow fruits and vegetables to stand longer than is absolutely necessary at any stage of the canning process. If some jars must stand while others are being packed, place the jars first packed where they will keep as cold as possible (fruit packed cold before the syrup has been added) or else as hot as possible—*i.e.*, in the canner (vegetables packed in boiling water or brine).

“As soon as possible after these preparations are completed, the fruits or vegetables should be packed. In sorting them select those of uniform size to put together and arrange them symmetrically in the jars, using a thin, flexible knife or spatula to help in placing the contents. Pack the jar as full as may be without crushing the pieces and at the same time leave enough space for the liquid to be added to penetrate to the center of the mass. Fill the packed jar to the brim with boiling brine or syrup or water, whichever is used, and season, slipping the knife or spatula down the sides of the jar to loosen or bring to the top any air bubbles that may remain after the fluid is added.

“Cleanse the rubbers by immersing them for five minutes in boiling water to which soda has been added in the proportion of a teaspoonful of the soda to a quart of water. Put the rubber and the top of the jar on and partially seal.

“Processing is the final application of moist heat to preserve the product and is continued for a period determined by the character of the product, size and material of the container, and the kind of apparatus used.

“Place the jars in the canner and begin to count the time

from the moment when the desired pressure is reached. When the time designated for processing each product has elapsed, the jars should be removed from the steamer and sealed at once. Do not allow jars to remain in the water until it cools. To do so would overcook many products, especially fruits, tomatoes, and vegetables of delicate flavor. Remove the jars from the canner immediately at the end of the processing period.

“Care must be taken that drafts of cool air are not allowed to strike the hot jars as they are taken from the canner, as this may cause breakage. At the same time jars should not be closely stacked, since that would unduly delay cooling.

“The jars, after having been sealed, should be turned upside down on a tray to cool, and should be watched very closely for leaks. In case a leak occurs, tighten the cover until the jar is completely sealed and process immediately while still hot for an additional period equal in length to at least one-third of the original processing period, or not less than 10 minutes in any case. Watch these re-processed jars carefully for signs of spoilage.

“If automatic-seal jars are used, allow them to cool before inverting and testing.

“When cold, store the jars in a cool, dark, dry place where there is no danger of freezing. From time to time, especially during very hot weather, all canned products should be examined to make sure that there are no leaks or signs of fermentation or spoilage.

“The steam-pressure canner is constructed of strong material and provided with a tightly fitting lid, which when clamped in place makes it possible to hold steam under pressure and obtain a correspondingly high temperature. Most steam-pressure outfits will carry up to 30 pounds pressure with a corresponding range in temperature from 212° to 274° F. Each steam-pressure outfit is equipped

with a pressure gage, which registers the pressure in pounds and the corresponding temperature; with a safety valve, steam petcock, and lifting crate. The pressure canner may be easily regulated so as to maintain the desired pressure and temperature. It is thus suitable for use in processing various vegetables and other food products which are difficult to can. It is also especially adapted for use in high altitudes, where the temperature of boiling water is much below 212° F.

“Pressure canners range in size from the very small one which will contain only three quart jars, to the factory sizes which have a capacity of several thousand cans per day.”

In selecting a pressure canner the following points should be carefully checked: A pressure canner should be strongly built and the top should clamp on tightly so that there is no leakage of steam when it is closed. There must be an air outlet with a petcock and the top should be equipped with a pressure gage and safety valve. In size a pressure canner should be suited to the kind of containers and the probable number to be handled at one time. In case the canner must be lifted on and off the stove during canning, it is also important that it should not be too heavy.

“To secure the best results in the steam-pressure canner, the following directions should be observed:

“(1) Fill the canner with water to such depth that its level is just below the rack which holds the jars; if heated for some time before closing the canner, add hot water occasionally to prevent its boiling dry.

“(2) When packing highly perishable vegetables, such as peas and sweet corn, place each jar in the canner as soon as it has been packed, to keep it as hot as possible. There should of course be heat under the canner and hot water in the bottom; the cover should be kept on though not clamped down. The heat of the circulating steam will thus

gradually penetrate the jars and will tend to arrest the growth of bacteria during the period of time necessary to complete the packing.

“(3) When the canner has been filled, fasten the pairs of clamps which are placed opposite each other moderately tight, one pair at a time; then go back over the whole set of clamps, tightening each pair fully.

“(4) See that no steam escapes anywhere (except at the petcock when it is open).

“(5) Allow the petcock to remain open until steam escapes from it in a steady stream, so that no air remains inside.

“(6) Close the petcock enough so that only a very small trace of steam can escape. (Some operators prefer to close the petcock entirely, particularly with small aluminum cookers, where a great loss of steam is to be avoided, because of the danger of boiling dry.)

“(7) Allow the temperature to rise until the gage registers the desired steam pressure.

“(8) Count time from the moment the desired pressure is reached.

“(9) Maintain a uniform pressure during the processing period. Fluctuations in pressure, as from 15 pounds to 10 pounds and back again when canning in glass, are likely to result in loss of liquid from the partly sealed jars. The steam formed under the liquid inside the jar at the pressure of 15 pounds cannot upon sudden reduction of pressure escape fast enough through the narrow space between rubber and cover, and it ‘boils up’ so furiously that it pushes the liquid before it and out of the jar. This is likely to happen with any sudden drop in pressure. It may happen especially if the pressure is allowed to go so high that the safety valve releases the steam suddenly.

“Uniform pressure may be best maintained by turning the

gas or kerosene flame up or down as need arises, or in case of coal or wood stove by moving the canner partially off the hotter portions of the stove and back again, or with electricity by lowering the heat by means of the switch, from high or medium to low."

While the pressure cooker is the only method which can be unqualifiedly recommended for canning all vegetables, it is yet worth while to give a few instructions for canning by the water-bath method, so called. This is excellent for tomatoes and fruit and may also be used for canning string and Lima beans in comparatively small quantities. The tomatoes, fruits, etc., are parboiled and blanched, according to directions given elsewhere in this section, and are then packed into sterilized jars and boiling water, tomato juice or other liquid, or syrup for fruits, added until the jars are full to overflowing. The covers are then laid on and partly sealed; the jars are set in a large vessel on the stove, arranging them on a false bottom to protect them from direct contact with the metal. Water is poured into the container until it reaches nearly to the tops of the jars, brought to a boil and continued at this for from 25 to 30 minutes for tomatoes or fruits, 90 minutes for string beans, two hours for Lima beans, counting from the time boiling begins.

Even safer for the beans is what is known as the intermittent method. The same process is followed so far as packing and heating the beans is concerned, but after one cookery, the beans are allowed to cool for twelve hours and the cookery is then repeated. Three such periods of cookery are recommended in order to be sure that the beans will keep and be wholesome for the eaters.

"The simplest hot-water outfit is one to be placed on the kitchen stove. It consists of any vessel large enough to hold a convenient number of jars, fitted with a false bottom which holds the jars away from the bottom of the utensil,

thus protecting the jars from bumping and overheating, and allowing full circulation of water under them. Several convenient canners of this type are on the market. A large bucket, a wash boiler, or a small metal washtub which can be covered tightly will serve for this purpose. The false bottom may be made of wooden strips or of strong wire netting, which is raised an inch or so above the bottom of the vessel. Do not attempt to use newspaper, hay, straw, or cloth in place of the false bottom, since materials of this sort pack closely against the bottom of the container and will not allow the water to circulate freely beneath the jars or cans."

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## VEGETABLES

### TOMATOES

"Select firm, uniformly red, ripe tomatoes of medium size and uniform shape. Do not use tomatoes which are over-ripe or parts of which are spotted or decayed. If it is necessary to cut out a portion of a tomato, it is advisable to discard the whole tomato rather than risk the contamination of an entire lot of good tomatoes by the use of one which has begun to decay. Put into trays or shallow layers in wire baskets and blanch in boiling water 1 to 1½ minutes, according to ripeness. Remove and plunge quickly into cold water for an instant. Drain at once and core and peel promptly. Pack into jars or cans as closely as possible to prevent undue shrinkage and to help drive out the air. (Avoid crushing tomatoes if they are to be packed whole.) For home use, fill with a thick tomato sauce or with the juice of other tomatoes. Season with 1 teaspoonful of salt and 2 teaspoonfuls of sugar per quart.



“Set the cans on a grating or wire framework in a boiler or large preserving kettle, pour cold water about them until it nearly reaches the tops of the jars, bring to a boil and after this point is reached maintain it for from 25 to 30 minutes. If canned by steam pressure 5 pounds steam should be continued for 15 minutes or 10 pounds for 10 minutes.”

#### STRING BEANS

Either the green string bean or the wax bean may be used. The beans should be tender and fresh. When the beans within the pod have grown to any considerable size canning is more difficult and the product of poorer quality from a commercial standpoint. For canning, only well-sorted, small, tender beans should be used. String the beans and cut them into 2-inch lengths. Cutting diagonally or “on the bias” gives an attractive product. Very small, tender beans may be canned whole. Blanch 3 to 5 minutes in boiling water, or 5 to 10 minutes in live steam. Drain well, pack immediately in hot glass jars; add boiling water to cover well and 1 level teaspoonful of salt per quart. Paddle or stir to remove air bubbles and place in steam pressure cooker for 40 minutes at 10 pounds pressure.

#### LIMA BEANS

Gather beans in prime condition, selecting those that are more small and tender, since the mature beans or those which have become starchy are more difficult to can successfully. Wash, hull and sort carefully, blanch 5 to 10 minutes in live steam. Pack and paddle as with String Beans after jars are filled with boiling water; add 1 level teaspoonful of salt and 2 level teaspoonfuls of sugar per quart. Process as directed for String Beans.

## GREEN PEAS

“Use fresh young peas. They are best gathered in the early morning or when cool. Work should be done rapidly, and the peas should not stand either before or after being shelled. Wash, shell, and sort, putting peas of the same size and degree of maturity together. Be sure not to use the harder or nearly ripe peas among tender ones.

“Blanching is very important. If well done, it helps to prevent cloudy liquor, makes the peas more tender, and also removes some of the gluey substance which may coat them. Blanch three to eight minutes, depending upon the maturity of the peas. If starchy, plunge for an instant only into cold water. Drain and pack to within one-half inch of the top of the jar. If the container is filled too full, some of the peas may burst and make the liquor cloudy. Fill the jar with boiling water and paddle or stir well to remove air bubbles. Add 1 teaspoonful of salt and 2 teaspoonfuls of sugar to each quart and process according to directions given for String Beans. Remove the jars from the canner, seal and store in a dark, cool place.

“A cloudy or hazy appearance of the liquid of peas which are keeping well indicates that the product was roughly handled in blanching, or that split or broken peas were not removed before packing. Peas which are too mature or too much cooked in the blanch may burst, allowing the starch to escape into the surrounding liquid.

## GREEN CORN

“Much depends upon careful selection of tender, juicy corn before it reaches the starchy stage. Corn that has reached the dough stage before being canned will have a cheesy appearance after canning. When it has passed the milky

stage or is stale, it is very hard to can successfully. Corn should not be allowed to stand after being taken from the stalk. Blanch on the cob 1 to 5 minutes according to the size of the kernels. Dip into cold water for an instant. Remove and cut the corn from the cob without scraping, *i.e.*, Maryland style, using a sharp, thin-bladed knife. Best results are obtained when one person cuts the corn and another fills the containers. If one person works alone she should cut off sufficient corn to fill one jar, add the boiling water, cook in a saucepan, fill the jar and put it into the steam canner at once. A good proportion to use is half as much, by weight, of water as of corn. Put the corn in a kettle, add boiling water to cover and 1 teaspoonful of salt and 2 teaspoonfuls of sugar to each quart of corn. Allow all to come to the boiling point and pour immediately into hot jars, being sure that the water covers the corn well. Fill the jars to within one inch of top, and process for 80 minutes at 15 pounds pressure. Take the jars from the canner and seal at once; store in a dark and cool place, free from dampness.

TIME-TABLE FOR CANNING NONACID VEGETABLES IN  
PRESSURE CANNER

Department of Agriculture

Product	Method of treatment before processing	Processing period
Asparagus	Tie in uniform bundles, place in saucepan with boiling water over lower tough portion, cover tightly, and boil 4 to 5 minutes. Or cut in half-inch lengths, bring to boil in water to cover, and pack into jars.	40 minutes at 10 pounds pressure, or 240° F.

TIME-TABLE FOR CANNING NONACID VEGETABLES IN  
PRESSURE CANNER

Department of Agriculture

Product	Method of treatment before processing	Processing period
Beans, string	Heat to boiling, with water to cover. Pack into jars.	40 minutes at 10 pounds pressure, or 240° F.
Beans, Lima	Can only young and tender beans, using method suggested for peas.	60 minutes at 10 pounds pressure, or 240° F.
Corn .....	Cut off without precooking. Add boiling water to cover, and heat thoroughly.	80 minutes at 15 pounds pressure, or 250° F.
Greens, including spinach	Steam or heat in covered vessel until completely wilted, using just enough water to prevent burning. Pack hot into jars, taking care that the material is not packed too solidly and that there is liquid to cover.	90 minutes at 10 pounds pressure, or 240° F.
Okra .....	Can only young, tender pods. Cover with water and bring to boil. Pack hot in jars.	40 minutes at 10 pounds pressure, or 240° F.
Peas .....	Use only tender young peas. Bring to boil, with water to cover.	50 minutes at 10 pounds pressure, or 240° F.
Sweet potatoes	Boil or steam for 10 to 15 minutes until skins slip off readily. Peel quickly and pack hot.	60 minutes at 10 pounds pressure, or 240° F.

FRUITS

“Fruits are usually canned in syrups which in most cases are made of sugar and water in varying proportions. In the case of some fruits such as berries, the fruit juice itself may be used instead of water for making syrups. The syrup

is made by adding the sugar to the water (or fruit juice) and bringing the entire mixture to the boiling point. Strain through cheesecloth and use while boiling hot.

"Syrups of varying densities are employed, depending upon the character of the fruit to be canned. In each case the syrup has been selected with reference to securing good color, preserving the texture, and retaining the natural flavor of the fruit. Thin syrups (No. 1) may be used for all very sweet fruits, such as sweet cherries, peaches, and some berries. A slightly heavier syrup (No. 2) may be used for medium sweet fruits. Sour fruits, such as gooseberries, plums, sour cherries, apricots, etc., require a medium thick (No. 3) or even a heavy syrup.

"(No. 1) Thin syrup is made by bringing to the boiling point 1 part of sugar and 3 parts of water.

"(No. 2) Medium syrup is made by bringing to the boiling point 1 part of sugar and 2 parts of water.

"(No. 3) Thick syrup is made by bringing to the boiling point 1 part of sugar to 1 part of water.

"Syrup may be made by using the juice from fruits instead of water.

"All fruits may be canned successfully for future use for jelly making, pie filling, salad purposes, etc., without the use of sugar, by adding hot water (or better still, hot fruit juice) instead of the hot syrups. Hot-water products can hardly be expected to be as good either in texture or in flavor if served in the place of fresh fruit or in the form of a sauce, as are those which are canned in syrup. But fruits canned in their own juices are often highly satisfactory, particularly if they are very ripe and sweet—*e.g.*, a peach which is naturally high in sugar content may seem as sweet when canned without sugar as does an acid peach canned in a 40 per cent. syrup.

"Because of their acid content, most fruits are easily and

successfully canned by the short application of a moderate degree of heat. After the fruit is packed into the jars, fill them with hot syrup (or boiling water or juice), placing the lids loosely in position. Then the jars are put into a hot-water bath or household steamer and processed for the length of time designated in the recipe. The length of the processing period varies with the type of canner used, with different fruits, with the ripeness and condition of the fruit, and with the way in which the fruit is packed—*i.e.*, a close pack with a small amount of liquid, such as apple sauce, or tightly packed sliced peaches rather than halves loosely packed, requires a longer processing period. If any considerable time elapses between the filling of the first and last jars, pains should be taken to see that the jars first packed do not receive an unduly long process.

TABLE 2—*Table for making syrups*

Number of syrup	Sugar				Water measure.	Percentage of sugar (approximate).	Character of syrup
	Weight		Measure (approximate).				
	Lb.	Oz.	Cups	Pints			
1		15	2	1	4	10	Very thin.
2	2	1	4	2	4	20	Thin.
3	3	9	6½	3	4	30	Thin or medium.
4	5	9	10	5	4	40	Medium.
5	8	5	16	8	4	50	Thick.
6	12	8	24	12	4	60	Very thick.

## APPLES

“Apples may be baked in their skins or they may be pared and cored and cooked in a medium syrup until clear and

transparent; pack while very hot in hot wide-mouthed jars or cans; fill jar with hot syrup; process in water bath 10 minutes; remove and seal at once; store properly when cool.

*"Sliced, quartered, or halved.*—Select firm, sound apples. Carefully peel and core them. Cut into slices or halves. If any length of time is allowed to elapse between peeling and blanching the fruit may tarnish. To prevent this it may be immersed in very cold slightly salted water until ready for blanching, but it must not soak long in water. Blanch  $1\frac{1}{2}$  minutes in boiling water; or cook in a very small amount of water until well shrunken; and pack closely in hot jars. Cover with No. 1 syrup (boiling hot), or with boiling fruit juice. Place rubbers and caps of jars in position. Process in water bath for 20 to 30 minutes. (If cooked until shrunken and packed hot, process only 10 minutes.) Remove the jars from the canner and seal at once.

#### APPLE SAUCE

"This method is more economical of space than is the canning of whole or sliced apples, and second grade apples may well be preserved in this manner. The apples should be pared and sliced, steamed until done, and passed through a sieve. Add 1 cup of sugar to each gallon of pulp, reheat until the sugar is dissolved, pack at once (while boiling hot), and process quart jars in water bath 10 to 20 minutes. Remove the jars from the canner and seal at once.

#### PEACHES

"Before preparing fruit make syrup No. 2 or No. 3 (or richer if desired), allowing 1 cup of water for each quart jar. Put in one cracked peach pit for every quart of syrup. Boil 5 minutes and strain.

“Sort the fruit, using firm, uniform peaches for canning. Put aside the soft, broken ones for jam or marmalade. Immerse the peaches in boiling water about 1 minute or until the skins will slip easily, plunge at once into cold water for a few seconds. Remove the skins, cut the peaches into halves, and discard the pits. Pack at once, placing the halves in overlapping layers, the concave surface of each half being downward and the blossom end facing the glass. Fill each jar with syrup and paddle or stir carefully with spatula to remove air bubbles. Process in water bath for 30 minutes if the fruit is quite firm and hard, or for 20 minutes if it is ripe and tender. Remove the jars from the canner and seal at once. These directions apply to Apricots also.

#### PEARS

“Select firm, ripe pears. Peel, cook for 4 to 8 minutes (according to size) in boiling syrup (No. 3). This preliminary cooking is given in order to make hard varieties of pears pack better. Pack the pears into jars or cans, and pour hot syrup over them to fill the container. When packed whole, leave stems on and place each layer, stems up, letting each succeeding layer fill the spaces between the stems of the previous layer.

“When the jars have been packed with fruit, fill with syrup No. 3 and process in water bath for 30 minutes for large pears, or 20 minutes for small ones. Remove the jars from the canner and seal at once.

#### PINEAPPLE

“Use sound, thoroughly ripened fruit. Peel and core it; remove all eyes carefully. Cut into convenient cross sections and pack into glass jars. Fill with No. 2 syrup (or richer,



if desired; in any case boiling hot). Process in water bath for 30 minutes. Remove the jars from the canner and seal at once.

"To shrink the fruit somewhat, it may be put into a kettle, covered with syrup, and brought slowly to the boiling point; then packed (boiling hot) into jars or cans and processed for 20 instead of 30 minutes.

#### BERRIES

"For dewberries, huckleberries, raspberries, blackberries, loganberries, blueberries, strawberries, grapes, and currants practically the same methods of canning may be used. Glass jars are needed. The condition of the fruit will have much to do with the quality of the product. Berries should be gathered in shallow trays or baskets and not in deep vessels which allow them to be bruised or crushed. They should be uniformly ripe and sound, and as large as possible. Sort the berries carefully; remove stems or hulls from the berries, grapes, or currants. Place a shallow layer of the fruit in a large colander or strainer and wash carefully by pouring water over them, or by dipping the colander cautiously in and out of the water, instead of by immersing them for some moments in water. Pack in hot jars as closely as possible without crushing. This may be done by putting a few berries at a time into the jar and gently pressing them into place. (Three-fourths of a pound, or  $\frac{3}{4}$  quart, of most of the commoner sorts of berries, measured as purchased, will pack into one pint jar.) Proceed layer by layer until the jar is full. Fill jars with No. 3 syrup (hot), or use No. 4 or No. 5 syrup in case of loganberries, currants, and some varieties of strawberries. Process pint jars in water bath for 10 or 15 minutes; quart jars for 15 to 20 minutes. Remove the jars from the canner and seal at once.

"If, in making the syrup for berries, the berry juice is used instead of water, the resulting product will be much better both in color and in flavor.

"When strawberries are canned by the following method they will not rise to the top of the syrup: Use only fresh, firm, ripe, and sound berries. Remove the hulls and wash by placing a shallow layer in a colander and pouring cold water over them. Add 8 ounces (1 cup) of sugar and 2 tablespoons of water to each quart of berries. Boil slowly for 15 minutes in an enameled or acid-proof kettle. Allow the berries to cool and remain several hours or overnight in the covered kettle. Pack the berries in hot glass jars. Heat the syrup that remains in the kettle and fill the jars or cans. Process in water bath for 20 minutes. Remove the jars from the canner and seal at once.

#### PLUMS

"Select firm, uniform fruit. Pack as firmly in jars as is possible without crushing. If the skins of the plums have been pricked in several places it may perhaps help to keep them from bursting. Fill with No. 4 or No. 5 syrup, in case they are quite acid, otherwise with No. 3. Process in water bath for 20 to 30 minutes. Remove the jars from the canner and seal at once.

#### RHUBARB

"Select young, tender stalks; trim and wash carefully and cut into 1 or 2 inch lengths. Pack these into scalded glass jars and cover with No. 4 or No. 5 syrup (boiling hot). Place a scalded rubber and cap in position and process in water bath for 20 to 30 minutes. Remove the jars from the canner and seal at once. When cool, store in a dark, dry, cool place.

*"Rhubarb Sauce.*—Since rhubarb contains much water a more economical product may be secured by canning rhubarb sauce. Cut the rhubarb into inch lengths and steam or boil with 1 or 2 tablespoons of water until tender. For each quart of sauce add  $\frac{1}{2}$  cup of sugar. Pack hot in scalded glass jars and process in water bath for 10 to 20 minutes.

## TIME-TABLE FOR CANNING FRUITS

"These time periods are based on the use of quart glass jars. For pint glass jars 5 minutes less time may be used. When the fruits are precooked and packed hot, a 5-minute process is recommended for all cans or jars to insure keeping and to create a vacuum seal.

Product	Method of treatment before processing	Processing period at temperature of 212° F.
Apples . . . .	Slice, quarter, or halve, then pack in jars and cover with boiling syrup. Or boil whole in syrup, or bake as for serving, and cover with syrup, and pack hot. Or pack hot in form of apple sauce.	Packed cold: 20 minutes. Packed hot: 5 minutes.
Apricots ...	Same as peaches.....	
Blackberries	} Pack in jars. Fill with boiling hot, medium syrup.	20 minutes.
Blueberries .		
Dewberries .		
Huckleberries . . . . .		
Logan blackberries ...		
Raspberries		
Cherries ...	Pack in hot jars, cover with boiling syrup, using thick syrup for sour cherries, and medium for sweet.	Packed cold: 25 minutes.

Product	Method of treatment before processing	Processing period at temperature of 212° F.
	Or remove pits, add sugar as desired, bring to boil, and pack.	Packed hot: 5 minutes.
Currants ...	Same as berries.....	
Gooseberries	Same as other berries, but using thick syrup.	Packed cold: 20 minutes.
	Or prepare sauce, using sugar as desired. Fill hot.	Packed hot: 5 minutes
Peaches ...	Scald, dip into cold water, and peel. Cut into size desired, removing pits. Fill jars, then add syrup of desired consistency, in which several cracked peach pits have been boiled.	20 minutes.
Pears .....	Pare and cook for 4 to 8 minutes in boiling medium syrup. Pack hot in jars and fill with the boiling syrup.	20 minutes.
Pineapples .	Peel, core, remove eyes. Cut into convenient sizes. Pack in jars. Fill with boiling thin syrup.	30 minutes.
Plums .....	Prick. Fill in jars. Cover with boiling medium syrup.	Packed cold: 20 minutes.
	Or bring to boil, using sugar as desired. Fill hot into jars.	Packed hot: 5 minutes.
Rhubarb ...	Cut in half-inch lengths. Add one-fourth as much sugar as rhubarb by measure. Bake until tender in covered baking dish. Pack in hot jars.	5 minutes.
Strawberries	To each quart add 1 cup of sugar and 2 tablespoons of water. Boil slowly for 15 minutes. Let stand overnight in the kettle. Reheat to boiling. Fill jars hot.	5 minutes.

## SUMMARY OF STEPS IN CANNING

“Clean and prepare the fruit or vegetable.

“Precook, parboil, or scald products that require it. If the vegetable or the fruit is to be peeled, dip it in cold water after scalding or parboiling. If no preliminary cooking is needed, put it at once into jars.

“Pack products in jars that will seal air-tight.

“To jars of vegetables, add salt and hot water if there is not sufficient liquid to fill the containers. To fruits, add syrup or fruit juice.

“Adjust rubbers and tops of glass jars and place them in the canner as soon as possible.

“Process at the given temperature for the required time.

“Remove jars from canner. Seal the jars air-tight at once and place them out of drafts.

“Keep all canned products under observation at room temperature for at least a week.”

## PICKLES, CATSUPS AND FLAVORED VINEGARS

USE none but the best cider vinegar; especially avoid the sharp colorless liquid sold under that name. It is weak sulphuric acid, warranted to riddle the coat of any stomach, even that of an ostrich, if that bird were so bereft of the instinct of self-preservation as to make a lunch of bright-green cucumber pickle seven times a week.

If you boil pickles in bell-metal, do not let them stand in it one moment when it is off the stove; and see for yourself that it is perfectly clean and newly scoured before the vinegar is put in. Agate or enamel or granite is preferable.

Keep pickles in glass or hard stoneware; look them over every month; remove the soft ones, and if there are several of these, drain off and scald the vinegar, adding a cup of sugar for each gallon, and pour hot over the pickles. If they are keeping well, throw in a liberal handful of sugar for every gallon, and tie them up again. This tends to preserve them, and mellows the sharpness of the vinegar. This does not apply to *sweet* pickle.

Pickle, well made, is better when a year old than at the end of six months. I have eaten walnut pickle ten years old that was very fine.

Keep your pickles well covered with vinegar.

If you use ground spices, tie them up in thin muslin bags.

### CUCUMBER OR GHERKIN PICKLE

Choose small cucumbers, or gherkins, for this purpose. They are more tender, and look better on the table. Re-

ject all over a finger in length, and every one that is misshapen or specked, however slightly. Pack in a stone jar or wooden bucket, in layers, strewing salt thickly between these. Cover the top layer out of sight with salt, and pour on cold water enough to cover all. Lay a small plate or round board upon them, with a clean stone to keep it down. You may leave them in the brine for a week or a month, stirring up from the bottom every other day. If the longer time, be sure your salt and water is strong enough to bear up an egg. If you raise your own cucumbers, pick them every day, and drop in the pickle. When you are ready to put them up, throw away the brine, with any cucumbers that may have softened under the process, and lay the rest in cold fresh water for twenty-four hours. Change the water then for fresh, and leave it for another day. Have a kettle ready, lined with green vine-leaves, and lay the pickles evenly within it, scattering powdered alum over the layers. A bit of alum as large as a pigeon-egg will be enough for a two-gallon kettleful. Fill with cold water, cover with vine-leaves, three deep; put a close lid or inverted pan over all, and steam over a slow heat five or six hours, not allowing the water to boil. When the pickles are a fine green, remove the leaves and throw the cucumbers into very cold water. Let them stand in it while you prepare the vinegar. To one gallon allow a cup of sugar, three dozen whole black peppers, the same of cloves, half as much allspice, one dozen blades of mace. Boil five minutes; put the cucumbers into a stone jar, and pour the vinegar over them scalding hot. Cover closely. Two days afterwards scald the vinegar again and return to the pickles. Repeat this process three times more, at intervals of two, four, and six days. Cover with a stoneware or wooden top; tie stout cloth over this, and keep in a cool, dry place. They will be ready for eating in two months. Examine every few weeks.

## PICKLED MANGOES

Young musk or nutmeg melons.

English mustard-seed two handfuls, mixed with  
Scraped horseradish, one handful.

Mace and nutmeg pounded, 1 teaspoonful.

Chopped garlic, 2 teaspoonfuls.

A little ginger.

Whole pepper-corns, 1 dozen.

½ tablespoonful of ground mustard to a pint of the mixture.

1 teaspoonful sugar to the same quantity.

1 teaspoonful best salad oil to the same.

1 teaspoonful celery-seed.

Cut a slit in the side of the melon; insert your finger and extract all the seeds. If you cannot get them out in this way, cut a slender piece out, saving it to replace,—but the slit is better. Lay the mangoes in strong brine for three days. Drain off the brine, and freshen in pure water twenty-four hours. Green as you would cucumbers, and lay in cold water until cold and firm. Fill with the stuffing; sew up the slit; pack in a deep stone jar, and pour scalding vinegar over them. Repeat this process three times more at intervals of two days, then tie up and set away in a cool, dry place.

They will not be “ripe” under four months, but are very fine when they are. They will keep several years.

## PEPPER MANGOES

Are put up in the same way, using green peppers that are full grown, but not tinged with red.

They are very good, but your fingers will smart after thrusting them into the peppers to pull out the seeds. For



this purpose I have used, first, a small penknife, to cut the core from its attachment to the stem-end of the pepper, then a smooth bit of stick, to pry open the slit in the side and work out the loose core or bunch of seed. By the exercise of a little ingenuity you may spare yourself all suffering from this cause.

PICKLED CABBAGE (*Yellow*)

- 2 gallons vinegar.
  - 1 pint white mustard seed
  - 4 ounces ginger
  - 3 ounces pepper-corns
  - 1 ounce allspice
  - 2 ounces cloves
  - 1 ounce mace
  - 1 ounce nutmeg
  - 2 ounces turmeric
  - 1 large handful garlic, chopped.
  - 1 handful scraped horseradish.
  - 4 pounds sugar.
  - 2 ounces celery seed.
  - 3 lemons, sliced thin.
- } pounded fine.

Mix all and set in the sun for three days.

To prepare the cabbage, cut in quarters—leaving off the outer and green leaves—and put in a kettle of boiling brine. Cook three minutes. Take out, drain, and cover thickly with salt. Spread out in the sun to dry; then shake off the salt, and cover with cold vinegar in which has been steeped enough turmeric to color it well. Leave it in this two weeks, to draw out the salt and to plump the cabbage. They are then ready to pack down in the seasoned vinegar. Do not use under six weeks or two months.

## PICKLED ONIONS

Peel the onions, which should be fine white ones—not too large. Let them stand in strong brine for four days, changing it twice. Heat more brine to a boil, throw in the onions, and boil three minutes. Throw them at once into cold water, and leave them there four hours. Pack in jars, interspersing with whole mace, white pepper-corns, and cloves. Fill up with scalding vinegar in which you have put a cupful of sugar for every gallon. Cork while hot.

They will be ready for use in a month, but will be better at the end of three months.

## PICKLED BUTTERNUTS AND WALNUTS

Gather them when soft enough to be pierced by a pin. Lay them in strong brine five days, changing this twice in the meantime. Drain, and wipe them with a coarse cloth; pierce each by running a large needle through it, and lay in cold water for six hours.

To each gallon of vinegar allow a cup of sugar, three dozen each of whole cloves and black pepper-corns, half as much allspice, and a dozen blades of mace. Boil five minutes; pack the nuts in small jars and pour the vinegar over them scalding hot. Repeat this twice within a week; tie up and set away.

They will be good to eat in a month—and very good too.

## PICKLED CAULIFLOWER

Pick the whitest and closest bunches. Cut into small sprays or clusters. Plunge into a kettle of scalding brine and boil three minutes. Take them out, lay upon a sieve

or a cloth, sprinkle thickly with salt, and, when dry, brush this off. Cover with cold vinegar for two days, setting the jar in the sun. Then pack carefully in glass or stoneware jars, and pour over them scalding vinegar seasoned thus:

To one gallon allow a cup of white sugar, a dozen blades of mace, a tablespoonful of celery-seed, two dozen white pepper-corns and a few bits of red pepper pods, a tablespoonful of coriander-seed, and the same of whole mustard. Boil five minutes. Repeat the scalding once a week for three weeks; tie up and set away. Keep the cauliflowers under the vinegar by putting a small plate on top.

#### SLICED CUCUMBER PICKLE (*Very nice*)

2 dozen large cucumbers, sliced, and boiled in vinegar enough to cover them, one hour. Set aside in the hot vinegar.

To each gallon of cold vinegar allow—

1 pound sugar.

1 tablespoonful cinnamon.

1 tablespoonful ginger.

1 tablespoonful black pepper.

1 tablespoonful celery-seed.

1 teaspoonful mace.

1 teaspoonful allspice.

1 teaspoonful cloves.

1 tablespoonful turmeric.

1 tablespoonful horseradish, scraped.

1 tablespoonful garlic, sliced.

$\frac{1}{2}$  teaspoonful cayenne pepper.

Put in the cucumbers and stew two hours.

The pickle will be ready for use as soon as it is cold.

GREEN TOMATO SOY

2 gallons tomatoes, green, and sliced without peeling.

12 good-sized onions, also sliced.

2 quarts vinegar.

1 quart sugar.

2 tablespoonfuls salt.

2 tablespoonfuls ground mustard.

2 tablespoonfuls black pepper, ground.

1 tablespoonful allspice.

1 tablespoonful cloves.

Mix all together, and stew until tender, stirring often lest they should scorch. Put up in small glass jars.

This is a most useful and pleasant sauce for almost every kind of meat and fish.

SWEET TOMATO PICKLE (*Very good*)

7 pounds ripe tomatoes, peeled and sliced.

3½ pounds sugar.

1 ounce cinnamon and mace mixed.

1 ounce cloves.

1 quart vinegar.

Mix all together and stew an hour.

SWEET PICKLE—PLUMS, PEARS, PEACHES, OR OTHER  
FRUITS

7 pounds fruit, pared.

4 pounds white sugar.

1 pint strong vinegar.

Mace, cinnamon, and cloves.

Pare peaches and pears; prick plums and damsons, tomatoes, "globes" or husk-tomatoes (otherwise known as

ground-plums). Put into the kettle with alternate layers of sugar. Heat slowly to a boil; add the vinegar and spice; boil five minutes; take out the fruit with a perforated skimmer and spread upon dishes to cool. Boil the syrup thick; pack the fruit in glass jars, and pour the syrup on boiling hot.

Examine every few days for the first month, and should it show signs of fermenting set the jars (uncovered) in a kettle of water, and heat until the contents are scalding.

#### PICKLED PEACHES

10 pounds fruit—pared.

4½ pounds sugar.

1 quart vinegar.

Mace, cinnamon, and cloves to taste.

Lay the peaches in the sugar for an hour; drain off every drop of syrup, and put over the fire with about a cup of water. Boil until the scum ceases to rise. Skim; put in the fruit and boil five minutes. Take out the peaches with a perforated skimmer and spread upon dishes to cool. Add the vinegar and spices to the syrup. Boil fifteen minutes longer, and pour over the fruit in glass jars.

#### PICKLED PEACHES (*Unpeeled*)

Rub the fur off with a coarse cloth, and prick each peach with a fork. Heat in *just* enough water to cover them until they almost boil; take them out, and add to the water sugar in the following proportions:—

For every 7 pounds of fruit

3 pounds sugar.

Boil fifteen minutes; skim, and add—

3 pints vinegar.

- 1 tablespoonful (each) allspice, mace, and cinnamon.
- 1 teaspoonful celery-seed.
- 1 teaspoonful cloves.

Put the spices in thin muslin bags. Boil all together ten minutes, then put in the fruit, and boil until they can be pierced with a straw. Take out the fruit with a skimmer, and spread upon dishes to cool. Boil the syrup until thick, pack the peaches in glass jars, and pour this over them scalding hot.

You may pickle pears in the same way without peeling.

#### PICKLED CHERRIES

Morella, or large red tart cherries, as fresh as you can get them. To every quart allow a large cup of vinegar and two tablespoonfuls of sugar, with a dozen whole cloves and half a dozen blades of mace.

Put the vinegar and sugar on to heat with the spices. Boil five minutes; turn out into a covered stoneware vessel, cover, and let it get perfectly cold. Strain out the spices, fill small jars three-quarters of the way to the top with fruit, and pour the cold vinegar over them. Cork or cover tightly. Leave the stems on the cherries.

#### PICKLETTE

- 4 large crisp cabbages, chopped fine.
- 1 quart onions, chopped fine.
- 2 quarts vinegar, or enough to cover the cabbage.
- 2 pounds brown sugar.
- 2 tablespoonfuls ground mustard.
- 2 tablespoonfuls black pepper.
- 2 tablespoonfuls cinnamon.
- 2 tablespoonfuls turmeric.
- 2 tablespoonfuls celery-seed.

1 tablespoonful allspice.

1 tablespoonful mace.

Pack the cabbage and onions in alternate layers, with a little salt between them. Let them stand until next day. Then scald the vinegar, sugar, and spices together, and pour over the cabbage and onion. Do this three mornings in succession. On the fourth, put all together on the range and heat to a boil. Let them boil five minutes. When cold, pack in small jars.

It is fit for use as soon as cool, but keeps well.

### WATERMELON PICKLE

Prepare a pickle vinegar of five pounds of sugar; one pint of cider vinegar; one cup of water; half cup of stick cinnamon; quarter cup of whole cloves. To a syrup of the sugar, vinegar and water, boiled until the scum rises and then skimmed, add the spices. Cut away the pink pulp and thin green rind of the melon and divide it in squares, diamonds, rounds, etc. Simmer the rind in the syrup until tender; remove with a skimmer, reduce the syrup to thickness by boiling, arrange the rind in sterilized and heated jars and pour in the syrup, filling the jars to the top. Fit on the covers and put away in dark, cool closet. This pickle may be eaten at once, but is better after keeping a few weeks.

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### CATSUPS AND FLAVORED VINEGARS

#### WALNUT CATSUP

Choose young walnuts tender enough to be pierced with a pin or needle. Prick them in several places, and lay in a jar with a handful of salt to every twenty-five, and water

enough to cover them. Break them with a billet of wood or wooden beetle, and let them lie in the pickle a fortnight, stirring twice a day. Drain off the liquor into a saucepan, and cover the shells with boiling vinegar to extract what juice remains in them. Crush to a pulp and strain through a colander into the saucepan. Allow for every quart an ounce of black pepper and one of ginger, half an ounce of cloves and half an ounce of nutmeg, beaten fine. Put in a pinch of cayenne, an onion minced fine for every *two* quarts, and a thimbleful of celery-seed tied in a bag for the same quantity. Boil all together for an hour, if there be a gallon of the mixture. Bottle when cold, putting an equal quantity of the spice in each flask. Butternuts make delightful catsup.

#### MUSHROOM CATSUP

2 quarts mushrooms.

$\frac{1}{4}$  pound salt.

Lay in an earthenware pan, in alternate layers of mushrooms and salt; let them lie six hours, then break into bits. Set in a cool place, three days, stirring thoroughly every morning. Measure the juice when you have strained it, and to every quart allow half an ounce of allspice, the same quantity of ginger, half a teaspoonful of powdered mace, a teaspoonful of cayenne. Put into a stone jar, cover closely, set in a saucepan of boiling water on the range, and boil five hours *hard*. Take it off, empty into a porcelain kettle, and boil slowly half an hour longer. Let it stand all night in a cool place, until settled and clear. Pour off carefully from the sediment, and bottle, filling the flasks to the mouth. Dip the corks in melted rosin, and tie up with bladders.

The bottles should be very small, as the catsup soon spoils when exposed to the air.



TOMATO CATSUP

- 1 peck ripe tomatoes.
- 1 ounce salt.
- 1 ounce mace.
- 1 tablespoonful black pepper.
- 1 teaspoonful cayenne.
- 1 tablespoonful cloves (powdered).
- 7 tablespoonfuls ground mustard.
- 1 tablespoonful celery seed (tied in a thin muslin bag).

Cut a slit in the tomatoes, put into a bell-metal or porcelain kettle, and boil until the juice is all extracted and the pulp dissolved. Strain and press through a colander, then through a hair sieve. Return to the range, add the seasoning, and boil *at least* five hours, stirring constantly for the last hour, and frequently throughout the time it is on the stove. Let it stand twelve hours in a stone jar on the cellar floor. When cold, add a pint of strong vinegar. Take out the bag of celery seed, and bottle, sealing the corks. Keep in a dark, cool place.

CHILI SAUCE

Peel twelve large ripe tomatoes and four onions; seed two green peppers and chop all fine. Mix with them four tablespoonfuls of sugar, two tablespoonfuls of salt, two teaspoonfuls each of ground cinnamon, cloves and allspice, one teaspoonful of ground ginger, one quart of vinegar. Put on the stove and boil steadily for two hours and when cool, bottle and seal.

“EVER-READY” CATSUP

- 2 quarts cider vinegar.
- 12 anchovies, washed, soaked, and pulled to pieces.

- 12 small onions, peeled and minced.
- 1 tablespoonful mace.
- 3 tablespoonfuls fine salt.
- 3 tablespoonfuls white sugar.
- 1 tablespoonful cloves.
- 3 tablespoonfuls whole black pepper.
- 2 tablespoonfuls ground ginger.
- 1 tablespoonful cayenne.
- 1 quart mushrooms, minced, *or*
- 1 quart ripe tomatoes, sliced.

Put into a preserving kettle and boil slowly four hours, or until the mixture is reduced to one-half the original quantity. Strain through a flannel bag. Do not bottle until next day. Fill the flasks to the top, and dip the corks in beeswax and rosin.

This catsup will keep for years. Mixed with drawn butter, it is used as a sauce for boiled fish, but is a fine flavoring essence for gravies of almost any kind.

#### GRAPE CATSUP

Wash and stem ripe grapes and put them on the stove over moderate heat with water enough to keep them from burning, cook slowly until tender and rub through a colander, removing seeds and skins. To three quarts of the pulp allow a pint of cider vinegar, two pounds of brown sugar, a tablespoonful each of ground cinnamon, allspice, cloves, salt and black pepper and a scant teaspoonful of cayenne pepper. Reduce the catsup by boiling to one half the first quantity and when it is very thick, skim, cool, bottle and seal.

#### APPLE CHUTNEY

Six large tart apples, peeled, cored and chopped; a small onion and a section of garlic, grated, two tablespoonfuls of

brown sugar, a teaspoonful of ground ginger, a pinch of red pepper, a half pint of vinegar. Boil ten minutes and bottle when cold.

#### CELERY VINEGAR

A bunch of fresh celery, *or*  
A quarter of a pound of celery seed.  
1 quart best vinegar.  
1 teaspoonful salt.  
1 tablespoonful white sugar.

Cut up the celery into small bits, or pour the seed into a jar; scald the salt and vinegar, and pour over the celery stalks or seed; let it cool, and put away in one large jar tightly corked. In a fortnight strain and bottle in small flasks, corking tightly.

#### ONION VINEGAR

6 large onions.  
1 tablespoonful salt.  
1 tablespoonful white sugar.  
1 quart best vinegar.

Mince the onions, strew on the salt, and let them stand five or six hours. Scald the vinegar in which the sugar has been dissolved, pour over the onions; put in a jar, tie down the cover, and steep a fortnight. Strain and bottle.

#### MINT VINEGAR

Stem and wash mint leaves, dry them on a soft cloth and pack a cupful of them in a wide-mouthed bottle or jar. Cover with good cider vinegar, seal and cork and put in a cool place for three weeks. Strain the vinegar through a cheesecloth and bottle. With the addition of a little sugar this makes an excellent mint sauce.

## BEVERAGES

### COFFEE

THE electric percolator has won so high a place for itself in the esteem of all housekeepers who have used it that it may seem unnecessary to give instructions for making coffee by any other means. Yet there are many homes to which electricity has not yet found its way and there are others where an affection is still cherished for boiled and drip coffee. For the benefit of these conservatives Marion Harland's original recipes for coffee are preserved.

#### TO MAKE COFFEE (*Boiled*)

1 full coffee-cup ( $\frac{1}{2}$  pint) ground coffee.

1 quart boiling water.

White of an egg, and crushed shell of same.

$\frac{1}{2}$  cup cold water to settle it.

Stir up the eggshell and the white (beaten) with the coffee, and a very little cold water, and mix gradually with the boiling water in the coffee-boiler. Stir from the sides and top as it boils up. Boil pretty fast twelve minutes; pour in the cold water and take from the stove, setting it down gently to settle. In five minutes pour it off carefully into your silver, china, or Britannia coffee-pot, which should be previously well scalded.

Send to table *hot*.

## TO MAKE COFFEE WITHOUT BOILING

There are so many patent coffee-pots for this purpose, and the directions sold with these are so minute, that I need give only a few general rules here. Allow rather more coffee to a given quantity of water than if it were to be boiled, and have it ground *very* fine. Put the coffee in the uppermost compartment, pour on the water very slowly until the fine coffee is saturated, then more rapidly. The water should be boiling. Shut down the top, and the coffee ought to be ready when it has gone through the double or treble set of strainers. Should it not be strong enough, run it through again, two or even three times.

## CAFÉ AU LAIT

1 pint very strong *made* coffee—fresh and hot.

1 pint boiling milk.

The coffee should be poured off the grounds through a fine strainer (thin muslin is the best material) into the table coffee-pot. Add the milk, and set the pot where it will keep hot for five minutes before pouring it out.

## TEA

2 teaspoonfuls of tea to one *large* cupful of boiling water.

Scald the teapot well, put in the tea, and, covering close, set it on the stove or range one minute to warm; pour on enough boiling water to cover it well, and let it stand ten minutes to "draw." Keep the lid of the pot shut, and set in a warm place, but do not let it boil. Fill up with as much boiling water as you will need, and send hot to the table, after pouring into a heated china or silver pot.

The bane of tea in many households is unboiled water. It can never extract the flavor as it should, although it steep for hours. The kettle should not only steam, but bubble and puff in a hard boil before you add water from it to the tea-leaves.

Boiling after the tea is made injures the flavor either by deadening or making it rank and "herby."

The English custom of making tea upon the table is at once the best and prettiest way of preparing the beverage.

### ICED TEA

Never serve the drainings of stale tea for this, but make it fresh for the purpose and pour the tea off the leaves as soon as it is brewed. It may either be set aside to cool or be poured, boiling hot, on blocks of ice in tall tea-glasses. Serve with sugar and sliced lemon or orange, or both.

The electric samovar is a valuable aid in making good tea, whether this is to be drunk hot or cold and the electric hot-water kettle answers the purpose as well. The electric tea-ball tea-pot combines kettle and pot admirably.

### CHOCOLATE

6 tablespoonfuls grated chocolate to each pint of water.

As much milk as you have water.

Sweeten to taste.

Put on the water boiling hot. Rub the chocolate smooth in a little cold water, and stir into the boiling water. Boil twenty minutes; add the milk and boil ten minutes more, stirring frequently. You can sweeten upon the fire or in the cups.

## LEMONADE OR SHERBET

3 lemons to a quart of water.

6 tablespoonfuls sugar.

Pare the yellow peel from the lemons, and, unless you mean to use the lemonade immediately, leave it out. It gives a bitter taste to the sugar if left long in it. Slice and squeeze the lemons upon the sugar, add a very little water, and let them stand fifteen minutes. Then fill up with water; ice well, stir, and pour out.

## ORANGEADE

Is made in the same manner, substituting oranges for lemons.

## GINGER ALE PUNCH

Make a strong lemonade, squeezing the juice from the fruit and adding to it the grated peel of one in every six lemons. Put the sugar on the lemons, in the proportion of a large cupful of sugar to the juice of six lemons and let it stand on the ice for an hour. Pour on a quart of Apollinaris or other charged water, mix well, turn in a pint of grape-juice and set the mixture aside in a cold place—your electric refrigerator, if you have one—until you are ready to serve the punch. Slice an orange thin and put into a punch bowl with a large block of ice and pour in the punch. If you wish you may substitute a half pint glass of grape jelly for the grape-juice, mixing it with a half pint of boiling water to dissolve it, but do not put it into the bowl with the other ingredients until just before the punch is to be served.

### FRUIT PUNCH

Put a cupful of water over high heat with half a cup of sugar and boil until the syrup spins a thread. Set aside to cool. Prepare half a cupful each of sliced bananas, diced pineapple, raspberries or strawberries and seeded and skinned white grapes and Maraschino cherries. Slice very thin three oranges and two lemons. When ready for the punch mix the fruit and the syrup, pour on a block of ice in a punch bowl, turn in a quart of charged water and serve.

### STRAWBERRY CUP

Make a syrup as directed in previous recipe, with two cups of sugar cooked with four cups of water until it spins a thread, and cool. To a quart of strawberries mashed well, add the juice of two small lemons and two oranges, and half a pineapple, chopped fine. Mix all with the syrup and place on the ice for three hours. Pour on crushed ice in a punch bowl; add a pint of charged water and a cupful of whole small strawberries and serve.

### STRAWBERRY SHERBET

1 quart strawberries.

3 pints water.

1 lemon—the juice only.

$\frac{3}{4}$  pound white sugar.

The strawberries should be fresh and ripe. Crush to a smooth paste; add the rest of the ingredients (except the sugar), and let it stand three hours. Strain over the sugar, squeezing the cloth hard; stir until the sugar is dissolved; strain again and set in ice for two hours or more before you use it.



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### TEA PUNCH

Make a quart of tea with fresh boiled water and four teaspoonfuls of tea. After the water has stood on the leaves five minutes strain it off and put it in a cold place. When cool add to it a cup and a half of granulated sugar which has been dissolved in five tablespoonfuls of lemon juice, and fifteen minutes before the punch is needed pour the mixture on a block of ice in a punch-bowl. Just before serving the punch add to it a pint of Apollinaris or other charged water and a handful of strawberries or raspberries, and failing these, Maraschino cherries.

### GINGER ALE AND MINT PUNCH

Dissolve thoroughly a cupful of granulated sugar in the juice of six large lemons, leaving it on the ice during the process. When dissolved add to it a scant quart of water, stir well and pour on a block of ice in a punch bowl. Place long stemmed sprays of mint about the edge of the bowl, bruising the stems in the fingers to get all the flavor possible from the mint, let this stand for ten minutes and pour in the contents of two bottles of well-chilled ginger ale.

### ORANGE SHERBET

Put the pulp of six oranges, from which you have removed all the inner membrane, and the juice in a bowl with six tablespoonfuls of granulated sugar and the juice of a lemon. After stirring has melted and blended the sugar add two tablespoonfuls of shredded pineapple and set on the ice or in your electric refrigerator. When the sherbet is needed pour the mixture on a block of ice in a punch-bowl and add two bottles of chilled Apollinaris or other charged water.

**RASPBERRY VINEGAR**

Put the raspberries into a stone vessel and mash them to a pulp. Add cider-vinegar—no specious imitation, but the genuine article—enough to cover it well. Stand in the sun twelve hours, and all night in the cellar. Stir up well occasionally during this time. Strain, and put as many fresh berries in the jar as you took out; pour the strained vinegar over them; mash and set in the sun all day. Strain a second time next day. To each quart of this juice allow

1 pint water.

5 pounds sugar (best white) for every 3 pints of this liquid, juice and water mingled.

Place over medium heat and stir until the sugar is dissolved. Heat slowly to boiling, skimming off the scum, and as soon as it fairly boils take off and strain. Bottle while warm, and seal the corks with sealing wax, or bees-wax and rosin.

A most refreshing and pleasant drink.

**BLACKBERRY VINEGAR**

Is made in the same manner as raspberry, allowing  $5\frac{1}{2}$  pounds sugar to 3 pints of juice and water.

Neither of these beverages is an intoxicant and when a teaspoonful of either is added to a glassful of iced water it makes a delicious and refreshing drink on a hot day. Raspberry vinegar is especially good and may be offered as a pleasing substitute for iced tea now and then.

The electric beverage mixer, used in shaking cocktails, is valuable with other drinks. By its aid the component parts of any of the punches mentioned may be thoroughly mingled before water is put with them and it is excellent for getting the flavor from mint, etc.

## THE SICK-ROOM

THE sick-chamber should be the most quiet and cheerful in the house—a sacred isle past which the waves of domestic toil and solicitude glide silently. This is not an easy rule to obey. Whoever the invalid may be, whether the mother, father, or the youngling of the flock, the foundations of the household seem thrown out of course while the sickness lasts. You may have good servants and kind friends to aid you, but the hitch in the machinery is not to be smoothed out by their efforts. The irregularity does not annoy you: you do not notice it if the attack be severe or dangerous. All other thoughts are swallowed up in the all-absorbing, ever-present alarm. You count nothing an inconvenience that can bring present relief, or possible healing to the beloved one; disdain for yourself rest or ease while the shadow hangs above the pillow crushed by the helpless head. But when it passes, when the first transport of thankfulness has subsided into an abiding sense of safety, the mind swings back to the accustomed pivot, and your eyes seem to be suddenly unbound. You find, with dismay, that the children have run wild, and the comfort of the whole family been neglected during your confinement to the post of most urgent duty; that the servants have, as you consider, taken advantage of your situation to omit this task, and to slur over that—in fine, that nothing has been done well, and so many things left altogether undone, that you are “worried out of your senses”—a phrase that too often signifies “out of your temper.”

And it is just at this juncture—when you are called to fifty points of attention and labor at once, and are on the

verge of despair at the conglomeration worse conglomerated arising before you; fidgeting to pick up dropped stitches in the web you were wont to keep so even—that the invalid becomes most exacting. “Unreasonable,” you name it to yourself, even though it be John himself who calls upon you every third minute for some little office of loving-kindness; who wants to be amused and fed and petted, and made generally comfortable as if he were a six-months-old baby; who never remembers that you must be wearied out with watching and anxiety, and that everything below-stairs is going to destruction for the want of a balance-wheel. The better he loves you the more apt is he to fancy that nobody but you can do anything for him; the more certain to crave something which no one else knows how to prepare. And when you have strained muscle and patience a *little* further to get it ready, and with prudent foresight made enough to last for several meals, it is more than probable that his fickle taste will suggest something entirely different for “next time.” “Just for a change, you know, dear. One gets so tired of eating the same thing so often!”

He might be more considerate—less childish—you think, turning away that he may not see your change of countenance. When you have taken so much pains to suit him exactly! It is harder yet when he refuses to do more than taste the delicacy you hoped would tempt him.

“It is very nice, I suppose, my love,” says the poor fellow, with the air of a martyr. “But it does not taste right, somehow. Maybe the children can dispose of it. If I had a lemon ice, or some wine jelly such as my mother used to make, I am sure I could relish it. I always did detest sick people’s diet!”

If he is very much shaken as to nerves, he will be likely to say, “*messes.*”

"I am fairly wild!" said a loving wife and mother, and thrifty housekeeper, to me one day when I called to see her.

She had just nursed her husband and three children through influenza. All had been down with it at once. That form of demoniacal possession is generally conducted upon the wholesale principle. One of her servants had left in disgust at the increased pressure of work; the weather was rainy, blowy, raw; the streets were muddy, and there was no such thing as keeping steps and halls clean, while the four invalids were cross as only toothache or influenza can make human beings.

"I am fairly wild!" said the worthy creature, with tears in her eyes. "I cannot snatch a minute, from morning until night, to put things straight, and yet I am almost tired to death! I was saying to myself as you came in that I wouldn't try any longer. I would just sit still until the dirt was piled up to my chin, and *then I would get upon the table!*"

How often I have thought of her odd speech since! sometimes with a smile—more frequently with a sigh. But with all my pity for the nurse and housekeeper, I cannot conceal from myself—I would not forget, or let you forget for a moment—the truth that the sick one is the greater sufferer. It is never pleasant to be laid upon the shelf. The resting-place—falsely so-called—is hard and narrow and uneven enough, even when the tramp of the outer world does not jar the sore and jaded frame; when there is no apparent need for the sick person to be upon his feet, and for aught that others can see, or he can say, he might just as well stay where he is for a month or two. But when, the rack of pain having been removed, the dulled perceptions of the mind re-awaken to sensitiveness, and there comes to his ear the bugle-call of duty—sharp, imperative;—when every idle moment speaks to him of a slain opportunity, and the no longer strong man

shakes his fetters with piteous cries against fate, do not despise him or be impatient. He is feverish and inconsiderate and capricious because he is not himself. You see only the poor wreck left by the demon as he tore his way out of him at the Divine command. Gather it up lovingly in your arms, and nurse it back to strength and comeliness. The sick should always be the chief object of thought and care with all in the household. If need be, let the dirt lie chin-deep everywhere else, so long as it is kept out of that one room. There be jealous in your care that nothing offends sight and smell.

There should be *no* smell in a sick-chamber. To avoid this, let in the air freely and often. Cologne-water will not dispel a foul odor, while disinfectants are noisome in themselves. Bathe the patient as frequently and thoroughly as prudence will allow, and change his clothing, with the bed-linen, every day. Do not keep the medicines where he can see them, nor ever let him witness the mixing of that which he is to swallow. So soon as his meals are over, remove every vestige of them from the room. Even a soiled spoon, lying on table or bureau, may offend his fastidious appetite. Cover the stand or waiter from which he eats with a spotless napkin, and serve his food in your daintiest ware.

My heart softens almost to tearfulness when I recall the hours, days, weeks, I have myself spent in the chamber of languishing, and the ingenuity of tenderness that from my babyhood has striven to cheat the imprisonment of weariness, and make me forget pain and uselessness. The pretty surprises daily invented for my entertainment; the exceeding nicety with which they were set out before me; the loving words that nourished my spirit when the body was faint unto death,—these are events, not slight incidents, in the book of memory.

Do not ask your charge what he would like to eat to-day. He will, of a surety, sicken with the effort at selection, and say, "Nothing!" But watch attentively for the slightest intimation of a desire for any particular delicacy, and if you are assured that it cannot hurt him, procure it, if you can, without letting him guess at your intention. Feed him lightly and often, never bringing more into his sight than he may safely eat. A big bowl of broth or jelly will either tempt him to imprudence or discourage him. "Am I to be burdened with all that?" cries the affrighted stomach, and will have none of it. While he is very weak, feed him with your own hand, playfully, as you would a child, talking cheerily of something besides his food, and coaxing him into taking the needed nutriment as only a wife and mother can, or as nobody but John could beguile you to effort in the same direction.

Study all pleasant and soothing arts to while away the time, and keep worry of every kind away from him. A trifle at which you can laugh will be a burden to the enfeebled mind and body, and he has nothing to do but lie still and roll it over until it swells into a mountain. When he can be removed without danger, let him have his meals in another room, changing the air of each when he is not in it. Every one who has suffered from long sickness knows the peculiar loathing attendant upon the idea that all food is tainted with the atmosphere of the chamber in which it is served, and if eaten in bed, tastes of the mattress and pillows. The room and all in it may be clean, fresh, and sweet, but the fancy cannot be dismissed. And it is wiser to humor than to reason with most sick fancies.

Electricity has brought into the sick-room comforts undreamed of fifty years ago. To-day the stale air of the chamber may be changed by the noiseless electric fan which dispels evil odors, produces a refreshing current and cools

the atmosphere. The oscillating type of fan stirs the air in different parts of the room and there need be no draft on the patient, while at the same time complete ventilation is secured and there is also a model of a fan with adjustable blades to turn the air current up as well as down. Different speeds may be obtained at will. The oppressiveness of still air is especially trying in the sick-room, but the electric fan will produce free and stimulating circulation. It is also valuable in front of a radiator or other heating apparatus to distribute the heat through the room. In passing it may be remarked that if the furnace fire is slow to come up it may be encouraged to do its duty by placing an electric fan in front of the furnace door and setting it in motion.

The electric heater is as useful in a sick-room as in a bathroom on cold mornings. Without the odor of an oil stove and some gas heaters, it does not consume the oxygen in the air and is perhaps the best substitute to be found for an open fire, while it is absolutely noiseless and dustless—no small recommendation to a nervous and irritable invalid. The rays of some types of electric heater distribute as well as produce warmth, so that direct benefit is derived from every heat-unit generated. Electric heaters and radiators come in many sizes and prices and one is almost a necessity in the home hospital for service on chilly days or at night and morning.

Another type of comfort is the immersion heater by which liquid food may be warmed almost instantaneously. These heaters are made in several varieties but each works on practically the same plan and with its assistance, water, milk, soup or other liquid may be brought to the boiling point in a few minutes. On this account it is perhaps more valuable in the sick-room than the hot-water kettle or samovar. The electric hot plate is also a wonderful boon in keeping the patient's food warm. Nothing is more de-appetizing even to



a well person with a healthy hunger than lukewarm or chilled food; to a sick person it is often nauseating. The hot plate insures warm food for an indefinite length of time.

The electric heater-pad has practically superseded the hot-water bag in homes where electricity is to be obtained and is a great improvement on even the best rubber bag. With the pad a steady heat is possible and this may be regulated by the touch of a thermostat switch to high, medium or low. The pad itself is light and fleecy and there is not the weight which accompanies the hot-water bottle, none of the discomfort caused by the chilling of the water at the zero hour of the night, when it is not feasible to refill the bag. The invalid is sure of continuous warmth for as long as he wants it; if there is a sudden attack of pain, a higher heat may be turned on instantly. Cold feet and legs aching from a drop in the temperature need no longer afflict the patient who owns a heater-pad.

Other electric appliances are at the command of the invalid. Pasteurizers, sterilizers and similar utensils are plentiful. Vibrators, convection heaters and apparatus for administering violet rays can be used in the home as the doctor may order them as readily as in a regularly equipped hospital. These electrical servants are not known perhaps to the healthy members of the household, but when illness comes they respond promptly to the call and add immeasurably to the comfort of the sick.

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## INVALID COOKERY

### BEEF TEA (I)

1 pound *lean* beef, cut into small pieces.

Put into a jar without a drop of water; cover tightly,

and set in a pot of cold water. Heat gradually to a boil, and continue this steadily for three or four hours, until the meat is like white rags, and the juice all drawn out. Season with salt to taste, and when cold, skim. The patient will often prefer this ice-cold to hot.

#### BEEF TEA (II)

Broil half a pound of round steak with high heat for a few minutes or until the juice begins to flow, then cut the meat into small pieces, put it in a meat-press and extract all the juice possible. Salt, and serve after heating slightly or if you do not wish the entire essence of the beef dilute the juice with half a cup of boiling water.

#### MUTTON BROTH

1 pound lean mutton or lamb, cut small.

1 quart water—cold.

1 tablespoonful rice, or barley, soaked in a very little warm water.

4 tablespoonfuls milk.

Salt and pepper, with a little chopped parsley.

Boil the meat, unsalted, in the water, keeping it closely covered, until it falls to pieces. Strain it out, skim, add the soaked barley or rice; simmer half an hour, stirring often; stir in the seasoning and the milk, and simmer five minutes after it heats up well, taking care it does not burn.

Serve hot with crackers.

#### CHICKEN BROTH

Is excellent made in the same manner as mutton, cracking the bones well before you put in the fowl.

BEEF AND SAGO BROTH

1 pound beef—cut up small.

1 quart water.

Half cup sago, soaked soft in a little lukewarm water.

Yolks of two eggs.

Salt to taste.

Stew the beef until it falls to pieces; strain it out, salt the liquid and stir in the sago. Simmer gently one hour, stirring often. Add the beaten yolks: boil up once and serve.

This is a strengthening and nice soup. Eat with dry toast.

ARROWROOT JELLY (*Plain*)

1 cup *boiling* water.

2 heaping teaspoonfuls best Bermuda arrowroot.

2 teaspoonfuls white sugar.

Wet the arrowroot in a little cold water, and rub smooth. Then stir into the hot, which should be on the range and actually boiling at the time, with the sugar already melted in it. Stir until clear, boiling steadily all the while, and add the lemon. Wet a cup in cold water, and pour in the jelly to form. Eat cold with sugar and cream flavored with rose-water.

An invaluable preparation in cases where wine is forbidden.

ARROWROOT WINE JELLY

1 cup boiling water.

2 heaping teaspoonfuls arrowroot.

2 heaping teaspoonfuls white sugar.

3 tablespoonfuls sherry.

An excellent corrective to weak bowels.

## ARROWROOT BLANC-MANGE

1 cupful *boiling* milk.

2 dessertspoonfuls best arrowroot, rubbed smooth in cold water.

2 teaspoonfuls white sugar.

Vanilla or other essence.

Boil until it thickens well, stirring all the while. Eat cold with cream, flavored with rose-water, and sweetened to taste.

## SAGO

May be substituted for arrowroot in any of the foregoing recipes, when you have soaked it an hour in water poured over it cold, and gradually warmed by setting the cup containing it in hot water. Boil rather longer than you do the arrowroot.

## SAGO GRUEL

2 cups water.

2 tablespoonfuls sago.

3 teaspoonfuls white sugar.

1 glass sherry.

1 tablespoonful lemon juice.

Nutmeg to taste, and a pinch of salt.

When using salted sherry, omit pinch of salt.

Put the sago in the water while cold, and warm by setting in a saucepan of boiling water. Stir often, and let it soften and heat for one hour. Then *boil* ten minutes, stirring all the while; add the sugar, wine, and lemon, and pour into a bowl or mold to cool. Eat warm, if preferred. The wine and nutmeg should be omitted if the patient be feverish.

INDIAN MEAL GRUEL

2 quarts boiling water.

1 cup Indian meal.

1 tablespoonful flour, wet up with cold water.

Salt to taste—and, if you like, sugar and nutmeg.

Wet the meal and flour to a smooth paste, and stir into the water while it is actually boiling. Boil slowly one hour, stirring up well from the bottom. Season with salt to taste. Some sweeten it, but I like it better with a little pepper added to the salt.

OATMEAL GRUEL

Is made in the same way.

MILK AND RICE GRUEL

1 quart boiling milk.

2 tablespoonfuls (heaping) ground rice, wet with cold milk.

1 saltspoonful salt.

Stir in the rice-paste and boil ten minutes, stirring all the while. Season with sugar and nutmeg, and eat warm with cream.

You may use Indian meal instead of rice-flour, which is an astringent. In this case, boil an hour.

TAPIOCA JELLY (*Very good*)

1 cup tapioca.

3 cups cold water.

Juice of a lemon, and a pinch of the grated peel.

Sweeten to taste.

Soak pearl tapioca in the water four hours. Set within a saucepan of boiling water; pour more lukewarm water over the tapioca if it has absorbed too much of the liquid, and heat, stirring frequently. If too thick after it begins to clear, put in a very little boiling water. When quite clear, put in the sugar and lemon. Pour into molds. Eat cold with cream flavored with rose-water and sweetened.

#### TAPIOCA BLANC-MANGE

1 cup pearl tapioca soaked in two cups cold water.

3 cups boiling milk.

3 tablespoonfuls white sugar.

Rose-water or vanilla.

Soak the tapioca four hours, and stir, with the water in which it was soaked, into the boiling milk. Sweeten and boil slowly, stirring all the while, fifteen minutes. Take off, flavor and pour into molds.

Eat cold with cream. Wash tapioca well before soaking. When minute tapioca is used, omit long soaking.

#### SAGO MILK

3 tablespoonfuls sago, soaked in a large cup cold water one hour.

3 cups boiling milk.

Sweeten and flavor to taste.

Simmer slowly half an hour. Eat warm.

#### TAPIOCA MILK

Is made in the same way.

BOILED RICE

½ cup whole rice, boiled in just enough water to cover it.

1 cup milk.

A little salt.

1 egg, beaten light.

When the rice is nearly done, turn off the water, add the milk and simmer—taking care it does not scorch—until the milk boils up well. Salt, and beat in the egg.

Eat warm with cream, sugar, and nutmeg.

PANADA

6 Boston crackers, split.

2 tablespoonfuls white sugar.

A good pinch salt, and a little nutmeg.

Enough *boiling* water to cover them well.

Split the crackers, and pile in a bowl in layers, salt and sugar scattered among them. Cover with boiling water and set in a warm place, with a close top over the bowl, for at least one hour. The crackers should be almost clear and soft as jelly, but not broken. Heat before serving.

Eat from the bowl, with more sugar sprinkled in if you wish it. If properly made, this panada is very nice.

BREAD PANADA, OR JELLY

Pare slices of stale baker's bread and toast nicely, without burning. Pile in a bowl, sprinkling sugar and a very little salt between; cover well with *boiling* water, and set, with a tight lid upon the top, in a pan of boiling water. Simmer gently, until the contents of the bowl are like jelly. Eat warm with powdered sugar and nutmeg.

CHICKEN JELLY (*Very nourishing*)

Half a raw 3-pound chicken, pounded with a mallet, bones and meat together.

Plenty of cold water to cover it well—*about* a quart.

Heat slowly in a covered vessel, and let it simmer until the meat is in white rags and the liquid reduced one half. Strain and press, first through a colander, then through a coarse cloth. Salt to taste, and pepper, if you think best; return to the stove, and simmer five minutes longer. Skim when cool. Give to the patient cold, with unleavened wafers. Keep on the ice. You can make into sandwiches by putting the jelly between thin slices of bread spread lightly with butter.

## TOAST WATER

Slices of toast, nicely browned, without a symptom of burning.

Enough boiling water to cover them.

Cover closely, and let them steep until cold. Strain the water, sweeten to taste, and put a piece of ice in each glassful. If the physician thinks it safe, add a little lemon-juice.

## APPLE WATER

1 large juicy pippin, the most finely flavored you can get.  
3 cups cold water—1 quart if the apple is very large.

Pare and quarter the apple, but do not core it. Put it on the fire in a tin or porcelain saucepan with the water, and boil, closely covered, until the apple stews to pieces. Strain the liquor *at once*, pressing the apple hard in the cloth. Strain this again through a finer bag, and set away to cool. Sweeten with white sugar, and ice for drinking.

It is a refreshing and palatable drink.



**JELLY WATER**

1 large teaspoonful currant or cranberry jelly.

1 goblet ice-water.

Beat up well for a fever-patient.

Wild cherry or blackberry jelly is excellent, prepared in like manner for those suffering with summer complaint.

**FLAX-SEED LEMONADE**

4 tablespoonfuls flax-seed (whole).

1 quart boiling water poured upon the flax-seed.

Juice two lemons, leaving out the peel.

Sweeten to taste.

Steep three hours in a covered pitcher. If too thick, put in cold water with the lemon-juice and sugar. Ice for drinking.

It is admirable in colds.

**SLIPPERY-ELM-BARK TEA**

Break the bark into bits, pour boiling water over it, cover and let it infuse until cold. Sweeten, ice, and take for summer disorders, or add lemon-juice and drink for a bad cold.

**MILK PUNCH**

1 tumbler milk, well sweetened.

2 tablespoonfuls best brandy, well stirred in.

I have known very sick patients to be kept alive for days at a time by this mixture, and nothing else, until Nature could rally her forces. Give very cold with ice.

## ICELAND OR IRISH MOSS LEMONADE

- 1 handful Irish or Iceland moss, washed in five waters.
  - 2 quarts boiling water, poured upon the moss, and left until cold.
  - 2 lemons, peeled and sliced, leaving out the peel.
- Sweeten very well and ice.  
Do not strain, and if it thicken too much, add cold water.  
Excellent in feverish colds and all pulmonary troubles.

## ICELAND OR IRISH MOSS JELLY

- 1 handful moss, washed in five waters, and soaked an hour.
  - 1 quart *boiling* water.
  - 2 lemons—the juice only.
  - 1 glass sherry.
  - $\frac{1}{4}$  teaspoonful cinnamon. (Measure scantily.)
- Soak the washed moss in a very little cold water; stir into the boiling, and simmer until it is dissolved. Sweeten, flavor, and strain into molds. You may use two glasses of cider instead of one of wine for a fever-patient, putting in a little less water.
- Good in colds, and very nourishing.

## DRY TOAST

Pare off the crust from stale light bread; slice half an inch thick and toast *quickly*. Graham bread is very nice toasted.

Butter lightly if the patient can eat butter.

## MILK TOAST

Toast as just directed; dip each slice, as it comes from the toaster, in boiling water; butter, salt slightly, and lay

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in a deep covered dish. Have ready in a saucepan enough boiling milk to cover all well. When your slices are packed, salt this very slightly; melt in it a bit of butter and pour over them. Cover closely and let it stand five minutes before using it. It is excellent when made of Graham bread.

#### EAU SUCRÉ

Dissolve three or four lumps of loaf sugar in a glass of ice-water, and take a teaspoonful every few minutes for a "tickling in the throat," or a hacking cough. Keep it ice-cold.

## CONCERNING FOOD VALUES

THE calorie in its meaning as a unit of measure was not popularly recognized when COMMON SENSE IN THE HOUSEHOLD first appeared. With an increase of knowledge of food values in relation to the proper nourishment of the body the importance became apparent of understanding the number of calories contained in specific articles of diet. To-day the housekeeper must know the worth of foods in heat and energy if she intends to supply her family with the bills-of-fare they need.

The menus vary for individuals. The growing child requires more calories a day in proportion than the adult; the active worker demands more than the man or woman leading a sedentary life. Old persons need fewer calories than the young; the individual who wishes to gain flesh must consume a larger quantity of calories than the one who desires to reduce or to maintain a certain weight unchanged.

The latest authorities upon nutrition state that a child from 2 to 6 years should have from 1000 to 1600 calories per day; from 6 until 12, 1600 to 2500; and from 12 years of age to 18, 2500 to 3000 calories. The grown man who pursues a vigorous outdoor life will need from 3500 to 4000 calories daily; if he is engaged in sedentary employment, 2000 to 2800 will suffice. The woman who does general housework or follows some other correspondingly active employment should allow herself 2500 to 3000—the latter only if she does heavy labor such as cleaning, laundering and the like. When she occupies the position of typewriter, stenographer, dressmaker or milliner or does other sedentary work 1800 to 2500 calories daily is her allotment.

The following tables, prepared by Mrs. Gertrude York Christy of Teachers College, Columbia University, give the calorie contents of foods in general use:

## TABLE OF CALORIES

Adapted from "Feeding the Family"—*Mary Swartz Rose*C = cup ( $\frac{1}{2}$  pt.), T = tablespoon (level), tsp = teaspoon (level).

BEVERAGES	Measure	Weight oz.	Calories
Buttermilk	.....I C	8.8	89
Chocolate (all milk)	.....I C	9.3	300
Cocoa (all milk)	.....I C	9.5	250
Cocoa (dry)	.....I T	0.4	35
Cream, 18%	.....I C	7.2	400
Cream, 40%	.....I C	13.7	1,200
Cream, Whipped	.....I C	7.2	800
Grape Juice	.....I C	7.0	200
Milk (skim)	.....I C	8.5	88
Milk (whole)	.....I C	8.4	170
Orange Juice	.....I C	8.2	115
<b>BREAD</b>			
Baking Powder Biscuit	...I small	0.6	50
Boston Brown Bread	.... $\frac{3}{4}$ slice 3" diam.	2.4	125
White	.....I slice 3" x $3\frac{1}{2}$ " x $\frac{1}{2}$ "	0.65	50
Whole Wheat	.....I slice $2\frac{1}{2}$ " x $2\frac{3}{4}$ " x $\frac{1}{4}$ "	0.7	50
Crackers, Graham	.....I	0.4	50
Saltines	.....I	0.14	16
Soda	.....I	0.21	25
Muffins (1 egg)	.....I	1.6	125
Rolls, French	.....I Roll	1.3	100
<b>CEREALS</b>			
Bran	.....I C	2.5	218
Corn Flakes	.....I C	0.8	80
Corn Meal (cooked)	.....I C	9.0	150
Cornstarch (dry)	.....I T	0.4	30
Farina (cooked)	.....I C	8.0	125
Grape Nuts	.....3 T	1.0	100
Hominy Grits (cooked)	...I C	9.0	140
Macaroni (cooked)	.....I C	5.2	100
Oat Meal (cooked)	.....I C	7.9	100
Puffed Corn	.....I C	0.8	80
Puffed Rice	.....I C	0.75	75
Puffed Wheat	.....I C	2.4	60
Rice (steamed)	.....I C	5.4	125
Wheat (shredded)	.....I Biscuit	0.9	100
Wheat Flour (sifted)	.....I C	4.0	395
" " "	.....I T	0.25	30

CAKES AND COOKIES	Measure	Weight	Calories
<i>Without frosting</i>			
Angel Cake	1 slice 1 1/4" x 2" x 2 1/2"	1.3	100
Cream Puff Shells	1	0.55	65
Ginger Bread	1 slice 1" x 1 2/3" x 2"	1.1	100
Lady Fingers	1 to 2 fingers	0.5	50
Macaroons	1	0.4	50
Molasses Cookie	1 cookie 2" diam.	0.25	30
1 Egg Cake	1 3/4" cube	1.0	100
Sponge Cake	1 slice 1 1/2" x 1 1/2" x 2"	0.9	100
White Mountain Icing	2 1/2 T	1.0	100
CONFECTIONS			
Candied Cherries	10 Medium	1.0	100
Chocolate Fudge	1 piece 1" x 1" x 1"	0.9	100
Chocolate Milk (sweet-ened)	1 piece 2 1/4" x 1" x 1/8"	0.7	100
Ginger (crystallized)	6 pieces 1 1/2" x 3/4" x 1/4"	1.0	100
Panocha	1 piece 1" x 1" x 1 2/5"	0.9	100
DAIRY PRODUCTS			
Butter	1 T scant	0.5	100
Buttermilk	1 C	8.8	89
Cheese (American Pale)	1 piece 1 1/8" cube	0.8	100
Cheese (dry)	1 T	0.2	16
Cheese (fresh)	1 T	0.25	30
Cheese (1 lb.)		0.16	1,993
Cottage Cheese	5 1/2 T	3.2	100
Full Cream Cheese	1 piece 2" x 1" x 3"	0.9	100
Swiss Cheese	1 piece 1 1/2" cube	0.8	100
Cream (18%)	1 C	7.2	400
Cream (40%)	1 C	13.7	1,200
Milk, Condensed (sweet-ened)	1 T	0.75	65
Milk, Condensed (unsweet-ened)	1 T	0.64	27
Milk, Skim	1 C	8.5	88
Milk, Whole	1 C	8.4	170
EGGS			
Whole, in shell	1	2.5	70
White	1	1.0	14
Yolk	1	0.6	56
FATS			
Bacon fat	1 T	0.4	100
Beef Drippings	1 T	0.4	100
Butter	1 T scant	0.5	100
Corn Oil	1 T	0.4	100
Cottolene	1 T	0.4	100

FATS	Measure	Weight Calories	
		oz.	
Cotton Seed Oil	.....1 T	0.4	100
Crisco	.....1 T	0.4	100
Lard	.....1 T	0.5	117
Oleomargarine	.....1 T	0.5	100
Olive Oil	.....1 T	0.4	100
Suet	.....1 T	0.3	46.8
<b>FRUITS</b>			
Apple	.....1 large	7.5	100
Apple, Baked (with 2 T sugar)	.....1 large	4.6	200
Apple Sauce	..... $\frac{3}{8}$ C	3.5	100
Apricots (canned)	.....3 large halves		
	2 T juice	4.8	100
Apricots (dried)	.....9 halves	1.3	100
Banana	.....1 large	5.5	100
Blackberries (fresh)	..... $\frac{1}{2}$ C	6.1	100
Cantaloupe	.....1 melon $4\frac{1}{2}$ " diam.	18.0	100
Cherries (stoned)	.....1 C	4.5	100
Cranberry Jelly	.....1 T	0.75	50
Cranberry Sauce	.....1 T	0.35	25
Currants (fresh)	.....1 C	0.1	60
Currants (dried)	.....1 C	5.5	502
Dates (unstoned)	.....3 to 4 dates	1.1	100
Figs (dried)	..... $\frac{1}{2}$ large	1.1	100
Grapes, Concord	.....1 large bunch	4.9	100
Grapefruit	.....1 small	9.0	100
Huckleberries	.....1 C	4.7	100
Lemons	.....1 large	3.4	30
Lemon Juice	.....1 C	8.0	80
Lemon Juice	.....1 T	0.5	5
Olives (green)	.....6 to 8	1.6	100
Olives (ripe)	.....6 to 8	1.7	100
Oranges	.....1 large	9.5	100
Orange Juice	.....1 T	0.5	6
Orange Juice	.....1 C	8.0	100
Peaches (fresh)	.....1 medium	3.5	30
Peaches (canned)	.....2 large halves		
	3 T juice	7.5	100
Pears (fresh)	.....1 medium	3.6	50
Pineapple (fresh)	.....2 slices 1" thick	6.3	100
Pineapple (canned)	.....1 slice and 3 T juice	2.3	100
Pineapple (canned)	..... $\frac{1}{4}$ C shredded	2.0	100
Plums (fresh)	.....3 to 4 large	4.4	100
Prunes (stewed) [30-40]	2 Prunes and 2 T juice	2.8	100
Raisins	..... $\frac{1}{4}$ C	1.3	125
Raspberries	.....1 C	0.6	90
Rhubarb (stewed)	..... $\frac{1}{2}$ C	1.7	100

FRUITS	Measure	Weight Calories	
		oz.	
Strawberries (fresh) . . . . .	1 C	7.5	60
Watermelon (edible portion) . . . . .		11.7	100
<b>MEATS</b>			
Beef, Corned (boiled, less $\frac{3}{4}$ fat) . . . . .	1 slice $4\frac{1}{2}'' \times 1\frac{1}{2}'' \times \frac{5}{8}''$	3.0	100
Beef, Dried . . . . .	4 thin slices $4'' \times 5''$	2.0	100
Hamburg Steak (broiled) . . . . .	1 Cake $2\frac{1}{2}''$ diam.		
	$\frac{7}{8}''$ thick	2.0	100
Rib, lean (roasted) . . . . .	1 slice $5'' \times 2\frac{1}{2}'' \times \frac{1}{4}''$	1.6	100
Round, lean (broiled) . . . . .	1 slice	1.6	100
Sirloin (broiled) . . . . .	1 slice $2'' \times 1\frac{1}{2}'' \times \frac{3}{4}''$	1.3	100
Lamb Chop (broiled) . . . . .	1 Chop $2'' \times 2'' \times \frac{1}{2}''$	1.6	100
Lamb Leg (roast) . . . . .	1 slice $3\frac{1}{2}'' \times 4\frac{1}{2}'' \times \frac{1}{8}''$	1.8	100
Mutton Leg (roast) . . . . .	1 slice $3'' \times 3\frac{3}{4}'' \times \frac{1}{8}''$	1.2	100
Pork (Bacon) . . . . .	4 to 5 small slices	0.5	100
Ham, Boiled . . . . .	1 slice $4\frac{3}{4}'' \times 4'' \times \frac{1}{8}''$	1.3	100
Sausage . . . . .	$1\frac{2}{3}$ sausages $3''$ long, $\frac{3}{4}''$ diam.	1.1	100
Veal Cutlet (breaded) . . . . .	$\frac{2}{3}$ serving	10.0	250
Veal Leg (roast) . . . . .	1 slice $2'' \times 2\frac{3}{4}'' \times \frac{1}{8}''$	2.3	100
Kidney . . . . .		2.1	100
Liver . . . . .		2.1	100
Cod Fish (creamed) . . . . .	$\frac{1}{2}$ C	2.5	100
Halibut . . . . .	1 piece $3'' \times 2\frac{1}{4}'' \times 1''$	3.0	100
Mackerel (Spanish) (broiled) . . . . .		2.6	100
Salmon (canned) . . . . .	$\frac{1}{2}$ C scant	2.4	100
Sardines . . . . .	3-6	1.7	100
Clams . . . . .	12 clams or $\frac{2}{3}$ C	7.5	100
Lobster (canned) . . . . .	$\frac{3}{4}$ C	4.3	100
Oyster . . . . .	6 to 15 ( $\frac{2}{3}$ C)	7.2	100
Scallops . . . . .	$\frac{3}{4}$ C	4.8	100
Shrimp . . . . .	$\frac{1}{2}$ C	2.0	100
<b>POULTRY</b>			
Chicken (broiled) . . . . .		2.6	100
Chicken (canned) . . . . .		0.9	100
Turkey (roast) . . . . .		1.3	100
Turkey Stuffing . . . . .	$\frac{1}{8}$ C	0.8	100
<b>NUTS—Edible portion</b>			
Almonds . . . . .	12 to 15	0.5	100
Brazil Nuts . . . . .	2	0.5	100
Butternuts . . . . .	4 to 5	0.5	100
Cocanut, prepared . . . . .	$\frac{1}{6}$ C	0.6	100
Chestnut, Italian . . . . .	7	1.5	100
Filberts . . . . .	8 to 10	0.5	100



NUTS—Edible portion	Measure	Weight	Calories
		oz.	
Hickory Nuts	.....15	0.5	100
Peanuts	.....10 to 24 single nuts	0.6	100
Peanut Butter	.....2½ tsp	0.6	100
Pecans	.....12 meats	0.5	100
Walnuts, English	.....8 to 16 meats	0.5	100
<b>SALAD DRESSINGS</b>			
Boiled Dressing	.....1 T	0.7	25
French Dressing	.....1 T	0.4	65
Mayonnaise	.....1 T	0.5	100
<b>SAUCES</b>			
Cream Sauce	.....1 T	0.4	30
Hard Sauce	.....1 T	0.7	100
Lemon Sauce	.....1 T	0.7	50
Tomato Sauce	.....1 T	0.5	20
White Sauce	.....1 T	0.6	25
<b>SWEETS</b>			
Candy (see confections)			
Corn Syrup	.....1 T	0.86	58
Honey	.....1 T	1.1	100
Maple Sugar	.....1 T	0.9	75
Maple Syrup	.....1 T	0.8	65
Molasses (Cane)	.....1 T	0.8	65
Orange Marmalade	.....1 T	1.0	90
Sugar, White (granulated)	.....1 T	7.4	840
Sugar, White (loaf)	.....1 lump	0.5	53
Sugar, White (powdered)	.....1 T	0.3	30
Sugar, Brown	.....1 T	0.45	50
<b>VEGETABLES</b>			
Asparagus (fresh)	.....10 large stalks 8" long	7.9	50
Beans, Baked (canned)	.....1½ C	2.7	100
Beans, Lima (fresh)	.....½ C	2.9	100
Beans, String	.....1 C 1" pieces	4.0	45
Beets	.....1 Beet 2" diam.	1.4	25
Brussels Sprouts	.....1 C	2.6	20
Cabbage, Shredded	.....1 C	2.6	20
Carrots	.....4 to 5 young, 3"-4" long	10.1	100
Carrots	.....1 C diced	5.2	50
Cauliflower	.....1 small head	11.5	100
Celery	.....1 C ¼" pieces	4.5	24
Corn (canned)	.....1 C	10.8	300
Corn (fresh)	.....1 C	7.0	200

	VEGETABLES	Measure	Weight	Calories
			oz.	
100	Cucumbers	1 7" long	1.0	40
100	Lentils (baked)	¼ C scant	1.6	56
100	Lettuce	1 large head	9.3	50
100	Mushrooms (fresh)	22 mushrooms	7.9	100
100	Mushrooms (stewed)	¾ cup	2.3	100
	Onions (raw)	3 to 4 medium	7.2	100
	Parsnips (stewed)	7 pieces 3½" x 1½" x ½"	5.8	100
25	Peas, canned	1 C drained	6.0	125
65	Peas, creamed	1 C scant	5.4	200
100	Peas, Green (shelled)	1 C	4.7	125
	Potatoes, Sweet (raw)	1 Medium	7.2	200
30	Potatoes, Sweet (baked)	1 Medium	7.0	200
100	Potatoes, White (baked)	1 Medium	3.0	100
50	Potatoes, White (boiled)	1 Medium	3.6	100
20	Potatoes, White (chips)	.8 to 1.0 large pieces	0.6	100
25	Potatoes, White (creamed)	1 C	6.0	250
	Potatoes, White (raw)	1 Medium	5.3	100
	Potatoes, White (scal- loped)	5/8 C	3.5	100
58	Radishes	1 doz. Red Button	4.0	30
100	Spinach (boiled, chopped)	1 C	8.4	40
75	Tomatoes, canned	1 C	9.0	60
65	Tomatoes	2-3 Medium	15.5	100
65	Turnips (raw)	1 C ½" cubes	4.5	50
90	Turnips, Creamed	1 C	2.8	200

## A DAY'S FOOD FOR A MAN AT HARD MUSCULAR WORK

Muscular activity greatly increases the energy requirement which must be met by a large intake of Calories.

Fuel requirement, 3,500-4,000 Calories

	<i>Calories</i>
BREAKFAST: Cereal (oatmeal, cornmeal, etc.) .....	150-250
Bacon	
or	
Liver and Bacon	
or	
Sausage	
or	
Fish	
Bread .....	300-400
Butter or Oleomargarine .....	150-300
Milk for Cereal and Coffee .....	150
Sugar for Cereal and Coffee .....	50
	<hr/> 1,050-1,200
LUNCHEON: Vegetable Stew	
or	
Baked Beans	
or	
Macaroni and Cheese	
Bread (Rye or Whole Wheat) .....	200-400
Butter or Oleomargarine .....	150-300
Pie or other Dessert .....	200-400
Milk and Sugar for Coffee .....	60
	<hr/> 1,000-1,400
DINNER: Meat .....	250
Potatoes, white .....	150-200
Other Vegetable (Onions, Cabbage, Tomatoes, etc.) .....	100-200
Bread .....	200-400
Butter or Oleomargarine .....	150-300
Rice Pudding .....	250-400
Milk and Sugar for Coffee .....	60
	<hr/> 1,400-1,800

**A DAY'S FOOD FOR A MAN LEADING A SEDENTARY LIFE**

Fuel Requirement, 2,000-2,800 Calories

	<i>Calories</i>
<b>BREAKFAST:</b> Fruit .....	100
Cereal .....	50-100
Eggs	
or	
Creamed Beef on Toast } .....	100-200
Toast or Rolls .....	100-200
Butter .....	100
Cream for Coffee .....	100-150
Top milk for Cereal .....	100
Sugar for Cereal and Coffee .....	50-100
	700-900
 <b>LUNCHEON:</b> Vegetable Purée } .....	100-200
or	
Cream Soup	
or	
Cheese Soufflé }	
Rolls or Bread .....	100-200
Butter .....	50-100
Baked Apple } .....	200-400
or	
Stewed Fruit }	
Milk .....	130
	600-800
 <b>DINNER:</b> Bouillon and Wafers .....	50- 75
Roast Beef } .....	100-300
or	
Meat Loaf }	
or	
Baked Fish }	
Potatoes or Rice or Macaroni .....	100-150
Bread .....	100-200
Butter .....	50-100
Green Vegetable (Cooked) .....	100-150
Lettuce, Celery or Cabbage, with simple dressing .....	50-150
Custard or other Pudding made with Milk. ....	200-300
	900-1,200

## A DAY'S FOOD FOR AN ACTIVE WOMAN

Fuel Requirement, 2,500-3,000 Calories

	<i>Calories</i>
<b>BREAKFAST:</b> Fruit .....	50-100
Cereal .....	50-100
Eggs	
or	
Bacon	
or	
Creamed Fish	
} .....	100-200
Toast or Muffins .....	50-150
Butter .....	50-100
Milk for Cereal .....	100-300
Cream for Coffee .....	100-200
Sugar for Coffee and Cereal .....	50-100
	600-800
 <b>LUNCHEON:</b> Cream Soup	
or	
Scalloped Potatoes	
or	
Creamed Eggs	
or	
Potato Salad	
} .....	250-400
Bread .....	100-200
Butter .....	100-200
Fruit, Canned or Fresh	
or	
Pudding	
} .....	200-400
Milk .....	170
	700-1,200
 <b>DINNER:</b> Soup with Vegetables or Rice .....	25-100
Broiled Chop	
or	
Roast Leg of Lamb	
or	
Veal Cutlet Breaded	
} .....	200-350
Potatoes or Rice .....	100-150
Carrots, Spinach or other Vegetables .....	25- 50
Lettuce or other Salad, with Dressing .....	25-100
Bread .....	50-200
Butter .....	50-200
Gelatin, Corn Starch Pudding or Ice Cream	200-400
	900-1,400

**A DAY'S FOOD FOR A WOMAN OF SEDENTARY HABITS**

Fuel Requirement, 1,800-2,500 Calories

	<i>Calories</i>
<b>BREAKFAST:</b> Fruit .....	100
Cereal or Eggs .....	50-100
Toast or Hard Rolls .....	50-200
Butter .....	30-100
Milk, Cocoa or Café au lait .....	100-200
	400-600
 <b>LUNCHEON:</b> Corn Chowder	
or	
Baked Lentils	
or	
Tomato on Toast, with	
Cheese Sauce	150-250
Rolls .....	100-150
Butter .....	50-100
Fruit .....	100-150
Milk or Cocoa .....	150-175
	600-800
 <b>DINNER:</b> Soup and Wafers .....	25- 50
Meat Pie	
or	
Broiled Steak	
or	
Stuffed Beef Heart	150-300
Potatoes	
or	
Macaroni	100-150
Turnips, Carrots or Spinach .....	10- 50
Cole Slaw, with Simple Dressing .....	20- 25
Snow Pudding, Custard, or Bread Pudding	200-300
Bread .....	50-100
Butter .....	30-100
Milk .....	170
	800-1,100

**A DAY'S FOOD FOR A WOMAN WHO WISHES TO  
REDUCE**

Fuel Value, 1,000 Calories—Ordinary Requirement, 2,500 Calories

	<i>Calories</i>
<b>BREAKFAST:</b> Grapefruit .....	50
Egg .....	70
Toast .....	50
Coffee—Skim Milk .....	10
	180
 <b>LUNCHEON:</b> Bouillon .....	10
Cracker, small .....	10
Lean, Cold Meat .....	100-150
Whole Wheat Bread .....	50
Lettuce Salad with French Dressing .....	75
Tea .....	0
	245-295
 <b>DINNER:</b> Lean Roast Beef .....	150
Boiled Potato .....	100
Spinach .....	25
Cabbage Salad, Lemon Juice .....	15
Lemon Jelly .....	100
Whole Wheat Bread .....	50
Butter .....	50
	540

**A DAY'S FOOD FOR THE WOMAN WHO WISHES TO PUT ON WEIGHT**

Fuel Value, 2,500-3,000 Calories

	<i>Calories</i>
<b>BREAKFAST:</b> Fruit .....	100
Cereal .....	100
Egg .....	70
Bacon .....	50-100
Toast or Roll .....	50-100
Butter .....	50-100
Cream (thin) .....	300
Sugar for Cereal .....	25
Milk .....	170
	600-1,000
 <b>LUNCHEON:</b> Cream Soup	
or	
Omelet with Bacon } .....	100-150
Lettuce Salad and Mayonnaise .....	100
Roll .....	100
Butter .....	50-100
Creamy Rice Pudding .....	200-400
Chocolate with Whipped Cream .....	300
	800-1,100
 <b>DINNER:</b>	
Roast Beef .....	100-150
Baked Potatoes .....	75-100
Creamed Onions .....	50-100
Spinach .....	20- 25
Raw Carrot Salad .....	10- 25
Bread .....	50-100
Butter .....	50-100
Custard, Tapioca Cream or Ice Cream....	100-250
Milk .....	170
	900-1,000





