

LOW  
COST  
RECIPES

Edith G. Harbison



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# LOW COST RECIPES

Compiled by  
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Table Talk Magazine"*



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## *SOUPS*

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### **Soup Stock**

In planning to keep soup stock on hand it is necessary to keep a careful eye on the left-overs from each meal and utilize every scrap. Good meats, when not otherwise needed—pieces from roast, chops, etc.—should be cut in small pieces, or, better yet, be put through the food chopper that it may yield the richer return. Bones from fresh or cooked meats should all be saved. When a mixed stock is to be made, all kinds of meat may be used indiscriminately, the long cooking blending their flavors together; the one point to be noted is that such high-flavored meats as ham or bacon should not predominate. Bits of raw meat are very desirable and add greatly to the finished result. To each pound of meat and bone (not over  $\frac{1}{2}$  of the latter) add 1 quart of cold water and 1 teaspoonful of salt, heat slowly and boil very gently for at least three hours. Add 1 or 2 onions stuck with 6 cloves, a small bay leaf, 1 dozen peppercorns, a stalk of parsley, 1 or 2 stalks of celery and such cooked vegetables as are on hand and will harmonize

with the general flavor, such as carrots, celery, a little parsnip or turnip; such green vegetables as peas or string beans are always in order. Let all simmer for another hour, then strain through a wet piece of cheese-cloth and set away over night; in the morning the fat is taken off carefully and the stock is quite ready for use.

### Beef Soup Stock

Wipe 2 pounds of shin of beef with a damp cloth. Cut the meat quite fine. Put bones, marrow and meat in a kettle, add 2 quarts of cold water and let soak for one hour. Cover, place over a slow fire and when it reaches the simmering point keep at the same temperature for four hours. Add 6 cloves, 6 peppercorns, a small blade of mace, a bunch of sweet herbs, 1 small onion,  $\frac{1}{4}$  of a cupful each of chopped carrot and turnip, a sprig of parsley and 2 teaspoonfuls of salt. Simmer one hour longer, strain and set away. Next day remove fat from the top and it is ready for use.

### Forcemeat Balls for Soup

Season 1 cupful of any finely chopped cooked meat with salt, pepper, 1 teaspoonful of lemon juice, 1 tablespoonful of chopped parsley and 2 or 3 drops of onion juice. Moisten the meat with the yolk of 1 egg, roll in small balls, flour

and sauté in thin butter, or poach in salted boiling water.

### General Rule for Cream Vegetable Soups

Cook any vegetable such as green peas, carrots, turnips, parsnips, string beans, cauliflower, etc., in boiling salted water until tender, then rub through a fine sieve. Measure and for each cupful of stock take 3 cupfuls of milk. Scald, thicken with 1 tablespoonful of butter and 1 of flour. Add the pulped vegetable, with salt and pepper to taste and simmer for ten minutes before serving. It is usually best, though not absolutely necessary, to rub again through a sieve before serving.

### A Satisfying Soup

Take 5 pounds from the neck or a smaller piece from the brisket, wash, put in the kettle, cover with 5 quarts of cold water and heat slowly. Skim twice, add  $\frac{1}{2}$  cupful of washed barley then cover and simmer gently. In two hours add 1 cupful of chopped onion, 1 cupful of chopped carrot and (when in season) 1 cupful of chopped celery with salt and pepper to taste, then simmer for three hours longer. An hour before dinner drop in the necessary amount of peeled potatoes and take out the meat. Place the latter on a pan and put in a hot oven to crisp and brown.

Skim out the potatoes when done and brown them in a pan, using some of the fat skimmed from the soup.

### Luncheon Soup

Grate *about* 2 tablespoonfuls of cheese, for the strength and flavor of the cheese must be taken into consideration. Place over the fire in a small agate pan to melt, adding a little milk to keep it from burning. Place 1 quart of milk in a double boiler, add a little vermicelli and let it boil till the vermicelli softens; the vermicelli is used in preference to macaroni because it softens more easily, but left over macaroni and cheese can be used in making this soup, adding a little more cheese if necessary. The soup is more delicate if the macaroni has been made without tomato sauce, but even with the tomato a delicious soup is possible. Stir the grated cheese into the milk and vermicelli, then add carefully 2 well-beaten eggs, stirring them in slowly, so that the soup will not curdle. Stir till the eggs are cooked and the soup thickens slightly, then serve at once with saltines. A little paprika or cayenne can be used by way of seasoning, but most cheese requires no salt.

### Split or Dried Pea Soup

Pick over and thoroughly wash 1 pint of dried yellow or green peas. Cover with cold water

and soak over night. Drain, rinse and drain again. Add 2 quarts of cold water, put on the back of the fire, heat slowly and boil gently until they break and are mushy. This will take at least three hours, probably longer. When they begin to break cook together in a frying-pan 1 large onion chopped fine,  $\frac{1}{2}$  cupful of chopped carrot, 2 tablespoonfuls of chopped turnip, 2 stalks of cut celery and 2 tablespoonfuls of dripping. Cook slowly and when light brown add 2 tablespoonfuls of flour and stir until it is absorbed. Add this gradually to the soup, stirring until it thickens, season to taste with salt and pepper and simmer for another hour. Rub through a sieve and return to the fire. If too thick add boiling water until of the right consistency. Boil up once and it is ready. To this there may be added some strained canned tomatoes; or at another time a ham bone or any cooked meat bone that may be in the pantry. Lentil and black bean soup may be made in the same way.

### Chicken and Corn Soup

Take 2 quarts of the liquor in which a chicken has been boiled, add 1 pint of corn scraped from the cob, chopped, 1 tablespoonful of finely chopped onion and 1 scant teaspoonful of salt and simmer, closely covered, for an hour. Rub through a fine sieve and return to the fire. In a

small saucepan melt 1 tablespoonful of butter, add 2 tablespoonfuls of flour and when mixed, 1 cupful of rich milk or cream. Add gradually a portion of the soup and when smooth turn into the larger kettle. Season to taste, sprinkle in 1 tablespoonful of very finely chopped parsley and serve.

### Sago and Chicken Soup

From the carcass of a chicken a thin stock is made; flavor with a slice or two of onion and the green ends of a bunch of celery, finish by cooking in it 1 heaping teaspoonful of sago to each quart until the sago is perfectly transparent.

### Oyster Soup

Oyster soup for six will need 30 oysters. Drain them, rinse, and drain again. Scald the liquor, boil and skim for five minutes, then measure. Take twice the quantity of milk, heat in the double boiler; for each  $\frac{1}{2}$  pint blend 1 level tablespoonful of flour with enough water to make a paste, turn into the milk and stir until thickened. Season highly with salt and pepper; have the oyster liquor heating separately. Drop the oysters into the thickened milk and when they begin to ruffle add the hot liquor. Taste to see that the soup is well seasoned and take at once from the fire, serving with small crackers.

### Potato Soup

Boil 4 good sized potatoes in salted water until tender but unbroken. In the meantime scald together 1 quart of milk, 2 slices of onion, 6 peppercorns and either a stalk of celery or a sprig of parsley. Cook for ten minutes, draw back and drop in 1 scant tablespoonful of butter rubbed to a paste with 1 large tablespoonful of flour. Stir gently until this is dissolved and the liquid thickened. Press the potatoes through a ricer directly into the milk, add salt to taste, stir and cook for ten minutes. Rub through a sieve. If too thick thin with a little hot milk. Reheat and it is ready to serve.

### Potato Chowder

For lunch a potato chowder makes a hearty dish. Pare and cut into dice 6 large potatoes; chop fine 1 onion; put  $\frac{1}{4}$  of a pound of fat ham or salt pork through the food chopper. Cook the meat and onion slowly together in a saucepan until the latter begins to color. Add the potatoes,  $\frac{1}{2}$  teaspoonful of salt and  $\frac{1}{4}$  of a teaspoonful of white pepper and mix, then add 1 pint of boiling water and simmer gently until the potatoes are almost done. In the meantime make a sauce with 1 tablespoonful of butter, 1 heaping tablespoonful of flour and 1 pint of milk. Pour this into the first saucepan, add more salt and

pepper if necessary and simmer for five minutes longer. A moment before taking from the fire stir in 1 heaping tablespoonful of finely chopped parsley.

### Fish Chowder

Remove the bones and skin from 3 pounds of firm fleshed white fish and cut in three-inch pieces. Pare and dice sufficient raw potatoes to measure 1 pint. In a saucepan put  $\frac{1}{2}$  pound of finely diced fat salt pork and 2 chopped onions and fry slowly until the pork is well tried out and the onions begin to color. Add the potatoes, fish and 1 pint of boiling water and simmer for twenty minutes. Scald  $1\frac{1}{2}$  pints of milk; thicken it with 1 tablespoonful each of butter and flour rubbed together to a paste. When smooth add this to the fish; season well and simmer for five minutes longer. Add 1 cupful of broken soda crackers and send at once to the table.

### Corn Chowder

Dice or chop fine  $\frac{1}{4}$  of a pound of fat pork, put in a kettle and when well tried out add 2 white onions sliced thin. Cook slowly until they begin to brown, then add 1 pint of diced raw potatoes, 1 pint of corn scraped from the ear and sufficient boiling water to cover. When the potatoes are tender stir in 2 tablespoonfuls of



flour rubbed to a paste with 1 tablespoonful of butter; salt and pepper to taste and 1 quart of hot milk. Simmer for five minutes longer, add 1 cupful of hard crackers broken into bits and serve.

### Corn and Tomato Chowder

Open 1 can of corn and turn into a saucepan; add 1 pint of water, salt and pepper to taste, and simmer for half an hour. Slice sufficient raw potatoes to measure 1 pint; scald with boiling water and drain. Put  $\frac{1}{4}$  of a pound of fat salt pork through the chopper; place into a frying-pan with 2 tablespoonfuls of finely chopped onion until the fat is tried out and slightly colored. Strain into a kettle; add the corn and drained potatoes and simmer gently for ten minutes. Add 1 can of tomatoes and more seasoning, and continue the cooking until the potatoes are done. In the meantime have ready 1 pint of milk, thickened with 2 tablespoonfuls of flour. Take from the fire; add about 1 cupful of the chowder, then turn all into the kettle and serve at once, passing crisped crackers with it.

### Pomeranian Soup

Soak 3 cupfuls of red kidney beans over night in cold water; drain, cover with fresh boiling water and simmer until very soft. Drain, rub

one-half of them through a fine sieve, adding to them gradually equal quantities of stock and the water in which they were boiled until reduced to a thin broth. Add to this 1 bunch of sweet herbs, salt and pepper, simmer for half an hour, remove the herbs and add the reserved whole beans. Simmer for fifteen minutes longer and serve with long croutons of fried bread.

### Baked Bean Soup

Fry slowly together 1 small chopped onion, 1 stalk of celery cut fine and 1 heaping spoonful of chopped carrot in a little dripping. Add  $\frac{1}{2}$  inch bit of bay leaf, a sprig of parsley,  $\frac{1}{2}$  cupful of tomato catsup, 1 pint of Boston baked beans, salt and pepper to taste and 3 pints of cold water. Simmer until the beans are mushy, then press through a sieve. Reheat, add seasoning if needed and thicken with a little flour blended smoothly with cold water. Boil up once. To serve with this soup cut stale bread in small dice and either fry it pale brown in a little dripping or spread on a pan and toast in the oven.

### Onion Soup

This is both nourishing and soothing. Slice 6 large white onions, put in a frying-pan with 2 tablespoonfuls of butter and stir often until slightly colored. Add  $\frac{1}{2}$  cupful of flour and stir

until moderately browned. Add 3 potatoes freshly boiled and riced, then, gradually, 3 pints of hot milk. Season well with salt, white pepper and  $\frac{1}{2}$  teaspoonful of sugar and simmer for ten minutes. Serve with fried bread croutons.

### Brown Onion Soup

Peel and thinly slice 4 large onions. In a large kettle melt 2 tablespoonfuls of butter, add the onions, cover, draw back and simmer slowly for twenty minutes, then draw forward and cook until pale brown. Sprinkle in 3 large tablespoonfuls of flour. Stir until absorbed and a nice brown color. Slowly add 3 pints of hot milk (or milk and water), stirring until thick and smooth. Add salt and pepper to taste, cover and simmer gently for fifteen minutes longer. This soup is not strained.

### Onion and Cucumber Soup

Cut and chop fine 2 large white onions and 3 cucumbers. Fry them for five minutes without browning in 1 tablespoonful of butter; add 1 pint of boiling water and simmer for forty-five minutes. Press through a sieve, getting as much pulp as possible. In another saucepan mix together 1 tablespoonful of butter and 1 tablespoonful of flour, add gradually 1 pint of hot milk and stir until smoothly thickened.

Gradually mix this with the cucumber purée, season highly with salt and pepper and simmer for five minutes. Serve with croutons.

### Purée of Turnips

Pare and thinly slice a number of white turnips and boil until tender in salted water. Drain and rub through a sieve. In a saucepan melt 1 tablespoonful of butter, add 1 teaspoonful of salt,  $\frac{1}{4}$  of a teaspoonful of white pepper and 2 tablespoonfuls of flour. When blended add gradually 1 cupful of good white stock and 2 cupfuls of milk, stirring until creamy and smooth. Add a little of this to the pulped turnips, of which there should be 1 good cupful; add to the contents of the saucepan, simmer for three minutes, adding more seasoning if necessary, and serve with croutons. If no stock is on hand all milk may be used.

### Tomato Bisque

Cook together  $\frac{1}{2}$  tablespoonful of butter and 1 scant tablespoonful of flour. Stir in slowly 1  $\frac{1}{4}$  cupfuls of hot milk; when smooth and thick, season well with salt and pepper. When ready to take from the fire add  $\frac{1}{3}$  of a cupful of hot strained tomato, to which a tiny pinch of baking soda has been added. Do not heat again, or it will curdle.

### Cream of Tomato Soup

Cook together  $\frac{1}{2}$  of a can of tomatoes, 1 clove, 1 slice of onion,  $\frac{1}{2}$  of a teaspoonful of salt,  $\frac{1}{2}$  teaspoonful of peppercorns and 1 sprig of parsley for twenty minutes, then rub through a sieve and return to the fire. Taste to see that it is highly seasoned. Make 1 pint of white sauce and season with salt and pepper. Take both saucepans from the fire, add to the tomatoes 1 salt-spoonful of baking-soda and stir until it effervesces. After two minutes add the tomato to the sauce and serve immediately.

A great variety of cream vegetable soups may be made by following the above rules and substituting some other vegetable which has been cooked tender and reduced to a thin pulp. Celery, salsify, carrots, parsnips, potatoes, canned peas, etc., all make most satisfactory cream soups.

### Cream of Celery Soup

Wash and chop fine 3 heads of celery; turn into a stew kettle, cover well with cold water and simmer for one hour. Then pulp through a sieve, return to kettle, add 1 quart of scalded milk, simmer thirty minutes, season with salt, pepper and nutmeg and butter, and serve with croutons.

### Cream of Cucumber Soup

Grate some ripe cucumbers, make a thin sauce with 2 tablespoonfuls of butter, 3 tablespoonfuls of flour, 1 scant teaspoonful of salt,  $\frac{1}{3}$  of a teaspoonful of white pepper and 1 quart of milk. Press and discard the juice from the cucumber pulp; put 1 pint in a saucepan with 1 tablespoonful of butter, cover and simmer for fifteen minutes. Turn this into the white sauce, stir and simmer for ten minutes then press through a sieve. Add seasoning if needed, reheat and serve with fried croutons.

### Cream of Spinach Soup

Pick over and wash very thoroughly 2 quarts of spinach; change the water four or five times to make sure that all sand is removed. Have ready a large kettle partly filled with boiling salted water; boil for fifteen minutes, drain and drop into cold water (this heightens the color); drain again, pressing as dry as possible; then chop and pound to a pulp. Have ready 1 quart of thin white sauce made with 2 scant tablespoonfuls of butter, 3 tablespoonfuls of flour and 1 quart of milk. Add a little of this, a spoonful at a time, to the pulp, stirring and rubbing that it may be smoothly blended. Put on the fire and stir almost constantly until the soup reaches the boiling point; add salt and pepper to taste, and

strain. Return to the fire until scalding hot, then serve with tiny croutons or add  $\frac{1}{2}$  cupful of whipped cream.

### Cream of Peanut Soup

This soup affords a delicious change from the ordinary and is sure to be appreciated by those who do not dislike peanuts. To make it one can buy the peanut butter prepared or purchase the peanuts and pass them twice through the chopping machine. In this way one is quite sure of obtaining the fresh butter, and without fresh peanut butter the soup cannot be made with any degree of success. Add  $\frac{1}{2}$  pint of peanut butter to 1 quart of boiling milk, season with 1 bay leaf, a little salt, celery salt or extract, and 1 tablespoonful of grated onion. Cook for six minutes in a double boiler, and then thicken with 1 tablespoonful of flour or corn-starch, moistened in a little cold milk. Cook till smooth, strain through a very fine sieve, and serve at once with croutons made of Graham or entire wheat bread. This recipe can be used for chestnuts, first boiling and chopping or mashing the nuts, and for any other kind of nuts, or for a combination of two or more kinds used together.

### Virginia Peanut Soup

Roast and shell sufficient peanuts to measure 3 pints. Pound them to a paste, adding salt to

taste. Put this paste in a saucepan and add, very gradually, 2 quarts of boiling water. Season with black and red pepper and simmer until it thickens. Just before serving add 1 quart of oysters and 1 salt-spoonful of celery seed and cook until the oysters ruffle.

### German Prune Soup

Wash and soak 1 pound of prunes in 3 pints of cold water. Next day place at the side of the fire, heat very slowly and when steaming add 1 lemon washed and cut without paring in the thinnest of slices and 1 inch of stick cinnamon, and cook *below* the simmering point until the prunes are very tender but unbroken. If needed, add a little water, as there should be fully 3 pints when done. Add 3 tablespoonfuls of sago, a pinch of salt and sufficient sugar to sweeten to taste, and cook half an hour longer, or until the sago is transparent. Remove the cinnamon, add  $\frac{2}{3}$  of a cupful of claret and bring almost to the boiling point, then serve at once.

### Cold Fruit Soups

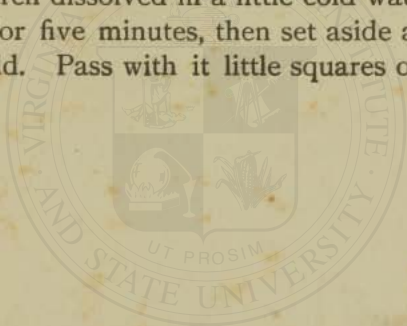
Cold fruit soups may be made from all kinds of summer fruits by stewing the fruit until tender, pressing through a sieve, adding an equal quantity of water and enough sugar to have slightly acid. Returning to the fire add a slight



thickening of arrowroot—1 teaspoonful to the pint—cook until clear, set away and serve very cold.

### Cranberry Soup

One pint of cranberries, 1 quart of water, 1 level tablespoonful of corn-starch, sugar to taste. Pick over and wash the berries, put them in a saucepan with the water and simmer until soft and broken, then rub through a fine sieve. Return to the fire, add sufficient sugar to sweeten and the corn-starch dissolved in a little cold water. Boil gently for five minutes, then set aside and serve very cold. Pass with it little squares of toasted bread.



## *FISH*

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### **Baked Fish**

Have the fish opened and drawn through the gills. Make a stuffing with 1 cupful of bread crumbs, 1 tablespoonful of melted butter,  $\frac{1}{2}$  teaspoonful of salt, a dash of pepper and 1 tablespoonful of chopped pickle. Fill the fish. Cut gashes two inches apart on the sides, lay in each a strip of fat salt pork. Dust over all salt and pepper. Lay in a pan on some slices of salt pork. Place in a quick oven and baste once or twice with butter and water. When the flesh begins to separate from the bones it is done—about an hour will be necessary for a five pound fish. Dish, garnishing with parsley and lemon.

### **Boiled Fish**

Wash well in cold water; wipe and rub with salt. Wrap in a cloth, drop in a long kettle partly filled with boiling water. Add 1 bay leaf, 1 slice of onion, 1 teaspoonful of salt and 2 tablespoonfuls of vinegar. Cover and simmer gently, allowing about ten minutes for each pound

When the bones begin to draw away from the flesh lift out carefully and drain. Open the cloth and turn out carefully on a hot platter. Garnish with greens or sliced lemon.

### Fried Fish

For small fish or fish steaks wash and wipe thoroughly. Dip each piece into slightly beaten raw egg then roll in corn-meal or fine stale bread crumbs (the latter are best). Have ready a deep kettle partly filled with smoking hot fat. Immerse two or three pieces at a time; it will take them four or five minutes to cook. When golden brown lift out and drain on unglazed paper before serving. Be sure the fat is smoking hot before putting in each lot of fish.

### Steamed Fish

Wash and wipe a thick piece of fish—if cod, several pounds from the middle or tail end. Any firm-fleshed, thick variety can be used. Drain, sprinkle with salt, lay on a pan or any suitable flat dish and place in the steamer. From five to ten minutes cooking per pound will be needed according to the thickness of the fish. When done transfer carefully to a platter. Garnish with lemon quarters or slices and serve with a butter, egg, parsley or other sauce according to the variety of fish cooked.

### Fish Casserole

Remove the skin and bones from  $\frac{1}{2}$  pound of cooked fish and break the fish into small pieces. Rub  $\frac{1}{4}$  pound of mashed potatoes through a sieve, mix it with the fish, add pepper and salt to taste. Melt 1 tablespoonful of butter in saucepan, add to it the fish mixture, mix well, and stir in 1 well-beaten egg, 1 tablespoonful of milk and 1 teaspoonful of chopped parsley, pour the mixture into a buttered casserole dish, cover with crumbs. Bake in a moderate oven for thirty minutes, turn out, garnish with parsley and lemon and serve.

### Creamed Fish in Pepper Shells

Any cooked fish may be used as the foundation. The peppers give their pleasant seasoning to the filling as well as make a very dainty case. Cut the peppers lengthwise and remove the seeds. Boil the shells a little before filling with the creamed fish. In making the creamed fish remember that if you stir the cream sauce over the yolk of an egg it will add richness and flavor to the dish.

### Fried Smelts, Lemon Sauce

Two moderate sized smelts for each person. Wash, clean and dry the fish. Dip each one into a little flour, to which has been added seasoning of salt and pepper. Brush over with

beaten egg, then roll in fine white bread crumbs. Fry for about five minutes in plenty of smoking hot fat. Drain and serve very hot with lemon sauce. Heat 3 heaping tablespoonfuls of butter and beat it to a cream. Whip into it the strained juice of 2 small lemons and a generous tablespoonful of finely chopped parsley. It should be a light green cream when done. Fill with this mixture the halves of lemons from which all the pulp and inner skin have been scraped, and garnish the dish of smelts with them, serving one of the "cups" with each portion of fish.

#### Salmon Loaf

Salmon loaf, when made with care, is really a high class dish and does not deserve the sneers sometimes accorded it. For this open 1 pound can and empty out the fish, freeing it from skin and bones, and separating in fine flakes with a silver fork. Mix with 2 well-beaten eggs, 1 cupful of fine stale bread crumbs, salt and white pepper to season, 1 tablespoonful of lemon juice, 1 tablespoonful of melted butter, and 1 tablespoonful of finely chopped parsley. Pack into a well buttered mold and steam from one hour to one hour and a half, according to thickness.

#### Boiled Salt Cod

Select a piece from the middle of the fish weighing a pound or two. Wash, cover with

cold water and soak over night. Put in a kettle of warm water and heat slowly; when barely simmering 'keep at that point for fifteen minutes, being careful that it does not really boil. Drain and serve with a drawn butter, lemon or tomato sauce.

### Codfish Cakes

Delightful fish cakes are made by soaking and shredding the fish. Cover it with cold water, heat to the scalding point and drain. Repeat three times. Measure and mix with double its bulk of hot mashed potato; for each pint add 1 large tablespoonful of butter, 1 well-beaten egg and plenty of salt and pepper. Mold in small flat cakes and sauté in a little hot fat; or form in small balls, dip each in beaten egg, roll in fine bread crumbs and fry golden brown in smoking hot deep fat.

### Codfish à la Creole

As a sauce for codfish à la creole, stew together for half an hour 1 can of tomatoes, 1 pint of boiling water, 1 teaspoonful of salt, 1 sliced onion, and 1 green pepper seeded and cut fine. Rub through a sieve. Have a tail piece of cod weighing 4 or 5 pounds and, if possible, have it skinned. Lay on a flat pan, pour over it  $\frac{1}{3}$  of the sauce and place in a moderate oven. Keep the rest of the sauce hot and baste from time to

time with a few spoonfuls of it. When the fish begins to separate from the bones it is done. Serve with what remains of the sauce. Such fish as is left is flaked, reheated and served next day on toast.



## MEATS

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### Brown Beef Stew

Take 2 pounds of any cheap cut of beef containing a moderate amount of fat and little or no bone. Wipe the meat and cut it into strips one by three inches. Should there be bone, trim it, cover with cold water and simmer for several hours to yield a weak stock. Try out the trimmed fat (or a little suet) and when very hot lay in it the pieces of meat, turning them until quickly browned. Transfer as fast as colored to a stew-pan. When all are done dredge in sufficient flour to absorb the fat and stir until dark brown. Gradually add  $1\frac{1}{2}$  pints of water (or stock from the bone) making a thin gravy. Strain this over the meat, add 1 finely cut onion, a bunch of herbs or any desired seasoning, cover and simmer very gently for three hours. The character of this dish may be changed by the substitution of strained tomatoes for water and a variety of seasonings. Potatoes cut in quarters may also be added an hour before serving or macaroni previously cooked.

*Dumplings for Stew.*—Mix together 1 pint of



flour,  $\frac{1}{2}$  teaspoonful of salt and 1 teaspoonful of baking-powder. Add enough sweet milk to make a dough, turn on a board, roll out and cut in small circles or squares. Drop into the stew, cover and keep at a slow steady boil, without uncovering for twenty minutes.

### Pot Roast

Take a meaty piece of beef—cross rib or shoulder—weighing 3 pounds or more. Melt a little fat in a pan and in this quickly brown all sides of the meat. Transfer to a kettle, rinsing into it the brown from the frying-pan with a little hot water. Add 1 pint of boiling water, 1 small onion stuck with 2 cloves, a bit of bay leaf and 1 scant teaspoonful of salt. Cover and simmer very slowly, allowing thirty minutes for each pound. Add enough browned flour to slightly thicken the gravy and strain it into a bowl.

### Braised Beef

Take a piece weighing about 5 pounds from any lean cut, such as cross rib, lower part of round, neck, etc. Bone it if possible. Heat a dry frying-pan very hot, lay in it the meat and quickly sear on each side, giving it a nice color. Place in the braising kettle. Add  $1\frac{1}{2}$  pints of good brown stock, an onion stuck with 3 cloves and a high seasoning of salt and pepper. Cover

closely, place in a moderate oven and allow forty minutes for each pound. If kept closely covered until entirely cold it makes a good relish when sliced and served with horseradish for lunch or supper.

### Vienna Steaks

Take  $\frac{1}{2}$  pound each of raw lean beef and veal; trim off all fat and gristle and chop very fine. Add  $\frac{1}{2}$  of a teaspoonful of salt,  $\frac{1}{4}$  of a teaspoonful of paprika,  $\frac{1}{4}$  of a teaspoonful of mixed sweet herbs, 1 teaspoonful of chopped parsley and 1 teaspoonful of chopped onion. Stir in 1 well-beaten egg and set aside until the next day. Form into steaks and sauté quickly in butter. Serve on a hot platter with mashed potatoes in the center and brown gravy in a sauceboat.

### Spanish Steak

A delicious dish can be made of a flank or rump steak. Cut off all the fat and fry it brown in plenty of butter, lift out and put in a baking pan. Sprinkle with salt and pepper and fry in sliced onion, brown in the butter remaining in the frying-pan. Spread onions over the steak and cover it with 1 can of tomatoes, juice and all. Cover and bake an hour in a slow oven, basting frequently. Make gravy of drippings remaining in the pan and serve piping hot.

### Spanish Stew

This stew will need 2 pounds of the end ribs of beef or a piece from the brisket or navel, cutting it in a half dozen strips. Put in a kettle with 2 quarts of warm water, heat rapidly, then simmer for two hours. Add 1 can of tomatoes, 3 large onions cut fine, 6 cloves,  $\frac{1}{2}$  teaspoonful of celery seed,  $\frac{1}{2}$  of a bay leaf,  $\frac{1}{4}$  of the yellow rind of an orange, 1 or 2 red peppers (seeded) and salt to taste. Simmer for another hour, then take out the meat and keep hot. Strain the gravy through a coarse sieve into a clean pan, thicken with flour mixed to a paste with cold water and boil up once before pouring over the meat.

### Beef, Savory Sauce

Cut cold boiled or braised beef in thin neat slices. Heat together 1 tablespoonful of butter, 2 tablespoonfuls of tomato catsup and 1 cupful of slightly thickened gravy, stock or soup, using any kind which goes well in flavor with the meat. When smoking hot add seasoning if needed, then lay in the slices until heated through. Serve at once with rolls or buttered bread.

### Scotch Rolled Beef

Select a large flank steak weighing as near 3 pounds as possible. Trim off the thin end and lightly score the meat on both sides. Mix to-

gether  $\frac{1}{2}$  teaspoonful of pepper, 1 scant tablespoonful of salt,  $\frac{1}{4}$  of a teaspoonful of ground cloves, 1 tablespoonful of sugar, 1 teaspoonful of summer savory and 3 tablespoonfuls of vinegar. Rub this well into the meat, roll it up and tie with wide tapes. Stand in a cool place over night. Next day lay the roll in a stew-pan, pour over sufficient boiling water to partly cover, and simmer slowly for three hours. In another saucepan brown 1 heaping tablespoonful of dripping, add 2 tablespoonfuls of flour and brown again. Stir this into the water in which the meat is cooking, and when thickened and smooth, season to taste. Simmer for another hour, and serve hot or cold.

### Beef Loaf

Put 2 pounds of lean beef through a chopper, add 2 tablespoonfuls of finely chopped parsley,  $\frac{1}{4}$  of a cupful of fine stale bread crumbs,  $1\frac{1}{2}$  teaspoonfuls of salt,  $\frac{1}{3}$  of a teaspoonful of pepper, 2 teaspoonfuls of lemon juice or vinegar, 1 teaspoonful of onion juice, 2 tablespoonfuls of melted butter and 1 well-beaten egg. Work thoroughly together, mold into a loaf and lay on a greased pan. Bake in a hot oven for one hour, basting a number of times with butter and water; or the top of the loaf may be covered with thin slices of fat salt pork.

### Beef au Gratin

Cut into very thin slices sufficient cold cooked beef to serve six persons. Peel 2 large Spanish onions and cut in the thinnest of slices. In a heavy granite pan melt 2 tablespoonfuls of butter. Add the onions and cook over a slow fire, shaking gently from time to time, until they are golden brown. Sprinkle into the butter 2 teaspoonfuls of flour and cook until lightly colored, add gradually 1 pint of clear beef stock, stirring at first very briskly, that the flour may not lump. Add 1 tablespoonful of tomato catsup and let all come to a gentle simmer. Have ready a deep baking dish which can be sent to the table. In it place alternate layers of the onions, sauce and beef. Cover with  $\frac{1}{2}$  cupful of fine stale bread crumbs mixed with 1 tablespoonful of melted butter and brown in a quick oven. Serve at once.

### Beef Goulasch

Cut 2 pounds of lean beef from the cross rib, round or other inferior part into finger lengths; chop fine 1 large onion and brown it in 1 tablespoonful of hot melted dripping; add 1 heaping tablespoonful of flour and stir often until well browned. To this add 1 scant teaspoonful of salt, the same quantity of paprika and 1 pint of hot water or stock, stirring until smoothly

thickened. Drop in the meat, cover and simmer for two hours or until the meat is very tender. Paprika is of a much brighter color than cayenne, no hotter than white pepper but has a more decided flavor.

### Beef Patties

Cut fine sufficient of the best part of cold roast beef to make 1 pint and heat in 1 scant cupful of the gravy seasoned with mushroom catsup or Worcestershire. In another saucepan put 1 teaspoonful of grated onion and 4 tablespoonfuls of tarragon vinegar and boil until reduced to 1 tablespoonful. To this add 1 tablespoonful of butter, a dash of salt and pepper and the yolks of 2 eggs and stir over hot water until smooth and very thick. Fill heated pattie cases (or paper ones) with the hot meat, cover with 1 teaspoonful of the sauce and send at once to the table.

### Beef and Corn Pudding

Open 1 can of corn, turn out and let drain as dry as possible (the liquid may be used in soup). From 1 pound of lean beef trim off fat and gristle and put through the food chopper. In a saucepan brown 1 tablespoonful of butter, with 1 teaspoonful of chopped onion, add 1 tablespoonful of flour and brown again. Stir in gradually

1 cupful of strong beef stock and when smooth season with  $\frac{1}{2}$  of a teaspoonful of salt and a dash of paprika. Put the meat and corn in alternate layers in a baking dish, pour over them the sauce, seasoning each layer. Sprinkle over the top  $\frac{1}{2}$  inch layer of Gruyere cheese, cover and place in a moderate oven. Uncover in half an hour and bake for twenty minutes longer.

### Beef Gumbo

Cut fine 1 large onion. Trim the fat from 1  $\frac{1}{2}$  pounds of lean beef and put the meat through the chopper, then run through the tender part of the fat. Put the latter in a kettle and place over a slow fire until well tried out; skim out the scraps and drop in the onion. Cook slowly until beginning to color, then add 1 raw potato pared and cut in thin slices, 1 pint of fresh tomatoes measured after skinning and cutting fine, 1 pint of tender okra cut in thin slices, and the meat. Cover and cook slowly for ten minutes, stirring occasionally, then add 1 pint of water, 1 teaspoonful of salt and  $\frac{1}{4}$  of a teaspoonful of pepper or  $\frac{1}{2}$  of a green pepper chopped, and draw aside where it will cook slowly for one hour. Toast a number of slices of stale bread, lay them in the bottom of a vegetable dish and pour the gumbo over them. Serve plain boiled rice which has been cooked separately.

### Toad-in-the-Hole

Toad-in-the-hole is a curious name for a dish not unlike an English meat pudding. Lean beef is used, and it should be gently simmered in a little stock or water until tender, then cut into inch squares, well seasoned and placed in a baking dish. Over this is poured a thick batter made with 1 cupful of flour, 1 beaten egg,  $\frac{1}{2}$  cupful of milk, 1 tablespoonful of melted butter,  $\frac{1}{2}$  teaspoonful of salt and 1 teaspoonful of baking-powder. It will bake in a moderate oven in from forty-five minutes to one hour, according to the depth in the dish. With it serve the thickened and seasoned gravy.

### Corned Beef

Corned beef is a homely dish but delightful when properly cooked. As the salt used in curing has hardened the fibre as well as robbed the meat of some of its digestibility, slow cooking is indicated. Should the meat seem unusually salty, it might be well to soak it over night or for a few hours. Cover with cold water, bring slowly to the boil, then drain; cover with fresh boiling water and draw the pot back where the contents will hardly simmer. Allow fully three-quarters of an hour for each pound of meat. For those who like the flavor of the meat in the vegetables, it will be best to cook the meat in advance



of the meal hour. From the pot take out a portion of the liquor. Skim all fat from it, heat part in a large saucepan ; to this add the cabbage sliced or cut into quarters and boil steadily until done—this will take about forty-five minutes. Cook the potatoes separately in the remainder of the skimmed liquor. In this way the vegetables are rendered more digestible than when they are cooked in the greasy pot liquor.

#### Delmonico's Corned Beef Hash

Take equal quantities of chopped corned beef and cold baked potatoes ; mix well and season highly with salt and pepper. Grease the sides and bottom of a spider or thick-bottomed pan, put in the hash, put on the side of the fire until thoroughly heated. To 1 quart of the mixture, take  $\frac{1}{2}$  of a cupful of milk, pour it over the hash and put in a hot oven for twenty minutes. Turn out and serve.

#### Braised Beef Heart

This is an economical dish, but needs slow, careful cooking. Wash the heart very thoroughly, cutting down into the arterial openings to make sure that no blood clots remain. Trim off the tough top, then stuff with a good bread stuffing, to which chopped onion and a little sausage meat may be added to give flavor.

Fasten at the top with a couple of stitches. In a hot frying-pan melt 2 or 3 tablespoonfuls of beef dripping, and in this brown the heart, turning often, that all sides may be thoroughly and evenly colored. Transfer to a saucepan or casserole, arranging it point downward. Pour round it 1 pint of good soup stock, brown gravy or mixed brown and tomato sauce. Cover and simmer very gently for three hours adding more sauce as needed. Finally uncover and place in a hot oven for twenty minutes. Be sure to have the platter very hot and to send immediately to the table, as this meat is at its best when very hot.

#### Sauté of Heart

Remove the pipes and flaps from a heart, cut it in moderately thick slices, and wash them to remove the blood. Dip each piece in flour to which pepper, paprika and salt have been added. Fry the slices in hot dripping, and when they are cooked, keep them hot on a dish. Drain off the fat from the frying-pan, sprinkle over it 1 tablespoonful of flour, mix it into a smooth paste, with  $\frac{1}{2}$  cupful of water or stock, add 4 tablespoonfuls of vinegar from piccalilli, and 3 or 4 pieces of pickle cut very small. Bring the sauce to the boil, and pour it over the slices of fried heart.

### Calf's Heart Stuffed

Wash the heart, stuff with forcemeat. Sew. Arrange  $\frac{1}{2}$  cupful of onions and carrots in the bottom of a casserole, place the heart on this layer of vegetables. Sprinkle with salt, pepper and paprika, dredge with flour and bake in a hot oven for two and a half hours. Baste often with hot dripping. Remove from casserole and make a brown gravy, using 4 tablespoonfuls of the fat from the casserole, adding 3 tablespoonfuls of flour and 2 cupfuls of boiling water. Serve the gravy around the heart.

### Braised Veal

Have the butcher remove the bones from a shoulder of veal. Make a stuffing with 1 quart of stale bread, 1 chopped onion, a high seasoning of salt, pepper and thyme and 6 tablespoonfuls of melted beef suet. Stuff and tie the meat in shape. In the bottom of the pan put 1 layer each of sliced carrot and onion, add a bit of bay leaf, 2 cloves and 6 peppercorns; on this place the meat. Pour round it 1 pint of stock (made from the bones) or water and 1 cupful of cooked tomato. Add salt and pepper. Cover closely. Place in a slow oven. Allow three-quarters of an hour for each pound (with bones removed). Strain the sauce, diluting if necessary. A

knuckle of veal may be cooked in the same way, allowing an hour per pound.

### French Fricassee of Veal

This is made from the breast and the neck cut into small pieces and cooked in a casserole with some browned butter, salt, pepper, parsley, a blade of garlic and a bay leaf. It is served with a cream sauce to which have been added the yolks of 2 eggs.

### Veal Fricandeau

A fricandeau—which is a roasting piece cut from the thick part of the leg—is not expensive. It is laid on a bed of sliced onions and carrots and, because it is deficient in fat, should either be larded or covered with thin slices of salt pork, the fat of which is used for basting. Next day thin slices are cut from the best portion for lunch and the remainder converted into croquettes.

### Veal Pot Pie

Cut about 3 pounds of neck, breast or other rough part in inch squares. Cover with boiling water and simmer until very tender, seasoning when two-thirds done. Make a good biscuit crust with 1 pint of flour, 2 tablespoonfuls of shortening,  $\frac{1}{2}$  teaspoonful of salt, 1 teaspoonful of baking-powder, and enough sweet milk to

make a soft dough. Roll out a half inch thick. Thicken the gravy with a little wetted flour and boil up for five minutes. Fit the paste over the top of the stew, cover the pot tightly and draw to where the stew will just simmer for forty-five minutes.

### Minced Veal With Poached Eggs

Chop cold veal very fine. Season well, add to each pint 1 cupful of thick brown sauce and  $\frac{1}{2}$  of a cupful of cream, heat and simmer until considerable of the sauce is absorbed. Serve on a hot platter surrounded with toast points and place a number of neatly trimmed poached eggs on top.

### Veal Loaf

Mince cold veal very fine; measure and add to it one-quarter as much chopped fat ham, 1 cupful of fine stale bread crumbs, 2 well-beaten eggs and a high seasoning of salt and pepper. Mold into a loaf, lay on a greased flat pan, brush with beaten egg and sprinkle with fine crumbs. Bake in a hot oven for half an hour and serve with a brown gravy.

### Veal Croquettes

Scald 1 cupful of milk and rub together 1 tablespoonful of butter and 2 heaping tablespoonfuls of flour until smooth; add to the scalded milk and stir until it thickens. Take

from the fire, add 1 pint of cooked veal chopped fine, 2 tablespoonfuls of chopped parsley, 2 or 3 drops of onion extract and a coffee spoonful of celery extract, 1 teaspoonful of salt,  $\frac{1}{4}$  of a teaspoonful of pepper. Mix well, stand aside until cold, then turn into cone-shaped croquettes, roll in bread crumbs and fry in smoking hot deep fat.

### Chopped Veal, German Style

Put through a machine or chop very fine 2 pounds of lean veal ; for this the shoulder is inexpensive and well flavored. Season with 1 teaspoonful of salt,  $\frac{1}{2}$  of a teaspoonful of pepper,  $\frac{1}{2}$  of a teaspoonful of onion juice and 1 tablespoonful of chopped parsley. Form into small chops, inserting a piece of bone or stick of macaroni in the small end ; dip each chop into slightly beaten egg, roll in fine bread crumbs and immerse in smoking hot fat for eight to ten minutes according to the thickness of the chop. Serve with tomato sauce.

### Scotch Veal Collops

Take about  $1\frac{1}{2}$  pounds of veal cutlet, having it cut in quite thin slices. Lay one slice at a time on a flat board and beat with a wooden mallet (or a pin) until almost as thin as paper. Cut these into circles about an inch and a half in diameter and dust with a mixture of salt, pepper and thyme or sweet herbs. Dip into slightly

beaten egg, then in fine sifted dry bread crumbs and sauté quickly in the fat tried out from slices of salt pork—butter may be used if preferred. As colored, transfer the collops to a saucepan. When all are done add  $\frac{1}{2}$  pint of hot veal stock and  $\frac{1}{2}$  cupful of cream ; cover and simmer gently until the meat is tender. Add  $\frac{1}{2}$  pint of oysters which have been plumped in one tablespoonful of butter, cook a moment longer, then take from the fire, add the yolks of 2 raw eggs mixed with 1 tablespoonful of cream. Stir, pour into a serving dish and sprinkle with finely chopped parsley.

#### Browned Veal Knuckle

Purchase a meaty veal knuckle. Cover it with boiling water, add  $\frac{1}{2}$  teaspoonful of salt, a small white onion stuck with 2 cloves and 12 peppercorns and simmer slowly until very tender. Transfer to a dripping pan, cover the top with very thin slices of larding pork and brown in a quick oven. This will take nearly an hour. Make a gravy with the pot liquor, using browned flour to give it color.

#### Veal Kidney Stew

Trim 2 or 3 small veal kidneys and cut fine. Put into a saucepan with 1 heaping tablespoonful of butter and stand over a hot fire, stirring occasionally, until lightly colored. Add 1 heaping tablespoonful of flour and slightly brown,

then stir in  $\frac{1}{2}$  of a cupful of thick strained tomato, 1 tablespoonful of tomato catsup, 10 drops of Worcestershire and  $\frac{1}{2}$  of a cupful of beef stock. Stir and simmer for five minutes.

### Boiled Mutton

Have the butcher bone a shoulder of mutton or 3 pounds or more of the breast. Wipe the meat with a damp cloth, roll it tightly and tie down with twine or a strip of muslin. Put the bones in the pot with  $\frac{1}{2}$  teaspoonful of salt and sufficient water to cover the meat and heat to the boiling point. Weigh the meat. Allow fifteen minutes for it to heat through and fifteen minutes for each pound. Put the meat in the pot, draw over the hottest part of the fire that it may boil as quickly as possible; draw back gradually until the water bubbles on but one side of the kettle. Keep closely covered. When done take out 1 pint of the liquid, thicken it slightly with flour smoothly mixed with a little cold water, season to taste and boil five minutes. A tablespoonful of fine barley, rice or other cereal, a small onion, a carrot or a bit of celery may also be added to the water to give flavor.

### Roast Mutton, Breton Style

The Breton way of serving roast mutton is to push a clove of garlic into the knuckle end of



the leg and to serve with it a garnish of red beans. The beans are soaked and slowly boiled until tender then drained and turned into the pan with the meat an hour before the latter is done. Or after draining, the beans are lightly fried in a little dripping and chopped onion and heaped round the meat as it is ready for serving.

#### Mutton à la Marquise

Chop fine cold cooked mutton and mix it with an equal quantity of cold boiled rice. Season with salt, pepper, a little onion juice, chopped parsley and curry powder and moisten with 1 or more beaten eggs according to quantity. Mold in balls or croquettes, dip each in beaten egg, roll in fine crumbs and fry brown in deep, smoking hot fat.

#### Chinese Mutton

Dice fine 1 pint of cold mutton. Add 1 head of lettuce torn in shreds, 1 can of peas drained, 1 teaspoonful of onion juice, salt and pepper, 1 tablespoonful of butter and 1½ cupfuls of broth or water. Simmer gently for half an hour, seasoning to taste. Serve with a border of hot boiled rice.

#### Spiced Mutton

Mix together ½ teaspoonful each of ground cloves and allspice, ¼ of a teaspoonful of mace, 1 teaspoonful of black pepper and 2 teaspoonfuls

of salt. Into the under side and cut end of a leg of mutton rub half of this mixture and set away; early next morning rub in the remainder. As soon as the hot oven has seared the surface of the meat pour into the pan  $\frac{1}{2}$  pint of boiling water,  $\frac{1}{2}$  cupful of vinegar and 1 tablespoonful of sugar. Baste the meat with this mixture, adding more water to the pan if needed.

### Cold Mutton Timbale

Take  $\frac{1}{2}$  pound of cooked mutton, 2 tablespoonfuls of fresh white crumbs, 1 raw egg, and 1 extra yolk, 2 teaspoonfuls of chopped parsley, 2 teaspoonfuls of chopped shallot,  $\frac{1}{2}$  ounce of butter, about  $\frac{1}{2}$  gill of strong stock, salt, pepper and 3 ounces of boiled macaroni. Thickly butter a plain round tin. Cut the macaroni into 3 rings. Press these firmly into the butter on the tin so that it is evenly lined with rings of macaroni. Mix the minced mutton with the crumbs and parsley. Melt the half ounce of butter and fry the chopped shallot in it till a pale brown; then strain it out and add it to the meat. Beat up the whole egg and yolk, mix them with the stock and strain them into the other ingredients. Mix thoroughly. Season carefully and gently pour the stiff mixture into the tin, taking care it does not disturb the macaroni. Press the mixture well down. Cover the tin with greased paper

and steam it gently for an hour. Turn out the mold on a hot dish and pour any good sauce around it.

### Mutton Turnovers

Mix together 3 cupfuls of flour,  $\frac{1}{2}$  teaspoonful of salt and 2 scant teaspoonfuls of baking-powder, sift, then rub in 3 tablespoonfuls of butter, working thoroughly until the mixture is almost as fine as coarse meal. Mix to a soft dough with sweet milk, turn on a floured board and knead for a moment, then roll out a quarter of an inch thick. Cut in four-inch squares or circles. Put through the chopper some cold lean mutton. Measure, and for each packed cupful add 1 tablespoonful of grated onion,  $\frac{1}{4}$  of a teaspoonful of cinnamon and a slight seasoning of salt and pepper. Moisten slightly with equal parts of good gravy and tomato catsup; 2 tablespoonfuls to the cupful will probably be sufficient. On each piece of paste lay 1 spoonful of the mixture, double the paste, wet the edges slightly with water or white of egg, double and pinch them securely together. Brush the top of each with a little beaten egg yolk, lay well apart on a flat pan and bake in a quick oven. This simple recipe may be somewhat elaborated by substituting puff paste and frying in deep fat instead of baking; but the recipe as given is more suitable for children.

### Shepherd Pie

Chop some cold cooked mutton quite fine. Measure and for each pint add salt and pepper to taste,  $\frac{1}{2}$  teaspoonful of onion juice, a dash of curry powder and  $\frac{1}{2}$  pint of brown sauce. Mix and spread in a greased dish. Cover with a thick layer of hot mashed potato, dabbling the top with a little beaten egg yolk. Brown in a quick oven.

### Braised Breast of Lamb

With a sharp pointed knife remove the bones. Flatten the meat, sprinkle with salt and pepper, roll up and tie. In a deep kettle put a scant  $\frac{1}{2}$  cupful each of chopped onion, carrot and turnip. Add 1 large spoonful of dripping or salt pork fat and cook slowly until lightly colored. Lay in the meat, pour round it 1 pint of boiling water, cover closely and place in a moderate oven. Allow forty-five minutes to the pound ; add more water if it evaporates too much. When done strain the gravy and serve with the meat. Vary this by using stewed and strained tomato instead of water.

### Breaded Breast of Lamb

Place the meat in a kettle with water to cover salt, pepper and 1 slice of onion, cover and simmer *very* gently until the bones can be slipped out. When this has been done put the meat

under light pressure and set away over night. Cut in strips or leave whole. Brush with melted butter, sprinkle with fine dry bread crumbs and broil over a clear fire; flour may be used instead of crumbs.

#### Shoulder of Lamb, Stuffed

Have the shoulder boned. Make a stuffing with stale bread, salt, pepper, any sweet herbs, a little grated onion, a grating of lemon peel and melted dripping to moisten. Fill and skewer. Pour 1 cupful of water in the pan, add 1 table-spoonful of tomato catsup. Roast in a moderate oven, basting with the pan gravy.

#### Crown of Lamb with Peas

In cooking lamb care must be taken that it is made thoroughly done. With the length of the ribs on both sides a crown roast may be prepared which is very effective in appearance. Stand the two pieces with the bone side outwards and draw them round together to a circle tying or skewering them. Cover the ends of the bones with greased paper or a flour and water paste so that they will not char, then roast in a quick oven. In serving fill with peas.

#### Braised Lamb's Liver

There are many who may not know that a lamb's liver is quite as delicate as one from a calf while it has the additional merit of being less ex-

pensive. For braising arrange it in a small deep pan or in a casserole, on a bed of vegetables—sliced onions, carrots and turnips—add a bouquet of herbs (parsley, savory and thyme) and about 1 pint of stock sauce or water. Stewed tomatoes may be added and 1 teaspoonful of chopped green pepper. Bake in a moderate oven for from two to three hours keeping the dish closely covered.

#### Liver Boulettes

Wash 1 pound of either calf's or lamb's liver, place in a saucepan with  $\frac{1}{2}$  teaspoonful of salt and boiling water to cover, and simmer for three-quarters of an hour; if in slices, twenty minutes will be sufficient. Cool, and put through the food chopper. Scald  $\frac{1}{2}$  pint of milk in a doubler boiler; rub together to a paste 1 tablespoonful of butter and 2 tablespoonfuls of flour, add to the milk and stir gently until dissolved and the milk mixed to a thick sauce. Cover, and cook for ten minutes; then add salt and pepper to season highly, 1 teaspoonful of onion juice, 1 tablespoonful of chopped parsley and the chopped meat; stir well and set away until cold. Shape into small balls, dip each in egg, roll in fine dry crumbs and fry golden brown in deep, smoking hot fat.

#### Boiled Ham, Deviled

Rub well together 1 teaspoonful of mustard and 1 teaspoonful of olive oil, then add, gradually

with much stirring, 1 teaspoonful of lemon juice. Cut slices from a boiled ham nearly half an inch thick, broil quickly over a clear fire, lay on a hot platter and spread with the mixture.

### Ham Pie

Into a baking dish put a layer of potatoes sliced very thin and seasoned. Add a few bits of butter and then a layer of minced ham. Repeat with potatoes and ham until dish is filled. Add enough water to moisten the entire mass, and spread a crust over all. Bake about half an hour in a moderately hot oven. A biscuit crust or pie pastry may be used as for any meat pie. Do not salt too freely, since the ham is apt to be salt enough. For this dish also herbs may be used and a sprinkling of paprika over the ham. An excellent dish for luncheon.

### Ham and Egg Tartlets

Chop up finely 6 tablespoonfuls of cooked ham, put it in a basin, add 2 heaping tablespoonfuls of bread crumbs,  $\frac{1}{4}$  teaspoonful of white pepper, a grating of nutmeg, and  $\frac{1}{4}$  cupful of milk. Mix to a paste of moderate consistency. Butter some plain gem pans, sprinkle them with browned bread crumbs, and line each thickly with the prepared paste. Break carefully 1 egg into each of the molds, put 1 or 2 small pieces of butter on the

top of each egg, sprinkle over a little paprika and bake in the oven for ten minutes. Unmold carefully, and serve hot.

### Scalloped Ham and Macaroni

Break  $\frac{1}{2}$  pound of macaroni in two-inch lengths. Drop into a kettle of boiling salted water and keep at a galloping boil for about forty minutes or until tender, stirring occasionally with a fork. Drain, rinse thoroughly with cold water, and drain again. Make a sauce with 1 tablespoonful of butter, 1 of flour and  $\frac{1}{2}$  pint of milk. When smoothly thickened, stir in 1 cupful of finely chopped cold boiled ham,  $\frac{1}{2}$  of a teaspoonful of salt,  $\frac{1}{2}$  of a teaspoonful of made mustard, a dash of cayenne and 1 beaten egg. Fill a shallow baking dish with alternate layers of the macaroni, sauce and more chopped ham (a second cupful), sprinkle with buttered crumbs and bake in a quick oven until golden brown.

### Ham Croquettes, No. 1

Chop up finely 4 ounces of cooked ham, mix it with 2 chopped hard-boiled eggs, 1 tablespoonful of chopped parsley, a pinch of powdered herbs, seasoning of salt and pepper, an equal quantity of potatoes, cooked and mashed, and 1 beaten egg. Roll the mixture into balls rather larger than a walnut, brush over with beaten egg, roll in



fine bread crumbs, drop into smoking hot fat a few at a time and fry a light brown color. Drain on white paper and serve hot.

### Ham Croquettes, No. 2

Brown 1 tablespoonful of butter in a saucepan; when well colored add 2 tablespoonfuls of flour and brown again. Then add 1 cupful of beef stock and stir until thick and smooth. Season to taste with salt and pepper, add 10 drops of onion juice and 1 teaspoonful of mushroom catsup, 1 cupful of boiled rice and 1 cupful of finely chopped ham. Mix and set away until cold. Then shape into croquettes, dip into slightly beaten egg, roll in dried bread crumbs and fry in smoking hot fat. Serve with tomato or any good brown sauce.

### Ham Canapés

Cut stale bakers' bread in thin slices and from these stamp out crescents and circles. Melt a little butter in a frying-pan, and when hot quickly fry the bread on both sides to a pale brown. Chop fine some cold-boiled lean ham, season with paprika and a very little French mustard. Moisten with a little sweet cream, and spread on the canapés. Sprinkle thickly with grated Swiss cheese, and place in a moderate oven until the cheese melts and begins to brown. Sprinkle

with a little finely chopped parsley and hard-boiled egg white.

### Pork Tenderloins

Pork tenderloins are delightful, whether broiled or baked. For broiling they are usually split and brushed with butter. When cooked in the oven a delightful way is to split them almost through. Make a stuffing as for fowl, using fine crumbs, a seasoning of salt, pepper, a little fine thyme and grated onion and 2 tablespoonfuls of melted pork fat or butter for each cupful of the stuffing. Spread a thick layer of this over one of the opened loins, cover with a second loin and tie together in three or four places. Roast in a quick oven, basting often. This is equally good when cold, serving in thin slices.

### Bacon Fritters

Bacon fritters make a savory side dish for luncheon. Cut quite fine 6 slices of cold fried bacon and mix with 1 tablespoonful of grated onion. Cut the crust from  $\frac{1}{2}$  loaf of stale bread, soak for a few minutes in cold water, squeeze dry and crumble quite fine, mixing it with the fine crumbled inner portion. Season highly with salt, pepper and a pinch of powdered thyme, add 4 tablespoonfuls of melted suet or dripping and mold into small flat cakes, flouring them well. Fry in a pan in a little hot dripping.

### Sausages Served in Potato Ring

This is a good way to use left over potato. Whip the potato up with a little milk and season, then press into a ring mold if one possesses such an article; if not, then press into a ring with a spoon, using a buttered dish. Brush with butter and brown in a hot oven if a ring mold is not used; then bake until browned and hot. Slip upon a hot dish and arrange browned sausages in the center. If a ring mold is used it must be buttered also.

### Calves' Brains

When the brains are received drop at once in a bowl of cold water, changing it until all blood is drawn out and the brains look white. Carefully pull away as much of the covering membrane as possible. Place in a saucepan, add 1 teaspoonful of salt, 1 thin slice of onion, 1 sprig of parsley and boiling water to cover. Simmer very gently for twenty minutes, then drain and plunge in cold water if they are to receive a second cooking—as when breaded and fried. When to be served with black butter put in a small saucepan 2 tablespoonfuls of butter, add a slight dash of cayenne and heat slowly; let it color until almost black, then add 2 tablespoonfuls of plain or tarragon vinegar. Draw to one side until the brains are cooked and keep hot.

When the brains are done drain them quickly, arrange on a hot platter, pour over them the black butter, sprinkle with a little chopped parsley and serve as quickly as possible as they are at their best when piping hot.

### Philadelphia Scrapple

Take a cleaned pig's head, put in a kettle, cover with boiling water and simmer slowly until the meat falls from the bones. Remove skin and bones and chop the meat fine. Put the pot liquor in a cold place until next day; then remove the cake of fat which has formed over the top. Strain the liquor and return to the fire. When it boils, stir in the chopped meat and add a very high seasoning of salt and pepper. Sift in, slowly, fine corn-meal, adding it gradually until sufficiently thick to mold firmly when cold. Continue to stir for twenty minutes; then draw to one side, where it will bubble occasionally, and cook for an hour longer. Pour into wetted pans and set away until cold; then turn out on a platter and keep in a cold place. In winter this will keep for a fortnight or longer, according to the severity of the weather.

### Meat Roll

Take 1 pound each of lean beef, veal and pork. Remove all gristle, put through the food chopper

and mix well, adding  $1\frac{1}{2}$  cupfuls of fine crumbs made from stale bread sliced, toasted in the oven until lightly colored, then pounded or passed through the food chopper and sifted; 3 well-beaten eggs, 1 cupful of water, 1 tablespoonful of salt,  $\frac{1}{2}$  teaspoonful of white pepper or paprika, 1 onion grated,  $\frac{1}{4}$  of a teaspoonful each of grated nutmeg and curry powder. Work thoroughly with the hands and shape in a loaf. Arrange in a shallow pan, cover the top with thin slices of larding pork and bake for one hour and a quarter in a hot oven, basting every fifteen minutes. Serve either hot or cold—it is especially good sliced cold for luncheon or supper.

#### Irish Stew

Pare 4 large apples, 2 potatoes, and 2 good-sized onions; cut them into small pieces. Add 1 tablespoonful of finely chopped parsley, 1 pint of cold cooked meat cut in small pieces, 1 teaspoonful of salt, and a heavy seasoning of pepper. Put this into a saucepan, add 1 pint of stock; cover with a plain biscuit crust; put the lid on the saucepan and simmer gently for thirty minutes.

#### Potato and Meat Puffs

From some cold roast meat remove all gristle and fat and put through the food chopper. Sea-

son it highly, adding, if liked, some finely-minced cucumber or gherkin pickle or 1 teaspoonful of mustard pickle sauce. Mash some freshly-boiled mealy potatoes, let stand for five minutes, then work to a paste with 1 or more beaten eggs, according to quantity, adding salt and just sufficient flour to bind. Roll out rather thick, cut into large circles. Put 1 spoonful of the meat on each, double over and press the edges together with a fork. Bake in greased pans or fry in a little hot dripping.

#### Roman Meat Pudding

Mince 1 pint of cold veal, chicken, mutton or beef; take 1 cupful of good stock, nicely flavored, 1 egg, some lemon or tomato sauce, a little vermicelli or bread crumbs, pepper and salt; mix all together and season with a suspicion of onion and parsley. Line a meat mold or basin with some macaroni, previously boiled quite tender, fill the basin with the minced meat, steam for half an hour. Turn out of the basin and serve with a white sauce.

#### Dresden Patties

Take 1 long loaf of stale baker's bread fully two days old. Trim off all crust, then cut in slices fully two inches thick.

With a medium-sized cutter stamp out as many

round pieces as will be needed. Beat 2 eggs, add a pinch of salt and 1 pint of milk. Stand the rounds in a deep dish and pour this raw custard over and around them. Let stand until they have soaked as fully as possible without danger of breaking, then lift out carefully and drain for fifteen minutes. Beat 1 egg just enough to break the stringiness. Dip each pattie in this, then roll in fine dry bread crumbs. Have ready a kettle partly filled with smoking hot fat. Carefully put in 1 or 2 at a time and fry quickly golden brown. Lift out, drain for a moment on soft paper; then with a sharp pointed knife cut a circle in the top of each and lift it out, leaving a border an inch all around. With a spoon dig out the greater part of the soft center. These pattie cases may be filled with meat or fish cut fine and heated in a very thick sauce.

### Ravioli

The name ravioli is sufficiently unusual to imply some specially prepared dish. It is not, however, a complicated affair, and as it is capable of great variations and utilizes many left overs, it is worth a trial. Beat slightly the yolks of 3 eggs with 2 tablespoonfuls of cold water and a pinch of salt, add sufficient bread flour to make a stiff dough, and knead for five minutes. Cut in two pieces, and roll each out in a very thin sheet. At

regular intervals—about two inches apart—place on one sheet 1 small teaspoonful of filling. Round the base of each little heap wet the paste with a brush or the fingers dipped in cold water. Cover with the other sheet, and press down where the paste has been wet, then cut out with a round cutter. Be sure that the edges are well pressed together. Over the fire have a shallow saucepan half filled with boiling salted water. Into this drop the ravioli, bring the water quickly to the boil, then draw to one side and simmer for twenty minutes. Drain thoroughly, place in a baking dish, pour over a sauce and bake in a quick oven for about fifteen minutes. Fillings for the ravioli may be any scraps of meat or vegetables chopped fine, seasoned and moistened with a thick sauce; the same diluted may be used for the baking. With a beef or mutton filling use tomato sauce and a little grated cheese. With mushrooms, oysters or fish use a white sauce.

### Bobotee

Put 2 tablespoonfuls of butter in a frying-pan; add 1 slice of onion; fry until brown; add 2 ounces of bread, free from crust, and 1 pint of milk; mix lightly; take from the fire and stand aside for ten minutes. Blanch and chop 8 almonds very fine; add them to the other mixture; then add 1 teaspoonful of curry powder, 1 pint of



cold, cooked meat chopped fine, and 3 eggs well beaten; mix all the ingredients together. Rub a baking dish with butter, and sprinkle over it 1 teaspoonful of lemon juice, turn in the mixture and bake in a moderate oven for twenty minutes. Serve with it plain boiled rice.

### Fricadels

Mince any cold meat; measure an equal quantity of bread, soften it with cold water, add it to the meat, and season it highly with salt and cayenne; to each pint add 1 raw egg; put the frying-kettle, half full of fat, over the fire to heat; lay a skimmer on a dish with a sheet of coarse brown paper, slightly wet the hands with cold water and make up the meat and bread in little cork-shaped rolls, dropping them as they are formed into a dish of rolled cracker or bread crumbs. When the fat begins to smoke put in as many of the fricadels as will float, and fry them; when they are brown take them up with the skimmer, lay them on the brown paper for a moment to free them from fat, and then serve them hot. Parsley, cress or celery leaves, or sliced lemon may be used for a garnish, or fried parsley.

### Boudins

Chop cold cooked meat very fine, and to every pint allow 1 tablespoonful of butter,  $\frac{1}{2}$  of a cup-

ful of cream or milk, the whites of 3 eggs, 1 tablespoonful of chopped parsley, salt and pepper to taste. Melt the butter and pour it over the meat; add cream or milk and the seasonings, then pound it well with a potato masher and add the well-beaten whites. Fill custard cups two-thirds full of the mixture, stand in a baking-pan half filled with boiling water, and bake in a moderate oven for twenty minutes. When done turn them out carefully upon a heated dish and pour round them a sauce.

#### **Cecils from Cold Meat**

To every pint of cold chopped meat allow the yolks of 2 eggs, 2 tablespoonfuls of butter, 1 tablespoonful of bread crumbs, 1 tablespoonful of chopped parsley, salt and pepper to taste. Mix all the ingredients together and stir over the fire in a saucepan until heated through. When cold form into small round balls, dip in egg and bread crumbs and fry in smoking hot fat.

#### **Minced Meat in Onion Cups**

From any cold cooked meat trim away tough fat and gristle then chop fine. Season highly with salt and pepper. Take one-half as many Spanish onions as there are people to be served or 1 large ordinary onion for each person. Halve the first, cut tops from the second. With knife

or spoon scoop out the centers of each then steam until tender. In the meantime mince a portion of the loose onion, add to the minced meat, moisten with a good gravy or sauce and simmer gently for a few minutes. Arrange the onion cups on a hot platter, fill with the prepared meat, pour more gravy round them and serve. Cooked peas or other vegetables may be substituted for the meat.

#### Deviled Meat

Rub together 1 tablespoonful of soft butter,  $\frac{1}{4}$  teaspoonful of dry mustard, a dash of cayenne and  $\frac{1}{2}$  teaspoonful of salt, then gradually add 1 teaspoonful each of Worcestershire and vinegar. Cut underdone meat in slices and on both sides rub a little of the mixture. Heat 1 spoonful of butter in a frying-pan and in it quickly grill the slices, serving them as fast as sizzling.

#### Italian Fritters

Take 1 cupful of sifted flour, the yolk of 1 egg, 1 teaspoonful of vinegar, 1 teaspoonful of olive oil or melted butter and enough cold water to mix to a batter that will pour from a spoon. Add the stiffly whipped white and set away for two hours. Into this dip pieces of cooked meat or vegetables and fry brown in deep, smoking hot fat.

### China Chilo

Simmer together for half an hour 2 tablespoonfuls of butter,  $\frac{1}{2}$  can of drained peas, a small blade of mace, 1 pint of gravy, and salt and pepper to season. Remove the mace, add 1 pint of diced cold mutton and 1 head of lettuce torn in shreds, and simmer for fifteen minutes longer. Serve with a border of freshly boiled rice.

### Croquettes of Odds and Ends

Remove skin and gristle from any cooked meat, using several kinds if on hand. Cold mashed potato, rice or other starchy vegetables may be used if handy but not more than one-third of the whole quantity. To each pint of food add  $\frac{2}{3}$  of a cupful of thick brown sauce (using 2 tablespoonfuls of flour to the cup of liquid). Add seasonings to suit and set away until cold. Form in small croquettes. Dip each in beaten egg, roll in fine dry crumbs. Fry in sufficient smoking hot fat to immerse the croquettes. When brown drain an instant on soft paper.

### Broiled Tripe

When buying tripe for broiling select pieces as thick as possible and preferably of the honeycomb variety. Brush on both sides with melted butter and broil quickly over a hot fire. Add

more butter when on the hot platter. It goes without saying that the tripe has been purchased ready cooked, otherwise it must be boiled for at least six hours to make it thoroughly tender. As tripe is easily digested it is a favorite meat with many persons who must eschew other and less digestible meats.

### Virginia Stewed Chicken

From 1 or 2 roast chickens left from a previous meal, cut and dice the best portions so as to have fully 1 pint of meat. Take bones, etc., put in a kettle, cover with cold water, heat and simmer slowly for two hours, then strain. To this stock add the diced meat, 3 large, firm tomatoes peeled and cut fine, 1 green sweet pepper seeded and chopped, and the corn cut from 1 dozen ears. Reheat, thicken with 2 scant tablespoonfuls of flour dissolved in cold water, season to taste and simmer for fifteen minutes. Serve garnished with squares of fried hominy.

### Chicken Rissoles

Cook together in a saucepan 1 tablespoonful of butter and 2 tablespoonfuls of flour, add  $\frac{1}{2}$  of a cupful of milk and stir to make a thick, smooth paste. Season with salt, pepper, a few drops of onion juice, add 1 tablespoonful of cream and 1 cupful of finely chopped, cooked chicken ; cook

for a moment longer and set aside until cold. Roll out scraps of puff paste in a very thin sheet and cut in pieces three by four inches. Mold the chicken mixture in rolls as thick as the little finger and three inches long. Enclose each in a piece of the paste, wetting the edges and ends and pressing them together so that they will not become fat-soaked in the cooking. Dip each into slightly beaten egg and roll in fine crumbs. Have a deep saucepan partly filled with smoking hot fat. Immerse two or three at a time in the fat, and draw the saucepan back a little so that the rissoles will cook golden brown in four minutes. Reheat the fat each time that more are cooked.

### Chicken à la Burgen

Cut the remains of a cold chicken into neat pieces. Make a marinade in a pudding dish with salad oil, lemon juice, a little finely chopped onion and parsley, and a good seasoning of salt and pepper. Lay the pieces of chicken in this mixture and turn them occasionally. Make a batter with 2 tablespoonfuls of flour, 1 tablespoonful of water, yolk of 1 egg, and  $\frac{1}{2}$  a wine-glassful of brandy. Let this batter rest in a warm place for one hour, then stir in quickly the stiffly beaten white of egg, dip the pieces of chicken in the batter, fry at once in smoking hot

fat till a golden color, drain, pile high on a hot dish, and garnish with fried parsley.

### Pilaff of Chicken

Pick over and wash 1 cupful of rice, put it in a saucepan with 1 pint of rich beef or chicken stock,  $\frac{1}{2}$  of a teaspoonful of salt and 1 teaspoonful of onion juice. Cover and cook slowly until the liquid is absorbed, then add 1 pint of stewed and strained tomato. In five minutes season to taste, then cook slowly until the tomato is absorbed. Cut 1 pint of cooked chicken into dice, sauté it until a golden brown in butter. Turn it carefully into the rice, add 2 tablespoonfuls of butter, cover and set at the side of the fire for twenty minutes and serve on a platter.

### Chicken and Nut Croquettes

Free from skin and bone and chop fine sufficient cold cooked chicken to measure 1 scant pint. Blanch, dry and chop 2 dozen almonds or the same number of walnut meats. Scald 1 cupful of milk in a double boiler. Rub together to a paste 1 tablespoonful of butter and 2 tablespoonfuls of flour. Blend a little of the hot milk with this, turn into the double boiler and stir until very thick. Cover and cook for ten minutes. Mix nuts and chicken and add a very high seasoning of salt and pepper, 1 teaspoonful of lemon juice,

a few drops of onion juice and 1 tablespoonful of chopped parsley. To the cream add salt and pepper and the chicken, mix well, cook for a moment, and turn out on a buttered plate. When chilled, dust the hands slightly with flour and form into cylinders, or pyramids. Slightly beat 1 egg, add 1 tablespoonful of warm water. Into this dip each croquette, taking care that every point is wetted. Lift out and roll in fine, dry crumbs. Place in a basket, a few at a time, and plunge into deep, smoking hot fat. When brown, drain on paper before serving.

### Turkey Chartreuse

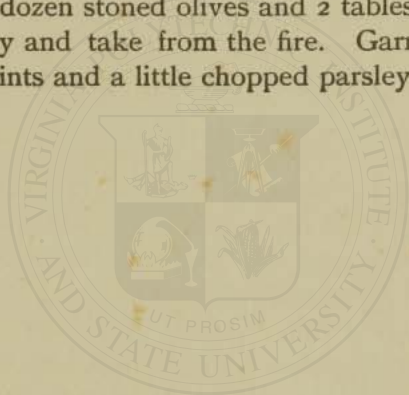
To use the remains of a turkey, line the bottom and sides of a buttered mold with boiled rice. Chop fine the turkey meat, add an equal amount of fine, soft bread crumbs, a high seasoning of salt, pepper, onion juice and chopped parsley, then stir in enough stock to just moisten. Pack this in the center of the mold, cover with the remainder of the rice and steam for an hour, serving it with a cream sauce.

### Salmi of Turkey

From the carcass of a turkey strip the meat, dicing the larger pieces; put the bits through the chopper, break the carcass and put in the stock pot. For a salmi cook together 2 table-



spoonfuls of butter, 1 tablespoonful each of chopped celery, onion and carrots and 2 tablespoonfuls of chopped raw ham. When browned add 2 tablespoonfuls of flour and brown again, then add 1 pint of thinned turkey gravy,  $\frac{1}{4}$  of a bay leaf,  $\frac{1}{2}$  of a blade of mace, 2 cloves and salt and pepper to taste. Stir and cook for five minutes, strain it over the diced turkey meat and return to the fire for ten minutes' slow cooking. Add 2 dozen stoned olives and 2 tablespoonfuls of sherry and take from the fire. Garnish with toast points and a little chopped parsley.



## VEGETABLES

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### Asparagus Toast

Cut cold, boiled asparagus into half-inch bits with a silver knife; if the supply is plentiful only the tips need be used. For 1 pint, toast 6 or 8 thin slices of stale bread and keep warm. In a saucepan mix 1 tablespoonful of butter, 1 tablespoonful of flour,  $\frac{1}{2}$  of a teaspoonful of salt and  $\frac{1}{4}$  of a teaspoonful of white pepper. Stir in gradually 1 cupful of hot milk. When thick and smooth simmer for five minutes, then add the prepared asparagus and draw to the side of the fire, or stand over hot water until the asparagus is heated. Dip each slice of toast, for an instant, in slightly salted boiling water, spread on a hot platter and pour the contents of the saucepan over it.

### Buttered String Beans

String and cut fine 1 quart of green beans. In a saucepan put 1 large tablespoonful of butter,  $\frac{1}{2}$  teaspoonful of salt,  $\frac{1}{4}$  of a teaspoonful of white pepper and  $\frac{1}{2}$  teaspoonful of grated onion. Cook slowly for three minutes, turn in the beans, cover closely and shake over the front

of the fire for five minutes. Add  $\frac{1}{3}$  of a cupful of boiling water, stir well, recover and draw aside where they will cook slowly. As often as there is danger of burning add a few spoonfuls more of boiling water. When very tender uncover for five minutes that any liquid remaining may evaporate. When cooked in this way they have a peculiar mellowness never found in beans cooked in a large quantity of water.

### Succotash

Old time succotash is made with shelled lima beans and corn cut from the cob. Put the beans on in as little water as possible, adding salt and pepper to season; when half done—in about twenty minutes—add a double amount of raw corn cut from the cob, and continue simmering until done. This may be slightly thickened with flour, and butter and milk added.

### Stewed Beans, Onion Sauce

Soak 1 pint of small white beans over night. Drain, rinse, add fresh cold water, cook very slowly until tender but unbroken. In a clean saucepan put 1 large tablespoonful of butter and  $\frac{1}{2}$  cupful of chopped onion. Cook very slowly until the onion is tender and very slightly yellow. Add 1 tablespoonful of flour, stir until mixed, then slowly add 1 pint of hot milk, stirring until thick-

ened. Season with salt and pepper, simmer ten minutes, rub through a sieve. Drain the beans, add the sauce and simmer ten minutes. Celery sauce, made in the same way, a good brown gravy or a tomato sauce, may also be used.

### Red Beans, Bretonne Style

Pick over and wash some red or kidney beans. Cover with cold water and soak over night then drain. Add more fresh cold water, heat and cook very slowly until the beans are perfectly tender but unbroken. As they reach this stage allow the liquid on them to evaporate so that, when done, they are nearly dry. For 1 large pint of the beans heat in a frying-pan 1 tablespoonful of good sweet dripping, add 2 tablespoonfuls of chopped onion and cook until the onion is slightly colored. Add the beans and stir occasionally until they look slightly fried. Turn them into a dish and sprinkle with chopped parsley. In Brittany when so prepared they are served round a roast of mutton.

### Bean Croquettes

Soak and boil either red or white beans until very tender. Drain, put 1 pint through a fine sieve. Add the beaten yolks of 2 eggs, salt and pepper to taste, 1 teaspoonful of melted butter, 1 teaspoonful of onion juice and 1 tablespoonful of

chopped parsley. Mold into little cakes or croquettes, dip each in slightly beaten egg, roll in fine dry bread crumbs and fry golden brown in smoking hot fat.

### Stuffed Cabbage

Take 1 good solid head of cabbage and remove part of the center very carefully. Pack the cavity with sausage meat, sprinkle salt over it, and cover with a large cabbage leaf securely tied in place. Place in a kettle of boiling water, and when it is boiling sufficiently fast remove the cover and boil for one hour.

### Cream Slaw

Into a saucepan put  $\frac{1}{2}$  of a tablespoonful of butter, 2 tablespoonfuls of sugar and 1 cupful of vinegar and heat to the boiling point. Rub 1 level teaspoonful of flour to a paste with 2 tablespoonfuls of sour cream, add 1 beaten egg and 6 tablespoonfuls more of the sour cream. Pour over this carefully the hot vinegar mixture and return to the fire, stirring until thickened. Strain it over 2 quarts of finely shaved cabbage which has previously been seasoned with  $\frac{1}{2}$  teaspoonful of salt and  $\frac{1}{4}$  teaspoonful of pepper.

### Stewed Carrots

Pare and cut into dice 2 good-sized carrots, cover with boiling water, add 1 teaspoonful of

salt and let them simmer for two hours or until tender. When done, drain, and pour over them a cream sauce.

### Fried Carrots

Pare and boil several good-sized carrots ; drain thoroughly. Cut lengthwise into rather thin slices, dip in egg and bread crumbs, and fry in smoking hot fat. Cold carrots may be re-cooked in this way.

### Glazed Carrots

Wash, scrape and cut into even slices ; simmer until nearly tender in salted water ; drain, put into a saucepan with 1 tablespoonful of butter, 1 teaspoonful of salt, 1 teaspoonful sugar, and have enough stock to cover. Boil uncovered until the stock is reduced to a glaze.

### Carrot Fritters

Boil several good-sized carrots until very tender ; press through a sieve and season to taste with butter, salt and pepper. Shape the carrots in small, flat cakes, and sauté in butter.

### Carrots and New Potatoes

Clean and scrape a number of very small carrots ; wash and scrape twice as many new potatoes. Boil the latter as usual ; cook the carrots in as little water as possible, adding a little salt,

sugar and 1 teaspoonful of butter. Quarter the potatoes as soon as done and add to the carrots ten minutes before they are to be served. Allow the water to almost evaporate. Add another teaspoonful of butter and when in the serving dish sprinkle with a little finely chopped parsley.

### Cauliflower Fritters

Use any left-over pieces of boiled cauliflower. The outside green leaves if cut in pieces and cooked until tender may also be used. Mix together 2 well-beaten eggs,  $\frac{1}{2}$  cupful of milk,  $\frac{1}{2}$  teaspoonful of salt, a dash of pepper, 1 tablespoonful of melted butter or dripping, and sufficient flour to make a drop batter. Have ready a deep kettle partly filled with smoking hot fat. Dip each piece of cauliflower into the batter, drop into the hot fat and cook until golden brown.

### Cauliflower au Gratin

From 1 large, firm head of cauliflower remove the coarse green leaves and soak, head downward, in cold salted water for an hour or more; this will dislodge insects or small worms. Drain, place in a saucepan stalk downward, cover with boiling water, add  $\frac{1}{2}$  teaspoonful of salt, and boil gently but constantly until the central stalk can be easily pierced with a fork. Drain, and with a silver knife cut the head apart into flow-

erets. Make a cream sauce with 1 tablespoonful of butter, 1 tablespoonful of flour,  $\frac{1}{2}$  teaspoonful of salt,  $\frac{1}{2}$  teaspoonful of white pepper and 1 cupful of milk. Butter a baking dish and fill it with alternate layers of the sauce and cauliflower. With  $\frac{1}{2}$  cupful of fine stale bread crumbs mix a pinch of salt and 2 tablespoonfuls of melted butter. Spread this over the cauliflower and place in a quick oven until browned.

### Corn Dumplings

Make a good biscuit dough, roll thin, cut in rounds. On each put 1 spoonful of seasoned corn pulp, draw and pinch the edges together and steam twenty minutes. Serve with chicken fricassee.

### Corn, Tomatoes and Onions

Thinly slice white onions and let stand in salt water for half an hour, then drain. Take an equal quantity of sliced tomatoes and twice as much corn cut from the cob. Put in layers in a buttered deep dish, seasoning well with salt and pepper. Bake in a moderate oven, covered, for an hour, then uncover and brown.

### Corn Entrée

Score and scrape 1 dozen raw ears, steam the pulp twenty minutes. Put 1 pound of raw chopped beef in a saucepan with 2 heaping



tablespoonfuls of butter; heat slowly and stir until the juices are drawn out. Press out every drop of juice, using a small meat press if possible. Return the juice to the fire, season with salt, pepper, a suspicion of mace and thyme. Stir in a little flour and water paste to make slightly thicker than cream—the exact quantity depending upon the amount of meat juice. Butter a baking dish, put in it the corn and over it pour the gravy. Over all put a layer of grated Swiss cheese and bake in a hot oven until well browned.

#### Corn in Tomato Cups

To each pint of raw corn pulp add a high seasoning of salt and pepper and 2 tablespoonfuls of melted butter. From large firm tomatoes cut off the stem end and scoop out the centers. Fill with the prepared pulp, stand close together in a baking dish and bake for half an hour in a quick oven.

#### Corn Boats

Boil nicely shaped sweet potatoes until almost done. Cool, skin, halve them lengthwise and scoop out the inside of each. Rub inside and out with soft butter, dust with salt and pepper. Fill with corn pulp, well seasoned, cover with a little cream sauce, then with buttered crumbs and bake in a moderate oven.

### Baked Peppers and Corn

Score and scrape from the cobs enough raw corn to make 1 pint. Open 2 sweet green peppers, remove seeds and white veins and shave very fine. Put corn and peppers in a buttered baking dish, seasoning with salt. Pour over the top 1 cupful of thin cream with which has been mixed 1 beaten egg and 2 tablespoonfuls of melted butter. Bake for forty minutes in a quick oven.

### Corn and Celery Fritters

The combination of celery and corn in fritters is a good one. A cupful of the raw, pulped corn is to be mixed with the same amount of finely chopped celery, and to this add  $\frac{1}{2}$  teaspoonful of salt,  $\frac{1}{4}$  of a teaspoonful of pepper, 2 eggs, the whites and yolks beaten separately, 3 tablespoonfuls of flour and 1 teaspoonful of baking-powder. Drop by spoonfuls into a little hot butter or butter and lard mixed, and fry quickly. Should the batter prove a trifle thin (as it may if the corn is very milky), add part or all of another spoonful of flour.

### Cucumbers Espagnole

Take young, firm cucumbers; peel and cut lengthwise in thick slices. Dip each slice in flour which has been highly seasoned with salt and pepper and quickly fry to a rich brown in a

little hot dripping. Lift, drain well from the fat and arrange in a shallow saucepan. In the meantime cook slowly 1 tablespoonful of minced onion in 1 tablespoonful of butter. When changing color add 1 tablespoonful of finely chopped ham or bacon—preferably the former—and 2 scant tablespoonfuls of flour. Stir until well colored then add  $\frac{3}{4}$  of a cupful of thin strained tomato and 1 cupful of beef stock or gravy; stir until smoothly thickened; season with salt and pepper. Strain this over the browned cucumbers in the saucepan and simmer slowly until they are very tender but not broken. Have ready pieces of hot buttered toast the size and shape of the cucumber slices. Arrange these on a hot platter, place the cucumbers on them and pour the sauce round.

#### Cucumbers, Brown Sauce

Pare and slice lengthwise some firm cucumbers. Salt and pepper each piece, flour well and fry quickly in a little butter. To the fat remaining in the pan add 1 tablespoonful of flour, stir until brown, slowly add 1 cupful of water or stock and stir until smoothly thickened. Season to taste and pour round the cucumbers. Young squash may be cooked in the same way.

#### Cucumber Ragout

Pare and cut some nice cucumbers in half-inch crosswise slices. Slice equal amounts of firm to-

matoes and medium-sized white onions. Flour and fry together the cucumbers and onions, using a little salt pork fat or butter. When brown lay in the tomatoes, add 1 tablespoonful of flour rubbed to a paste with a little extra fat. Stir in  $\frac{1}{2}$  pint of water (or weak stock if on hand); when smoothly thickened add 1 teaspoonful of salt, pepper to taste and simmer, covered, for one hour. Just before serving add 1 tablespoonful of walnut catsup.

#### Stuffed Cucumbers

Chop fine any kind of cold cooked meat, measure and add to it one-half of its bulk of cold boiled rice and a high seasoning of salt, pepper, onion juice and a pinch of curry powder. Pare large cucumbers, cut in two-inch lengths and carefully scoop out the centers. Fill with the stuffing and lay in a shallow pan. Pour in a half inch of seasoned beef stock, cover and simmer slowly at the side of the fire until the cucumbers are tender. Serve on thin squares of toast, pouring the gravy round at the last.

#### Smothered Cucumbers

For this dish use cucumbers which are quite old but not yellow. Pare and cut lengthwise in quarters. Scrape off and discard the seeds. Cut the pulp into half-inch pieces, measure and place

in a saucepan. For each pint add a scant  $\frac{1}{2}$  teaspoonful of salt, a pinch of sugar,  $\frac{1}{4}$  of a teaspoonful of paprika (sweet red pepper) and 1 tablespoonful of butter. Cover closely, stand over the front of the fire for five minutes, shaking vigorously, then draw back where the cucumbers will cook slowly for fifteen minutes. No liquid is needed as sufficient will be drawn from the vegetable to form a sauce. Garnish with toast points.

#### Cucumber Fritters

Pare, discard seeds and grate rather old cucumbers. Press and discard the juice. To 1 pint of pulp add 3 well-beaten eggs,  $\frac{1}{2}$  teaspoonful each of salt and black pepper and enough flour to make a drop batter. Fry by spoonfuls dropped in deep fat or sauté in a little fat in a spider. Squash or tomato fritters may be made in the same way.

#### Fried Eggplant

With a sharp knife cut a firm eggplant in quarter-inch slices. Trim off the skin, dip each slice in slightly beaten egg, then cover with fine dry bread crumbs. Have some fat heated in a kettle; it should be at least an inch deep and smoking hot. Drop in as many slices as can be cooked at once and fry golden brown. When

well colored skim out and drain each piece on soft paper before arranging on a hot platter. Do not pile one on another and do not salt or the pieces will quickly lose their crispness; serve at once. This method gives a more digestible result than sautéing in a shallow pan, and the preliminary salting and pressing out of the acrid juice can be dispensed with.

### Baked Eggplant

To bake, boil the whole eggplant in salted water for twenty minutes, halve it with a sharp knife, scoop out the centers; chop and mix this portion with bread crumbs, a little finely cut raw tomato, chopped parsley, onion juice and seasonings. Refill the shells with the mixture, cover with buttered crumbs and bake for half an hour in a hot oven.

### Baked Onions

Peel and cut white onions in thick slices. Place in a saucepan, add 1 teaspoonful of salt, cover with boiling water and boil for ten minutes. Arrange in layers in a baking dish with salt, pepper and bits of butter. Pour in stock to half fill the dish and bake slowly until tender. In a frying-pan stir 1 tablespoonful of butter and  $\frac{2}{3}$  of a cupful of coarse bread crumbs until slightly browned, then cool. Mix with an equal quantity

of grated cheese, dust with pepper, spread over the onions and return to the oven until the cheese is melted.

### Creamed Onions

Select onions of medium and even size ; the white variety is milder than the red. Peel, cover with boiling water, let stand for five minutes, then drain ; this makes them less rank in flavor. Place in a saucepan, add  $\frac{1}{2}$  teaspoonful of salt, barely cover with boiling water, and boil slowly until tender through and through ; this will take fully an hour and a half unless they are small. In another saucepan melt and mix together over the fire 1 large tablespoonful each of butter and flour ; gradually stir in  $\frac{3}{4}$  of a cupful of milk and a like quantity of the water in which the onions are cooking. When smoothly thickened, add salt and pepper to taste, transfer the cooked onions to the sauce and keep at the side of the fire for ten minutes.

### Scalloped Onions

Peel 1 dozen white onions of moderate size and boil in salted water until tender, changing the water two or three times, according to the delicacy of flavor desired. Prepare 1 cupful of white sauce using 1 tablespoonful of butter, 1 heaping tablespoonful of flour,  $\frac{1}{2}$  of a teaspoonful of salt,  $\frac{1}{4}$  of a teaspoonful of white pepper

and 1 cupful of milk. Drain the onions, turn them into a buttered baking dish, pour over them the white sauce and cover them with  $\frac{1}{3}$  of a cupful of fine dried bread crumbs mixed with 1 teaspoonful of melted butter and a dash of salt. Bake in a hot oven until the crumbs are browned.

### Deviled Green Onions

Peel, trim and cut into inch lengths 2 bunches of green onions. Cook them in 1 pint of veal stock until tender. Make 1 cupful of white sauce, using equal quantities of stock and milk; when smooth and thick add to this 2 finely chopped gherkins,  $\frac{1}{3}$  of a teaspoonful of dry mustard and 2 well-beaten egg yolks and take from the fire. Have ready 3 or 4 slices of dry toast arranged in a shallow buttered dish, pour over it half of the sauce; add the drained onions, then the remainder of the sauce. Cover with a layer of buttered crumbs and brown in a quick oven.

### Onion Fritters

For this select as large green onions as possible, trim and cut them six inches long. Place in a saucepan, cover with equal quantities of hot milk and stock, add salt, pepper, 1 bay leaf, 1 blade of mace and 1 sprig of thyme and simmer for fifteen minutes or until barely tender. Drain and when cold dip each into a warm, thick white



sauce made with 2 tablespoonfuls of flour to 1 cupful of milk, lay on a buttered platter and set aside until cold. Roll in finely-sifted bread crumbs, dip into slightly-beaten egg and roll again in the crumbs. Fry golden brown in deep, smoking hot fat. If desired, fritter batter may be used in place of the sauce and the crumbling omitted.

### Baked Apples and Onions

Peel and thinly slice equal parts of onions and tart apples. Butter a baking dish then fill it with alternate layers of the onions, apples, salt, pepper, a pinch of sugar and a few bits of butter. When the dish is full pour over a little boiling water—just enough to keep from burning—cover closely and bake in a moderate oven until very tender.

### Parsnip Fricassee

This is savory and good. Cut  $\frac{1}{2}$  pound of fat pickled pork in narrow fingers, brown slightly, cover with boiling water and simmer one hour. Add 8 parsnips pared and quartered and more water to cover; when boiling add 1 quart of quartered potatoes and simmer until the vegetables are tender. Drain off the water and replace with milk, season highly and simmer ten minutes after thickening slightly. Stir in 1 egg mixed with milk and turn into a hot dish.

### Peas and Potatoes

Take the knuckle end of a ham which has 2 pounds or more of meat still on it; wash thoroughly, cut off all the rind, put in a saucepan with 3 quarts of cold water, heat slowly and simmer until the meat is tender. Transfer the ham to a dish and boil the liquid rapidly until reduced to 1 quart. Add 1½ pints of shelled green peas and 15 new potatoes of medium size which have been washed and scraped. Boil slowly until the two vegetables are tender. Cut the ham in thin slices and arrange it round the edge of a platter. Turn the peas on the dish; in the center push them aside and lay in the potatoes. Sprinkle with a little white pepper and send at once to the table.

### Saratoga Potatoes

Pare the potatoes, then cut in very thin slices into ice-cold water. Soak for fifteen minutes. Take out only the number of pieces at a time that you are going to fry. Dry on a soft towel. Fry in smoking hot fat; remove with a skimmer and drain on brown paper.

### Browned Hashed Potatoes

Chop 2 cold boiled potatoes rather fine, season with ½ teaspoonful of salt and a dash of pepper. Put 1 tablespoonful of butter in a frying-pan;

when hot, put in the potatoes, smooth them carefully over the bottom of the pan, cook slowly without stirring until the potatoes are golden brown and are sort of stuck together. A sprinkling of chopped parsley may be added and the potatoes rolled over like an omelet. Roll very carefully or they will fall to pieces.

### Creamed Hashed Potatoes

Delicious creamed hashed potatoes are prepared as follows: Boil small potatoes with their skins on. After boiling let them get very cold, then peel them and chop very fine in a chopping bowl. For 1 pint of chopped potatoes melt 1 heaping tablespoonful of butter in a saucepan, then drop the potatoes in; pour in enough cream to cover the potatoes, season with a little salt and let them simmer over a slow fire until the cream is absorbed; then serve in a hot dish.

### Scalloped Ham and Potatoes

Put through the chopper enough cold boiled ham to give 1½ cupfuls. Cut 6 large boiled potatoes in thin slices. In a saucepan mix together 2 tablespoonfuls each of butter and flour, 1 scant teaspoonful of salt and ⅓ of a teaspoonful of white pepper. When bubbling, stir in gradually 1 pint of hot milk and cook until smoothly thickened. In a buttered dish put alternate layers of potato,

ham and sauce until all are used. With  $\frac{1}{2}$  cupful of stale bread crumbs, mix 1 tablespoonful of melted butter, spread this over the top and bake in a quick oven until browned.

### New Potatoes as Prepared in the South

Scrape and boil, as usual, medium sized and small new potatoes. Place a quantity of butter in the frying-pan, and when brown put the potatoes in whole, turning them again and again until they are nicely browned on all sides.

### Potatoes au Gratin

For breakfast potatoes au gratin are appetizing. Boil 12 medium sized potatoes in the usual way till tender, with a little salt, drain and dry; then divide each potato in halves, lengthways. Brush over with plenty of melted butter, sprinkling liberally with grated Parmesan cheese. Lay them in a buttered tin and bake in a hot oven until a nice light brown color. Serve hot on a folded napkin.

### Kentucky Potatoes

Pare and thinly slice 6 large potatoes; wash and soak them in cold water for half an hour. Place in a baking dish, season with 1 teaspoonful of salt and  $\frac{1}{3}$  of a teaspoonful of white pepper. Pour over  $1\frac{1}{2}$  cupfuls of milk and bake

in a hot oven until tender—about forty minutes. When half done add  $\frac{1}{2}$  tablespoonful of butter.

### Milanaise Potatoes

Pare and boil as many potatoes as desired. When done press through a ricer into a heated bowl and whip with a fork, adding, little by little, enough boiling hot chicken stock to make them creamy. Season with salt and white pepper, then add as much whipped cream as will bring them to such consistence that they can be slowly beaten with an egg beater. Beat for full five minutes, heap them in a buttered baking dish, sprinkle with grated Parmesan cheese and brown lightly in a very hot oven. Send directly to the table.

### Potatoes Barigoule

Peel and wash as many small potatoes as will be needed for the meal. Place in a saucepan and pour over them sufficient clear soup stock to cover. Add  $\frac{1}{2}$  of a teaspoonful of salt and boil until tender, then drain. In a small saucepan have heating sufficient fat to immerse the potatoes—the originator of this recipe calls for olive oil. When the fat is smoking hot gently drop in the potatoes and cook just long enough to color them a uniform brown. Drain on paper, place in a serving dish, sprinkle with salt, pepper and 1 tablespoonful of vinegar and serve quickly.

### Surprise Potatoes

Select large smooth potatoes and bake them in a very hot oven. When tender cut off the end of each and with a spoon scoop out into a heated bowl, taking care not to break the skins. Put through a ricer or mash until smooth, and for every 3 potatoes add 1 large teaspoonful of butter, 1 tablespoonful of cream and salt and pepper to taste. When well beaten stir in lightly the stiffly whipped white of 1 egg and refill the skins. Put on the covers and place in a brisk oven long enough to make very hot.

### Potato Roses

Boil mealy white potatoes, and as soon as done put through a ricer and prepare with milk, butter and seasoning as for ordinary mashed potatoes. Have ready a pastry bag with a large sized rose end. Put the potatoes in this and press out on a flat, greased pan in the shape of roses. Dabble the top of each with beaten egg yolk and brown in a quick oven. If no pastry bag is on hand shape into cones with a broad-bladed knife and finish in the same way.

### Potatoes Genevoise

Peel, wash and drain 4 rather large potatoes and cut into long, thin shreds with a fluted vegetable cutter, or slice, then cut into strips. Season

them, after washing and drying, with  $\frac{1}{2}$  of a teaspoonful of salt and  $\frac{1}{4}$  of a teaspoonful of white pepper. Have ready  $\frac{1}{3}$  of a cupful of grated Parmesan or dry American cheese. Butter a number of patty pans, and fill them with alternate layers of the potatoes and cheese; over the top of each drop 1 tablespoonful of melted butter. Stand the pans on the top of a hot stove for two minutes, then place in a hot oven, and bake for twenty-five minutes. Send to the table in the little dishes.

### Philadelphia Potatoes

Cut into half-inch dice sufficient cold boiled potatoes to measure 1 pint. Make a white sauce by putting in a saucepan 1 tablespoonful of butter, 1 tablespoonful of flour,  $\frac{1}{2}$  of a teaspoonful of salt and  $\frac{1}{4}$  of a teaspoonful of white pepper. Stir until mixed, then add gradually  $\frac{1}{2}$  of a pint of hot milk, and continue stirring until thick and smooth. Put potatoes and sauce in alternate layers in a baking dish, pour over the top 1 well-beaten egg, and brown in a hot oven.

### Potato Turnovers

Boil and mash sufficient potatoes to measure 1 pint. As soon as mashed add 1 well-beaten egg, salt and pepper to taste and 1 tablespoonful of flour. Turn on a well floured board, roll out

carefully and cut in circles the size of a tea saucer. On each place a large spoonful of cold meat chopped very fine and highly seasoned. Double over and pinch each together like a turnover. Arrange on a flat greased pan, brown in a hot oven and serve with a brown or tomato sauce.

### Potato Roll

Put 1 cupful of cold mashed potatoes in a saucepan, add  $\frac{1}{4}$  of a cupful of milk and a palatable seasoning of salt and pepper, 1 tablespoonful of chopped parsley and 2 well-beaten eggs. Mix thoroughly, take from the fire, beat until light. Put 1 tablespoonful of butter in a frying-pan; when hot, put in the potatoes spread evenly over the pan, cook slowly until a golden brown. Roll like omelet and serve smoking hot.

### Potato Farci

Cut uncooked potatoes into halves; scoop out the centers with a vegetable scoop into the form of a cup. Mince some cold cooked meat, season it with salt and pepper, and pour over it a small quantity of melted butter, say 1 tablespoonful to each  $\frac{1}{2}$  pint of meat. Put this into the potato cups and bake in a moderate oven until the potatoes are done. When done, take from the fire, add 1 tablespoonful of boiling stock to each and serve. The portion of the potato scooped out



may be used for mashed potatoes or made into potato croquettes.

#### Delmonico Hashed Potatoes

Pare uncooked potatoes; cut them into very small dice; throw them into cold water and soak for thirty minutes. Drain, put them in a baking dish, cover with milk, dust with salt and pepper, add a little butter cut in bits, and bake in a moderate oven for forty-five minutes.

#### Potato Balls

Wash the necessary amount of potatoes, throw without paring into boiling water and boil until tender, but not soft, a little underdone. Drain, remove the skins and with a potato scoop cut them into round balls. When ready to serve, put them into a frying-basket, sink into smoking hot fat and fry until a golden brown. Drain, dust with salt and serve, either alone or as a garnish to baked or broiled fish, or broiled steak.

#### Potato Cakes

Take 2 cupfuls of cold mashed potatoes; mix well with the yolk of 1 egg. When well mixed, form into small rather flat round cakes. Put 2 tablespoonfuls of ham or beef drippings in a frying-pan, and when hot put in the cakes. Brown on one side, then on the other and serve.

### Creamed Raw Potatoes

Cut 6 raw potatoes into dice. Boil ten minutes in boiling salted water. Drain off the water. Add milk to cover, and let simmer until potatoes are tender. Then add 1 teaspoonful of butter, chopped parsley, salt and pepper. Shake well and serve.

### German Potato Dumplings

Scrub any number of large potatoes and bake them in their skins. As soon as done break open, scoop out the insides and press through a ricer, setting aside until cold. To 1 heaping cupful of the potato allow  $\frac{1}{4}$  of a teaspoonful of salt, a tiny pinch of nutmeg or mace, 1 tablespoonful of fried bread crumbs and 1 teaspoonful of beef suet chopped as fine as dust (this can be done by sprinkling over it the measured flour). Mix to a very thick batter or soft dough with beaten egg. Flour the hands and mold into tiny dumplings. Drop into boiling salted water and simmer for fifteen minutes.

### Baked Sweet Potatoes, Creole Style

Peel  $\frac{1}{2}$  dozen medium sized sweet potatoes. Put them into a deep pan, and half cover them with a nicely seasoned gravy from a roasting joint of beef, mutton or pork. Set them in the oven and bake until tender, taking care to baste them from time to time.

### Sweet Potato Croquettes

Boil some sweet potatoes, then drain, peel and mash. To 1 pint beat in 1 tablespoonful of butter, salt and pepper to taste. As soon as they can be handled form into croquettes, dip in egg and crumbs and fry brown in deep, smoking hot fat.

### Salsify Fritters

Scrape the salsify, throw it for a few minutes into cold water, then cut it in small pieces and cook it until done in slightly salted water. While hot, mash with 1 tablespoonful of butter. Make a batter of 1 egg, 1 tablespoonful of flour, 1 of milk, season with pepper and salt. Make the salsify into small flat cakes, dip in the batter and fry in boiling lard.

### Creamed Spinach

Wash, cook, drain and chop fine  $\frac{1}{2}$  peck of spinach. In a saucepan melt 1 tablespoonful of butter; add 1 tablespoonful of flour,  $\frac{1}{2}$  teaspoonful of salt,  $\frac{1}{3}$  of a teaspoonful of pepper and cook for two minutes. Gradually stir in  $\frac{3}{4}$  of a cupful of rich milk until smoothly thickened. Add the spinach; draw to one side and simmer gently for ten minutes. Serve on toast.

### Scalloped Spinach and Macaroni

Scalloped spinach and macaroni is an Italian combination of decided merit. Pick over and

wash the spinach carefully, then boil in salted water until tender; drain, pressing with considerable force that it may be as dry as possible, then put through the food chopper. Boil  $\frac{1}{3}$  of a package of macaroni in salted water until tender, turn into a colander and rinse with cold water; let stand to drain, then cut in two-inch lengths. Hard boil 2 eggs and heat  $\frac{1}{2}$  cupful of brown sauce or gravy. Mix this with the spinach and season well. In a deep, buttered dish put alternate layers of the macaroni, spinach, chopped eggs and grated cheese until the dish is filled. Have cheese on top, dot with bits of butter and bake in a hot oven until browned.

### Squash Puffs

Press dry cooked squash through a sieve; to each cupful add 2 tablespoonfuls of melted butter, 4 tablespoonfuls of milk, salt and pepper to taste, 2 beaten egg yolks. When well beaten fold in carefully the 2 whites stiffly beaten. Turn into buttered cups or molds, stand in a pan of hot water, place in a moderate oven until firm in the center. Turn out carefully and serve with a good white sauce.

### Stuffed Squash à la Creole

Use 1 or more crookneck or patty pan squashes. Cut out a piece at the stem end and

carefully remove seeds and central soft pulp. Dry some sliced bread very thoroughly in the oven, then put it through the food chopper. Make an estimate of the quantity of filling needed to stuff the squash ; then for each cupful of bread crumbs allow  $\frac{1}{2}$  cupful of chopped firm tomato (watery juice discarded), 1 tablespoonful of chopped onion, 2 tablespoonfuls of chopped sweet red pepper, a scant  $\frac{1}{2}$  teaspoonful of salt, 2 dashes of cayenne, 1 heaping tablespoonful of chopped boiled ham and 2 tablespoonfuls of melted butter. Lightly fill the squash with this, pin on the covers and steam until very tender. Cut in slices and serve with a savory tomato sauce.

#### Tomatoes Portugaise

Peel and thinly slice 2 mild onions. Peel and cut into quarters 1 quart of small firm tomatoes. Put together in a saucepan, cover and cook slowly for twenty minutes, shaking occasionally to prevent sticking. Add 1 pint of thickened beef gravy and a high seasoning of salt and pepper. Cook fifteen minutes longer, add 1 pint of hot boiled rice, stir carefully for a moment and send to the table with an extra bowl of the gravy.

#### Tomato Curry

Tomato curry may be a new idea to some—it certainly is a tasty dish. Scald, skin and cut

fine 4 large tomatoes; finely chop 1 small onion and 1 tart apple. Fry the onion in 1 teaspoonful of butter, add the apple and cook for five minutes. Pour over enough stock to cover, stir in the tomatoes, 1 teaspoonful of lemon juice or vinegar, 1 small teaspoonful of curry powder and salt to taste. Heat to the simmering point, add  $\frac{1}{2}$  cupful of well washed rice and cook until the moisture is barely absorbed, then stir in 1 tablespoonful of butter.

#### Tomatoes Lyonnaise

Peel  $\frac{1}{2}$  dozen firm tomatoes of medium size and cut into eighths. Peel and chop rather coarsely 2 Bermuda onions or use 1 small Spanish onion. Put the latter in a frying-pan with 1 large tablespoonful of butter and cook very slowly, stirring occasionally, until the onion begins to change color. Add the tomatoes and a high seasoning of salt and pepper; draw the pan forward and cook more rapidly for about twenty minutes or until the tomatoes are quite tender. Add  $\frac{1}{2}$  cupful of strong beef stock and simmer for five minutes longer. Sprinkle in 1 tablespoonful of finely chopped parsley and turn into a serving dish.

#### Tomatoes Stuffed with Macaroni

Cut off the stem ends of solid tomatoes and with a spoon carefully remove the seeds. Cut

the macaroni in very small pieces, season it with salt, pepper and onion juice, and fill the cavities. Lay a bit of butter on each and bake thirty minutes in a quick oven.

### Tomato Toast

Stew  $\frac{1}{2}$  of a can of tomatoes, 1 clove, a sprig of parsley, a slice of onion,  $\frac{1}{2}$  of a cupful of water and salt and pepper to taste for twenty minutes, then press through a sieve. Return to the fire, thicken with 1 scant tablespoonful of corn-starch or 1 tablespoonful of flour dissolved in a little cold water, and simmer for five minutes. Have ready a number of slices of toasted bread. Spread on a platter, pour the tomato over them, cover for a moment or set in a cool oven that the toast may soak and swell, and serve. Nice for lunch or a hot supper

### Tomatoes on Toast, Indian Style

Cut a number of half-inch slices of stale bread and stamp into rounds with a biscuit cutter. Sauté them a pale brown on both sides in a little hot butter and drain on unglazed paper. Select large firm tomatoes and cut into thick slices, allowing 2 for each slice of bread. Open a good sized green pepper, remove seeds and veins and shave into strips with a sharp knife. Drop these into boiling water for a moment, skim out, drop

into ice water for five minutes and dry in a towel. Wipe the sliced tomatoes dry, flour thoroughly and fry quickly a golden brown in butter. Lay a slice on each piece of bread, dust with a little salt, sprinkle with some of the prepared strips of pepper, cover with a second slice of tomato. Have 1 or 2 yolks of hard-boiled eggs in a potato masher, press a little over the top of each and put a circle of finely chopped parsley round the edge. Serve at once on a heated dish.

#### Vegetable Stew

Parboil 2 pared potatoes, 1 turnip, 1 carrot and 1 onion. Drain and cut in half inch dice. Chop fine 2 square inches of fat salt pork, put in a kettle and cook slowly until well tried out. Skim out the pork fragments, stir in 1 table-spoonful of flour and brown slightly then gradually add 1 pint of good beef stock or, failing that, boiling water. Season well with salt and pepper, add the diced vegetables with 1 cupful each of shelled peas, lima beans and corn cut from the cob. Simmer together until all are tender, add a little chopped parsley and serve.

#### Vegetable Croquettes

Prepare for this dish a day in advance by cooking extra quantities of vegetables. Boil and mash some potatoes. For 1 pint add 1 cup-



ful each of chopped boiled carrots and beets, green peas, a high seasoning of salt and pepper, 2 tablespoonfuls of grated onion, 2 tablespoonfuls of melted butter and 1 tablespoonful of chopped parsley. Mold into small croquettes. Dip each into slightly beaten egg, roll in fine dry bread crumbs and fry golden brown in deep, smoking hot fat.

### Chupe

Melt 1 tablespoonful of butter and fry in it 1 medium sized onion minced with 2 tomatoes, some minced parsley and marjoram; add to this 6 potatoes pared and sliced and stew for five minutes; cover with hot water and add 2 tablespoonfuls of rice; when both are tender beat 1 egg, add to it 1 cupful of milk and stir both into the stew just before serving; lastly, crumble in 1 small cream cheese.

## SALADS

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### White Mayonnaise Without Oil

Put the yolks of 2 raw eggs, 1 tablespoonful of butter, a dash of cayenne, and  $\frac{1}{4}$  teaspoonful of salt in a saucepan and stand in another pan partly filled with hot water over the fire. Stir continuously, and when it begins to thicken draw to one side and add by degrees 2 more tablespoonfuls of butter. When all have been incorporated and the mixture is thick and smooth, take off and strain into a bowl. When ready to use stir in 4 tablespoonfuls of very thick whipped cream.

### Mayonnaise Without Oil

In a saucepan put 1 salt-spoonful of ground mustard,  $\frac{1}{2}$  of a teaspoonful of salt,  $\frac{1}{4}$  of a teaspoonful of white pepper or a dash of cayenne,  $\frac{1}{2}$  of a cupful of vinegar and 1 tablespoonful of butter; set over the fire where it will heat without boiling. Into a double boiler drop 2 large or 3 small eggs; beat them just enough to mix and add 1 large tablespoonful of butter cut into bits. Stir until the egg is slightly warmed and the butter begins to melt, then add gradually the vinegar mixture, stirring all the time. Continue

the stirring until the mixture thickens. During the thickening process the upper boiler should be lifted from the fire a number of times, as if it thickens too rapidly it is almost sure to curdle. When properly made it is very thick and creamy, and if strained into a glass jar, covered and set in a cool place it may be kept for two weeks or more.

### French Dressing

In a bowl or saucer put 4 tablespoonfuls of olive oil,  $\frac{1}{2}$  of a teaspoonful of salt and a little white pepper or a dash of cayenne. Stir for a moment to partially dissolve the salt, then add slowly, stirring all the time, 1 tablespoonful of lemon juice or vinegar; the latter may be plain or flavored with tarragon or other herb. When the mixture is well blended, it will be slightly thickened and have a grayish appearance. Use at once, as it quickly separates.

### Fish Salad

Separate into small pieces or flakes  $\frac{1}{2}$  pound of cold fish, slice an equal quantity of cold cooked potato, chop 2 gherkins fine; mix well and season with chopped parsley, salt and pepper. Place in a dish and cover with mayonnaise dressing.

### Rice Salad

To 2 cupfuls of cold boiled rice take 1 cupful of finely diced deep red beets and 1 cupful of

chopped or cut celery. Do not mix together until just before serving, then combine with a French dressing and serve in cups made of lettuce leaves.

### Tasty Salad

Wash, then soak in cold water, the inside leaves of tender lettuce, drain it, dry it on a napkin and arrange it tastefully on a flat dish; make a salad by slicing 2 bananas, 12 white grapes, 1 stalk of celery and 24 peanuts, or any preferred kind of nut; mix well and spread it on the leaves, then cover it with mayonnaise or French dressing; serve with salted wafers and neufchatel cheese, ice cold.

### Hot Egg Salad

Into a small saucepan put 1 tablespoonful of olive oil and set over the fire. When very hot break into it 3 fresh eggs; as they begin to set stir them slightly so as to partially mix the yolks and whites and yet have them show separately. When firm turn out on a dish, garnish with chopped pickles and a little freshly grated lemon peel and serve at once with a French dressing.

### Hot Potato Salad

Cut into dices sufficient bacon to measure  $\frac{2}{3}$  of a cupful and fry slowly until lightly colored.

Skim out the bacon and in the fat fry 2 tablespoonfuls of chopped onion ; as it begins to color add 3 tablespoonfuls of vinegar, a dash of salt and cayenne and 2 tablespoonfuls of beef broth or hot water. Have ready 3 pints of hot diced boiled potatoes, pour over them the hot dressing, add the bits of bacon, toss for a moment and turn into the salad bowl.

#### Ham Salad in Potato Nests

Mince 1 cupful of boiled or fried ham, 4 hard-boiled eggs (boil at least twenty minutes), 1 teaspoonful of celery seed, 1 of mustard, 1 spoonful of Worcestershire sauce, 2 green peppers. Make nests of cold mashed potatoes, fill with ham heaping high, dress with mayonnaise and minced parsley or lettuce.

#### Ham Salad

This forms a luncheon dish a little out of the ordinary. To 1 cupful of minced ham add 2 hard-boiled eggs previously chopped fine, saving the yolk of one for sprinkling over the top of dish. A tiny pinch of mustard or whatever flavoring is preferred is added and the whole moistened with vinegar and a very little onion juice. Edge the salad bowl with lettuce leaves, turn the mixture into it and sprinkle the yolk of one of the hard-boiled eggs over the top in spots.

This may be served on individual dishes as an entrée by placing a large spoonful on a lettuce leaf and adding a spoonful of made dressing in the center.

### Whole Tomato Salad

For each guest, wash and dry 1 nice solid tomato, cut a slice from the stem end, remove the pulp with the fingers ; chop fine some pineapple, orange, banana, or any variety of fruit, fresh or canned, and 1 small sweet green pepper ; mix the fruit, and fill it into the tomato ; on top of this (if the flavor is liked) put 2 slices of cucumber, placing them on the ice until thoroughly chilled ; at serving time place each tomato on a lettuce leaf, cover the top with rich cream, French, or mayonnaise dressing ; serve with unsweetened crackers as an accompaniment.

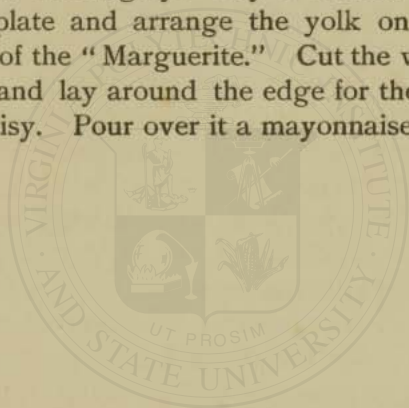
### Nantese Salad

Peel 3 medium sized Spanish onions, scoop out 1 teaspoonful of the center of each and put in the hollow a bit of butter sufficient to half fill it. Add a slight seasoning of pepper and salt, place in a baking pan and bake in a moderate oven until they are brown. When cold cut into quarters and place on a bed of watercress. Skin and bone 6 sardines, cut into halves and lay on the pieces of onion. Pour over some

mayonnaise, to 1 cupful of which one teaspoonful of curry powder has been added.

### Marguerite or Daisy Salad

Take just as many hard-boiled eggs as there are persons to be served. Remove the yolks and mash them fine with a perforated spoon, add salt, pepper, mustard and a little melted butter, mix thoroughly. Lay a lettuce leaf on a salad plate and arrange the yolk on it for the center of the "Marguerite." Cut the whites into strips and lay around the edge for the petals of the daisy. Pour over it a mayonnaise dressing.



## *CHEESE DISHES*

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### **Italian Polenta**

The Italians appreciate the value of cheese as an every-day article of food and have a number of delightful ways of preparing it. This is an excellent every-day dish. Make a thick mush of corn-meal, seasoning it highly with salt and plenty of black pepper. Cook over hot water for an hour. Then for each pint of the mush stir in 1 cupful of grated cheese, the ordinary kind found in any grocery store. Stir often until the cheese melts then turn into a greased pan. When done cut in slices. This may be served in two ways. Cut in two inch squares and sauté quickly in a little butter or spread on a buttered pan; sprinkle thickly with cheese, add a second layer and sprinkle again, this time with cheese mixed with buttered crumbs. Place in a hot oven until slightly browned.

### **Genoa Ramekins**

Use either individual baking dishes or one large shallow dish; earthenware is in this case



preferable to agate or tin. Cut stale bread in two inch slices, freeing it from crust. Have ready a raw custard made with 2 eggs, a pinch of salt and dash of pepper to each pint of milk ; also have some grated cheese. Lay the bread on a platter and pour over it the custard, basting until as much liquid as possible has been absorbed. Transfer carefully to the buttered dishes, fitting them in nicely. Cover the top of each piece with an inch layer of grated cheese, dusting it with a very little salt and pepper. Place in a slow oven until the custard sets and cheese melts ; it may be necessary to cover for a part of the time if the oven is hot. This dish may be made still more nutritious by scooping a slight hollow in the center of each piece of soaked bread (when in the dish), dropping in 1 raw egg then covering with the cheese. This is delightful.

### Cheese Toast

Allow as many thin slices of stale bread as will be used at the meal. For 6 slices allow  $\frac{1}{2}$  cupful of grated stale cheese. In a saucepan melt and mix together 1 large tablespoonful of butter, 2 tablespoonfuls of flour,  $\frac{1}{4}$  teaspoonful of salt and a dash of pepper. Stir in gradually 1 pint of hot milk, making a smooth sauce. Keep hot at the side of the fire. Toast the bread

nically. Stir the cheese into the sauce and as soon as it is melted pour over the buttered toast. Cover a moment that it may soak and soften then serve.

### Cheese Timbales

Butter some timbale molds; roll out some pastry and line the molds. Put into a saucepan 1 tablespoonful of butter with 1 tablespoonful of flour, mix till smooth over the fire; add  $\frac{1}{2}$  cupful of milk; stir till they boil; cook five minutes; then add 1 heaping tablespoonful of grated cheese, 2 well-beaten eggs, seasoning of salt, pepper and cayenne; fill the molds with this and bake for twenty minutes. Turn out carefully and serve hot.

### Cheese Fondue

Sift sufficient stale bread crumbs to make 1 cupful. Grate  $\frac{1}{4}$  of a pound of dry cheese. Soak the crumbs in 1 pint of fresh milk. Add 3 eggs whipped very light, 1 scant tablespoonful of butter melted, a pinch of baking-soda dissolved in a few drops of warm water, salt and pepper to taste and the grated cheese. Pour this into a buttered baking dish, sprinkle thickly with dry crumbs and bake in a quick oven until golden brown. Serve at once as it soon falls.

### Cheese Puff

Make a smooth batter by stirring 1 cupful of milk into an equal measure of sifted flour; season with salt and pepper and the least dash of sugar; stir into this  $\frac{1}{3}$  of a cupful of strong, well flavored grated cheese, beat thoroughly and pour into a buttered baking dish. It will puff to three times its height in baking and must be eaten at once.

### Cheese Pudding

Mix together in a basin  $\frac{1}{2}$  pound of grated cheese, 1 teaspoonful of flour, salt and pepper to taste, 1 tablespoonful of bread crumbs; then add 1 cupful of boiling milk, 1 heaping teaspoonful of butter, the yolks of 2 eggs, and the whites well beaten. Mix gently; pour into a buttered baking dish, and bake for twenty minutes in a moderate oven. Serve hot.

### Cheese Batter Pudding

Beat 2 eggs well together, add 1 cupful of milk,  $\frac{1}{2}$  teaspoonful of salt, 1 teaspoonful of baking-powder and 1 cupful of flour. Beat hard for three minutes then stir in 1 cupful of grated cheese. Pour into a shallow buttered pan, sprinkle a little more cheese over the top, add 1 large teaspoonful of butter cut into bits and bake for an hour in a hot oven. Serve for luncheon or supper.

### Cheese and Cracker Pudding

Fill a shallow pudding dish with alternate layers of broken crackers, grated cheese and a sprinkling of salt and pepper. Over the top layer put 1 spoonful of butter in bits. Pour in enough milk to just show under the top layer. Cover and bake in a moderate oven for three-quarters of an hour, uncovering when two-thirds done.

### Baked Cheese Omelet

Soak 1 scant cupful of fine stale bread crumbs in 1 pint of milk to which has been added 1 salt-spoonful of baking-soda dissolved in 1 teaspoonful of hot water. When thoroughly soaked add 2 eggs beaten until very light,  $\frac{1}{4}$  of a teaspoonful of salt, one dash of cayenne, 1 scant cupful of grated cheese and 1 tablespoonful of melted butter. Turn quickly into a greased baking dish and place in a very hot oven. Serve as soon as it is well puffed up and pale brown, as it quickly falls.

### Cheese Balls

Beat the whites of 2 eggs to a stiff froth, add a pinch of salt and a few grains of cayenne pepper, then add 2 tablespoonfuls of grated cheese, mixing all thoroughly. It should be quite a dry paste. Roll this mixture into small balls; brush

over with beaten egg, roll in fine bread crumbs and fry to a golden color in smoking hot fat, drain on white paper and serve at once on a folded napkin.

### Cheese Straws

Cheese straws are particularly nice, and look very dainty. To make them have 3 ounces of grated cheese, 2 ounces of flour, 2 tablespoonfuls of butter, the yolk of 1 egg and a seasoning of salt and pepper. Rub all the dry ingredients together, then add the yolk and mix to a paste; turn out on a floured baking board, roll out very thinly; cut part of the paste into neat strips about 3 inches long and the rest into rings. Bake on a greased tin until yellow and crisp in a moderate oven, and serve piled high, the straws being laid into the rings. They may be eaten hot or cold.

### Deviled Crackers

Mix together 3 tablespoonfuls of grated cheese,  $\frac{1}{4}$  of a teaspoonful of dry mustard, 1 teaspoonful of anchovy paste, a dash of cayenne and 1 salt-spoonful of salt. Blend this with 1 heaping table-spoonful of butter, spread over the crackers and put in a hot oven until they begin to color.

## *BREADS, BISCUITS, WAFFLES, GRID- DLE CAKES, ETC.*

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### **Corn Bread**

Those who like corn-meal will find this a simple recipe. Put 1 pint of fine corn-meal, 1 teaspoonful of salt and 1 heaping tablespoonful of shortening in a bowl. Pour over just enough boiling water to moisten, cover and let stand until blood warm. Add 2 beaten eggs, 1 cupful of milk and enough sifted flour to make a thin batter. Stir in 1 heaping teaspoonful of baking-powder, beat hard and pour a scant inch thick in a well-greased pan. Bake about twenty-five minutes in a hot oven.

### **Corn Bread with Sour Milk**

One cupful of sour milk, 1 cupful of sweet milk, 2 cupfuls of corn-meal, 1 cupful of flour,  $\frac{1}{2}$  cupful of sugar,  $1\frac{1}{2}$  tablespoonfuls of melted butter or lard, 1 teaspoonful of salt, 1 teaspoonful of soda, 2 eggs. Add butter to milk, then the sugar, salt, soda, eggs, flour and meal. Beat quickly and well. Bake half an hour in a very hot oven.

### Virginia Corn Bread

Dissolve 1 tablespoonful of butter in  $3\frac{1}{2}$  pints of boiling milk; stir in 1 quart of corn-meal; when cool add  $\frac{1}{2}$  pint of wheat flour, 1 teaspoonful of sugar, 1 teaspoonful of salt and 2 eggs well beaten; mix well together and bake in two cakes. The tins must be well buttered.

### Corn-Meal Dodgers

Mix together 1 quart of corn-meal and 1 teaspoonful of salt then rub in  $1\frac{1}{2}$  tablespoonfuls of shortening, working it in thoroughly with the hands. Slowly add just sufficient boiling water to make a stiff paste which can be molded. Make into thick pats, place an inch apart on greased pans and bake in a quick oven until crisply browned.

### Carolina Corn-Meal Rolls

Mix 1 pint of finely ground white corn-meal and 1 scant tablespoonful of salt. Drop in  $\frac{1}{2}$  of a tablespoonful of butter and pour over sufficient boiling water to make a very stiff dough. As soon as it can be handled, work it well with the hands, make up into oblong rolls and lay in a pan thickly sprinkled with dry corn-meal. Bake from half to three-quarters of an hour in a hot oven. When well made they will split open on top during the baking.

## Rhode Island Johnny Cake

Use white, soft ground meal, not the usual granulated variety. For each cupful add  $\frac{1}{4}$  of a teaspoonful of salt. Dampen with boiling water, using only enough to barely moisten. Cover and let stand for ten or fifteen minutes, then gradually add cold milk, enough to make a thick batter which will hold its shape when dropped. Drop by spoonfuls on a hot griddle which has been greased with salt pork fat. When brown put a bit of butter on the top of each and turn over. When the second side is nicely browned transfer to a pan and stand in the oven for about five minutes.

## Spider Corn Cake

When one possesses an old-fashioned, heavy iron frying-pan or spider it will be found just the thing for a spider corn cake. To make this breakfast bread mix together  $\frac{3}{4}$  of a cupful of fine white corn-meal, 2 tablespoonfuls of flour,  $\frac{1}{2}$  teaspoonful of salt,  $\frac{1}{3}$  of a teaspoonful of sifted baking-soda and 1 tablespoonful of sugar. Beat 1 egg, add to it 1 cupful of sour milk and  $\frac{1}{2}$  of a cupful of sweet milk. Stir this into the dry mixture and beat well. Have a tablespoonful of butter melted and warm in the spider; turn the pan round that bottom and sides may be thoroughly greased, then pour the remainder into the



batter and beat again. Pour the batter into the hot pan and shake to level it, then very gently pour over the top another  $\frac{1}{2}$  cupful of sweet milk. Do not attempt to stir it in but place quickly in a hot oven and bake for about twenty minutes.

### Baps

Sift 4 pounds of flour into a basin, melt 4 ounces of butter in  $1\frac{1}{2}$  pints of sweet milk, make a space in the center of the flour and pour in the milk, add 1 teacupful of fresh yeast, mix and stir well, then add 1 dessert-spoonful of salt, and 2 well-beaten eggs and stir them well into flour and let stand in a warm place for six hours. Then beat it up one way with your hand for fifteen minutes and form the rolls with as little flour as possible. You may put this dough in small pans or form into round rolls, bake them in a hot oven for twenty minutes, and brush them over with a little water when you take them out of the oven.

### Southern Rice Bread

Put 2 cupfuls of boiled rice in a bowl, add 2 cupfuls of milk and the well-beaten yolks of 4 eggs. Sift in gradually 1 cupful of flour, add  $\frac{1}{2}$  of a teaspoonful of salt, 2 tablespoonfuls of butter melted, and the whites of the eggs whipped to a stiff froth. Turn into a shallow well-greased pan and bake for thirty minutes in a moderate oven.

### Johnny Cake

Scald 1 pint of milk in a double boiler. Sift in  $\frac{2}{3}$  of a cupful of corn-meal which has been mixed with  $1\frac{1}{2}$  teaspoonfuls of salt. Stir until just thick enough to be creamy, not at all thick or stiff, then take off quickly. Drop in the beaten yolks of 4 eggs, beating hard. Add the stiffly beaten whites, turn instantly into a shallow well-greased pan and bake about half an hour in a hot oven.

### Buttermilk Bread

Use buttermilk which is not too sour. Heat 1 quart of it to the boiling point, stirring frequently to prevent curdling. Add 1 tablespoonful of sugar, set aside for five minutes and mix gradually with 1 quart of sifted flour, beating and stirring until a smooth batter is made. Cover closely and let stand over night. Then add to the batter 1 teaspoonful of baking-soda dissolved in  $\frac{1}{4}$  of a cupful of hot water, 1 scant tablespoonful of salt and 2 tablespoonfuls of melted butter or shortening. Beat well, then gradually sift and mix in sufficient flour to make a soft dough. Turn out on a well-floured board and knead until very soft and velvety to the touch. Divide into thirds, mold into loaves, place in greased pans and bake at once in a moderate oven.

### Southern Hominy Bread

Measure and cook 1 cupful of fine hominy. When tender take from the fire and let stand for ten minutes, then add 2 well-beaten eggs, 1 tablespoonful of butter, 1 cupful of milk,  $\frac{1}{2}$  of a teaspoonful of salt, and 2 tablespoonfuls of fine corn-meal. Pour into a well-buttered earthen dish and bake in a hot oven in a good bottom heat. Send to the table in the dish in which it is baked, serving with a spoon.

### Southern Egg Bread

Three pints of soft ground white meal, 1 pint of buttermilk, 2 eggs, 1 scant teacupful of lard, 1 teaspoonful of soda,  $\frac{1}{2}$  of a teaspoonful of salt and some sweet milk. Put the buttermilk in a bowl, add the soda, and when it foams up stir in the meal, the beaten eggs, salt and sufficient milk or cream to make a rather thin batter; last of all stir in the melted shortening. Beat hard for a moment, pour into hissing hot, well-greased pans and bake quickly in a hot oven. This is an old time Georgia recipe.

### Sour Milk Griddle Cakes

Beat 2 eggs very light without separating, and add to them 2 cupfuls of thick sour milk, to which has been added 1 teaspoonful of soda dissolved in 1 spoonful of boiling water. Stir in

quickly  $\frac{1}{2}$  of a teaspoonful of salt, 1 tablespoonful of molasses and 1 tablespoonful of melted butter. Beat hard for a moment and bake at once. Unless the milk is very sour and the chemical action of the soda on it marked by a thorough foaming, it is well to add  $\frac{1}{2}$  of a teaspoonful of baking-powder in order to overcome any tendency to heaviness.

### Bread Griddle Cakes

Put stale bread through the food chopper until 1 pint of crumbs has been obtained. Add enough cold water to just moisten them, and let stand for a little while. Then add 1 egg, 2 cupfuls of sour milk, 2 teaspoonfuls of soda and flour enough to thicken. Serve with maple syrup.

### Green Corn Griddle Cakes

One pint of grated corn,  $\frac{1}{2}$  cupful of milk,  $\frac{1}{2}$  cupful of flour, 1 scant tablespoonful of melted butter, 2 eggs,  $\frac{1}{4}$  teaspoonful of salt, a dash of pepper. Beat the yolks and whites of the eggs separately, add the yolks to the corn, then the milk, flour and seasoning; beat well and stir in the whipped whites. Bake on a hot griddle.

### Slappers

"Slappers" or "slap-jacks" are the old-fashioned Indian cakes baked on a griddle. To make them, put in a bowl the night before 1 pint

of soft corn-meal, 1 teaspoonful of salt and 1 tablespoonful of butter. Pour over just enough boiling water from the kettle to moisten, stirring until every grain of the meal is wet, but not sloppy. Cover closely and let stand near the fire over night. In the morning add 3 well-beaten eggs, 1 cupful of sifted flour, 2 scant teaspoonfuls of baking-powder and enough cold milk to mix all to a very thick batter. Put by spoonfuls on a moderately hot greased griddle and when browned turn and brown on the other side. They will take about ten minutes to cook through.

#### Parsnip Pancakes

Scrape and boil enough parsnips to measure 3 cupfuls when mashed. Stir into this pulp 1 quart of scalded milk; add 1 tablespoonful of butter and 1 heaping teaspoonful of salt and let stand until blood warm. Add 1 yeast cake dissolved in a little warm water and sufficient sifted flour to make a batter. Beat well, cover and set aside in a warm place to rise. When doubled in bulk, add flour to make a soft dough; knead for five minutes and again put aside to lighten. Roll out in thin, flat cakes; let stand on the board until they begin to swell, then place on a greased pan and fry quickly, or bake on a griddle in the same manner as English muffins.

### Pop Overs

One egg, white and yolk beaten separately, 1 cupful of milk, 1 cupful of flour, a pinch of salt. Mix salt and flour; add milk gradually, in order to obtain a smooth batter. Add egg beaten until light; beat two minutes, turn into hissing hot, iron, greased gem pans. Bake thirty minutes in a hot oven.

### Oatmeal Scones

To 1 cupful of well cooked oatmeal add 1 cupful of milk, stirring until thoroughly mixed. Then add a pinch of salt, 2 teaspoonfuls of sugar, 1 tablespoonful of melted butter and 1 cupful of flour mixed with 2 teaspoonfuls of baking-powder. Now add as much more flour as is necessary to make a soft dough. Roll out an inch thick and cut in rounds or squares. Bake on a well-greased griddle. Serve with butter and orange marmalade.

### Hermits

One-third cupful of butter,  $\frac{2}{3}$  cupful of sugar, 1 egg, 2 tablespoonfuls of water, 1 teaspoonful of condensed milk,  $1\frac{3}{4}$  cupfuls of flour, 2 teaspoonfuls of baking-powder,  $\frac{1}{3}$  cupful of raisins, stoned and cut in pieces; 1 teaspoonful of cinnamon,  $\frac{1}{4}$  teaspoonful each of clove, mace and nutmeg. Cream the butter, add sugar gradually, then egg well beaten and milk. Mix and sift dry ingre-

dients; add to first mixture; add raisins well floured. Roll thin, cut out and bake in moderate oven until brown.

### Drop Biscuit

Into 1 quart of sifted flour mix  $\frac{1}{2}$  of a teaspoonful of salt, 1 teaspoonful of sugar and 2 teaspoonfuls of baking-powder and sift again, then rub in 1 heaping tablespoonful of butter or lard. Mix with sweet milk to a very thick drop batter, almost like a soft dough. Drop by spoonfuls on a buttered pan and bake in a quick oven.

### Parker House Rolls

Two cupfuls of scalded milk, 3 tablespoonfuls of butter or lard, 2 tablespoonfuls of sugar, 1 teaspoonful of salt, 1 yeast cake dissolved in  $\frac{1}{4}$  cupful of lukewarm water, flour enough to make batter, about 3 cupfuls. Add butter, sugar, salt to milk; when lukewarm add dissolved yeast cake and flour. Beat thoroughly, cover and let raise until light. Cut down, add enough flour to knead. Let raise again. Roll out thin, cut with large biscuit cutter, brush the tops with melted butter, fold over, let raise again and bake in hot oven twelve to fifteen minutes.

### Hominy Crumpets

Scald and cool 1 pint of milk, add  $\frac{1}{2}$  of a cake of compressed yeast dissolved in 2 tablespoonfuls

of warm water, 1 tablespoonful of sugar, 1 scant cupful of boiled hominy, 4 cupfuls of flour, 2 tablespoonfuls of melted butter and 1 teaspoonful of salt. Beat well and let raise over night. In the morning add  $\frac{1}{4}$  of a teaspoonful of soda dissolved in 1 spoonful of boiling water. Let stand for half an hour and bake in muffin rings on a hot, greased griddle.

#### Sour Cream Crullers

Beat 2 eggs without separating, add 1 cupful of sugar, 1 teaspoonful of vanilla and  $\frac{1}{4}$  of a teaspoonful of mace or nutmeg. Sift  $\frac{1}{2}$  of a teaspoonful of soda into 1 cupful of thick sour cream and stir until the cream feels light. Add this quickly to the other mixture, then sift in sufficient flour to make a very soft dough. Turn at once upon a floured board, roll out, cut in rings and fry quickly in deep, smoking hot fat.

#### Potato Biscuit

Boil some potatoes which have been pared the night before. When done put through the ricer into a bowl. Beat, adding to each pint 3 tablespoonfuls of rich sweet cream, 1 scant teaspoonful of salt and 1 scant tablespoonful of melted butter. Lightly add just enough sifted flour to make them hold together. Roll out quickly half an inch thick. Cut in small squares and bake on a well-greased griddle.



### Quick Potato Biscuits

Mix and sift together 1 cupful of flour, 1 cupful of corn-starch, 1 teaspoonful of salt, and 2 teaspoonfuls of baking-powder. Have ready 4 large hot boiled potatoes. Peel and put them through a potato press, adding 2 cupfuls of milk and 2 well-beaten eggs. Stir into this the dry mixture, adding as much more sifted flour as may be necessary to make a soft dough. Turn out on the board, roll, cut in small thin rounds, brush the tops with milk, and bake in a quick oven.

### Potato Tea Cakes

Boil, skin and press through a sieve 4 large mealy potatoes. Add 2 well-beaten eggs and 1 teaspoonful of salt then stir in 1 pint of milk. Sift together 1 cupful of flour, 1 cupful of corn-starch and 2 teaspoonfuls of baking-powder. Add to the potato mixture then stir in as much additional flour as may be necessary to mix to a soft dough. Roll out on a board, cut into round cakes and bake in a quick oven.

### Fruit Muffins

Fruit muffins make a good variation as a hot bread. Beat thoroughly 2 eggs; add 1½ cupfuls of milk, ½ teaspoonful of salt, 1 teaspoonful of sugar, 2 tablespoonfuls of melted butter and sufficient flour to make a thick drop batter. Beat

hard for fully three minutes, then stir in 1 teaspoonful of sifted baking-powder and  $\frac{1}{2}$  of a cupful of sultanas, seeded raisins, dates, pitted and cut fine or shredded figs. Fill buttered muffin pans and bake half an hour in a quick oven. By using various kinds of fruit as suggested and substituting all or part graham or whole wheat for the white flour the result will be a variety which will be sure to delight the family.

### Corn-Meal Muffins

Mix together 1 pint of flour, 1 cupful of fine corn-meal and  $\frac{1}{2}$  of a teaspoonful of salt. Cream together 2 tablespoonfuls of butter and  $\frac{1}{2}$  of a cupful of sugar, add 2 well-beaten eggs, then, alternately, 1 cupful of milk and the dry ingredients. Lastly beat in 2 teaspoonfuls of baking-powder and fill greased muffin pans two-thirds full. Bake in a quick oven.

### Rye Muffins

Sift together 3 cupfuls of rye flour, 1 cupful of corn-meal, 1 teaspoonful each of salt and sugar and 2 teaspoonfuls of baking-powder. In 1 cupful of boiling water melt 1 scant tablespoonful of butter, add to it 3 cupfuls of cold milk and stir into the dry mixture. Last add 4 well-beaten eggs, beat hard and fill greased muffin tins two-thirds full. Bake half an hour in a hot oven.

### Hominy Muffins

Break up fine with a fork 1 cupful of cold boiled hominy, add  $\frac{1}{2}$  of a teaspoonful of salt, 2 teaspoonfuls of sugar, 2 well-beaten eggs, 2 teaspoonfuls of melted butter,  $\frac{1}{2}$  of a cupful of milk, 1 cupful of corn-meal and 1 teaspoonful of baking-powder. Bake in muffin cups in a very hot oven.

### Plain Waffles

Sift together 2 heaping cupfuls of flour,  $\frac{1}{4}$  of a teaspoonful of salt and  $\frac{1}{2}$  of a teaspoonful of baking-powder. Add the beaten yolks of 2 eggs mixed with 1 scant cupful of milk and 3 tablespoonfuls of melted butter; lastly the whites whipped to a stiff froth. Have the waffle iron very hot. Brush both sides with melted butter or lard, half fill with the batter, close and bake.

### Hominy Waffles

To 1 cupful of boiled hominy freed from lumps add 1 pint of milk which has been scalded and cooled, 1 tablespoonful of butter,  $\frac{1}{2}$  of a teaspoonful of salt, 1 tablespoonful of sugar, 1 pint of flour and  $\frac{1}{3}$  of a cake of compressed yeast dissolved in a little warm water. Beat well, cover and let raise over night. In the morning add 2 eggs, the whites and yolks beaten separately, and bake in hot, well-greased waffle irons.

### Sour Cream Waffles

Sift together  $1\frac{1}{4}$  cupfuls of flour,  $\frac{1}{4}$  of a teaspoonful of salt and  $\frac{1}{2}$  of a teaspoonful of baking-soda. Add the beaten yolks of 2 eggs mixed with 1 cupful of thick sour cream, 1 tablespoonful of melted butter and the egg whites whipped to a stiff froth. Have the waffle-iron heated and greased, put 1 tablespoonful of the mixture in each division, close and turn once more until evenly baked on both sides.

### Old Virginia Waffles

Mix 1 quart of milk with  $\frac{3}{4}$  of a cupful of flour and  $\frac{1}{4}$  of a cupful of corn-meal. Add 1 teaspoonful of salt, 1 tablespoonful of melted butter, and 3 eggs, beaten until very light. Bake immediately in well-greased waffle irons.

### Southern Waffles

From the mush of white corn-meal left from breakfast take 1 cupful and mix with it  $\frac{1}{2}$  of a cupful of cream and 1 cupful of milk. Add the well-beaten yolks of 4 eggs, 1 scant teaspoonful of salt and sift in 1 pint of flour. Beat well, add 3 tablespoonfuls of melted butter, the egg whites whipped to a stiff froth, 1 teaspoonful of baking-powder and more milk, if necessary, to reduce to a pour batter. Have the waffle irons hissing hot. Grease with melted lard, pour in sufficient batter

to half fill the irons and bake over a hot fire, turning the irons to cook both sides properly.

#### Martha Washington Waffles

Beat 6 eggs very light, stir into 1 quart of flour, add 3 cupfuls of milk, 1 teaspoonful of salt and 3 tablespoonfuls—or  $\frac{1}{3}$  of a cake—of yeast. Beat well, let raise over night, stirring down before baking.

#### Hominy Griddle Cakes

Break fine 1 cupful of cold hominy, add 1 well-beaten egg, 1 pint of milk,  $\frac{1}{2}$  of a teaspoonful of salt, 2 teaspoonfuls of baking-powder and sufficient flour to make a drop batter. Bake at once on a hot greased griddle.

#### Ginger Bread

One cupful of sugar, 1 cupful of molasses, 1 cupful of sour milk,  $2\frac{1}{3}$  cupfuls of flour, 1 teaspoonful of soda, 1 egg, 3 tablespoonfuls of melted butter and 1 tablespoonful of ginger.

#### Sour Cream Gingerbread

One cupful of sour cream, 1 cupful of molasses,  $\frac{1}{2}$  cupful brown sugar, 1 egg, 1 teaspoonful each of cinnamon and ginger, a scant  $\frac{1}{2}$  teaspoonful of cloves,  $\frac{1}{2}$  teaspoonful of salt,  $\frac{1}{2}$  teaspoonful of soda sifted and dissolved in the cream, 1 scant teaspoonful of baking-powder, sifted with 4 cupfuls of flour. Bake in two shallow pans.

## *RICE, HOMINY, CEREALS, ETC.*

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### **Boiled Rice**

Pick over and wash 1 cupful of raw rice, rubbing it hard and changing the water until it runs off clear, then drain. Have fully 4 quarts of water boiling rapidly in the kettle. Add  $\frac{1}{2}$  teaspoonful of salt and the rice and cover until it boils again, then partly uncover or it will boil over. Keep the water at a galloping boil. In ten minutes begin to test, lifting out a few grains with a fork and rubbing them between thumb and finger; when tender to the center (which will take about twenty minutes) the rice is done. Turn into a colander, cover with a cloth and let steam in the oven for five or ten minutes. This may be served plain as a vegetable or with a sauce or cream and sugar as a dessert.

### **Rice and Mutton**

Boil the rice and line sides and bottom of a good-sized oval mold. Fill the center with minced cold mutton seasoned with salt, pepper, onion juice, a little curry and moistened with gravy. Cover the top with some reserved rice and steam for an hour. Turn out on a platter,

pour round it a tomato sauce and garnish with tiny cucumber pickles.

### Baked Rice and Cheese

Grate or finely chop some American or Gruyere cheese. Butter a baking dish and fill it with alternate layers of boiled rice and cheese, seasoning well with salt and pepper. Over all pour a thin white sauce using only enough to moisten without making it very soft. Sprinkle the top with buttered crumbs and brown in a quick oven. This may be made into a main dinner dish by substituting a raw custard for the white sauce, thus adding to its nutritive qualities.

### Risotto

A good risotto can be made for feast or fast day, according to the contents of the larder and the wish of the cook. Rice, of course, is the foundation and, after picking over 1 cupful, turn it into a kettle containing 2 tablespoonfuls of butter, melted and hot. Stir occasionally until it begins to take on a golden tinge, then add 3 cupfuls of canned tomato which has been pressed through a sieve. Cover and cook slowly until the rice is tender and has absorbed all of the liquid, which will take about forty minutes. When half done, add salt and pepper to taste. If necessary to stir, use a fork in order not to

break the grains. Just before taking up add 1 large tablespoonful of butter cut into bits and  $\frac{1}{2}$  of a cupful of grated cheese. If some rich broth is on hand, substitute it for the tomato, adding at the last  $\frac{1}{2}$  of a cupful of chopped meat in place of the cheese. Bits of cooked ham or a few tiny sausages may also be added if desired.

### Fried Rice

Pick over and wash  $\frac{1}{2}$  cupful of rice, put in a double boiler with 1 pint of milk and  $\frac{1}{2}$  of a teaspoonful of salt. Stir once or twice as the rice begins to swell and cook slowly until all the liquid is absorbed. Turn into a buttered dish or bowl and set away until cold. Cut in half-inch slices, dust with flour and fry in butter or sweet drippings. Left-over rice may also be used in this way.

### Creole Rice

From 2 large ripe red peppers remove the veins and seeds and chop fine; peel 1 large white onion and chop fine with  $\frac{1}{4}$  of a pound of raw, lean ham. In a kettle melt 2 tablespoonfuls of lard or butter, and when hot add the peppers, onion and ham and cook, stirring occasionally for ten minutes. Add 1 cupful of well-washed and drained rice and cook for five minutes longer, then add 3 cupfuls of strong beef soup



or broth, cover and cook slowly for half an hour. Skin and cut fine 4 large tomatoes (or take about  $\frac{1}{3}$  of a can), add them to the rice with 1 teaspoonful of salt. Cover, draw aside where the cooking will be slow and the rice will not stick to the bottom of the kettle. When it is tender and has absorbed all the broth, stir in with a fork 1 tablespoonful of butter and let stand for five minutes longer.

#### Rice and Cheese Fritters

Put 1 cupful of cold boiled rice in a colander and stand over boiling water until soft enough to break readily with a fork. Add to it  $\frac{1}{2}$  of a cupful of grated mild cheese, 3 tablespoonfuls of milk, 2 tablespoonfuls of flour and 1 scant teaspoonful of baking-powder. Have ready a small saucepan partly filled with smoking hot fat. Drop in  $\frac{1}{2}$  teaspoonful as a tester; if it holds its shape the batter is all right; if it spreads and absorbs the fat, add a little more flour. Cook by small spoonfuls—two or three at a time; after cooking each lot give the fat a few minutes in which to regain its first heat. Drain the fritters on soft paper, and keep hot until all are cooked.

#### Rice Croquettes

Wash 1 cupful of picked rice and drain. Put in a double boiler with 1 pint of clear veal stock

and cook until the liquid has been absorbed. In the meantime cook together for fifteen minutes  $2\frac{1}{2}$  cupfuls of canned tomatoes, 1 onion chopped fine, 6 cloves, 1 bay leaf, 1 dozen peppercorns and 1 teaspoonful of salt. Rub through a sieve, add to the rice and continue cooking, stirring lightly now and then with a fork, until it is swollen and no free liquid remains. Add 2 tablespoonfuls of butter cut in bits and cook for ten minutes longer, then stir in more seasoning if necessary, 1 heaping tablespoonful of chopped parsley and 1 well-beaten egg, turn out and cool. Form into croquettes, egg, crumb and fry in deep, smoking hot fat.

### Boiled Hominy

Put 1 large cupful of hominy into 3 cupfuls of boiling water, add  $\frac{1}{2}$  teaspoonful of salt, stir until the hominy boils, then set on the back of the stove, closely covered, to simmer for four or five hours. Use a vessel set upon a stand so that the hominy will not burn. This quantity can be increased and the hominy kept for several days, warming each day as much as required.

### Hominy Loaves

Cold boiled hominy will make a good dinner dish. To each pint add 2 tablespoonfuls of melted butter mashing until free from lumps.

Season well with salt and pepper and, if still stiff, use just enough milk to mold into small oval loaves or pats. Place these an inch apart on buttered pans, brush with 1 beaten egg, dust with grated cheese and brown in a quick oven. Serve as a vegetable.

### Hominy Fritters

Sift together 1 cupful of flour, 1 teaspoonful of salt and 2 teaspoonfuls of baking-powder. Mix with this 1 pint of cold boiled hominy, using a fork to break the latter fine. Add 1 well-beaten egg and sufficient milk to make a very thick batter. Drop by spoonfuls into a kettle partly filled with smoking hot fat. Turn as they rise, and when golden brown all over skim out and drain on unglazed paper.

### Jonathan

Into 1 pint of hot, boiled hominy stir 1 table-spoonful of butter, salt and pepper to taste, and 1 beaten egg. Pack in a mold and set aside. When cold, cut into thin slices. Arrange in a buttered dish, sprinkling between each layer some grated cheese and a few drops of tomato catsup. Over the top spread  $\frac{1}{2}$  of a cupful of fine stale bread crumbs, mixed with 2 table-spoonfuls of melted butter, and place in a hot oven

for twenty minutes. Serve for luncheon or as a vegetable.

### Steamed Oatmeal

Mix  $\frac{1}{2}$  pint of coarse oatmeal with 1 teaspoonful of salt and 1 quart of boiling water. Place the dish directly over the fire and boil rapidly for five to eight minutes, stirring occasionally with a fork. Place the dish in a steamer and steam for one hour; if the meal is very coarse a little longer time may be required.

### Molded Farina

For each  $\frac{1}{2}$  pint of milk allow 1 large tablespoonful of farina, a pinch of salt, 1 tablespoonful of sugar and 1 teaspoonful of flavoring. Scald the milk in a double boiler; add the farina and stir until it has thickened nicely, then add salt and sugar, cover and cook half an hour. Take off and add flavoring. Pour into cups or molds which have been rinsed in cold water. When very cold turn out and serve with cream and sugar.

### Blackberry Mush, No. 1

To each quart of washed berries add  $\frac{1}{2}$  cupful of water, stew until soft and rub through a sieve. Measure and to each quart add 1 scant cupful of farina and  $\frac{1}{4}$  of a teaspoonful of salt and cook

in a double boiler for forty-five minutes, stirring frequently until smoothly thickened. Pour into a whetted mold and serve very cold with sugar and cream.

#### Blackberry Mush, No. 2

Stir 2 quarts of blackberries into 1½ pints of water, heating slowly to boiling point. Then mix in gradually enough graham or entire wheat meal to thicken, being careful not to put too much in, as it will then be full of lumps. Stir in also 1 cupful of white flour, which has been moistened and made smooth in a little cold water. Cover and set where it will continue to cook without scorching, and let it remain ten minutes, stirring once or twice. Then set it back on the stove, where it will not cook for a few minutes. Pour into a mold and set away to cool. Serve with cream and sugar.

#### Fried Mush

If there is any corn-meal mush left from breakfast reheat and allow it to become smooth, then pour into a square cake tin, calculate the amount of mush to the size of the tin, so it will make a cake two inches in depth. Cover when it cools and set in a refrigerator. When it is needed for breakfast or supper, cut into squares about four inches in size and roll them in flour till quite dry.

Drop into smoking hot fat and fry brown. Drain and serve hot with maple syrup.

### Boiled Macaroni

Cover the desired quantity of macaroni with boiling water and let stand half an hour, or until it softens; then drain, and put on to cook in equal portions of milk and water having enough to cover well. When it is tender and yields readily to pressure between the fingers, drain again. Dress with 1 cupful of hot cream, 1 tablespoonful of butter, salt and pepper to season; turn into a serving dish and cover thickly with grated cheese.

### Macaroni Rarebit

Boil 2 ounces of macaroni until tender then drain well. Melt 1 tablespoonful of butter in a saucepan, blend with it 1 tablespoonful of flour, moisten with 4 tablespoonfuls of cream, add 4 tablespoonfuls of grated cheese,  $\frac{1}{4}$  teaspoonful of mustard, a dash of cayenne, salt to season, and, a little at a time, 1 cupful of hot milk. When smooth, stir in the macaroni, mix well and serve at once.

### Macaroni à la Sorrent

For  $\frac{1}{2}$  of a package of macaroni, boiled and rinsed, chop fine  $\frac{1}{2}$  of a pound of raw fat ham; put it into a saucepan with 2 tablespoonfuls of

finely chopped onion. Shake and stir frequently over a slow fire until cooked and slightly browned. Add the macaroni and 1 pint of tomato sauce, and simmer together for ten minutes. Turn into a heated dish and sprinkle with grated cheese.

#### Macaroni Loaf Filled with Meat

The macaroni is cooked until almost tender in salted water and then blanched in cold water and packed in a buttered mold, the center filled with minced turkey or meat warmed up in gravy. It is then baked for twenty-five minutes in a hot oven, and when unmolded is served with a brown sauce and sprinkled over with grated cheese.

#### Macaroni with White Sauce

Boil and rinse the macaroni. Have ready  $\frac{1}{2}$  as much white sauce. Fill a greased dish with alternate layers of macaroni and sauce. Cover the top with dry bread crumbs mixed with a little melted butter and brown in a hot oven.

#### Macaroni and Cheese

In a saucepan have fully 3 quarts of boiling salted water. Into this drop  $\frac{1}{2}$  package of macaroni broken in two-inch pieces, cover until at a fast boil then partly uncover and keep boiling hard until tender. Drain in a colander. On a

hot platter put alternate layers of the macaroni and grated cheese, sprinkling each layer with melted butter. Turn through with two forks and serve at once. This may be changed by substituting a nice meat sauce or a strained tomato sauce for the butter.

### Noodles

Beat 2 eggs without separating, add 4 table-spoonfuls of cold water and a pinch of salt. Stir in sufficient sifted bread flour to make a very stiff dough. Knead well, then roll out until in a sheet almost as thin as paper. Let lie on the board for about twenty minutes, until the outside is slightly dried so that it will not stick together when folded. If allowed to stand too long until quite dry it becomes brittle and breaks badly. Roll loosely like a jelly roll. Use a very sharp knife and shave across the roll in thin shavings, remembering that when cooked they will swell to at least three times their first size. Shake and spread out on the board and let stand again for fifteen minutes. Should there be more than sufficient for immediate use spread them on paper or a shallow pan and let stand on the warming shelf until bone dry, when they may be put aside in jars to be used at any time in the same way as macaroni. Have ready a kettle of rapidly boiling salted water. In this sprinkle the



noodles and keep at a rapid boil until quite tender—about twenty minutes. In the meantime dice 2 or 3 slices of stale bread and fry pale brown in a little butter. Drain the noodles and spread on a hot platter in alternate layers with the croutons, pouring over all a little melted butter. This simple dish may be varied by using a white or a tomato sauce, grated cheese or fried onions in place of the browned bread.



## *EGGS*

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### **Eggs Brouilli**

Beat well 4 eggs. Add to them 1 teaspoonful of beef extract dissolved in 3 tablespoonfuls of hot water, 4 tablespoonfuls of cream, a pinch of salt, a dash of pepper. Stand in a pan of hot water and stir over the fire until thick and creamy. Serve at once on toast squares.

### **Eggs à la Bonne Femme**

Peel and chop fine 1 large white onion. Fry slowly in a frying-pan with 1 heaping tablespoonful of butter. When a delicate brown, spread over the bottom of a pie plate or shallow dish, sprinkle with salt and pepper. Over this break carefully as many eggs as the dish will accommodate and place in a moderate oven until set. Sprinkle over the top 2 tablespoonfuls of bread crumbs fried in a little butter and send at once to the table.

### **Egg Timbales**

Beat 6 eggs until light, add 1 level teaspoonful salt, 1 tablespoonful onion juice,  $\frac{1}{4}$  teaspoonful

paprika and  $\frac{3}{4}$  of a pint of milk. Butter some small timbale molds, dust with minced parsley or fine bread that has been browned in butter, fill with the egg mixture and stand in a pan of hot water. Cook in a moderate oven about thirty minutes or until the centers are firm. Turn out of the molds and pour about them any preferred sauce. Celery, bread, mushroom, cream or onion sauce are each excellent to serve with timbales.

#### Eggs in Tomato Cups

For each person allow 1 egg and 1 tomato. Cut a piece from the stem end of the tomato and with a spoon scoop out the center. Sprinkle the cavity with chopped tarragon or a few drops of tarragon vinegar. Break and carefully drop 1 raw egg in each. Place apart on a buttered pan and bake in a moderate oven until the eggs are set. Serve with or without a cream sauce.

#### Beauregard Eggs

Cover 3 eggs with boiling water, and keep the latter at simmering point for three-quarters of an hour, then cool and shell the eggs. Chop the whites quite fine. Make a sauce with 1 cupful of milk, 1 tablespoonful of flour mixed to a paste with a little cold milk and  $\frac{1}{3}$  of a teaspoonful of salt. Add the chopped whites and 1

scant teaspoonful of butter, and simmer for ten minutes. Toast and cut into triangles several slices of bread. Arrange on a hot dish, pour over the sauce and rub the yolks through a strainer, letting them cover the sauce. If desirable, garnish with a pinch of chopped parsley.

### Potato Omelet

Put through the ricer sufficient hot potatoes to make 1 pint. Beat 3 eggs until very light, season with salt and pepper and mix with the potatoes. Melt 1 teaspoonful of butter in a frying-pan, pour in the mixture and stand over a moderate heat, turning from side to side that it may brown evenly. When the bottom is well colored fold carefully, turn out and serve at once.

### Rice Omelet

Warm 1 cupful of boiled rice with 1 tablespoonful of butter in 1 cupful of milk. Add 3 well-beaten eggs and a pinch of salt, pour into hot buttered frying-pan and let brown; when set, fold and serve.

### Eggs, Creole Style

To prepare eggs in Creole style put 1 tablespoonful of olive oil in a frying-pan with 1 teaspoonful of finely chopped onion and place over the fire. When the onion begins to color add 1

tablespoonful of finely chopped green pepper and 3 tablespoonfuls of the firm pulp of tomato. Simmer all together until quite thick, add 2 tablespoonfuls of boiled rice, a dash of paprika and  $\frac{1}{4}$  of a teaspoonful of salt. Cover the bottom of a shallow baking dish with this mixture and carefully break 6 eggs over it. Pour over them a tablespoonful of melted butter, dust with salt and pepper and bake in a moderate oven until the whites are set.

#### Poached Eggs à la Creole

Stew together 1 can of tomatoes (or 1 quart freshly cut), 1 green pepper seeded and cut fine and  $\frac{1}{4}$  of a teaspoonful of salt. When the tomato is reduced one-half rub all through a sieve. Have ready for each person 1 round or slice of toast and 1 neatly poached egg. Melt and brown 2 tablespoonfuls of butter in a frying-pan, add 1 tablespoonful of vinegar and boil for half a minute. Pour the tomato on a platter, lay on it the toast, arrange on each piece 1 of the poached eggs and over all pour the butter mixture, sending immediately to the table.

#### Eggs Aurore

Eggs aurore need a cream tomato sauce. Stew the tomatoes with onion, bay leaf, salt and pepper; rub through a sieve and thicken, using

1 tablespoonful of butter and  $1\frac{1}{2}$  of flour to each cupful. Make separately 1 cupful of cream sauce and mix the two together when taken from the fire. Poach the eggs in water, pour the combination sauce on a flat dish and in it place carefully the drained eggs.



## *DESSERTS*

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### **Old-Fashioned Rhubarb Fritters**

Beat together 2 eggs, add 1 cupful of milk. Mix together 3 cupfuls of flour, 1 tablespoonful of sugar,  $\frac{1}{2}$  teaspoonful of salt, and 2 teaspoonfuls of baking-powder. Stir into this the egg mixture, 1 pint of chopped rhubarb, 1 tablespoonful of melted butter and more milk, if necessary, to make a thick drop batter. Fry in small thick cakes in a frying-pan, turning when one side is nicely browned. Serve with butter and grated maple sugar.

### **Almond Blanc Mange**

Dissolve 1  $\frac{1}{2}$  heaping tablespoonfuls of powdered gelatine in  $\frac{1}{2}$  pint of milk. Add 3 tablespoonfuls of sugar, 1  $\frac{1}{2}$  pints of milk and  $\frac{1}{2}$  teaspoonful of almond extract. Strain into a basin, stir occasionally until cool, then pour into a wet mold and set away in a cool place. Turn out when firm and serve with cream.

### **Apricot Blanc Mange**

Half of a large can of apricots will be sufficient. To 1 cupful of the syrup add 1 cupful of boiling

water and 1 tablespoonful of lemon juice and put over the fire. When boiling add 2 tablespoonfuls of corn-starch and a pinch of salt mixed to a smooth paste with cold water and stir until thickened. Cover and cook for thirty minutes, then add the fruit mashed to a smooth pulp, beat thoroughly, turn into molds and serve very cold with cream and sugar.

#### Fluffy Corn-Starch Blanc Mange

Scald 1 pint of milk in a double boiler. Mix together 3 almost level tablespoonfuls of corn-starch, 3 tablespoonfuls of granulated sugar and  $\frac{1}{4}$  of a teaspoonful of salt. Mix to a cream with cold milk, turn quickly into the hot milk and stir until smoothly thickened. Cover and cook for forty-five minutes. Whip the whites of 3 eggs to a stiff, dry froth. Turn into the corn-starch, stir and mix lightly for three minutes, add any desired flavoring and take from the fire. Turn into wetted molds and set aside until cold, then turn out and serve with custard sauce or cream and sugar. This dessert may be varied by adding the yolks of eggs three minutes before stirring in the beaten whites.

#### Apple Cream

Peel and core tart apples; slice and weigh them, and to 3 pounds take 1 cupful of sugar;



put in a granite kettle with the grated rind and the juice of 1 lemon, 2 cloves and 1 inch of stick cinnamon, simmer slowly until the apples are very tender, then rub through a colander. Scald 1 pint of fresh cream, mix with it the apple pulp and serve cold.

### Apple Slump

Put quartered or sliced apples into a deep granite kettle, add sugar to taste and 1 spoonful of butter and cook until the apples are nearly tender. Fit over them a rich biscuit crust rolled out almost an inch thick, cover closely and keep the apples simmering gently for three-quarters of an hour; uncover and place in a hot oven until browned. This is a substantial luncheon dish.

### Apple Pot Pie with Maple Sugar Sauce

Half fill a deep dish with sour apples which have been quartered, pared and cored. Pour over them a little boiling water and place in a hot oven until tender. Make a crust as for baking-powder biscuit, roll out an inch thick; lay it over the apples and return to the oven for about forty minutes, or until the crust is done. For the sauce, cook together 2 tablespoonfuls of butter and 1 teaspoonful of flour, add  $\frac{1}{2}$  cupful of maple syrup and a tiny pinch of mace and cook until clear and smooth.

### Boiled Apple Dumplings

Beat well without separating 2 eggs, add a pinch of salt, 1 pint of milk and 1 cupful of flour. To a second cupful of flour add 2 teaspoonfuls of baking-powder; add this to the batter, then as much more flour as may be needed to mix to a soft dough. Roll out quickly one-half of an inch in thickness. Cut into squares, lay 2 or 3 quarters of pared apples on each, draw the dough round them and pinch the edges together. Have ready a number of pudding cloths wrung out of cold water and dusted with flour. Put a dumpling in each, leave a little room for swelling, and tie tightly. Drop into a kettle of rapidly boiling water (have a saucer in the bottom to prevent burning) and keep the water at a steady boil for an hour. Serve hot with hard sauce.

### Apple Loaf

Take from the raised bread dough sufficient to make a small loaf. Work thoroughly into it 1 tablespoonful of butter,  $\frac{1}{3}$  cupful of sugar,  $\frac{1}{4}$  teaspoonful of cinnamon and 2 well-beaten eggs. Add flour sufficient to bring again to a soft dough, knead lightly and let raise. Divide into thirds and roll each out on the board until the size of the pan. Lay one piece in the pan and spread over it an inch layer of tender sour apples chopped fine. Pour over 1 scant tablespoonful

of melted butter, cover with the second piece of dough; add another layer of apples, more melted butter and the third sheet of dough. Brush with milk and let stand until very light. Steam for an hour then stand in a hot oven until lightly browned. Serve very hot in slices with sugar and cream.

### Baked Apple Patties

Take from the bread dough, when ready to mold into loaves, as much as would make one small "brick" loaf. Into it work 1 egg, beaten with 2 tablespoonfuls of sugar, using a spoonful or so of flour if too sticky to handle, but only as much as is absolutely necessary. Roll out on the floured board until half an inch thick, then cut in circles with a large cup or cutter. Have ready some thick apple sauce which has been stewed with raisins— $\frac{1}{2}$  cupful to a pint—until the latter are very tender. Wet the edges of a circle, in the center put 1 or more spoonfuls of the sauce, cover with a second circle and pinch the edges firmly together. Place an inch or more apart on greased pans, let stand until the dough begins to rise, then brush the top of each with a little beaten egg yolk and bake in a quick oven.

### Apple Fluff

A simple dessert is apple fluff. For this grate 1 large or 2 small tart pared apples, dropping

the pulp, as fast as grated, into a bowl containing  $\frac{1}{2}$  cupful of fine granulated sugar, with which it is to be stirred—this prevents discoloration. Add 1 teaspoonful of lemon juice, then drop in the unbeaten whites of 2 eggs and begin to whip with a flat wire beater. Use long strokes and beat steadily; the bowl needs to be a large one for the mixture will swell to several times its first proportions. When very light, fluffy and quite stiff, heap in serving glasses and stand in a cold place. This should not be made more than an hour before the meal; just before serving drop  $\frac{1}{2}$  teaspoonful of any bright colored jelly on top.

### Apple Puffs

Mix together 1 pint of flour,  $\frac{1}{2}$  teaspoonful of salt, 1 tablespoonful of sugar and 2 scant teaspoonfuls of baking-powder. Beat 1 egg, add to it  $\frac{3}{4}$  of a cupful of milk. Stir this into the dry mixture with 2 tablespoonfuls of melted butter and more milk, if necessary, to make a very thick batter. Have ready a number of tart apples cored, pared and cut in eighths. Half fill muffin cups with the batter, lay over it some pieces of apple, sprinkle with spiced sugar (1 teaspoonful of powdered cinnamon and a pinch of cloves to  $\frac{1}{2}$  cupful of sugar), cover with more batter and press a number of pieces of apple

over the top. Sprinkle thickly with the sugar and bake for half an hour in a hot oven. Serve with a soft sauce.

### Pan Dowdy

Use a large, rather shallow earthen baking dish. Pare, core and slice sufficient tart apples to fill it. Measure before filling the dish and for 2 quarts of sliced apples add 1 scant cupful of sugar,  $\frac{1}{2}$  nutmeg grated,  $\frac{2}{3}$  of a cupful of cold water, and 1 tablespoonful of butter cut into bits. Over this place an upper crust of plain pastry, rolling it rather thick. Bake in a slow oven for two hours and a half. Transfer to the warming oven, or any part of the stove where it will keep very hot without baking, cover closely and let stand for one hour more. Serve warm with cream and sugar. When properly baked the apples will be rich and red all through.

### Brown Betty

Mix together 1 pint of finely crumbled stale bread, a pinch of salt, 3 to 4 tablespoonfuls of sugar, according to acidity of apples,  $\frac{1}{2}$  teaspoonful of cinnamon, a pinch of cloves. Melt and stir through this 2 large tablespoonfuls of butter. Pare, core and chop or cut fine 2 heaping cupfuls of tart apples in alternate layers in a buttered pudding dish, having crumbs on top.

If the apples are not juicy, add 2 or 3 tablespoonfuls of cold water. Cover and bake in a moderate oven until the apples are soft, then uncover and brown the top. Serve hot or cold with cream and sugar.

### Fruit Flip Flaps

Mix together 1 pint of flour, 1 teaspoonful of sugar,  $\frac{1}{2}$  teaspoonful of salt and 2 scant teaspoonfuls of baking-powder and rub in 2 heaping tablespoonfuls of butter. Mix to a soft dough which can just be cut with a spoon. Butter deep muffin pans and half fill them with the dough. Pare, core and cut fine a number of tart apples. Put an inch layer of them in each pan, sprinkle thickly with grated maple sugar and drop in each  $\frac{1}{4}$  teaspoonful of butter. Bake in a quick oven and serve hot with cream.

### Poor Man's Pie (Apple Dish)

Pare 6 large greenings (apples); sprinkle generously with sugar and cinnamon. Take about 1 pint of buttermilk with large lumps of butter floating in it. Beat 2 eggs till light, add  $\frac{1}{2}$  cupful of sugar, 2 teaspoonfuls of soda, a pinch of salt and 1 pint of flour. Make a smooth batter, spread evenly over the prepared apples and place in the oven to bake. Serve with milk or cream sweetened with sugar. Cream which is

thus treated goes much farther and is very delicious. Flavored with vanilla, it makes a pleasing change from plain cream.

#### Apricot Tapioca

Soak 1 cupful of fine tapioca for two hours in sufficient cold water to cover. Drain, put into a double boiler with  $\frac{1}{4}$  of a cupful of sugar and the syrup drained from 1 can of apricots, adding boiling water sufficient to give 3 cupfuls of liquid. Add  $\frac{1}{2}$  of a teaspoonful of salt and cook until transparent. Cut each piece of apricot into three and put in layers in a pudding dish with the cooked tapioca. Bake for half an hour in a moderate oven and serve with cream.

#### Fruit Tapioca

Cook together equal measure of fruit and water until soft enough to rub through a sieve. Measure, return to the fire and for each cupful add 1 scant tablespoonful of fine tapioca. Stir frequently until the tapioca swells, then cover and cook until transparent. Add sufficient sugar to sweeten, pour into a serving dish and set aside. Serve icy cold with cream.

#### Maple Tapioca Pudding

Maple tapioca will need 1 cupful of tapioca cooked slowly in 1 pint of hot water until trans-

parent. Add butter the size of an egg,  $\frac{1}{4}$  teaspoonful of salt,  $\frac{3}{4}$  of a cupful of thick maple syrup and 3 well-beaten eggs. Pour into a baking dish and bake until set, then put aside until cold. Serve with whipped cream sweetened and flavored with a little vanilla.

### Light Tapioca Custard

Scald 1 pint of milk in a double boiler. Add 2 tablespoonfuls of fine tapioca; stir very often until thickened then cover and cook until clear and thick. Separate yolks and whites of 3 eggs. Beat the yolks with  $\frac{1}{2}$  cupful of sugar and a pinch of salt. Whip the whites to a stiff froth, add the yolks to the tapioca, stir until thickened, then add the whites, turn and mix lightly for three minutes, then take off, flavor to suit and pour into a serving dish to serve cold. According to the season cut fruit may be added to or served with this dish.

### Ice-Cream Pudding

One heaping tablespoonful of corn-starch dissolved in cold water, with a pinch of salt; pour on 1 pint of boiling water, stirring constantly, stir in the stiffly beaten whites of 3 eggs, and boil a minute; pour in a deep dish and set away to cool. For the sauce take the yolks of 3 eggs, 1 teacupful of sweet milk, and  $\frac{2}{3}$  of a cupful of



sugar, boil in rice boiler to prevent burning, and flavor with lemon. This is delicious and economical.

### Snow Pudding

One-third of a box of gelatine put to soak in water to cover it; when soaked, pour 1 pint of boiling water into it, 1 cupful of sugar, and juice of 2 lemons; strain and, when it is cold and begins to set, stir into it the beaten whites of 3 eggs and set away to mold.

Custard sauce to serve with the snow pudding is made as follows: Heat 1 pint of milk, and when boiling stir in the beaten yolks of 3 eggs,  $\frac{1}{2}$  cupful of sugar, and flavoring to taste; use care in cooking this.

### Spice Pudding

Take 1 cupful of crusts of bread, packed measure, and soak in 1 pint of milk until soft. Add  $\frac{1}{2}$  cupful of molasses, 1 cupful of seeded raisins,  $\frac{1}{4}$  teaspoonful each of salt and ground cloves, cinnamon, allspice and nutmeg. Mix thoroughly and bake in a moderate oven for about three-quarters of an hour.

### Crumb Spice Pudding

Take 1 cupful of dry bread crumbs, add 1 pint of hot milk, cover and let stand until the milk is

absorbed. Add  $\frac{1}{4}$  teaspoonful of salt, 1 scant  $\frac{1}{2}$  cupful of molasses,  $\frac{1}{4}$  teaspoonful of cinnamon, a good pinch each of cloves, nutmeg, allspice, mace and ginger, and  $\frac{2}{3}$  of a cupful of seeded raisins which have been steamed for five minutes. Add 1 well-beaten egg, turn into a greased pudding pan and bake in a moderate oven for nearly one hour.

### Light Steamed Pudding

One cupful of chopped suet, 1 cupful of molasses, 1  $\frac{1}{2}$  cupfuls of fine bread crumbs, 2 scant cupfuls of flour, 1 teaspoonful of salt, 1 cupful of any kind of chopped dried fruit, 1 teaspoonful of baking-powder,  $\frac{1}{2}$  (scant) teaspoonful of soda mixed with 1 cupful of sour milk. Mix, turn into a greased mold and steam for four hours.

### Fruit Pudding

Cook together 1 cupful each of strained fruit juice and water. When boiling sweeten to taste, then stir in 3 scant tablespoonfuls of corn-starch mixed with  $\frac{1}{4}$  of a teaspoonful of salt and enough cold water to make a thin paste. Stir until thickened smoothly, then draw a little to one side and boil slowly for ten minutes. Whip the whites of 3 eggs to a stiff froth. Turn them into the boiling mixture and cook and fold in lightly for three minutes longer. Take at once from the fire

and pour into a wetted mold, adding 1 or 2 layers of whole fruit. Serve very cold with a custard made with the egg yolks, 1 pint of milk, a pinch of salt, 3 tablespoonfuls of sugar and a few drops of suitable flavoring.

### Crumb Fruit Pudding

Two cupfuls of crumbled stale bread, 2 of crumbled stale cake, mixed together. Pour over 1 cupful of milk and let stand an hour to soak. Add 1 tablespoonful of melted butter,  $\frac{1}{2}$  cupful of molasses,  $\frac{3}{4}$  of a cupful each of seeded raisins and chopped citron,  $\frac{1}{2}$  teaspoonful of cinnamon,  $\frac{1}{4}$  teaspoonful each of cloves, allspice, mace and salt, 1 teaspoonful of soda dissolved in 1 tablespoonful of cold water. Mix well, turn into a buttered mold, and steam for three hours. Serve with a hard sauce beaten until very creamy, and flavored with vanilla.

### Belle Pudding

Take some stale bread, remove all crust and reduce the white portion to fine light crumbs. Butter the right number of cups or individual molds, put in the bottom of each a candied cherry or a slice of some home fruit such as canned or preserved peaches drained and made quite dry, then lightly fill with the crumbs. Having first

measured to see how much liquid would be needed allow for each cupful of milk 2 well-beaten eggs,  $1\frac{1}{2}$  tablespoonfuls of sugar, a pinch of salt and  $\frac{1}{2}$  teaspoonful of vanilla. Beat eggs and sugar and add the scalding hot milk. Baste this slowly over the crumbs in the molds until all is used. Stand the molds in a pan of hot water and bake in a moderate oven until set in the center. Turn out on saucers and pour round each, just before sending to the table, any nice soft sauce, or heat the juice of canned fruit and thicken very slightly with corn-starch.

The next time dissolve 1 heaping teaspoonful of cocoa in each cupful of milk and you will have chocolate pudding. The third time mix with the bread some ground spice, in the proportion of 1 teaspoonful of cinnamon,  $\frac{1}{2}$  teaspoonful of nutmeg and  $\frac{1}{4}$  teaspoonful each of cloves and allspice; this entitles it to be called spice pudding.

#### Somerset Pudding

Take a stale sponge cake and stand on a serving dish. Prepare 1 cupful or more of fresh fruit juice or the syrup from canned fruit. Baste this, a little at a time, over the cake until it is thoroughly soaked but unbroken. Make a soft custard with 1 pint of milk, 3 eggs, a pinch of salt, 3 tablespoonfuls of sugar and a suitable flavoring. When cold pour it round, not over

the cake. Decorate the top with candied cherries or fresh fruit.

### Cabinet Pudding

Thickly butter a melon mold ; sprinkle bottom and sides with mixed nut meats, raisins, currants and chopped citron. Fill the mold loosely with small pieces of stale cake, sprinkling more fruit through it. Make a raw custard with 3 eggs, 1 tablespoonful of sugar, a pinch of salt and 1 pint of milk. Pour this over the cake, lifting now and then with a fork that the custard may be equally absorbed. Stand in a kettle of boiling water, cover closely and steam for an hour. Serve with a wine or foamy sauce.

### Dark Steamed Pudding

One cupful of finely chopped beef suet, 1 cupful of molasses, 1 cupful of cold water, 2 cupfuls of flour, 1 teaspoonful of baking-soda,  $\frac{1}{2}$  teaspoonful of salt, 2 teaspoonfuls of ground cinnamon, 1 teaspoonful of ground cloves. Sift all the dry ingredients together and mix thoroughly. Steam three hours and serve with a hard sauce flavored with vanilla. If there is any left, slice the next day and serve with a hot liquid sauce flavored with lemon. This is a very cheap dessert and a universal favorite. By adding citron, raisins and currants it may be made a very good substitute for the regular holiday plum pudding.

### Graham Pudding

One cupful of molasses, 1 cupful of sweet milk, 1 egg, 1 cupful of seeded raisins,  $\frac{1}{2}$  of a teaspoonful of soda dissolved in the molasses,  $\frac{1}{2}$  of a teaspoonful of salt, sufficient sifted graham flour to make a rather stiff drop batter. Pour into a well-greased mold and steam for three hours. Serve with a hard sauce.

### Bread Pudding

Take about 4 slices of dry bread, spread with butter and put raisins between them. Take 1 egg, beat  $\frac{1}{2}$  cupful sugar, a little salt, and milk to cover the bread, a little nutmeg; set on the back of the stove and let it swell one hour, then bake one hour. Serve with cream and sugar, and a dish of quince jelly.

### Fairy Pudding

Put a tumbler of firm quince jelly into a saucepan, add 1 cupful of boiling water, stir until the jelly is melted and the liquid at the boiling point. Add quickly to it 2 tablespoonfuls of corn-starch mixed with a pinch of salt and sufficient cold water to make a thin paste, stir until clear and smooth, then draw to one side and cook slowly for ten minutes. Turn into a large bowl and when cold and beginning to stiffen beat long

and hard with an egg beater until it is quite light, add the whipped whites of 2 eggs and continue to beat until it is a feathery mass. Turn into wetted molds and set aside, serving very cold with cream or a custard sauce. Any firm jelly will do but quince gives a peculiarly delicate flavor.

### Cottage Pudding

Rub 2 heaping tablespoonfuls of butter into 1 pound of flour, add 2 tablespoonfuls of sugar, 1 level teaspoonful of cream of tartar, 1 level teaspoonful of baking-soda, and make into a dough with 1 cupful of buttermilk. Grease a pudding mold, put in the mixture, twist a piece of buttered paper over the top, and steam for one hour.

### White Lady Pudding

Wash well 6 ounces of rice and put on to boil in a double boiler with 1 quart of milk, 1 vanilla bean and a pinch of salt; boil at least two hours. Have soaked in a very little water 2 ounces of gelatine; add to the rice 5 ounces of sugar, and when the rice is very soft add the gelatine; remove from the fire and cool; when the pudding begins to stiffen add  $\frac{1}{2}$  pint of whipped cream, turn in a mold and set on ice to harden from four to five hours. This is pronounced delicious served with strawberry sauce made with jam.

### Old-Time Indian Pudding

Mix well together  $\frac{1}{2}$  pint of fine corn-meal, a scant  $\frac{1}{2}$  teaspoonful of salt, 1 tablespoonful of flour and 1 cupful of molasses. When smooth gradually add 3 pints of hot milk, stand over the fire and stir steadily until thickened without lumps. Set aside until cold then stir in 1 teaspoonful of ginger, 2 teaspoonfuls of cinnamon, and 1 quart of cold milk. Turn into a baking dish and bake very slowly for four hours; when half done pour 1 cupful of cold milk over the top. Do not stir in.

### Fried Corn-Starch Pudding

Make the corn-starch pudding as usual and pour into a wet mold to get cold and firm. Then unmold to cut in small, rather thin slices. Dip these slices into beaten egg, then roll in cake crumbs, and drop into smoking hot fat to become a golden brown color. Make a syrup of 1 cupful of sugar and  $\frac{1}{4}$  of a cupful of water, to it add 1 gill of maraschino, and serve with the fried pudding.

### Delicate Pudding

Delicate pudding may have as a basis the strained juice of any variety of fruit on hand. Take 1 cupful of such juice, add 1 cupful of water,



a grain of salt and bring quickly to the boiling point. Sweeten to taste, then stir in 2 tablespoonfuls of corn-starch wet with cold water and stir until smoothly thickened and clear. Draw to one side and boil gently for ten minutes, then cut in lightly the stiffly whipped whites of 3 eggs. Cut and mix over the fire for two minutes longer, then pour into a wetted mold with alternate layers of the same fruit, cut or whole, according to size. Serve very cold with a custard made with 1 pint of milk, the egg yolks, 2 tablespoonfuls of sugar and a little flavoring which will accord with the fruit used.

#### A Good All-round Pudding

Sift together 1 pint of whole wheat flour,  $\frac{1}{2}$  teaspoonful each of salt and baking-soda and 1 teaspoonful of mixed ground spices. Add  $\frac{1}{2}$  cupful each of finely chopped suet, molasses and sour milk, and from  $\frac{1}{2}$  to 1 cupful of mixed fruit of any kind, fresh berries or chopped apples, etc., in the season, currants, citron or other dried or candied fruits in winter; the spice used should always accord with the fruit. Turn into buttered molds—pound baking-powder cans or cups—and steam from one to two hours according to the sized molds used. Serve with a hard or a soft sauce. This simple recipe is capable of many variations.

**Economical Plum Pudding**

One pound of bread crumbs, 1 pound of flour, 1 pound of seeded raisins,  $\frac{3}{4}$  of a pound of chopped suet,  $\frac{3}{4}$  of a pound of currants,  $\frac{1}{4}$  of a pound of lemon peel, 1 ounce of blanched and chopped almonds, 2 teaspoonfuls of mixed spices,  $\frac{1}{4}$  of a teaspoonful of salt, 3 eggs and 1 cupful of milk,  $\frac{1}{2}$  pound of sugar. Mix all the dry ingredients together. Beat up the eggs, add the milk to them and pour among the other ingredients. Mix and press the mixture into a well-greased mold, cover with a scalded and floured cloth, and boil steadily for five hours. Keep in a cool, dry place. Plum puddings properly made and boiled will keep at least a year.

**Christmas Plum Pudding**

Clean, wash and dry 1 pound of currants, take 1 pound of seeded raisins. Mix with  $\frac{1}{4}$  pound each of chopped candied orange and lemon peel, 1 pound of suet chopped fine,  $\frac{3}{4}$  of a pound of fine stale bread crumbs,  $\frac{1}{4}$  of a pound of sifted flour,  $\frac{1}{4}$  of a pound of brown sugar. Beat 5 eggs, add  $\frac{1}{2}$  pint of brandy or sweet cider and pour over the dry ingredients. Add  $\frac{1}{4}$  of a nutmeg grated, the grated rind of 1 lemon and mix very thoroughly. Pack in small greased molds or covered kettles. Boil steadily for six hours

and set away in a cold place. When used boil for two hours longer and serve with a hard sauce flavored with vanilla and brandy or sherry.

### Canned Peach Pudding

One-half can of peaches will be sufficient. To  $\frac{3}{4}$  of a cupful of the peach syrup add  $1\frac{1}{4}$  cupfuls of boiling water, 2 ounces of fine hominy and a pinch of salt and cook at the side of the fire, stirring frequently until the hominy is tender. As it swells and thickens it may be wise to use a double boiler to keep from burning. Add 6 peach halves cut fine and cook fifteen minutes longer; if not sufficiently sweet add more sugar. Turn into a large mold. Serve very cold with cream.

### Canned Peach Dumplings

Canned peach or apricot dumplings made with rice covering are delicious. Partially boil the rice until soft enough to adhere to the fruit drained from the juice. Tie into cheese-cloth squares and steam until the rice is perfectly tender. Thicken the juice with arrowroot or corn-starch; add a little lemon juice and serve hot.

### Baked Peach Dumplings

Mix together 1 quart of sifted flour, 1 scant teaspoonful of salt and 2 teaspoonfuls of baking-

powder. Rub in  $\frac{3}{4}$  of a cupful of butter (or butter and lard mixed). Make a soft dough, using sweet milk. Turn on a floured board and roll out half an inch thick. Have ready some canned peaches thoroughly drained, or use dried peaches which have been soaked until soft. Cut the dough in four inch squares and on each lay 2 pieces of fruit. Draw the corners together and pinch the edges tightly that the juice may not ooze. Place close together in a greased baking pan. When the dish is filled, pour over the dumplings  $\frac{2}{3}$  of a cupful of cold water, cover tightly and put at once in a hot oven. Uncover at the end of forty minutes and let them brown quickly. With them serve a sauce made with 1 pint of the peach syrup (or syrup and water), an inch stick of cinnamon, sugar to taste, 1 scant tablespoonful of corn-starch mixed with a little cold water and a pinch of salt. Simmer until clear, add 1 tablespoonful of butter and stir until it is absorbed, then take from the fire.

### Peach Dessert

Pare hard imperfect peaches and cut in quarters. Place in a large kettle with a little water and sufficient sugar to sweeten and stew slowly until soft. Have ready a thick batter made with 1 pint of flour, 1 heaping teaspoonful of baking-powder, 1 teaspoonful of sugar, a pinch of salt

and 1 scant cupful of milk. Drop this by spoonfuls over the top of the boiling fruit and cover closely. Keep where the boiling will be slow but steady for from ten to fifteen minutes without uncovering. Then dish, the fruit in the center and dumplings round the edge of the dish.

### Peach Whip

Beat the whites of 3 eggs to a soft froth. Add 3 tablespoonfuls of sifted powdered sugar and beat to a stiff, glossy meringue. Peel  $\frac{1}{2}$  dozen peaches and press them through a sieve. Gradually add this pulp to the meringue, beating all the time and sprinkling in also 1 teaspoonful of lemon juice. Heap in tall glasses and serve at once.

### Peach Snow

Soak  $\frac{1}{2}$  of a box of gelatine in 1 cupful of cold water until soft. Boil together for five minutes 1 cupful of sugar and 1 cupful of water, take from the fire and add the gelatine. Stir until dissolved, strain and add 1  $\frac{1}{2}$  cupfuls of peach pulp, prepared by rubbing the pared peaches through a fine sieve. Set aside, stirring occasionally until the mixture is quite thick. Whip the whites of 4 eggs to a stiff froth, add by degrees the jelly mixture, and continue to whip until the whole mass is very stiff. Pour into a mold wet in cold

water, and set on ice until firm enough to turn out.

### Peach Cobbler

Originally a Maryland delicacy, peach cobbler has become a favorite wherever fresh peaches are obtainable. Pare enough large sweet ones to almost fill a deep pudding dish; do not halve or pit them but sprinkle with plenty of sugar, then cover with a rich pie crust rolled rather thicker than usual. Bake in a moderate oven for from forty minutes to an hour.

### Peach Puffs

In place of pie crust, a short biscuit dough may be used for fruit dumplings; this will be found superior to cake when a nice fruit short cake is desired. For peach puffs, beat 2 eggs until thick and light; add  $\frac{1}{2}$  of a cupful of milk, a pinch of salt and 1 cupful of flour mixed with 1 heaping teaspoonful of baking-powder. Stir in 1 tablespoonful of melted butter and beat well; then add as much more flour as may be necessary to mix it to a thick batter. Butter small, deep cups; drop in each 1 spoonful of the batter; add to each  $\frac{1}{2}$  of a peeled peach; cover with another spoonful of batter and steam for half an hour. Either hard or soft sauce may be served with this dessert.

### Peach Trifle

Boil together for five minutes 1 scant cupful of sugar and 1 cupful of water, dropping into it, as fast as stoned, the pits from 1 quart of ripe peaches. Keep the stones in the syrup for ten minutes, drawing the saucepan to the side of the fire. Skim them out and lay in the pared peaches, stewing slowly until they are tender. Set aside until the first heat has passed off, then press through a sieve. Line a glass dish with stale sponge cakes dipped in sherry, spread over them the cold peach pulp and cover with 1½ cupfuls of thick cream sweetened and flavored with 2 table-spoonfuls of powdered sugar and ½ of a teaspoonful of vanilla and whipped to a thick solid froth.

### Peach Sago

Wash ½ of a cupful of sago and let soak for several hours or over night. Drain, cover with 1 pint of boiling water and simmer gently until the sago is clear. Sweeten with ½ of a cupful of sugar, add a pinch of salt and pour over cut peaches arranged in a serving dish. Set aside and serve very cold with cream. Any fruit in season may be used, adding sugar according to the tartness of the fruit.

### Peach Betty

Mix together 1 pint of soft, stale crumbs, a pinch of salt, ½ cupful of sugar and ⅓ of a

teaspoonful of mixed ground spice ; add a scant  $\frac{1}{2}$  cupful of melted butter, turning through well that the butter may be evenly distributed. Fill a pudding dish with alternate layers of this mixture and finely cut peaches and bake in a moderate oven for from thirty to forty minutes. Serve with either cream or a hard sauce.

### Berry Dumplings

Mix well together 1 pint of flour,  $\frac{1}{2}$  of a teaspoonful of salt, 1 heaping teaspoonful of baking-powder and 1 teaspoonful of sugar. Rub in 2 tablespoonfuls of butter, then mix to a soft dough with sweet milk. Turn on a floured board, roll out half an inch thick, and cut in rounds the size of a tea saucer. On the center of each place several berries, about equal to 1 tablespoonful. Draw the paste up around them and pinch the edges tightly together. Set close together on a greased pan and steam for twenty-five minutes, then place in a hot oven long enough to dry off.

For the sauce, sift 1 cupful of powdered sugar. Cream thoroughly 1 heaping tablespoonful of butter and gradually beat into it enough of the sugar to make a thick sauce. Have ready some of the berries mashed to a pulp. Add 1 teaspoonful at a time to the sauce, beating thoroughly before adding more. Watch closely, and



if the sauce begins to look granular, or as if it would separate, add 1 tablespoonful more of sugar. Beat until very light, pile on a dish, and stand in the ice box until the dumplings are ready to serve.

### Steamed Berry Pudding

For a simple berry pudding beat 2 eggs, add 1 cupful of milk,  $\frac{1}{4}$  of a teaspoonful of salt, 2 tablespoonfuls of sugar and 1 cupful of flour. Beat in 2 tablespoonfuls of melted butter, 2 teaspoonfuls of baking-powder and enough more flour to make a very thick batter. Last of all stir in  $1\frac{1}{2}$  cupfuls of berries which have been floured. Turn into a buttered mold with a tightly fitting cover and steam for two hours. For the sauce cream 2 tablespoonfuls of butter with 1 cupful of powdered sugar, add  $\frac{1}{2}$  of a teaspoonful of vanilla and 1 tablespoonful of sherry and heap on a small dish.

### Steamed Berry Roll

Prepare a rich biscuit dough, using 2 tablespoonfuls of butter and 1 heaping teaspoonful of baking-powder to 1 pint of flour. Roll out in a long sheet about half an inch thick. Spread with a thick layer of berries sweetened to taste. Roll up tightly as possible—like a jelly roll—and pinch the ends together. Lay on a buttered plate or shallow pan, and steam for forty min-

utes, then place in the oven to dry off and color slightly. Serve with a soft or hard sauce. All kinds of berries, stoned cherries, cut peaches and other fruits sweetened to taste may be used in the same way.

### Berry Roly Poly

To make a roly poly mix together 1 pint of sifted flour,  $\frac{1}{2}$  teaspoonful of salt, 1 teaspoonful of sugar and 1 teaspoonful of baking-powder and rub in 2 teaspoonfuls of butter. Stir this to a soft dough with sweet milk, roll out, spread thickly with berries and a few spoonfuls of sugar, roll up tightly and pinch the ends together. Arrange on a greased pan and steam for half an hour, then place in a hot oven just long enough to dry off the crust. Serve with it a hard sauce, coloring part of it with a few crushed berries; to add to its appearance put the latter in a cornucopia made of writing paper, cut off the tip with a sharp scissors and squeeze it out as a spiral over and around the white portion which is heaped on a flat glass dish.

### Berry Bread

Take 1 stale loaf of bread, cut in thin slices and spread with butter. Stew a quantity of any kind of berries (adding some currants or lemon juice to make slightly tart). When soft, sweeten

to taste. In a deep dish put a layer of the bread, pour over it a quantity of the boiling mixture, then more bread and fruit until all has been used. Serve very cold with cream. This simple dish is delightful.

### Fancy Fruit Jelly

Make a lemon or orange jelly. In the bottom of a wetted mold spread a layer of fruit—berries, sliced bananas, green grapes, etc. Pour over just enough jelly to cover and stand on ice until firm. Add another layer of fruit and jelly, chill again; repeat until the materials are used. Keep the reserved jelly in a warm place until the mold is filled.

### Lemon Jelly

Soak 1 package of gelatine in 1 pint of cold water until it is very soft. Boil together 1 quart of water, 1 ½ pints of sugar and the pared yellow rind of 1 lemon, for three minutes. Pour over the soaked gelatine and stir until it is dissolved. Add the juice of 3 or 4 lemons and strain into molds which have been dipped in cold water. Stand on ice or in a cold place until firm. Orange juice or cider may be substituted for the lemon juice, thus giving orange or cider jelly.

### Bird's Nest Jelly

A white corn-starch blanc mange is made in the proportion of 4 tablespoonfuls each of corn-

starch and sugar to 1 pint of milk. This, after thorough cooking, is divided and each portion colored with chocolate, fruit, red color paste, raw yolk of egg, etc. When using eggs for the week or two preceding they should be emptied carefully out of a small hole in one end of the shell, the shells rinsed and put aside. These are now to be well rinsed again in water and filled with the blanc mange, then set away, propping them in an upright position in a pan of flour. When the blanc mange is firm the shells are cracked and peeled off and the eggs arranged on a bed of any kind of clear jelly (lemon, orange or wine) which has been broken with a fork. Thin strips of candied orange peel may be arranged round them to simulate a nest.

#### Coffee Jelly

Soak 1 box of gelatine in 1 cupful of cold water until soft. Add 1 cupful of sugar, 1 pint of boiling water and 1 pint of rather strong coffee. Stir until the sugar is dissolved, add 1 teaspoonful of vanilla extract, strain through doubled cheese-cloth into wet molds. Serve with soft custard or whipped cream.

#### Cherry Batter Pudding

An easily made cherry pudding calls for 2 eggs well beaten ; to these add 1 cupful of milk,

$\frac{1}{2}$  teaspoonful of salt, 1 tablespoonful of sugar and sufficient sifted flour to make a thick drop batter. Beat well for a moment, add 1 level teaspoonful of baking-powder and 1 cupful of stoned cherries. Turn into a well-buttered mold and steam for two hours, serving it with either a hard or soft sauce.

### Cherry Bread

Cut stale bread in thin slices and thickly butter each. Open 1 quart can of cherries, dilute the syrup with an equal amount of boiling water; heat to the boiling point, add the cherries and 1 teaspoonful of corn-starch wet in cold water. Stir and boil for three minutes. Put 2 slices of the bread side by side on a dish and pour over them a part of the hot syrup and fruit. Add 2 more slices and more of the fruit, then 2 more with the remainder. Set all aside until very cold. Just before serving cover top and sides with a meringue and serve with plain cream.

### Cherry Roly Poly

To prepare a cherry roly poly, mix together 1 pint of flour, 1 tablespoonful of sugar,  $\frac{1}{2}$  teaspoonful of salt and 2 scant teaspoonfuls of baking-powder. Rub in 2 large tablespoonfuls of butter and mix to a soft dough with sweet

milk. Roll out a half inch thick and spread with a generous layer of pitted cherries. Dust with flour, add sugar according to the tartness of the fruit, roll up and pinch the ends together. Lay on a buttered plate, steam for forty-five minutes, then place in a hot oven just long enough to dry off and very lightly color the top. Serve with either a hard or soft sauce.

### Cherry Sponge

Soak  $\frac{1}{2}$  of a box of gelatine in  $\frac{1}{2}$  of a cupful of cold water. Pit 1 quart of stemmed cherries, steep the pits in 1 cupful of hot water for half an hour, then strain. Add to the water 1 cupful of sugar, bring to the boiling point and boil for three minutes. Pour over the cherries, cover and let stand for ten minutes then press all through a colander. Dissolve the gelatine over hot water, add to the cherry mixture and set away until it begins to thicken. Add the well-beaten whites of 3 eggs and beat on ice until all is thick and light. Turn into a wetted mold and set in a cold place until firm.

### Cherry Charlotte

Line a mold with pieces of dry sponge cake, previously dipping it in melted butter. Stew 1 pound of cherries till tender with  $\frac{1}{2}$  pound of

sugar. Fill the inside of mold with alternate layers of cake and cherries, from which the juice has been drained. Pour the remaining juice and 1 tablespoonful of melted butter over the whole, and bake in a moderate oven for half an hour. Turn out on a pretty dish, and serve hot, with either cherry sauce or whipped cream. This same recipe can be made in individual molds, and when turned out, garnished with transparent cherries.

#### Cherry Short-Cake

Chop up, with a silver knife, after pitting them, some fine sweet cherries, and sift over the fruit a generous layer of sugar; set aside for an hour before making the short-cake, to form juice. For the pastry make rich biscuit crust. Into 1 pint of sifted flour—2 cupfuls—mix a little salt and 2 level teaspoonfuls of baking-powder. Sift again, and rub in a tablespoonful each of lard and butter. Add 1 well-beaten egg and enough milk to make a dough to roll out. Bake in a biscuit-pan in two layers half an inch thick; to keep them separate, place flecks of butter between. This requires a quick oven, as for biscuit. When done, cut the crust into individual pieces and spread the prepared cherries between and on top. Serve with whipped cream, flavored with the remainder of juice.

### Cranberry Sponge

Soak  $\frac{1}{2}$  a box of granulated gelatine in  $\frac{1}{2}$  of a cupful of cold water. Pick over and wash 1 pint of cranberries, put into a saucepan with  $\frac{1}{4}$  of a cupful of cold water, cover closely and cook until the berries burst, then rub through a sieve. Measure and add more boiling water, if needed, to make 1 pint of thin pulp. Return to the fire and when almost boiling add sufficient granulated sugar to make very sweet—this will take 2 cupfuls or more, according to the acidity of the fruit. Stir for a moment, add the softened gelatine, stir until thoroughly dissolved then take from the fire and set aside. When cold and beginning to thicken add the whites of 4 eggs whipped to a stiff froth and continue whipping until the mixture is very thick and spongy. Turn into a wetted mold and stand in a cold place until firm.

### Cranberry Slump

Make a biscuit dough with 1 pint of flour, 1 tablespoonful of butter,  $\frac{1}{2}$  of a teaspoonful of salt, 1 teaspoonful of baking-powder and milk to mix. In a pudding dish put 1 quart of washed cranberries, add 1 cupful of sugar and  $\frac{1}{2}$  of a cupful of water and cover with the crust. Cover and cook slowly in a moderate oven for one hour. Dust with sugar and serve with cream or a sweet sauce.



### Grape Sago Pudding

Soak 1 cupful of sago over night in plenty of cold water; in the morning pour off the water; put the sago in a double boiler with 1 cupful of boiling water,  $\frac{1}{2}$  of a cupful of sugar,  $\frac{1}{4}$  teaspoonful of salt, and 1 cupful of juice pressed from grapes which have been stemmed and cooked for ten minutes. Cook until the sago is clear, adding more grape juice if it becomes too stiff, then add 1 cupful of seeded grapes, cook ten minutes more and turn into a baking dish. Brown in a quick oven and serve with a creamy sauce.

### Grape Sponge

Wet 4 rounding tablespoonfuls of corn-starch with a little cold grape juice and then turn it into 1 pint of the juice that is boiling, adding a speck of salt and 1 rounding teaspoonful of butter. Stir until it is transparent; then remove from the fire and fold in 3 whites of eggs beaten very stiff and dry. Pour into a dish or a fancy mold and stand in a cold place to chill. The yolks of the eggs can be used for the boiled custard which accompanies it. Garnish the dish with grapes if they can be secured.

### Lemon Sponge

Soak  $\frac{1}{2}$  package of gelatine in 1 cupful of cold water till soft. Boil 1 pint of water and 1 pint

of sugar for two minutes, add gelatine, stir till dissolved, add juice of three lemons and strain. When cold and beginning to thicken add the whites of 4 eggs, stand in a pan of ice water and whip without stopping until it is a white spongy mass all through. Turn into a wetted mold and set away until firm.

#### Prune Whip

To the white of 1 egg beaten stiff, add 1 tablespoonful of pulverized sugar and 2 tablespoonfuls of stewed prunes, freed from the seed and chopped fine. Serve cold with cream.

#### Prunes à la Vanille

Make a syrup of equal quantities of lemon juice and water, adding  $\frac{1}{2}$  pound of sugar for every  $1\frac{1}{2}$  gills of water. Bring to a boil, then add a sufficient quantity of California prunes, which have been carefully washed and soaked, and stew very gently until the prunes are tender. Then remove from the fire, add vanilla extract to flavor, turn into a dish and set aside to cool.

#### Prune Cocktail

Cook choice prunes just enough to remove the stones easily. Sweeten slightly while cooking. Chill thoroughly and chop into small pieces. To the juice add strained orange and lemon juice to taste and serve cold.

## Prune Jelly

Wash 1 cupful of large prunes and soak in water over night or until swollen. Put into a double boiler and cook until tender, skim them out and let stand until cool enough to handle, then pit and cut them in quarters. In the meantime strain the juice and measure, adding water, if needed, to make  $\frac{1}{2}$  pint. Soak  $\frac{1}{4}$  cupful of granulated gelatine in 4 tablespoonfuls of cold water. Boil together the prune juice and 1 cupful of sugar for five minutes. Add the soaked gelatine and stir until dissolved. Set aside and when cool add 1 teaspoonful of vanilla. Arrange the cut prunes in a wetted mold, over them pour the syrup mixture and set away until stiffened. Turn out and serve with plain or whipped cream.

## Russian Prune Pudding

Pick over and wash through several waters 1 pound of large prunes and let soak over night. Next day turn them into a double boiler and simmer slowly until tender. Sweeten to taste, and when cool enough to handle carefully remove the pits. To the syrup add  $\frac{1}{3}$  of a box of gelatine, which has been soaked in  $\frac{1}{2}$  of a cupful of cold water and heated gently until dissolved. Set aside to cool. Have ready some almonds which have been blanched and split. When the jelly begins to thicken dip into it the almonds

and decorate the sides of a mold with them, then carefully fill with layers of the fruit and jelly, setting aside several times, if necessary, to allow the layers to stiffen. Serve very cold with cream, which is sweetened to taste and flavored with a few drops of extract of almond.

### Fig Chartreuse

Wash  $\frac{1}{2}$  pound of figs in warm water and drain. Barely cover with cold water and soak over night. Place in a double boiler and cook very slowly until tender, then pour off the juice. Wash 1 cupful of rice and drop into a kettle of slightly salted water and boil for ten minutes. Drain and place in a double boiler, and from time to time add a little milk until very soft and the milk is all absorbed, then stir in 1 tablespoonful of sugar. Have ready a buttered mold. Line bottom and sides with the rice, place the figs in the center and cover with rest of rice. Measure the fig juice, add water if necessary, to make 1 pint, and  $\frac{1}{2}$  cupful of sugar and boil for ten minutes. Bake the chartreuse for fifteen minutes in a slow oven, then turn out. Serve with the fig syrup to which is added a little vanilla.

### Fig Suet Pudding

Mix together  $2\frac{1}{2}$  cupfuls of sifted flour, 1 level teaspoonful each of soda, salt, mace, allspice and

cinnamon and 1 teaspoonful of baking-powder. Put through a fine sieve, then add  $\frac{1}{2}$  cupful of finely chopped suet, 1 pound of figs cut fine, 1 cupful of molasses, 1 cupful of milk. Turn into well-buttered pound baking-powder cans or molds of the same size and steam for two hours and a half. Serve with any good liquid sauce flavored with vanilla.

### Fig Roly Poly

Pick over and wash 1 pound of figs, cut into bits and place in a double boiler with 1 cupful of water. Cover and cook slowly until they can be beaten to a pulp with a spoon. Cool and flavor with a few drops of vanilla. Sift together 1 pint of flour,  $\frac{1}{2}$  teaspoonful of salt and 1 heaping teaspoonful of baking-powder, then rub into it 2 heaping tablespoonfuls of butter. Mix to a soft dough with cold milk, turn out on a floured board and roll out in a sheet half an inch thick. Spread with the fig paste and roll up tightly, pinching the ends well together. Place on a buttered pan, steam for three-quarters of an hour and stand in a hot oven for five minutes to dry off. Serve with milk or vanilla sauce.

### Rhubarb Dumplings

Make a rich biscuit crust with 1 quart of flour, 1 teaspoonful of salt, 2 heaping teaspoonfuls of

baking-powder, 4 tablespoonfuls of shortening and sufficient sweet milk to mix to a soft dough. Roll out and cut in four-inch squares. Put 1 large spoonful of finely cut rhubarb and 1 piece of loaf sugar on each, draw the paste together, and pinch to keep the fruit from oozing. Place close together in a greased dripping pan. Pour in a scant  $\frac{1}{2}$  cupful of cold water, cover closely with a second pan and bake for forty minutes in a hot oven, uncovering ten minutes before serving. The water keeps the crust from baking too hard. Serve with hard sauce.

#### Rhubarb Well

This is made of a rich bread dough pressed in a shallow pan, the sides much higher than the middle, which is filled thickly with sliced rhubarb and scraped maple sugar; bake until the dough is done and serve with a strawberry cream whip about the base.

#### Strawberry Mold

Whip 1 cupful of thick cream until very stiff and light; cut 1 pint of berries into small bits with a silver fruit knife and stir them lightly into the cream. Soak 1 tablespoonful of granulated gelatine in  $\frac{1}{4}$  of a cupful of cold water and when soft place over hot water until dissolved. Add this by degrees to the cream and berries,

stirring, and adding 3 tablespoonfuls of powdered sugar. When the mixture begins to thicken turn it into a wetted mold and put away in a cold place until set, then turn out on a fancy dish.

### Sweet Omelet

Break 4 eggs in a bowl, add 2 teaspoonfuls of powdered sugar and a tiny pinch of salt and beat just enough to mix well together. Into a very hot frying-pan drop 1 teaspoonful of butter, shake until it is evenly distributed over the bottom of the pan and pour in the eggs. Shake and stir with a flexible knife until the mixture begins to set, then loosen the edges and shake so that it will not stick to the pan. While still soft in the center spread quickly over it 1 spoonful of jelly, jam, crushed and sweetened fruit or any filling you wish, roll it over and turn out on a hot platter. Dust with a little powdered sugar and score with a hot poker. Put the remainder of the filling round the omelet and send at once to the table.

### Molded Rice and Apricots

Pick over and wash thoroughly 1 cupful of rice. Cook in a double boiler with 1 pint of milk and a pinch of salt. If it becomes too dry a little more milk may be added. When tender mix in lightly the beaten yolks of 2 eggs, cook

for three minutes and take from the fire. Add 2 tablespoonfuls of powdered sugar and 1 teaspoonful of vanilla and turn into a buttered mold. Steam for ten minutes, then turn out on a heated dish. Round it heap halved apricots and pour over it a portion of the apricot syrup, heated and slightly thickened with arrowroot.

### Rice and Raisins

Wash well 1 cupful of rice. Drop into a kettle of boiling salted water and boil at a gallop until the grains feel tender when rubbed between thumb and fingers. Drain, add 1 cupful of seeded raisins which have been steamed until plump, then pack into a well-buttered mold. Stand in the open oven for five minutes, turn out and serve with either hard sauce or butter and scraped maple sugar.

### Rice Royale

Pick over and wash 1 cupful of rice. Drop into a large kettle of boiling water, add  $\frac{1}{2}$  teaspoonful of salt and 1 tablespoonful of sugar and keep at a galloping boil until the grains feel tender when rubbed between the fingers. Drain thoroughly, pack lightly in a slightly buttered mold and let stand ten minutes in the open oven. Turn out carefully on a deep platter. Baste over this the syrup from canned fruit (heated),



arrange the fruit itself around the base and serve either hot or cold.

### Rice Imperial

A mold of rice boiled in milk, to which whipped cream and a trifle of gelatine have been added, is greatly improved by having the bottom of mold plentifully garnished with fresh cherries sugared over. Cherry syrup is served with it.

### Plain Rice Pudding

Put into a quart pan  $\frac{1}{2}$  cupful of rice, add a lump of butter the size of a hulled walnut, sugar to sweeten, a grating of nutmeg, and  $\frac{1}{2}$  tea-cupful of raisins, then fill up the pan with milk, stir occasionally while baking and add more milk if it is likely to become too dry.

### A New Way of Making Rice Pudding

Take  $\frac{1}{2}$  cupful of rice; soak in a little milk one-half an hour; add 2 quarts of milk, a little salt and 1 cupful of raisins; then add 1 cupful of sugar; season with vanilla; bake in medium heated oven until well done.

### Marshmallow Rice Pudding

Take  $1\frac{1}{2}$  pints of cold boiled rice and add to it milk, sugar and 1 egg just as you would for an ordinary baked rice pudding. Then place on

the top 1 dozen marshmallows which have been soaked for two or three hours in milk, and bake until a light brown tint. Serve with cream. This makes a very dainty and nourishing pudding, the marshmallows giving it a delicate flavor.

### Junket

In 1 tablespoonful of cold water break up and dissolve 1 junket or rennet tablet. Take 1 measured quart of milk, put 2 tablespoonfuls of it and 2 tablespoonfuls of sugar in a saucepan. Stir over the fire until the sugar is dissolved then add all of the milk and heat until blood warm, then take off quickly. Add 1 teaspoonful of vanilla or other flavoring and the dissolved tablet and pour quickly into cups or a dessert dish. Let stand undisturbed on the kitchen table until it jellies, which will take about ten minutes ; then set carefully away to chill. Serve very cold with cream and sugar.

### Junket With Canned Fruit

For each quart of measured milk allow 3 tablespoonfuls of sugar, flavoring to taste and 1 junket tablet. Drain and cut fine some canned fruit—or such fresh fruits as oranges or bananas—and partly fill one large dish or the necessary number of small ones. Break the tablet and dissolve in 1 tablespoonful of cold water. In a saucepan

put the sugar and  $\frac{1}{2}$  cupful of milk and stand on the stove and stir until the sugar is entirely dissolved. Add the rest of the milk, stir and heat until lukewarm then take off. Add the flavoring and dissolved tablet, stir once quickly then pour into the dishes. Let stand on kitchen table until the milk is set then set away. Serve very cold with cream.

#### Caramel Junket

Required : One quart of milk, 6 tablespoonfuls of granulated sugar, 1 junket tablet and 1 tablespoonful of cold water. Put the sugar into a small pan, with just sufficient water to melt it, stir till the sugar is no longer visible, and cook (without stirring) until the syrup becomes a dark brown ; then pour in a few tablespoonfuls of the milk, and allow it to cook until strongly flavored and sweetened by the caramel. Add this flavored milk to the remainder of the cold milk and the tablet dissolved in the water. Flavor with a few drops of vanilla extract, and serve in custard glasses.

#### Nun's Toast

This dish goes under several other names. Take stale slices of bread and trim to the same size. Make a raw custard in the proportion of 1 beaten egg and a pinch of salt to each  $\frac{1}{2}$  pint of milk. Spread the bread on a platter and pour

over a part of the custard, basting with more until the bread is thoroughly soaked. Drain slightly then quickly sauté in a little butter in a hot pan. Serve plain or with cinnamon and sugar.

### Toast in Variety

Toast may be used as a dessert at lunch, and there are a dozen ways in which its plainness may be improved upon. For the children trim all crust from the thin slices and place in the oven until a golden brown all through. Smother it in apple sauce or pour over the heated juice from canned fruits and serve cold with milk or cream. Dip the cut slices in a raw custard—1 egg to  $\frac{1}{2}$  pint of milk—and fry quickly with butter; serve hot with butter and spiced sugar—this is variously known as German, French and nun's toast. Cut the slices in circles, sauté quickly in butter; drop on each piece 1 large spoonful of mashed prunes, and serve with cream, whipped or plain. Stewed figs or any marmalade which is not too rich may also be used.

### Newport Whips

For Newport whips stand 1 glass of red raspberry jelly in a warm place where it will gradually soften to a thick syrup. Beat the whites of 2 eggs until foamy, add to the softened jelly, then gradually pour in 1 cupful of very heavy cream.

Stir in  $\frac{1}{2}$  cupful of sifted powdered sugar (less if the jelly is very sweet) and beat with a churn or dover beater. Lift off the froth as it rises, and place on a sieve to drain. When no more froth appears divide the liquid among the proper number of glasses and top each with a portion of the froth. Serve icy cold.

### Currant Jelly Whip

To the whites of 3 eggs add a tiny pinch of salt and beat until foamy. Add 3 tablespoonfuls of sifted powdered sugar and beat again until very stiff and glossy. Now add, a teaspoonful at a time,  $\frac{2}{3}$  of a glass of currant jelly, continuing to beat until the mass is perfectly light and well mixed. Pile in a dish or in small glasses and send to the table.

### Orange Roly Poly

Peel, slice and seed 4 sweet oranges. Mix well together 1 pint of flour,  $\frac{1}{4}$  of a teaspoonful of salt, 1 tablespoonful of sugar and 1 teaspoonful of baking-powder. Rub into this 2 tablespoonfuls of butter and mix in sufficient sweet milk to mix to a soft dough. Turn out on a well-floured board, roll out in a long strip, spread with the sliced oranges and sprinkle thickly with sugar. Roll up, pinch the ends so that the juice will not run out, lay on a buttered plate and

steam for forty minutes, then place in the oven until the top is dried off. Serve with hard or soft sauce.

### Gooseberry Fool

The name of this dish, like many other names of dishes, comes to us direct from the French. Spell the word Foule as it was originally and we find the foule signifies pressed. The gooseberries are pressed before being mixed with cream.

Green gooseberries ; to every pint of pulp add  $\frac{1}{2}$  pint of cream and  $\frac{1}{2}$  pint of milk, sugar to taste. Cut the tops and tails off the gooseberries ; put them into a jar, with 2 tablespoonfuls of water and a little brown sugar ; set this jar in a saucepan of boiling water, and let it boil until the fruit is soft enough to mash. When done enough, beat it to a pulp, press through a sieve, and stir to every pint the above proportion of cream and milk. Ascertain if the mixture is sweet enough and put in plenty of sugar, or it will not be eatable ; and in mixing add the cream very gradually to the gooseberries. Serve in a glass dish, or in small glasses. This, although a very old-fashioned and homely dish, is, when well made, very delicious, and, if properly sweetened, a very suitable preparation for children.

## Gateau de Riz

One heaping tablespoonful powdered gelatine, 3 tablespoonfuls of water, 2 tablespoonfuls of sugar, 2 cupfuls of milk, 2 ounces of ground rice,  $\frac{1}{2}$  cupful of raspberry purée, few drops of red coloring. Grind the rice and mix it into a smooth paste with a little of the milk, then put the remainder into a saucepan to heat. When warm, add ground rice and stir over the fire until boiling. Add sugar and cook for a few minutes, stirring all the time. Remove the saucepan from the fire and add the raspberry purée, which has been made by rubbing either preserved raspberries or the fresh fruit through a sieve. Dissolve gelatine with the water and strain it into the other mixture. Color with a few drops of red coloring and pour into a mold which has been rinsed out with cold water. Serve with cream or custard sauce.

## Queenie

Make a cold raw custard with 3 eggs, 2 tablespoonfuls of sugar and a pinch of salt for each pint of milk. Cut thick slices of stale bread and trim to an even size. Spread on a flat pan and baste over them as much of the raw custard as they will soak up. When perfectly soft all through beat 1 spoonful of butter in the frying-pan and in it fry as many slices at a time as

can be accommodated with crowding. Brown quickly, turn and brown the other side. When done pile very evenly on a buttered dish, spreading each slice with a thick layer of marmalade. When all are done cover top and sides with a thick layer of meringue. Sprinkle liberally with powdered sugar and place in a moderate oven until lightly colored.

### Dampfnudeln

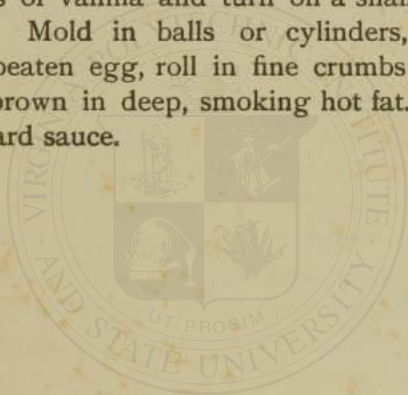
Dampfnudeln is a delightful German dish. If bread sponge is on hand take as much of it as would make a small loaf, work into it 3 table-spoonfuls of melted shortening; if not, start with 1 cupful of milk,  $\frac{1}{2}$  teaspoonful of salt, 1 scant tablespoonful of butter melted and  $\frac{1}{4}$  of a yeast cake. Divide the light dough, when ready, into small round biscuits and let them raise a little on the board. In a large frying-pan melt 1 tablespoonful of butter and let it run round the bottom and sides, then pour in cold milk until a quarter of an inch deep. Fit in the biscuits so that they almost touch. Cover closely and keep over a moderate fire, turning the pan occasionally from side to side. Do not lift the lid, but when the butter begins to sizzle—which will be in about twenty minutes—they should be done, crisp on the bottom and well puffed up, the milk having entirely evaporated during their



cooking. Serve with plenty of apple or apricot sauce.

### Cake Croquettes

Crumble and sift enough stale cake to make 1 pint of fine crumbs. Cover with 1 cupful of milk and soak for an hour. Put over the fire and stir until boiling hot then add 2 beaten egg yolks. When well mixed take off, add 2 teaspoonfuls of vanilla and turn on a shallow dish to cool. Mold in balls or cylinders, dip in slightly beaten egg, roll in fine crumbs and fry golden brown in deep, smoking hot fat. Serve with a hard sauce.



## CAKES

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### Feather Cake

One cupful of sugar, 1 cupful of sweet milk, 1 egg, 2 tablespoonfuls of butter, 1 teaspoonful of cream of tartar,  $\frac{1}{2}$  teaspoonful of soda, 2 heaping cupfuls of flour.

### A Delicious Cheap Cake

One cupful of sugar, 1 egg, butter the size of a small egg, 1 cupful of very cold water, 2 even cupfuls of flour, measured before sifting, 2 slightly rounded teaspoonfuls of baking-powder, salt and flavoring. Mix the sugar and butter thoroughly, add the egg and beat well. Add the water and let this stand while you sift the flour, baking-powder and salt three times, or, until thoroughly mixed. Then beat all very thoroughly and bake in a moderate oven. This may be filled with any preferred filling, may be used as a common loaf cake, or as a chocolate loaf cake by adding 2 teaspoonfuls of cocoa or 3 tablespoonfuls of grated chocolate.

### Jelly Cake

One cupful of sugar, 1 cupful of milk, 2 teaspoonfuls of cream of tartar, 1 teaspoonful of soda or 2 teaspoonfuls of baking-powder, 1 pint

of flour, 1 egg, 1 tablespoonful of butter, a little salt, flavor and bake in layers. Put currants or any tart jelly between the layers.

#### Cream Jelly Cake

Whites of 2 eggs, 1 cupful of white sugar, 1 cupful of sweet milk, a piece of butter the size of an egg, 2 cupfuls of flour,  $\frac{1}{2}$  teaspoonful of soda and 1 teaspoonful of cream of tartar.

The cream for the jelly cake is made with the yolks of 2 eggs,  $\frac{1}{2}$  cupful of brown sugar, 1 cupful of sweet milk, 2 teaspoonfuls of cornstarch, flavor with lemon, cook in a saucepan and spread between the layers.

#### Favorite Chocolate Cake

One-half cupful of sugar,  $\frac{1}{2}$  cupful of molasses,  $\frac{1}{2}$  cupful of hot water, 1  $\frac{1}{2}$  cupfuls of flour, 1 teaspoonful of soda, 1 tablespoonful of butter, 1 square of chocolate, 3 eggs (one white left out). Beat sugar, molasses, butter and eggs together, add the hot water with soda dissolved in it, the grated chocolate (melted) and flour. Bake in two layers.

#### An Inexpensive Angel Food

Most people like angel food with fruit or ice-cream, but many housewives hesitate about making it on account of the quantity of eggs it requires. However, this little cake is delicious,

inexpensive and large enough to serve a family of six or eight.

Whites of 4 eggs, pinch of salt,  $\frac{5}{8}$  cupful of sugar,  $\frac{1}{4}$  teaspoonful of cream of tartar, and  $\frac{1}{2}$  cupful of flour measured after sifting. Add salt to eggs and beat about half; then add cream of tartar and beat stiff. Fold in sugar. Sift flour four times and fold in lightly. Bake in ungreased tin for forty minutes in slow oven.

### Cheap Fruit Cake

Cream well together 1 cupful of brown sugar and a scant  $\frac{1}{2}$  cupful of butter, and beat in  $\frac{1}{4}$  of a teaspoonful of salt, 1 teaspoonful of cinnamon, a slight grating of nutmeg,  $\frac{1}{2}$  teaspoonful of cloves and 1 cupful of seedless raisins. Into 1 cupful of thick apple sauce made with tart apples and unsweetened, sift 1 tablespoonful of baking-soda. To the creamed ingredients add 1 cupful of flour, the foaming sauce and as much more flour—about 1 cupful—as may be needed to make a thick batter. Turn into a loaf pan lined with greased paper and bake in a moderate oven from fifty minutes to an hour, according to thickness.

### Ginger Cakes

Put 1 pint of molasses and 1 tablespoonful each of lard and butter in a bowl; stand over hot water until just warm enough to melt the

shortening. Add 1 cupful of milk, 1 tablespoonful of ground ginger,  $\frac{1}{2}$  teaspoonful of salt, 1 pint of flour mixed with 1 scant teaspoonful of sifted soda and  $\frac{1}{2}$  teaspoonful of baking-powder. Work well together then add sufficient flour to make a rather stiff dough. Roll out, cut with a scalloped cutter and bake on buttered pans in a hot oven.

### Ginger Snaps

One cupful of lard, 1 cupful of sugar, 1 cupful of molasses, 1 cupful of water, a little salt, 1 tablespoonful of ginger, 1 teaspoonful of soda, and 1 teaspoonful of cream of tartar, roll thin and bake quickly.

### Jumbles

Cream  $\frac{1}{2}$  of a cupful of butter, add 1 cupful of sugar and cream again. Add 1 well-beaten egg, 1 teaspoonful of vanilla or other flavoring,  $\frac{1}{2}$  of a cupful of sour cream, into which has been sifted  $\frac{1}{2}$  of a teaspoonful of soda and well stirred; lastly, about  $2\frac{1}{2}$  cupfuls of sifted flour. The mixture should be a very soft dough. Drop by small teaspoonfuls four inches apart on greased pans and bake in a slow oven.

### Russian Fried Cakes

Scald 1 pint of milk, add 1 scant teaspoonful of salt and 1 tablespoonful of sugar; when luke-

warm add 1 yeast cake dissolved in a little warm water and sufficient flour to make a drop batter and set aside to raise. When light and spongy add  $\frac{1}{2}$  of a cupful of butter creamed together with 1 cupful of sugar and 3 eggs, beat until thoroughly mixed, add sufficient flour to make a soft dough and knead for five minutes. Return to the bowl, cover and keep in a warm place until light. Turn on a floured board, roll out quite thin and cut into three-inch circles. On  $\frac{1}{2}$  of these cakes place 1 small spoonful of apricot or any firm jam or marmalade. Cover with the remaining cakes and pinch each together securely. Cover with a floured cloth and let stand for twenty minutes, then drop, a few at a time, into smoking hot fat. When well browned and puffed up drain on unglazed paper and roll in powdered sugar.

#### Breakfast Coffee Cake

Beat well together 2 eggs; add 1 cupful of milk,  $\frac{1}{2}$  teaspoonful of salt, 1 tablespoonful of sugar and sufficient sifted flour to make a thick drop batter. In the shallow baking pan melt 1 heaping tablespoonful of shortening—butter, lard or the two mixed. Grease sides and bottom then pour the remainder into the batter and beat hard. Last of all add 2 teaspoonfuls of baking-powder and beat again then pour into

the pan. Bake about twenty-five minutes in a hot oven.

#### German Coffee Cake

A recipe for coffee cake, which comes direct from the Fatherland, calls for a pound of risen dough (enough for a small loaf), into which is worked 2 tablespoonfuls of soft butter,  $\frac{1}{2}$  cupful of sugar, 1 beaten egg and  $\frac{1}{4}$  of a nutmeg, grated. Knead this, roll out in a sheet and fit into a shallow pan; cover and keep warm until well risen. Beat 2 eggs and add enough powdered sugar to make like very thick cream. With a sharp knife make slanting cuts all over the light dough, and put in these some of the egg mixture. Dust thickly with cinnamon and bake in a quick oven.

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