

RECIPES  
FOR  
INSTITUTIONS

—  
CHICAGO  
DIETETIC  
ASSOCIATION

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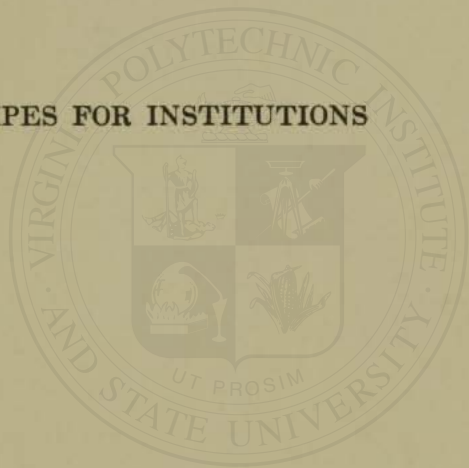
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**RECIPES FOR INSTITUTIONS**





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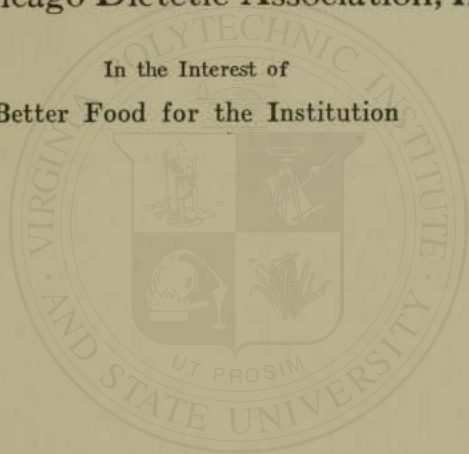
# Recipes for Institutions

Collected and Edited by

The Chicago Dietetic Association, Inc.

In the Interest of

Better Food for the Institution



**New York**

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1922

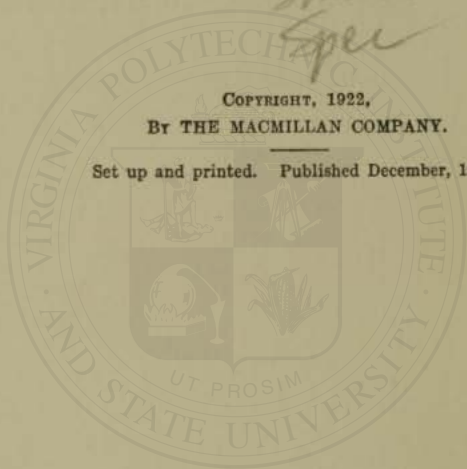
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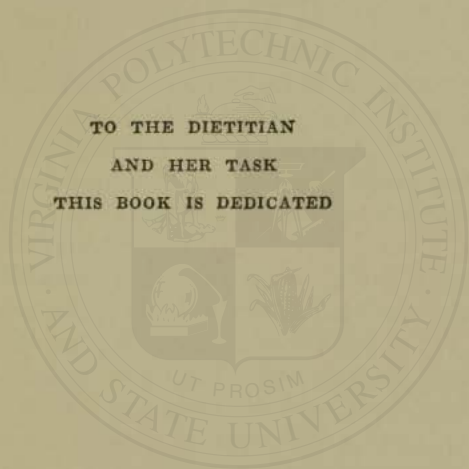
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**TO THE DIETITIAN  
AND HER TASK  
THIS BOOK IS DEDICATED**





## PREFACE

To Dietitians and others interested in institutional cookery, this book is offered.

It has been compiled from recipes contributed by some seventy dietitians, members of the American Dietetic Association, who are actively engaged in Institutional, Cafeteria or Tea-room work. The recipes are therefore practical and workable, and have the merit of individuality.

Since the needs of different institutions vary, the recipes vary. No attempt has been made to standardize them except to use level measurements and to list the ingredients in the order in which they should be combined. Each recipe, except where it is most evident, is calculated in number of servings.

If the Dietitian finds the book valuable in her task of providing proper food for her group, our aim will have been accomplished.

The Chicago Dietetic Association offers grateful acknowledgment to the members of the American Dietetic Association and other friends who so generously responded and made the book possible.

MABEL C. LITTLE

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# RECIPES FOR INSTITUTIONS

## SOUPS

### Chicken Broth with Rice

*40 6-ounce servings*

8 pounds of fowl	2 cups finely chopped celery
8 quarts of water	1 cup of rice
	seasoning

Place fowls in cold water for 1 hour. Bring slowly to boiling point and simmer 2 hours. Remove the fowls, add water to replace that lost in evaporation. Add seasoning and rice. Cook slowly for 1 hour.

INEZ GRIFFIN.

### Cream of Rice with Stock

*80 6-ounce servings*

11 quarts white stock from	4 stalks celery
chicken or veal	1 teaspoon white pepper
4 cups of rice	5 quarts milk (scalded)
5 onions (sliced)	2 cups fat from stock
16 sprigs of parsley	2 cups flour
	3 tablespoons salt

Heat the stock and add the rice and vegetables. Cook  $\frac{1}{2}$  hour, or until the rice and celery are tender. Then strain and just before serving

add to a white sauce which has been prepared in the following manner: heat the fat, add the flour and seasoning; cook for a few minutes and add the milk slowly, allowing it to thicken well before any more milk is added.

CARRIE ALBERTA LYFORD

### Peanut Soup

*3 gallons*

1½ gallons broth	1½ cups flour
1½ gallons milk	1½ tablespoons pepper
1 onion	3 tablespoons salt
1½ cups peanut butter	

Use flour to thicken broth and then add peanut butter.

### Duchess Soup

*6 servings*

1 quart milk	2 tablespoons butter
1 tablespoon minced onion	3 tablespoons grated cheese
3 tablespoons flour	(yellow)
2 teaspoons chopped parsley	

Scald milk and onions together, then add flour and butter which have been blended. Cook well, remove from fire and add cheese and parsley. Season to taste and serve at once.

LAURA B. BOWLES

### Cream of Sweet Potato Soup

*35 6-ounce servings*

24 medium sized sweet potatoes	4 cups cream
4 quarts water	6 teaspoons salt
	6 teaspoons minced parsley

If there are left over baked potatoes, use them, if not peel potatoes and immerse at once in cold water to which has been added a little flour to prevent discoloration. Drain and cook in sufficient boiling water to cover. When tender, drain and rub through a colander. This should make 12 cups mashed potato. Add water, cream, salt and parsley. Reheat and serve.

RUTH C. GILBERTS

### Split Pea Soup

*3 gallons*

2 quarts split dried peas	3 onions
7 quarts cold water	1 cup butter
3 quarts ham or corned beef stock	1 cup flour
	2 quarts hot milk
salt and pepper to taste	

Pick over peas, soak over night, drain. Cook water, stock, onions, and peas together slowly 3 or 4 hours or until peas are very soft. Rub through sieve and thicken with flour and butter which have been rubbed together. Bring to boiling point, add seasonings and hot milk. Beans may be used in place of split peas.

GLADYS M. COLLINS

### Cream of Tomato Soup

*125 6-ounce servings*

2 gallons stock	1½ cups salt
2 No. 10 cans tomato purée	2 tablespoons pepper
2 tablespoons soda	1½ quarts cold water
4 quarts milk	1 quart flour

To boiling stock add tomato purée and soda. Cook 1 hour, add milk, bring to a boil and add seasonings and flour mixed with cold water.

S. E. HUGHES

### Cream Soup

*100 8-ounce servings*

Any vegetable may be used, such as: potatoes, carrots, spinach, peas, beans, tomatoes, asparagus, celery, thus giving the soup its name.

1 pound butter	4 quarts vegetable pulp
1 quart flour	$\frac{1}{2}$ cup salt
4 quarts cold water	2 tablespoons pepper
	15 quarts milk

Cook butter, flour and water together. (This method is better than the old method of adding butter and flour to the milk.) Add vegetable pulp, seasoning and hot milk.

MARGARET MACPHADYEN

### Mulligatawny Soup

*4 $\frac{1}{2}$  gallons*

2 beef shanks	1 quart onions
1 No. 10 can tomatoes	1 $\frac{1}{2}$ quarts celery
$\frac{1}{2}$ cup chopped parsley	1 pint apples
1 tablespoon whole cloves	1 cup green peppers
$\frac{1}{2}$ cup whole peppers	3 cups flour
$\frac{1}{2}$ cup salt	1 $\frac{1}{2}$ tablespoons curry powder
$\frac{1}{2}$ cup drippings	3 quarts diced chicken or veal

Put the first six ingredients into a stock pot. Add enough cold water to cover. Simmer slow-



ly for 4 hours. Chop the vegetables and brown them in the drippings. Add the flour and curry powder. Add this mixture to the stock. Cook 30 minutes, then strain. Add the diced chicken. Add enough water to make  $4\frac{1}{2}$  gallons.

ELIZABETH TUFT

### Brown Soup Stock

*35 6-ounce servings*

12 pounds shin beef	6 strips thyme
6 quarts cold water	2 sprigs marjoram
1 cup of each of the following diced: carrots, turnip, onion, celery	12 cloves
2 tablespoons salt	1 teaspoon pepper corns
	1 bay leaf
	4 sprigs parsley

Simmer together for 4 to 6 hours. Strain.

RUTH HOUGHTON

### Cream of Mushroom Soup

*5 gallons*

2 pounds white mushrooms	1 pound butter
3 quarts rich chicken broth	1 quart flour
4 gallons milk	$\frac{3}{4}$ cup salt

Wash the mushrooms and cut into small pieces. Boil until tender in the chicken broth and add to the scalded milk. Melt the butter, add the flour and stir into the soup. Add the salt and cook for 10 minutes.

ELIZABETH TUFT

**Mock Turtle Soup***4 $\frac{1}{2}$  gallons*

2 soup shanks	$\frac{1}{2}$ cup lemon juice
$\frac{1}{2}$ cup salt	1 $\frac{1}{2}$ quarts flour
$\frac{1}{4}$ cup whole cloves	1 $\frac{1}{2}$ quarts carrots
$\frac{1}{4}$ cup whole peppers	1 quart onions
1 No. 10 can tomatoes	3 cups cooked meat
12 hard boiled eggs	

Put the first six ingredients into a stock pot. Add enough cold water to cover the bones. Simmer for 4 hours. Brown the flour, mix with cold water, and add to the stock. After the flour has cooked in the stock for 20 minutes strain and add the other ingredients, which have been put through a food chopper.

**Clam Chowder***64 8-ounce servings*

$\frac{1}{2}$ pound bacon cut in cubes	2 quarts white sauce No. 2
3 onions chopped	3 quarts potatoes in cubes
3 carrots chopped	6 dozen clams chopped
1 cup celery chopped	juice from clams with water
8 quarts boiling water	to equal 3 quarts

Fry out fat from bacon, add onions, carrots and celery. Fry, stirring with wooden spoon. Add boiling water and cook until vegetables are tender. Cook potatoes in boiling water and drain. Bring clam juice to boiling point, add clams and cook 5 minutes. Add to first preparation. Add cream sauce and potatoes immediately before serving.

INEZ GRIFFIN

**Clam Stew***35 6-ounce servings*

juice and soft part of 75 clams	1 onion
with water to make 2 quarts	3 quarts white sauce No. 1
	1 quart potatoes in cubes

Scald onion in milk when preparing cream sauce. Bring clam juice to boiling point. Add clams and cook 5 minutes. Add cream sauce and potatoes cooked separately.

INEZ GRIFFIN

**Macaroni or Vegetable or Gumbo Soup***25 gallon caldron—450 servings*

equal parts veal and lamb stock	1 No. 2 can pimiento
3 pounds macaroni	3 dozen onions
	salt to taste

**For Vegetable Soup**

add to this stock 2 good-sized cabbages (chopped)	2 No. 2 cans peas
1 dozen diced carrots	2 large turnips, diced
	2 gallons tomatoes

**For Gumbo Soup**

Use 1 dozen No. 2 cans okra instead of the tomatoes.

GRACE M. STIRLING

**Onion Soup***10 quarts*

10 large onions	$\frac{1}{2}$ teaspoon cayenne
10 tablespoons butter	$\frac{5}{8}$ quarts milk
5 quarts broth (chicken or beef)	10 egg yolks
10 teaspoons salt	toasted bread
	2 pounds grated cheese

Chop onions (not too fine). Let simmer in butter 45 minutes. Stir frequently, don't brown. Add broth, salt, pepper, and allow it to boil. Add milk last and heat to boiling—then add to beaten egg yolks. Place round piece of toast with 1 teaspoon of cheese upon it in individual soup bowl. Pour soup over and serve immediately.

L. SLOAN

**Corn Chowder***100 quarts—500 servings*

$\frac{3}{4}$ bushel potatoes	$6\frac{1}{2}$ quarts flour	} thickening
$38\frac{1}{2}$ quarts milk	$6\frac{1}{2}$ quarts water	
38 cans corn (17 quarts)	$1\frac{1}{2}$ pounds salt	
$3\frac{1}{2}$ pounds salt pork	$2\frac{1}{2}$ tablespoons pepper	
2 pounds 5-ounce onions	$12\frac{1}{2}$ gallons hot water	

Wash, peel and dice potatoes. Cook until soft. Scald milk, add corn and potatoes. Wash and dice salt pork and cook in frying pan until brown. Remove pork scraps and fry onions, which have been peeled and sliced, in fat from salt pork. When brown add all the mixture to corn, milk and potatoes. Finally add thickening, salt, pepper, pork scraps and hot water.

SCHOOL LUNCHEONS,

WOMAN'S EDUCATIONAL AND INDUSTRIAL UNION

**Vegetable Soup***10 servings*

1 soup bone with plenty of fat. Cover with plenty of water	1 good-sized carrot
2 cups potatoes	$\frac{1}{2}$ cup barley cooked separately and added to soup
$1\frac{1}{2}$ cups turnips	6 onions size of walnut
$1\frac{1}{2}$ cups cabbage	6 large tomatoes or 1 can red pepper and salt to taste

Allow soup to simmer a long time. It will be thick when done.

J. ATHENA FISCHER

**Vegetable Chowder***5 servings—1 cup each*

3 potatoes	} medium-sized	$\frac{1}{2}$ small cabbage
2 carrots		$1\frac{1}{2}$ teaspoons salt
1 onion		1 slice salt pork, about 1 ounce
2 cups milk		

Clean and cut vegetables into small pieces. Cook potatoes, carrots, and cabbage 20 minutes in water to cover, add onion browned in the pork fat; add milk; reheat and serve hot with crackers or bread and butter.

MARGERY M. SMITH

**Vegetable Soup***90 8-ounce servings*

2 gallons stock	1 tablespoon soda
2 No. 10 cans Tomato Purée	1 quart sifted flour
2 No. 10 cans mixed vegetables	$1\frac{1}{2}$ quarts water
	$\frac{1}{2}$ cup salt
$1\frac{1}{2}$ tablespoons pepper	



To boiling stock add tomatoes and vegetables and soda. Cook 1 hour. Add seasoning and thickening.

S. E. HUGHES

### Vegetable Chowder

*3 gallons*

2 quarts dehydrated soup vegetables	salt
10 quarts water	1 cup tapioca
3 dozen bouillon cubes	cream q. s.

Add cold water to vegetables and cook until tender. Add tapioca  $\frac{1}{2}$  hour before cooking is finished. Add bouillon cubes, season and add cream when served.

EMMA B. AYLWARD

### Southern Bisque

*100 quarts—500 portions*

15 cans (No. 10) tomatoes	4 $\frac{1}{2}$ cups sugar
2 pounds carrots	14 $\frac{1}{2}$ quarts water
2 pounds onions	9 gallons milk
8 cloves	3 pounds butterine
2 bay leaves	8 $\frac{1}{2}$ quarts flour
2 tablespoons soda	8 $\frac{1}{2}$ quarts water
2 cups salt	15 No. 2 cans corn

Rub tomatoes through colander into soup container. Wash and dice carrots, peel onions and cut into small pieces. Cook carrots and onions until soft in tomatoes to which cloves, bay leaves, soda, salt and sugar have been added. Strain mixture and put aside to cool. Scald

milk, reheat tomato mixture, and carefully add milk, butterine, thickening and corn.

SCHOOL LUNCHEONS,  
WOMAN'S EDUCATIONAL AND INDUSTRIAL UNION

### Tomato Bisque

*35 quarts*

4 No. 10 cans tomato	tops of 2 bunches celery
2 No. 10 cans tomato purée	1 carrot
1 tablespoon soda	salt and pepper
2 cups sugar	1 gallon water
1 quart onions	1½ pounds flour
1 pound butterine	2 gallons milk

Cook tomato, butterine, soda, sugar, and seasonings together 1½ hours. Thicken with 1½ pounds flour mixed with 1 gallon water and cook well. Add cold milk. Reheat and strain.

NEW ENGLAND KITCHEN

### Cream of Tomato Soup with Sour Cream

*25 6-ounce servings*

1 No. 10 can tomatoes	1 teaspoon onion juice
2 quarts water	½ teaspoon celery salt
½ teaspoon soda	salt and pepper to taste
1 quart sour cream	

Combine first six ingredients and bring to boil and pour off to free from seeds that settle. Add 1 quart of rich sour cream and reheat. Serve with squares of toast. Suitable for luncheon soup.

## VEGETABLES

### Baked Beans

*100 servings*

4 quarts beans	1 teaspoon pepper
$\frac{1}{2}$ cup brown sugar	2 teaspoons paprika
1 cup molasses	2 teaspoons salt
1 teaspoon mustard	ham stock
1 teaspoon ginger	bacon rinds
$\frac{1}{2}$ gallon tomato purée	

Soak beans over night. Put into steamer with water and a little soda. Boil 10 minutes. Drain water, add ham stock and bacon. Cook until tender but not mushy. Add other ingredients and bake.

LUCILE HARTMANN

### Boston Baked Beans

*1 pot or 8 quarts—56 servings*

3 quarts New York pea beans	2 ounces sugar
1 pound salt pork	2 ounces salt
1 onion	$\frac{1}{2}$ ounce mustard
$\frac{1}{3}$ cup molasses	

Soak beans over night, allowing 3 quarts dried beans to one 8-quart pot. Parboil beans the following morning, allowing them to come just to the boiling point.

Put  $\frac{1}{2}$  pound salt pork and one small onion



in the bottom of each pot. Add parboiled beans, sugar, salt, mustard, molasses and remaining  $\frac{1}{2}$  pound pork.

Cover with water. Bake about 12 hours, having oven hot for first 4 hours and moderate after that.

Add water at least twice while baking. Do not allow beans to boil in the oven.

SCHOOL LUNCHEONS WOMAN'S EDUCATIONAL AND INDUSTRIAL UNION

### Baked Lima Beans

*50 servings*

2 quarts dry lima beans  
1 quart light syrup

1 cup bacon fat  
1 teaspoon baking soda

Soak beans 1 hour in soda water. Drain, wash, cook in fresh water until soft. When tender pour beans in shallow baking pan. Add syrup and bacon fat and bake 2 hours in oven. Stir occasionally and add more water if necessary.

IRENE E. ENDERS

### Cauliflower au Gratin

*84 servings*

2 dozen cauliflower—cut and trimmed  
soak one hour in salt water, drain

cook 25 minutes in boiling water  
5 quarts standard white sauce, poured over and mixed with cauliflower

Ladle into pans. Use 1 pound grated or chopped cheese sprinkled over top of pans. Bake in medium oven until cheese melts.

ELNA BECKER

### Escalloped Corn

*100 servings*

12 cans corn	1 pound fat
2 quarts cracker crumbs	16 eggs
6 quarts cream sauce	4 green peppers
$\frac{1}{4}$ teaspoon pepper	8 teaspoons salt
$\frac{1}{2}$ teaspoon celery salt	

Mix in order given. Bake in shallow pans.

ESTHER OLSON

### Savory Turnips

*25 servings*

4 pounds yellow turnips cut in $\frac{1}{2}$ inch cubes	$1\frac{1}{2}$ quarts milk
4 small onions diced	$\frac{1}{2}$ cup butter or substitute
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ cup flour
	salt and pepper

Fry turnips in fat 15 minutes, add onions, seasonings and flour, then milk and stir well. Cover and let simmer for 30 or 40 minutes, stirring occasionally.

J. ATHENA FISCHER

### Scalloped Corn and Peppers

*35 servings per pan*

144 No. 2 cans corn	6 quarts dry crumbs
1 quart milk to rinse the cans	salt
3 pounds green peppers (chopped)	19 pans 14" by 22" greased and filled

Bake until browned.

MABEL C. LITTLE

**Belgian Carrots***25 servings*

3 quarts thinly sliced fresh carrots	1 teaspoon pepper
$\frac{1}{2}$ cup sugar	$\frac{1}{3}$ cup minced parsley
	2 cups butter

Combine the sugar and carrots and cook covered till soft, adding water barely to cover. When tender, drain, mince and add remaining ingredients. Let stand in a warm place for half an hour.

HAZEL E. CHAMBERS

**Harvard Beets***90 servings*

8 quarts cooked beets cut into $\frac{1}{2}$ inch cubes	$\frac{1}{4}$ cup cornstarch
1 quart sugar	1 quart vinegar
	1 cup butter

Mix sugar and cornstarch and add vinegar. Boil 5 minutes. Put beets into sauce and allow to stand on back of stove for  $\frac{1}{2}$  hour or longer. Add butter just before serving.

J. ATHENA FISCHER

**Beets with Sour Sauce***125 servings*

12 quarts diced beets	1 quart flour
3 quarts vinegar	$\frac{1}{2}$ cup salt
1 pound butter	$\frac{1}{2}$ cup sugar

Add vinegar to beets and let stand an hour. Drain, and add water to make 7 quarts. Melt the butter add the flour and thicken the vinegar

mixture. Add the salt and sugar and pour over the beets. Use beet juice instead of water if canned beets are used.

ELIZABETH TUFT

### String Beans and Tomatoes

*25 servings*

4 cans of string beans	1 No. 10 can tomatoes
4 onions	12 slices of bacon

Fry bacon, add cooked beans, onions, tomatoes. Salt and pepper to taste. Cook slowly until part of the juices evaporate.

J. ATHENA FISCHER

### Creamed Cucumbers

*50 servings*

8 quarts diced cucumbers	made with 1 quart of
2 quarts thick white sauce,	milk and 1 quart of cream

Pare the cucumbers, quarter and remove seeds, if any, and cut in large dice. Parboil in slightly salted boiling water 10 minutes. Drain thoroughly. Reheat in the sauce and serve.

EMMA B. AYLWARD

### Egg Plant

*25 servings*

4 medium-sized egg plants, diced and cooked in boiling salted water	12 medium-sized onions cut in small pieces
6 green peppers cut in small pieces	15 medium-sized tomatoes cut in pieces
	$\frac{3}{4}$ cup butter

Cook green peppers and onions in the butter for a while but do not allow to brown. When egg plant is tender drain and add with tomatoes to peppers and onions. Let all cook until well done. Mixture will be thick.

J. ATHENA FISCHER

### Cooked Lettuce

Clean lettuce thoroughly. Shred. Boil or steam until tender. Drain. Season well with pepper, salt and butter.

ELEANOR AHERN

### Candied Sweet Potatoes

Boil potatoes until tender. Slice lengthwise into shallow pan. Sprinkle surface with brown sugar. Dot with butter. Brown in a hot oven.

ELEANOR AHERN

### Escaloped Spinach

*50 servings*

6 quarts cooked fresh spinach	1½ dozen hard cooked eggs
2½ quarts white sauce	battered crumbs
salt and paprika, q.s.	½ cup butter

Alternate layers of spinach, hard cooked eggs (chopped) and white sauce. Cover with buttered crumbs and bake.

**Spinach Pudding***25 servings*

2 cups cooked spinach	4 eggs
6 cups rolled crackers	salt
6 cups milk	½ cup butter

Mix and bake as a custard. Serve with white sauce to which the yolk of egg and a dash of nutmeg is added.

PRESBYTERIAN SCHOOL FOR NURSES

**Turkish Spinach***50 servings*

20 pounds spinach	6 onions
½ pound flour	½ pint milk
½ pound fat	3 or 4 eggs if desired
	salt and pepper

Boil spinach and drain in colander. There should be practically no stock. Chop fine. Sprinkle with flour while chopping. Cook onions in fat. Add chopped spinach and stir well. Add milk. If it seems not to have enough body, drop in eggs one at a time. Mix well. It should be of good consistency. Season well.

NELLIE HALLIDAY

**Stuffed Peppers—Baked Individual**

Fill sweet green peppers (parboiled) with the following:

Brown minced onion and green pepper in a small amount of butter. To this add boiled



rice spaghetti, macaroni or noodles, and enough tomatoes (stewed) to flavor and moisten it. Cover with buttered crumbs and bake about 15 minutes.

R. V. CHAMBERS

### Stuffed Green Peppers

*100 servings*

100 medium-sized sweet pep- pers	2½ quarts milk
10 No. 2 cans corn	2 cups pimientos
20 eggs	1½ cups butter
	salt to season

Steam peppers until partly done. Fill with the other ingredients which have been combined the same as a custard. Cover with buttered crumbs. Bake in a moderate oven until custard is firm.

R. STRAKA

### Stuffed Peppers

*50 servings*

25 large green peppers	2½ quarts minced veal, chicken or chopped nuts
2½ quarts crumbs	salt to taste
½ cup chopped onion	

Choose mild peppers of uniform size, cut in two crosswise. Remove seeds and tough white portions. Wash and cook in boiling water 5 minutes or steam in steamer 5 to 8 minutes. Crumble stale, not dried, bread, and mix with butter and onion. Add chopped meat or nuts, salt to taste, and stock to moisten so that it will pack. Bake in hot oven 15 or 20 minutes.

LUCILE HARTMANN

**Stuffed Peppers***40 servings*

mixture to fill 40 medium-sized peppers	add 6 cups tomato, with very little liquid. Drain if necessary.
6 small onions	crumbs enough to thicken salt
12 slices of bacon chop finely and cook together	

Fill peppers, cover with buttered crumbs, and brown in a hot oven. Chopped ham or veal may be substituted for the bacon. If these are used a little butter should be added.

LULU GRAVES

**Hominy and Cheese***100 servings of  $\frac{3}{4}$  cup each*

4 quarts uncooked hominy	1 cup butter
4 $\frac{1}{2}$ pounds cheese	3 cups flour
	1 $\frac{1}{2}$ gallons milk

Soak hominy 12 hours and then cook until soft. Make a cream sauce of the butter, milk, and flour. Add the cheese. Pour over the hominy. Put in pan and bake.

MRS. JESSIE R. MUELLER

**Potato Croquettes***100 servings*

8 quarts hot riced potatoes	1 teaspoon celery salt
$\frac{1}{2}$ pound butter	18 egg yolks
1 teaspoon pepper	2 tablespoons onion (chopped fine)
$\frac{1}{4}$ cup salt	$\frac{1}{4}$ cup chopped parsley



Mix together the ingredients. Shape. Dip in crumbs, egg and crumbs. Fry in deep fat.

ELIZABETH TUFT

### Scalloped Potatoes

*80 servings*

1½ pecks potatoes (sliced)	4 tablespoons salt
5 quarts milk	2 tablespoons white pepper
2 cups butter or other fat (1 pound)	

Pare the potatoes. Parboil 15 minutes, slice. Place sliced potatoes in a baking dish, cover with milk, butter or other fat and sprinkle with salt and pepper. Bake about 2 hours, until the potatoes are tender and the milk has been absorbed. Stir frequently while cooking.

CARRIE ALBERTA LYFORD

### Escalloped Potatoes

*100 servings*

12 quarts sliced raw potatoes	2 large onions
2 quarts grated American cheese	2 cups pimientos
1 quart finely chopped celery	1 pound butter
12 large green peppers	milk to moisten
	flour
	salt

Alternate layers of sliced potatoes with seasonings. Sprinkle with flour, add sufficient milk to moisten and bake in a slow oven.

**Creamed Onions with Nuts***25 servings*

2½ quarts white sauce No. 2	1 quart chopped English wal-
2½ quarts cooked onions	nuts

Cook onions in salt water until tender. Drain. Arrange layers of onions, white sauce and nuts in a buttered casserole. Cover top with buttered crumbs and bake in hot oven till browned.

LUCILE HARTMANN

**Scalloped Potatoes with Bacon***45 servings (1 cup each)*

10 pounds potatoes	1 teaspoon pepper
2 quarts hot milk	¾ cup flour
¾ cup fat (oleo or butter)	1 tablespoon ground mustard
1½ tablespoons salt	10 slices of bacon

Pare and slice potatoes; sprinkle ½ tablespoon mustard over the bottom of baking dish. Add a layer of potatoes, a dredging of flour, mustard and pieces of bacon. Repeat until potatoes are used. Add salt, pepper and fat in hot milk. Pour over potatoes. Cook in moderate oven 1½ hours or until done.

JESSIE M. MCQUEEN

**Baked Mashed Potato***100 servings*

12 quarts mashed potato (moist)	2 cups finely chopped pars- ley
2 quarts ground peanuts	

Mix the hot mashed potatoes with the ground peanuts and parsley. Put in baking tins, place in a hot oven and bake until brown.

### Potato and Nut Croquettes

*100 servings*

32 pounds hot mashed potatoes	2 $\frac{1}{4}$ ounces salt
3 $\frac{3}{4}$ pounds chopped walnuts	$\frac{1}{4}$ ounce paprika
	8 eggs

Mix all thoroughly. Mold into two ounce croquettes, roll in egg and crumbs and fry in deep fat. Serve two croquettes to order with white sauce.

Six pounds peanuts can be substituted for the walnuts, or all nuts omitted and croquettes served with cheese sauce.

BERTHA E. NETTLETON

### Stuffed Baked Sweet Potatoes

*75 servings*

75 medium-sized sweet potatoes	2 quarts shredded pineapple
juice of 1 dozen oranges	9 dozen marshmallows
1 quart pineapple juice	$\frac{3}{4}$ cup melted butter
3 cups chopped English walnut meats	3 tablespoons salt

Scoop the meat out of the baked potatoes. Mash well and add all the ingredients except the marshmallows. Beat well, and stuff the shells. Place the cut marshmallows on top and put in

the oven to bake until heated through and browned.

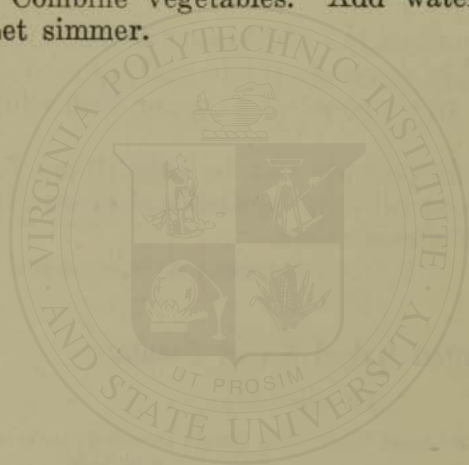
CLARA SMITH

### Vegetarian Stew

*100 servings*

5 quarts carrots, diced	5 quarts celery, cut
5 quarts potatoes, diced	2 quarts tomatoes
5 quarts peas	$\frac{3}{4}$ quarts onion (fried in fat)

Combine vegetables. Add water to cover.  
Let simmer.



## MEATS

### Smothered Chicken

Cut dressed broiling chickens into quarters allowing one quarter to each serving. Place in dripping pan. Sprinkle with salt and pepper and dredge lightly with flour. Dot each piece with  $\frac{1}{2}$ -ounce cubes of butter. Add boiling water to depth of  $\frac{1}{4}$  inch in dripping pan. Cook in very hot oven basting frequently or in a broiler basting every 3 minutes.

INEZ GRIFFIN

### Chicken Smothered in Milk

Cut fowl in pieces as for frying. Roll pieces heavily in flour, place in roaster. Cover with milk and season with salt and pepper. Cook slowly until meat is tender and gravy is thickened. The flavor may be varied by adding teaspoonful of allspice (in bag) while cooking.

BERTHA BENNETT

### Chicken à la King

*100 servings*

1 pound butter	3 quarts rich chicken broth
1 quart flour	6 quarts diced chicken
4 quarts milk	1 cup chopped pimiento
2 pounds white mushrooms	$\frac{1}{2}$ cup chopped green peppers
	salt and pepper to taste

Make a white sauce of the first three ingredients. Clean the mushrooms. Boil until tender in the chicken broth. Add the mushrooms and broth to the white sauce. Add the pimientos, green peppers, and diced chicken. Season to taste.

ELIZABETH TUFT

### Creamed Chicken

*80 servings*

33 pounds chicken	$\frac{1}{2}$ teaspoon cayenne
1 quart chicken stock	1 tablespoon celery salt
4 quarts milk	2 cups (pound) butter
$3\frac{1}{2}$ cups flour	3 tablespoons onion juice
2 tablespoons salt	80 pieces toast

Cook the chicken until tender, then remove the meat from the bones being careful to discard all gristle and skin. Scald the milk, measure and mix the dry ingredients. Melt the butter in a large kettle. When bubbling, add the dry ingredients and cook well together, stirring constantly. Do not allow to brown. After the mixture has cooked for several minutes, add the liquid, one cup at a time, stirring well. When thickened, add onion juice if desired. Add prepared chicken to white sauce and heat well before serving. Serve on hot pieces of freshly prepared toast.

CARRIE ALBERTA LYFORD



**Chicken Jelly**

1 rooster	2 teaspoons salt
6 quarts water	1 stalk celery

Boil until meat falls off bone and liquid is about one quart. Separate bones and skin from meat and put meat through grinder. Mix with broth. Put through purée strainer. This will make one loaf pan. This may be served hot as a thick soup or cold as meat loaf, or spread on bread for sandwiches.

L. SLOAN

**Chicken Pie***50 servings*

30 pounds hens, boiled	$\frac{1}{4}$ cup minced onion
2 pounds salt pork	2 quarts diced potatoes

For the crust

4 pounds flour	1 pound lard
$\frac{3}{4}$ cup baking powder	6 cups milk
4 teaspoons salt	Mix as for baking powder biscuit

Dice the chicken in large dice. Cut pork and potatoes into smaller dice. Fry pork until brown, add onion and brown slightly. Make 3 gallons chicken gravy from stock, add the pork, from which the fat has been drained, and cooked potatoes. Place in pan or individual dishes, cover with crust cut in biscuit shape, and bake until well-browned.

HALLS AND COMMONS

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### Ham Cooked in Milk

Dredge thick slices of ham heavily with flour. Place in casserole or roaster and cover with milk. Cook *very* slowly for 3 hours.

### Ham à la King

*25 servings*

4 cups ham cooked and diced	2 pimientos cut in narrow
1 quart medium white sauce	strips
2 cups mushrooms	2 minced green peppers
4 hard cooked eggs, sliced	

Heat the white sauce. Add pepper, pimiento, mushroom and ham. The egg may be added with the other ingredients or used as a garnish.

ELEANOR AHERN

### Spanish Steak

1 round steak (2 pounds)	2 medium-sized onions
2 medium-sized carrots	1 pint canned tomatoes
salt and pepper to taste	

Cut meat in squares (size of service desired) place in baking pan, sprinkle with carrots thinly sliced, then onion sliced, lastly the tomatoes. Add seasoning to taste, cover and bake in slow oven for 2 hours. Do not add water, this will make its own sauce. (Green peppers may be added if desired.)

LAURA B. BOWLES



**Spanish Steak***100 pieces—2" x 2" x 1"*

10 rounds 1 inch thick	$\frac{1}{2}$ cup salt
1 No. 10 can tomatoes	$\frac{3}{4}$ cup chopped green peppers
	$\frac{3}{4}$ cup chopped onions

Pound as much flour into the steak as possible. Brown in hot drippings. Put into a roasting pan in a hot oven. Add the tomatoes, green peppers, onions, and salt. Simmer slowly until tender.

ELIZABETH TUFT

**Veal Croquettes***100 servings*

3 quarts milk	1 teaspoon pepper
1 pound butter	6 quarts cold diced veal
1 quart flour	$\frac{1}{2}$ cup onion juice
$\frac{1}{2}$ cup salt	$\frac{1}{4}$ cup chopped parsley
10 egg yolks	

Make a white sauce of the first five ingredients. When cold add the remaining ingredients. Dip in crumbs, egg, and crumbs. Fry in deep fat.

ELIZABETH TUFT

**Meat Loaf***50 servings*

8 pounds raw beef	2 ounces pepper
8 pounds cooked beef	1 quart dry crumbs
4 pounds salt pork	8 eggs
4 ounces salt	1 quart gravy
	dash of thyme

Grind the meat, then mix with other ingredients. Set in pan of hot water, cover with oil paper and bake 2 hours.

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### Meat Loaf

*120 servings*

30 pounds meat	4 quarts cracker crumbs
6 eggs	3 quarts milk
$\frac{3}{4}$ cup salt	4 tablespoons sage
	10 egg yolks

Mix all thoroughly. Weigh out into 2-pound loaves. Pack in oiled pans and bake one hour.

LUCILE HARTMANN

### Roulade of Beef

*1 pound makes 4 servings*

Cut slices  $1\frac{1}{2}$  inch thick from the round. On these spread stuffing such as is used with poultry. Roll up like a jelly roll, tie and roast, basting often. Serve slices with brown gravy with mushrooms. Average 4 servings to pound.

EDITH M. LINCOLN

### Beef Steak Pie

*100 servings*

30 pounds round steak	2 dozen onions
1 quart flour	2 pounds beef suet
	pepper and salt

Cut steak in suitable pieces for serving. Pound to break muscles. In bottom of large pan place small bits of suet and sprinkle with flour.

Cover with layer of beef, layer of sliced onions, pepper and salt, and layer of flour. Repeat until all meat is used. Add water to cover and bake in oven for about 2 hours. If water evaporates add more, always keeping plenty of gravy. Cover with a light pastry and bake.

MARGARET MACPHADYEN

### Roast Beef with Yorkshire Pudding

Roast the beef as usual, basting often. Mix:

2 cups flour  
 $\frac{1}{2}$  teaspoon salt

2 cups milk  
 3 well beaten eggs

Beat well as for popovers and turn into well greased pans, filling half full and baste with gravy from the roast. After the pudding has finished rising and firm, serve as a garnish to the roast.

### Veal Loaf

*25 servings*

6 pounds veal  
 1 pound salt pork  
 2 cups of bread and cracker  
 crumbs

6 eggs  
 1 small onion chopped  
 juice of one lemon

ELEANOR AHERN

**French Hash***40 servings*

2 quarts meat-tongue or corned beef or roast beef	1 cup chopped onions
2 quarts coarse bread crumbs	1 ounce salt
4 No. 2 cans corn	1 ounce pepper
1 cup chopped green peppers	2 tablespoons catsup
	1 quart gravy

Heat and put in molds, make hole in center of hash and drop in egg. Bake in oven till egg is done.

ESTHER OLSON

**Maryland Hash***100 quarts—700 servings*

75 pounds corned flank	12 ounces salt
3 bushels potatoes	2 ounces pepper
15 pounds ham (broken pieces)	$\frac{1}{2}$ ounce paprika

Cook corned flank until tender. Boil potatoes in their jackets, peel when done. When cold put meat and potatoes through the meat grinder, adding the ham last. Mix all thoroughly and moisten with the water in which corned flank was cooked. Add salt and pepper.

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**Southern Hash***25 servings*

2 $\frac{1}{2}$ cups rice (uncooked)	2 $\frac{1}{2}$ quarts canned tomatoes
$\frac{5}{8}$ onions, chopped	2 $\frac{1}{2}$ pounds hamburger steak
$\frac{1}{2}$ cup fat	salt and pepper

Boil the rice 20 minutes. Brown the onion in the fat and add to the rice; add the tomato, meat and seasonings. Cook the mixture 45 minutes in a moderate oven. Macaroni may be substituted for the rice.

MARGERY M. SMITH

### American Chop Suey

*100 servings*

10 pounds meat	2 quarts water
2 pounds onion	chop suey sauce enough to
2 pounds celery	flavor

Cut meat into small pieces and brown. Add other ingredients and simmer in a covered pot.

ESTHER OLSON

### Turkish Yochney

*50 servings*

6 pounds beef cut in $\frac{1}{2}$ inch cubes	10 pounds beans, strings removed, and cut in half lengthwise
$\frac{1}{2}$ pound fat	salt and pepper
1 No. 2 can strained tomatoes	

Cook the meat in the fat with seasonings. Red pepper may be used. When meat is thoroughly browned, after 15 or 20 minutes cooking, add tomato and water to cover the meat. Then put in beans. Allow to boil slowly  $1\frac{1}{2}$  hours, adding more water as necessary. Do not stir, keep covered. In this way the beans are steamed rather than boiled. It must be well

seasoned. If desired, a few onions may be cooked in the fat before meat is added. Onions, okra, potato or egg plant—peeled and cut in cubes—may be used in place of the beans.

NELLIE HALLIDAY

### Mexican Chili

*50 servings*

16 pounds neck beef (ground)	$\frac{1}{4}$ cup chili Tonoline
2 pounds suet	4 teaspoons common sage
2 pounds chili peppers	$\frac{1}{4}$ cup rego
4 teaspoons petite peppers	$\frac{1}{4}$ cup comenis seed
1 button garlic	$\frac{1}{4}$ cup salt
	1 gallon Mexican beans

Add 4 quarts of water to meat and cook until well done and water almost boiled out. Render the suet out in the oven and put with the meat and boil for a short time, being careful not to scorch. Grind peppers and garlic very fine. Mix all together and stir into the meat. Put away in stone jar in a cool place for future use.

LUCILE HARTMANN

### Creamed Shrimps with Green Peppers

*100 servings*

5 pounds shrimps dry	10 quarts No. 2 white sauce
$1\frac{1}{2}$ quarts chopped green peppers	

If canned shrimps are used, soak them one half hour in ice water, drain and mix with the



other ingredients. Serve with steamed rice or hominy.

BERTHA E. NETTLETON

### Turbans of Fish

Remove skin and bone from sliced halibut. Make four pieces of each slice. Marinate in mixture of 2 parts olive oil and 1 part vinegar. Season with salt, paprika and onion juice. Roll each piece of fish and hold together with toothpick. Dip again in oil mixture, roll in fine cracker crumbs and fry in deep fat. Serve with Hollandaise sauce.

LUCILE STOUT

### Escaloped Salmon

*35 servings*

4 No. 2 cans salmon  
2 quarts bread crumbs

2 quarts cream sauce  
salt, pepper and mustard

ESTHER OLSON

### Escaloped Tuna Fish

*100 servings*

12 cans tuna fish  
2 quarts cracker crumbs

1 dozen hard cooked eggs

Combine with the following white sauce:

4 quarts milk  
2 cups flour

2 cups butter  
4 tablespoons salt

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

Cook well. Mix with the fish and eggs, put in buttered pans, sprinkle with buttered crumbs and bake in moderate oven until browned.

**Salmon Loaf***100 servings*

12 cans No. 1 tall salmon	16 eggs
5 quarts bread crumbs	2 quarts celery chopped fine
4½ quarts milk	pepper and salt to taste

Mix well together, put in buttered pans and bake 45 minutes to an hour in a slow oven.

**To Serve with Salmon Loaf**

Add chopped hard boiled eggs to drawn butter sauce.

**Fish Cakes***250 cakes*

33 pounds potatoes	20 eggs
13 pounds salt codfish	salt and pepper

Boil and mash potatoes, put fish through coarse grinder and mix with hot potatoes. Season and add unbeaten eggs. Mold with No. 12 ice-cream scoop and fry in deep fat.

**Fish Cakes***60 cakes*

3 boxes salt cod fish	6 eggs
9 pounds potatoes	salt, pepper and paprika to
6 ounces butter	taste

Wash codfish, shread and cook until tender. Drain and add to mashed potatoes. Add butter, well beaten eggs and seasonings. Beat until light. Shape into cakes and fry in deep hot fat.

MARY PASCOE HUDDLESTON



## COMBINATION DISHES

### Baked Ham with Apples

*50 servings*

10 pounds ham, cut in slices	3 teaspoons cloves
1 inch thick	8 pounds apples
2½ cups brown sugar	2½ cups water

Rub into both sides of the ham as much brown sugar as possible. Put into baking dish and sprinkle with cloves. Cut apples into quarters and lay over the top. Pour over the water, cover and put in moderate oven to bake. Bake until ham is tender. Uncover the last few minutes to brown.

ESTHER ACKERSON FISCHER

### Baked Corn and Ham

*10 servings*

1 (No. 1½) can corn, liquid	½ cup milk
drained off	1 egg well beaten
1 cup minced ham	salt if necessary

Mix all ingredients, put in a baking dish, cover with buttered crumbs. Bake until custard is firm.

LULU GRAVES

### Stuffed Apples

Core, but do not peel, firm apples. Scoop out centers leaving a thick shell. Chop the apples which have been removed from the shell. Add sausage and bread crumbs in the proportion of two parts sausage to one part crumbs and one part apple.

Fill apple shells, put in baking dish with small amount of water to prevent burning. Bake until apples are done.

LULU GRAVES

### Potato and Ham Souffle

*144 servings*

12 quarts mashed potato (not too dry)	3 dozen eggs
3 quarts chopped ham	paprika, parsley and salt to season

Mix mashed potato, ham, beaten egg yolks and seasonings. Fold into this the stiffly beaten egg whites. Bake in a moderate oven until firm. May be served plain or with white sauce.

### Cornfritters

*50 servings*

5 pounds flour	2 ounces sugar
6 ounces baking powder	18 eggs
8 No. 2 cans corn	2½ quarts milk
2 ounces salt	

Combine in the order given and fry in deep fat.

ESTHER OLSON

**Hunter's Corn Cake***40 servings*

2 quarts cornmeal	8 eggs
2 quarts white flour	1½ tablespoons melted butter
4 teaspoons salt	1½ pounds bacon cut in thin
2 cups sugar	strips and sprinkled on
9 tablespoons baking powder	top.
2 quarts milk	

Bake in moderate oven.

BERTHA L. FIELD

**Potato and Sausage Loaf***100 servings*

10 quarts raw ground pota- toes	black pepper and salt to season
8 pounds pork sausage	

Put potatoes through the meat grinder (using three blade cutter). Mix well with sausage and seasonings. Pack in loaf tins and bake until done. Drain off fat that comes to the top of the pans. Serve with tomato sauce.

**Cheese Fondue***100 servings*

4½ quarts scalded milk	1 cup butter
4½ quarts soft bread crumbs	¾ cup salt
4½ pounds cheese (cut fine)	4 dozen eggs

Mix together the first five ingredients. Add the egg yolks, which have been beaten until thick and lemon colored. Fold in the stiffly beaten whites. Bake in a moderate oven for about 40 minutes.

ELIZABETH TUFT

**Tomato and Cheese Fondu***100 servings*

6 quarts tomato purée	1 cup melted fat
8 quarts broken bread	3 dozen eggs
5 pounds grated cheese	2 tablespoons mustard
salt and paprika to season	

Pour the heated tomato purée over the broken bread. Add grated cheese, melted fat and beaten egg yolks. Fold into this the stiffly beaten egg whites. Bake in a slow oven.

LUCILE STOUT

**Creamed Cheese with Bacon***30 servings*

4 quarts milk	2 cups flour
2 cups butter	4 teaspoons salt
2 pounds American cheese	

Make white sauce of first four ingredients, add cheese (put through food chopper). Serve on toast with 2 strips broiled bacon.

LUCILE STOUT

**Curried Eggs***100 servings*

4 quarts milk	$\frac{1}{4}$ teaspoon pepper
2 cups butter	$\frac{5}{8}$ or more teaspoons curry
2 cups flour	45 hard boiled eggs cut in
4 teaspoons salt	slices

Make a white sauce of the first three ingredients. Mix salt, pepper, and curry and add to

sauce. Pile sliced eggs in center of platters; put a border of boiled or steamed rice around outside; pour sauce over eggs. Unless very hot, put in oven 2 or 3 minutes to reheat. If desired, triangles of toasted bread instead of rice may be served around eggs.

GLADYS M. COLLINS

### Eggs Scalloped with Peas

*100 servings*

4 quarts milk	$\frac{1}{2}$ teaspoon pepper
$1\frac{1}{2}$ cups butter	36 hard boiled eggs
$1\frac{1}{2}$ cups flour	4 quarts canned peas
3 teaspoons salt	4 cups buttered crumbs

Make a white sauce of the first five ingredients following directions for white sauces. Drain peas and season to taste with salt, pepper and sugar. Put a layer of peas in baking dishes then a layer of sliced eggs, pour over the sauce and cover with a thin layer of buttered crumbs. Bake 20 minutes.

GLADYS M. COLLINS

### Scalloped Noodles

*70 servings*

5 pounds noodles (boiled and drained)	2 pounds bacon, cooked crisp and chopped
1 gallon medium white sauce	

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**Rice Omelet***50 servings*

3 quarts cooked rice	3 tablespoons salt
3 quarts warm milk	$\frac{1}{2}$ teaspoon pepper
$\frac{3}{4}$ cup melted butter	4 dozen eggs

Add melted butter, seasonings, and warm milk to rice; mix well and add well beaten eggs; cook and serve as cream omelet.

GLADYS M. COLLINS

**Rice Croquettes***100 servings*

5 pounds rice boiled	2 quarts liquid (3 pints to
$3\frac{1}{2}$ ounces salt	2 quarts)
1 ounce pepper	6 eggs to 1 quart milk for
1 pound flour	dipping
$\frac{1}{2}$ pound fat	

Add white sauce to boiled rice, cool and shape into form. Dip in crumbs, then eggs, then crumbs again. Fry in deep fat. Serve with tomato sauce.

HAZEL E. CHAMBERS

**Turkish Pilaf***50 servings*

12 ounces fat	3 pounds rice
5 to $5\frac{1}{2}$ quarts water or stock	salt and pepper

Pick over rice, wash and dry it. Cook it in hot fat, stirring constantly. Add salt and pepper and tomato if used. Add about 4 quarts of water or stock. Cover and let boil slowly 10 to 15 minutes adding more water as it



thickens. Do not stir. When finished, the rice should be dry and the grains separate. If desired raisins may be added in this way. Wash and dry and cook for a few minutes in hot fat. Drain off fat and add raisins to pilaf when latter is done. Stir in lightly. "Fistick" or pine nuts are also used in this way. Serve with a yochney.

NELLIE HALLIDAY

### Italian Macaroni

*40 servings*

2 quarts macaroni	2½ cups chopped onion
2 cups chopped mild green peppers	1½ cups bacon fat
4 tablespoons salt	4 quarts strained tomato
1 pound cheese, if desired	1½ cups flour

Boil macaroni, drain and blanch. Cook onion and pepper in bacon fat until soft but not brown. Add flour, stir until smooth; add hot tomato and stir until it boils, then add salt and macaroni. Reheat and serve at once.

Or put macaroni into earthen or enamel baking dishes, sprinkle with grated cheese and bake until cheese is melted and slightly browned.

GLADYS M. COLLINS

### Spaghetti Italienne

*50 servings*

2½ pounds spaghetti	1½ cups flour
4 green peppers	4 quarts tomato juice
2 onions	1½ to 2 pounds cheese
1½ cups butter	salt, pepper and paprika

Cook spaghetti until tender. Drain. Turn into greased baking tins and pour over sauce made as follows: Brown green peppers and onion in butter, stir in flour, remove from fire. Add tomato juice slowly, stirring all the while. Return to fire and bring to boiling point. Remove, add chopped cheese and seasoning.

MARY PASCOE HUDDLESTON

### Macaroni Neapolitan

*100 servings*

4 pounds macaroni	4 tablespoons Worcestershire sauce
2 pounds meat scraps (ham, beef, etc.)	4 tablespoons grated horseradish
1 pound onions (fry in oil)	2 ounces salt mushrooms
$\frac{1}{2}$ cup oil	
$\frac{1}{4}$ quarts tomato purée	
2 quarts gravy (or 2 quarts stock) and 1 pound flour	

*Note.*—Rice may be used instead of macaroni.

### Macaroni or Spaghetti à l'Italienne

*100 servings*

3 packages of spaghetti or macaroni (family size)	2 pounds cheese
1 gallon tomatoes	8-12 green peppers—according to size
2 pounds bacon	10 medium-sized onions

Cook spaghetti in salt water until tender. Cook tomato, onion and pepper together  $\frac{1}{2}$  hour. Cut bacon in 1-inch strips and fry. Cut cheese fine or grate it. Mix all together, bake 1 hour.

LULU GRAVES

**Macaroni with Italian Sauce***100 quarts—700 servings*

24 pounds macaroni	9½ ounces butterine
18 gallon cans tomato	4 pounds salt
½ ounce soda	1½ ounces pepper
1 pound 12 ounces salt pork	2 pounds 4 ounces sugar
9 quarts flour	1 pound onions
9 quarts water	4 pounds American cheese

Break macaroni into small pieces, cook until soft; blanch. Put into pans one-third full. Strain tomato into container, add soda. Try out salt pork and use fat to bind thickening. Add thickening to strained tomatoes. Cook until it comes to boiling point. Remove from fire, add butterine, salt, pepper, sugar, and chopped onion. Add cheese cut into small pieces. Cook mixture until smooth. Pour over macaroni in pans, cover with buttered crumbs and brown in oven.

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## SALADS

### Ginger Ale Fruit Salad

*25 servings*

6 tablespoons gelatin	juice 4 lemons
$\frac{1}{4}$ cup cold water	2 cups white grapes
$1\frac{1}{3}$ cups boiling water	2 cups diced apples
4 cups ginger ale	2 cups chopped celery
$\frac{1}{2}$ cup sugar	2 cups canned pineapple
$\frac{1}{2}$ teaspoon salt	cubes
1 cup preserved ginger	Cream mayonnaise dressing

Soak gelatin in cold water; dissolve in boiling water; add ginger ale, sugar, salt, lemon juice. When jelly begins to set, fold in grapes (skinned and seeded), apples (pared, cored, and cut in small pieces), celery (chopped finely), pineapple (shredded) and ginger (cut finely). Turn into individual molds, chill and serve on lettuce leaves with mayonnaise dressing.

ROBENA MONTGOMERY

### Orange and Prune Salad

*35 servings*

Peel and remove white covering of 1 dozen oranges and separate into "sections." Remove pits of 100 large-size stewed prunes. Arrange

4 sections of orange and 3 prunes on crisp lettuce leaves; sprinkle with chopped nuts and serve with French dressing.

LUCILE STOUT

### Porcupine Pear Salad

Scoop out the center of halves of canned pears. Stuff with mixture of cottage cheese and pistachio nuts. Invert pear on bed of lettuce. Garnish by sticking shredded pistachio nuts into pear to give it appearance of a porcupine. Serve with French dressing.

ANITA FELD

### Fruit Salad

*25 servings*

4 cups seeded white grapes	4 apples
4 oranges	2 quarts double cream
4 small stalks celery	1½ cups sugar
4 bananas	2 lemons

Seed grapes and split in halves, cut rest of fruit in dices. Mix. Whip double cream, add sugar then lemon juice. Stir into fruit. Serve on lettuce with small wafer. Decorate with maraschino cherries or pecan halves.

LAURA B. BOWLES

### Christmas Candle Salad

*Individual*

1 leaf lettuce	¼ inch wedge of apple unpeeled
1 slice pineapple	1½ inch stick of red candy (opera stick)
½ banana	



Use whipped cream salad dressing thin enough to pour. Erect banana in hole of pineapple. Stick the slice of apple in banana and pineapple to form handle. The red candy forms the flame. Pour dressing over banana before adding the "flame."

EMMA B. AYLWARD

### Fruit Salad

*9 servings*

1 fresh pineapple (cut in pieces)	(cut in sections cut out)	2 packages cream cheese	2 tablespoons nuts (cut fine)
1 grapefruit	(sections cut out)	9 maraschino cherries	

Mix pineapple and grapefruit. Then mix cheese and nuts together and place in the center of the fruit mixture, which is placed in lettuce hearts. Serve with mayonnaise or boiled dressing.

G. K. GEHMAN

### Mock Stuffed Pear Salad

*7 or 8 servings*

3 packages cream or neuf-chatel cheese	4 stuffed olives (chopped)	2 tablespoons nuts (chopped) and mixed with olives	cloves—paprika
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Cream the cheese. Season with salt and pepper. Add enough cream to cheese to form the consistency of stiff dough. Take 1 tablespoon of cheese mixture, shaping it like a half pear, at the same time making a depression. Use a second tablespoon and do likewise. Fill



the depression with nut and olive mixture. Now pinch the halves together, stand upright and shape the pear. Place a clove on the top for the stem. Place on lettuce hearts and serve with mayonnaise or French dressing.

G. K. GEHMAN

### Grape Fruit Salad with Maraschino Dressing

Steam grape fruit in pressure cooker three minutes. Cool. Peel, remove sections whole. Arrange on head lettuce and serve with French dressing to which chopped maraschino cherries are added in proportion of  $\frac{1}{2}$  cup to 1 quart dressing.

R. STRAKA

### Knickerbocker Salad

*50 servings*

6 grapefruit (separated into sections)	1 No. 3 can pineapple
12 oranges (separated into sections)	12 apples (cut in eighths)
	1 bunch celery (cut and curled)

ESTHER OLSON

### Cinderella Salad

*Individual*

Place on crisp lettuce one slice of pineapple. Over the center of this place one-half pear which has been sliced crosswise. (Do not separate slices.) Around the pear arrange alternately

halves of fresh strawberries or cherries and whipped cream. Serve with a whipped cream mayonnaise dressing.

ESTHER ACKERSON FISCHER

### **Palm Beach Salad**

#### *Individual*

Spread cottage cheese between two thin slices of pineapple. Over this arrange alternately, in the shape of a semicircle, slices of grapefruit, orange and apple. Arrange on lettuce and serve with French dressing.

ESTHER ACKERSON FISCHER

### **Butterfly Salad**

#### *Individual*

1 slice pineapple  
1 lettuce leaf  
1 canned pimento

1 tablespoon whipped cream  
2 stuffed olives  
1 tablespoon salad dressing

Place on crisp lettuce leaf, halved slices of pineapple with cut side out for wings. Slice stuffed olives and place on each side of pineapple to spot wings. Fill space between pieces of pineapple with salad dressing mixed with whipped cream to form the body. Cut pimento in narrow strips about an inch long and use for feelers. Asparagus stalks or slice of banana may be used for the body instead of dressing.

IRENE L. WILLSON

**Perfection Salad***100 servings*

1 cup granulated gelatin	3 tablespoons salt
1 quart cold water	2 quarts chopped cabbage
4 quarts boiling water	2 quarts diced celery
1 quart vinegar	2 quarts diced pineapple
4½ cups sugar	½ quart chopped pimiento

Soak the gelatin in cold water. Add the boiling water, sugar and salt. When beginning to thicken add the remaining ingredients. Put into individual molds or serve with an ice cream scoop. Serve with boiled dressing which has been mixed with an equal quantity of whipped cream. Garnish with pimiento.

ELIZABETH TUFT

**Frozen Fruit Salad***25 servings*

4 large grapefruit	whipped cream dressing
1 pint chopped celery hearts	(½ pint whipped cream, 2
2 cans sliced pineapple	tablespoons lemon juice,
4 green peppers	salt and red pepper to
1 pint mayonnaise dressing	season)
½ pint French dressing or	1 head of lettuce

Peel and remove seed and inner membranes from grapefruit and break into small pieces. Cut pineapple into small pieces, shred peppers into very thin slices. Mix fruit and vegetables together and drain thoroughly. Mix with mayonnaise and pour into pound baking powder tins (2 or 3). Cover top first with sheet of writ-

ing paper, then the tin cover, seal the edge with a 1-inch strip of muslin dipped in melted butter. Bury tins in ice and salt for three hours. Remove salad from tin when ready to serve. Slice in 1-inch or less slices on a lettuce leaf, pour over a spoonful of French dressing or serve with a spoonful of whipped cream on top of each slice.

FAIRFAX T. PROUDFIT

### Russian Salad

*60 quarts*

3 No. 10 cans peas	6 bunches celery
6 quarts potatoes (cooked)	1 No. 10 can beets
11 cucumbers	33 bunches radishes
10 tomatoes	5 pounds chicken (cooked)
12 No. 2 cans string beans	4½ pounds ham
10 No. 2 cans lima beans	46 heads of lettuce
14 quarts carrots (cooked)	3 quarts French dressing
6 quarts mayonnaise	

Dice meat and vegetables, marinate with French dressing. Serve on lettuce leaves with mayonnaise dressing.

SCHOOL LUNCHEONS,

WOMAN'S EDUCATIONAL AND INDUSTRIAL UNION

### Perfection Salad

*15 servings*

1 ounce gelatin	juice 1 lemon
$\frac{1}{2}$ cup cold water	$\frac{1}{2}$ cup sugar
$\frac{1}{4}$ cup mild vinegar	2 cups celery cut in small pieces
1 pint boiling water	$\frac{1}{2}$ cup finely cut olives
1 teaspoon salt	$\frac{1}{2}$ cup finely cut beets
1 cup shredded lettuce	

Soak the gelatin in cold water five minutes. Add boiling water, vinegar, lemon juice, sugar and salt. When beginning to set, add remaining ingredients. Turn into a mold and chill. Serve on lettuce leaves with mayonnaise dressing, or cut in dice and serve in cases made of red or green peppers, or the mixture may be shaped in molds lined with pimentoes.

ANNA A. HOWLAND

### Kidney Bean Salad

*40 servings*

1 gallon kidney beans  
1½ cups salad dressing

head lettuce  
8 dozen pickles (sweet)

Mix beans, chopped pickles, and salad dressing. Arrange on lettuce cup.

### Carrot Salad

*50 servings*

12 cups grated or ground carrots

4½ cups English walnuts  
15 bananas cut in dices

Mix ingredients and add dressing, either mayonnaise or cooked dressing and serve on beds of lettuce.

RUTH C. GILBERT



**Tomato Jello Salad***1 quart*

- |                      |                           |
|----------------------|---------------------------|
| 1 No. 3 can tomatoes | $\frac{1}{2}$ cup vinegar |
| 1 cup celery chopped | 1 teaspoon salt           |
| 1 bay leaf           | water                     |
| 2 chopped onions     | 2 packages Lemon Jello    |
| dash of cayenne      |                           |

Cook together for 5 minutes tomatoes, celery, bay leaf, and onions. Strain through coarse sieve, add vinegar and enough water to make 1 quart. Season. Heat to boiling point and pour it over 2 packages of lemon jello. Pour into individual molds and when firm serve on lettuce leaves with mayonnaise dressing or pour into border mold and when firm on platter garnish with lettuce leaves and fill center with chicken or celery salad.

INEZ GRIFFIN

**Cabbage and Nut Salad***56 servings*

- |  |   |
|--|---|
| 8 $\frac{1}{2}$ quarts (6 $\frac{1}{2}$ pounds)<br>chopped cabbage (not<br>too fine) | 1 cup vinegar   |
| $\frac{3}{4}$ quarts ( $\frac{3}{4}$ pounds) chopped<br>peanuts                      | 1 quart dressing using $\frac{1}{2}$<br>mayonnaise and $\frac{1}{2}$ boiled<br>dressing |

Served with No. 16 ice cream scoop.

ELNA BECKER

**Cabbage Salad***160 servings*

- |   |                           |
|---|---------------------------|
| 9 $\frac{1}{2}$ pounds shredded cabbage | 2 (14-ounce) cans pimento |
| 6 bunches diced celery                  | 60 apples, diced          |



Combine above with 2 gallons of boiled dressing and serve on crisp lettuce leaf.

FLORA MCLAUGHLIN

### Egg-Celery-Cabbage Salad

*150 servings (No. 16 ice-cream scoop)*

10 quarts eggs hard cooked and chopped  
3 green peppers chopped  
7 quarts cabbage cut fine  
2 quarts celery diced  
3 green peppers chopped

Marinate celery with:

1 tablespoon salt  
1 cup vinegar

Mix with other ingredients and add

1 quart mayonnaise  
1 cup whipped cream  
1 quart boiled dressing

ELIZABETH BEMIS

### Pineapple Cabbage Salad

*50 servings*

4 quarts shredded cabbage  
put in water 1 hour to  
crisp, then dry on cloth  
2 No. 2½ cans chopped pineapple  
2 cups chopped blanched almonds  
4 cups cut marshmallows

### Dressing

1 cup sugar  
2 tablespoons cornstarch  
juice of 6 lemons  
8 egg whites  
1 quart whipped cream  
½ cup vinegar  
if dark use 4 tablespoons  
vinegar and 4 tablespoons  
water

Mix first four ingredients and put over fire. When hot, not boiling, add whites of 8 eggs half

beaten and beat all the time while it cooks. When cold add 1 quart whipped cream.

LUCILE HARTMANN

### Salmagundi Salad

*30 servings*

3 cups diced tomatoes	12 small pickles
3 cups chopped celery	1 large onion, minced
3 cups shredded new cabbage	lettuce
3 small cucumbers, diced	3 minced pimentos
9 hard cooked eggs	Dressing q. s.

Combine vegetables, chill and mix with dressing. Arrange on a lettuce bed, and garnish with the dressing, and hard cooked eggs, cut in strips lengthwise, and the pickles, which should be sliced in thin rounds.

HAZEL E. CHAMBERS

### Cream Cheese Salad

*25 servings*

5 heads Boston lettuce	1 dozen packages cream cheese
------------------------	-------------------------------

Arrange dry crisp lettuce leaves on salad plates. Put cream cheese through ricer and heap lightly on lettuce leaves. Serve without dressing.

INEZ GRIFFIN

### Cottage Cheese Salad

*80 servings*

1½ gallons cottage cheese	6 medium-sized onions
parsley, salt and pepper	

Chop onions fine and mix with cottage cheese, salt and pepper. Make into cheese balls and garnish with parsley.

### Cheese Pumpkins

Put American cheese through food chopper. Mix with cream and again put through chopper. Mold into shape of pumpkins. Cut stem of spinach to make "stem."

### Cottage Cheese Salad

*100 servings*

2½ gallons cottage cheese	6 green peppers cut up fine
4 large stalks celery cut up fine	4 dozen green olives cut up fine
4 No. 1 cans pimentos	

Mix, season to taste with salt and pepper.

ALICE M. FERGUSON

### Chicken Salad

*64 servings (No. 16 ice-cream scoop)*

4 pounds chicken (diced)	3 tablespoons salt
6½ quarts celery (diced)	¾ cup vinegar
1½ quarts mayonnaise	

Marinate celery with vinegar and salt. Mix with chicken and dressing. MABEL C. LITTLE

**Tuna Fish Salad***25 servings*

5 cans tuna fish	10 hard cooked eggs
5 cups celery cut in pieces	10 medium-sized tomatoes

Combine tuna fish and celery. Heap lightly on lettuce leaves. Place 1 slice of hard cooked egg and 1 slice of tomato on opposite sides of salad. Serve with slices of lemon and mayonnaise dressing.

INEZ GRIFFIN

**Salmon Salad***50 servings*

10 No. 1 tall cans salmon	24 firm cooked eggs chopped
2 quarts sour pickles cut in pieces	1 quart chopped celery
1 pint olives cut in pieces	1 teaspoon paprika
1 cup vinegar	2 tablespoons salt

Remove bones and skin from salmon and break in pieces. Mix all ingredients together. Garnish with cress or celery tops. Serve cold.

IRENE E. ENDERS

**Salmon Salad***80 servings*

8 cans salmon	2 quarts cut celery
4 No. 2 cans peas	2 quarts salad dressing

Mix in the order given.

ESTHER OLSON

## SALAD DRESSINGS

### Cream Salad Dressing

*5 1-2 quarts*

$\frac{1}{2}$ cup mustard	8 eggs
$\frac{3}{4}$ tablespoons salt	1 quart vinegar
$\frac{1}{2}$ cup sugar	4 quarts milk or sour cream
$1\frac{1}{2}$ cups flour	( $\frac{1}{2}$ cup butter) (omit if cream is used)

Mix and sift dry ingredients. Add the eggs and beat until smooth, add the milk gradually. Place over hot water and cook until thickened, stirring constantly. Remove from fire and add the vinegar and butter. It is inexpensive but good, and delicious when made with sour cream.

NELLIE M. OSGOOD

### Sour Cream Dressing

*1 pint*

2 eggs	1 tablespoon flour
3 tablespoons vinegar	2 tablespoons sugar
$\frac{1}{2}$ teaspoon mustard	$\frac{1}{2}$ teaspoon salt
1 cup sour cream	

Beat eggs well, add vinegar, and dry ingredients mixed together. Add sour cream to this mixture slowly, stirring constantly. Cook in double boiler until thick, beating constantly.

ANITA FELD

**Fruit Salad Dressing***1 pint*juice of 3 lemons  
juice of 3 oranges1 cup sugar  
3 eggs

Beat eggs until yolks and whites are well mixed together. Add fruit juice and sugar. Cook in double boiler until thick. Heavy whipped cream may be added to dressing just before serving. Serve on fruit salads of all kinds.

ANITA FELD

**Sweet Sour Dressing***2 quarts*3 cups vinegar  
2½ cups sugar  
1½ cups butter3 tablespoons flour  
1½ teaspoons mustard  
3 teaspoons salt  
12 egg yolks

Combine, cook as a custard, cool and add 3 cups of whipped sweet or slightly sour cream just before serving.

HAZEL E. CHAMBERS

**Salad Dressing***6 quarts*7 cups vinegar  
7 cups hot water  
2 cups flour  
1 cup dry mustard6 cups sugar  
2 tablespoons salt  
3 dozen eggs  
1 quart 40 per cent cream

Heat vinegar and water. Mix dry ingredients and stir into hot liquid in double boiler. Cook until thickened then add the eggs, which have been slightly beaten. Cook 20 minutes.



Remove from fire, chill, and add cream which has been whipped, before serving.

HELEN CLARKE

### Mayonnaise Dressing

*3 quarts*

4 egg yolks	$\frac{1}{4}$ cup vinegar and
3 teaspoons mustard	$\frac{1}{4}$ cup water
2 teaspoons salt	1 lemon
$\frac{1}{2}$ teaspoon paprika	2 quarts olive oil (seirilla)
1 $\frac{1}{2}$ teaspoons powdered sugar	4 egg-whites

Add beaten whites last.

SIMMON'S LUNCH ROOM

### Thousand Island Dressing

1 part catsup	1 $\frac{1}{2}$ parts mayonnaise
1 part picallili	

Mix thoroughly.

MILDRED HUSSA

### Thousand Island Dressing

*30 servings*

Place in a mixing bowl and chop very fine the following:

6 small sweet pickles	1 green pepper
6 large ripe olives	1 pimento
4 large green olives	1 stalk celery
1 medium-sized onion	3 hard cooked eggs
$\frac{1}{2}$ cup blanched almonds	

Stir in 1 cup chili sauce and 4 tablespoons tarragon vinegar. Add 1 quart mayonnaise.

ESTHER ACKERSON FISCHER

**Mayonnaise***4 gallons*

2 quarts egg yolks	1 tablespoon cayenne
4 tablespoons salt	3½ gallons salad oil
2 tablespoons mustard	1 quart vinegar

ELIZABETH BEMIS

**Boiled Dressing***4 gallons*

3 gallons milk	1 quart egg yolks
1 quart vinegar	3 tablespoons mustard
2 cups flour and 1 cup corn- starch	3 tablespoons sugar
	2 tablespoons white pepper
	6 tablespoons salt

MABEL C. LITTLE

**Fruit Salad Mayonnaise***2 quarts*

2 eggs	¼ teaspoon pepper
2 teaspoons mustard	3 teaspoons sugar
2 teaspoons salt	4 tablespoons vinegar
½ teaspoon paprika	4 tablespoons lemon juice
	3 cups salad oil

**Mix for mayonnaise**

4 teaspoons granulated gela- tin	2 cups hot water
4 tablespoons cold water	2 tablespoons lemon juice

Mix for jelly—when it starts to stiffen whip lightly, then beat into mayonnaise.

ELEANOR AHERN

**French Dressing***4 quarts*

3 quarts oil  
3 tablespoons paprika

1 quart vinegar  
4 tablespoons salt

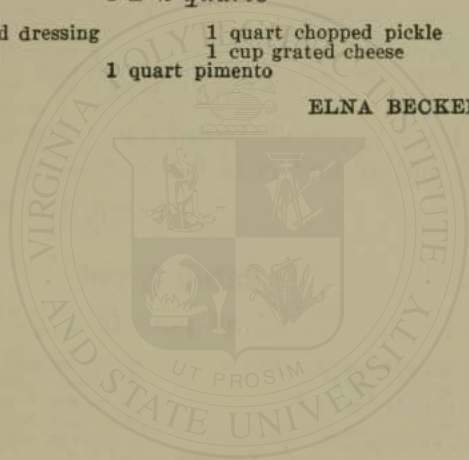
ELNA BECKER

**Russian Dressing***3 1-2 quarts*

1 quart boiled dressing  
1 cup catsup

1 quart chopped pickle  
1 cup grated cheese  
1 quart pimento

ELNA BECKER



## BREADS AND QUICK-BREADS

### Nut Bread for Sandwiches

*150 sandwiches*

2 $\frac{1}{5}$ quarts cornmeal	5 cups brown sugar
$\frac{5}{5}$ quarts graham flour	6 $\frac{3}{4}$ tablespoons soda
5 $\frac{1}{5}$ quarts pastry flour	$\frac{1}{2}$ cup salt
$\frac{5}{5}$ cups molasses	5 cups nuts
3 quarts milk	

Use 1 $\frac{1}{2}$  pounds butter and 1 cup milk. Cream the butter and milk for spreading.

SIMMON'S LUNCH ROOM

### Raisin Bread

*80 pounds*

4 pounds sugar	8 ounces salt
2 pounds lard	1 pound compressed yeast
2 pounds butter	60 pounds flour
18 eggs	3 pounds raisins
8 quarts milk	3 pounds currants
7 quarts water	

Add lard, butter, sugar, salt and eggs to milk. Dissolve yeast in water; have liquid 88° before adding to flour. Add all to flour and mix. Fruit is put in any time before rising; let rise from 3 to 3 $\frac{1}{2}$  hours; lay over by pulling in sides and ends until you have again a solid mass. Let

rise for  $\frac{1}{2}$  hour. Put in pans and let rise 30 to 45 minutes. Bake 40 to 50 minutes in medium hot oven,  $360^{\circ}$ .

M. C. LITTLE

### Coffee Bread

*30 10-inch round loaves*

10 quarts milk	3 pounds shortening
2 dozen eggs	flour q.s. to make soft
$\frac{1}{2}$ pound yeast	dough
$2\frac{1}{2}$ quarts sugar	

Follow order of bread making. Brush loaves with beaten egg and water before baking. Bake in slow oven to a light brown.

PRESBYTERIAN SCHOOL FOR NURSES

### Prune or Date Bread

*1 loaf*

1 cup prunes or dates	1 teaspoon salt
$2\frac{1}{2}$ cups graham flour or	4 teaspoons baking powder
1 cup flour	1 cup milk
$1\frac{1}{2}$ cups graham flour	1 tablespoon melted shorten-
$\frac{1}{4}$ cup sugar	ing

Stone and chop fruit (prunes must be soaked several hours and drained). Mix flour, sugar, salt and baking powder; add milk and beat well; add fruit and shortening. Put into greased bread pan; allow to stand 20 to 25 minutes in warm place. Bake in moderate oven one hour.

EDUCATIONAL DEPARTMENT,

ROYAL BAKING POWDER COMPANY

**Peanut Butter Bread***1 loaf*

2 cups flour	$\frac{1}{2}$ cup sugar
4 teaspoons baking powder	$\frac{2}{3}$ cup peanut butter
1 teaspoon salt	1 cup milk

Sift flour, baking powder, salt and sugar together. Add milk to peanut butter, blend well and add to dry ingredients; beat thoroughly. Bake in greased loaf pan in slow oven 45 to 50 minutes. This is best when a day old. It makes delicious sandwiches cut in thin slices and filled with either cream cheese or lettuce and mayonnaise.

RUTH WATSON

**Boston Brown Bread***4 large loaves*

1 quart cornmeal	2 tablespoons soda
1 quart graham flour	2 cups molasses
1 quart entire wheat or rye	4 teaspoons salt
	2 quarts sour milk

If sweet milk is used, add 2 and 2-3 table-  
spoons cream of tartar. Mix and sift dry in-  
gredients together; add milk and molasses, beat  
thoroughly. Fill well-greased molds two-thirds  
full; cover and steam  $3\frac{1}{2}$  hours; if not used  
the same day, steam an hour before using; send  
to table in covered dishes or wrapped in nap-  
kins. Raisins may be added if desired.

GLADYS M. COLLINS



**Boston Brown Bread***14 loaves—12 servings each*

6 pounds flour	6 pounds whole wheat
6 pounds cornmeal	2 quarts molasses
2 ounces salt	5½ quarts water
2 ounces soda	4 pounds raisins

Sift dry ingredients together. Make a well in the center and add the liquids. Stir until mixture is smooth. Add raisins and steam.

M. C. LITTLE

**Bran Cakes***50 cakes*

1 quart flour	4 teaspoons soda
2 quarts bran	1½ quarts sour milk
3 teaspoons salt	2 cups molasses

Sift flour, salt, and soda together, add bran and mix thoroughly, then add molasses and milk. Beat well and bake in muffin pans in moderate oven 30 minutes or till done.

GLADYS M. COLLINS

**Coffee Bread***35-40 servings*

6 tablespoons butter	½ cup raisins
4 cups flour	8 teaspoons baking powder
2 tablespoons sugar	1 teaspoon cinnamon
1 teaspoon salt	2 eggs
	1½ cups milk

Add melted butter to dry ingredients. Add milk and then fold in well beaten eggs.

M. C. LITTLE

**Peanut Bread***6 2-pound loaves*

2 quarts luke warm liquid	1½ quarts ground peanuts
3 tablespoons salt	(put through meat chopper)
5 quarts flour	2 cakes compressed yeast
1 cup sweetening	

Make as yeast bread.

STATES RELATION BUREAU,  
WASHINGTON, D. C.

**Breakfast Buns***2 dozen buns*

¾ cup sugar	¾ cup butter
1 teaspoon salt	2 teaspoons lemon juice
2 cups scalded milk	flour
3 cups flour	2 yeast cakes dissolved in ½
1 cup raisins cut in quarters and dredged	cup lukewarm water

Add one half sugar and salt to scalded milk. When cooled to lukewarm, add dissolved yeast cake and 3 cups flour. Cover and let rise until light. Add butter, remaining salt, sugar, raisins, lemon juice and flour to make a dough, let rise until doubled in bulk. Shape into buns, let rise until light and doubled in size, brush over with beaten egg before baking.

INEZ GRIFFIN

**Swedish Raisin Bread***5 1-pound loaves*

¼ pound compressed yeast	flour sufficient to make
2 cups lukewarm water	thick batter

Let above mixture rise and fall once before ready to mix. Add:

2 cups milk, lukewarm	2 egg yolks
3 tablespoons melted butter or lard	1 cup raisins, seeded
	$\frac{1}{4}$ teaspoon ground mace

Mix to a stiff dough and let rise. When light bake in moderate oven.

Laura B. Bowles

### Date Muffins

*100 servings*

$2\frac{1}{2}$ quarts milk	$\frac{3}{4}$ cup baking powder
$\frac{1}{2}$ cups sugar	8 eggs
$\frac{1}{5}$ quarts flour	$1\frac{1}{2}$ pounds dates
2 tablespoons salt	

Combine in the usual order for muffins.

URSULA SENN

### Graham Muffins

*40 muffins*

1 quart graham flour	4 eggs beaten separately
1 quart white flour	$\frac{1}{4}$ cup lard
$\frac{3}{4}$ cup sugar	1 quart sour milk
$5\frac{1}{4}$ teaspoons baking powder	2 teaspoons soda
$2\frac{1}{2}$ teaspoons salt	

Mix dry ingredients and milk and soda, add egg yolks, and lard, lastly egg whites beaten stiff. Bake in hot oven.

LUCILE HARTMANN

**Rice Muffins***12 muffins*

1½ cups flour	2 eggs
2 teaspoons baking powder	milk
1 teaspoon salt	1 tablespoon butter, melted
2 tablespoons sugar	½ cup boiled rice

Sift the dry ingredients into the mixing bowl. Add the well beaten eggs and milk to make a stiff batter. Beat vigorously and add the melted fat and rice. Have gem pans well greased and hot. Fill two-thirds full and bake in a hot oven about 15 minutes.

SISTER GABRIEL

**Baking Powder Biscuits***288 biscuits*

12 pounds flour	½ cup salt
10 ounces baking powder	2 pounds shortening
2½ quarts milk	or water

Sift together flour, baking powder and salt. Add shortening, rub or lightly cut in; add liquid slowly, roll or pat on smooth floured surface to about one inch in thickness (handle as little as possible), cut out. Bake in a hot oven (450°) 15 or 20 minutes.

RUTH WATSON

**Cheese Biscuit**

Use any good recipe for baking-powder biscuit. In place of ½ amount of shortening, use

an equal amount of American cheese, put through food chopper and worked into flour with the shortening. Makes a delicious salad biscuit.

LUCILE STOUT

### Crumb Muffins

*50 muffins*

6 cups stale bread crumbs	2 tablespoons baking powder
3 $\frac{3}{4}$ cups milk	1 $\frac{1}{2}$ tablespoons salt
3 cups flour	6 eggs
3 tablespoons shortening	

Soak crumbs in cold milk 10 minutes; add flour, baking powder and salt which have been sifted together. Add well beaten eggs and melted shortening, mix well. Heat muffin tins, grease and drop 1 tablespoon of batter into each. Bake 20 to 25 minutes in hot oven.

RUTH WATSON

### Royal Corn Squares

*384 squares*

6 pounds flour	6 pounds cornmeal
10 ounces baking powder	2 pounds shortening
$\frac{1}{2}$ cup salt	7 $\frac{1}{2}$ quarts milk or water

Mix and sift all dry ingredients, add liquid and melted shortening. Stir well and pour into greased shallow pans. Bake in hot oven (400°) about 25 minutes.

EDUCATIONAL DEPARTMENT,  
ROYAL BAKING POWDER COMPANY

**Waffles***8 whole waffles*

3 eggs	1½ cups flour (2 cups may be needed)
2 tablespoons melted butter	1½ teaspoons baking powder;
1 pint milk	pinch of salt

Beat whites of eggs stiff but not dry; add yolks and beat till well mixed; add melted butter and beat. Sift flour with baking powder. Add milk and flour mixture alternately, beating with egg beater until smooth. Bake on well greased iron.

MILDRED HUSSA

**Pancakes***50 servings*

5 pounds flour	1 ounce salt
2½ ounces baking powder	6 eggs
4 ounces sugar	4 ounces fat
4 quarts milk	

Mix in the order given.

ESTHER OLSON



## DESSERTS

### Steamed Bread Pudding

*72 servings*

4 quarts ground bread or toast crumbs	8 eggs
2 quarts water	2 quarts flour
2 quarts molasses (or part syrup)	3 tablespoons cinnamon
3 tablespoons soda	4 teaspoons cloves
	1 tablespoon salt
	6 cups raisins (or part nuts)

Steam 3 hours. Serve with lemon sauce.

If steamed in six bread tins, this recipe makes 72 servings, 2" x 4" x  $\frac{3}{4}$ " thick.

MARGARET S. DREW

### Royal Pudding

*100 servings*

12 quarts milk	18 eggs
5 quarts stale bread, broken into small pieces	8 cups sugar
	nutmeg
	jam, jelly or preserves

Scald milk and pour over the bread. Add beaten yolks of eggs, sugar and nutmeg. Bake slowly for one hour. Remove from oven and cover over the top of pudding with jam or fruit. Cover with whites of eggs beaten stiff with sugar added to sweeten. Place in oven to brown.

MARGARET MC PHADYEN

**King Pudding***100 servings—21½" x 21½" x 2"*

2½ quarts molasses  
 2½ teaspoons salt  
 10 eggs

2½ teaspoons soda  
 8¾ quarts flour  
 5 cups hot water

Combine molasses, salt and eggs. Put soda into hot water and add to mixture. Fold in the flour. Steam two hours.

**Sauce—for above Pudding***1½ tablespoon per serving*

2 cups butter  
 1 quart sugar

8 eggs  
 1 quart whipped cream

Cream butter and sugar. Add gradually egg beaten light. Then fold in the cream.

MRS. JESSIE R. MUELLER

**Steamed Fig Pudding***25 servings*

2 cups beef suet—ground fine  
 2 cups figs—ground fine

5 cups stale bread crumbs  
 soaked in 1 cup milk 1  
 hour

**Add:**

2 eggs  
 2 cups sugar

2 tablespoons salt  
 2 teaspoons baking powder

Serve with lemon sauce.

URSULA SENN

**Fig Pudding***50 servings*

1 quart flour	1 quart brown sugar
3 tablespoons baking powder	1 quart bread crumbs, soaked in milk
1½ tablespoons salt	4 eggs
1½ tablespoons cinnamon	1 cup suet, chopped fine
1 quart figs	½ cup molasses
1 quart apples, chopped fine	

Mix. Pour into buttered molds and steam 3 hours. Serve with foamy sauce.

**Foamy Sauce**

1 quart powdered sugar	½ cup fruit juice
2 cups butter	1 cup boiling water
4 teaspoons vanilla	4 egg whites beaten to a foam

Cream butter and sugar. Add vanilla and fruit juice. Just before serving add the boiling water, stir well. Add egg whites and beat until foamy.

ANNA BOLER

**Brown Pudding***25 servings*

4 eggs	1 tablespoon soda sifted with
1 cup granulated sugar	6 cups flour
1 cup melted butter	2 cups boiling water added last
2 cups molasses	

Steam 1 hour.

**Sauce**

1 quart cream, whipped	8 egg yolks, beaten
2 cups powdered sugar	2 teaspoons lemon juice

ANNA BOLER

**Steamed Pudding***250 servings*

4 quarts suet	4 quarts sour or buttermilk
4 quarts molasses	4 quarts raisins
	salt

Combine and add flour to make medium batter. Half fill bread pans. Steam 2 hours. Serve with spiced pudding sauce.

EMMA B. AYLWARD

**Date Pudding***50 servings*

3½ cups sugar	3½ teaspoons baking powder
1 scant cup butter	1 cup milk
7 eggs	7 cups chopped dates
3½ cups flour	3½ cups chopped nuts

Cream butter and sugar. Beat eggs until light and add to the above mixture. Add flour and milk alternately with the rest of the ingredients. Bake in a slow oven 30 to 45 minutes. Serve with hard sauce or whipped cream.

CLARA SMITH

**Mock Plum Pudding***40 quarts (320 servings)*

10 pounds stale bread	1 tablespoon cinnamon
3 pounds raisins	1 tablespoon nutmeg
4 pounds brown sugar	1 teaspoon ginger
3 quarts molasses	½ teaspoon clove
7½ gallons milk	½ pound butterine
1 tablespoon salt	3 dozen eggs

Break bread into small pieces. Put in buttered pans. Cover with a layer of raisins, sprinkle with brown sugar and pour molasses over this. Slightly beat eggs and milk together, add salt and spices. Pour over bread in pan, dot with pieces of butterine and bake until firm in center.

DAISY TREEN

### Luncheon Dessert

*225 servings*

3 quarts sugar	$\frac{1}{4}$ cup soda
$1\frac{1}{2}$ quarts shortening	$\frac{4}{4}$ quarts finely chopped bread crumbs
2 dozen eggs	2 quarts chopped peanuts
3 quarts molasses	flour to make a thin cake dough
3 quarts sour milk	
$\frac{1}{2}$ cup salt	

Combine as cake. Bake in sheets and serve with caramel or hard sauce.

EMMA B. AYLWARD

### Date Pudding

*25 servings*

1 dozen eggs, separated	4 cups dates (stoned and cut before measuring)
$1\frac{1}{2}$ cups sugar	2 cups milk
$\frac{3}{4}$ cups fine bread crumbs	4 tablespoons flour
$1\frac{1}{2}$ cups walnut meats	4 tablespoons baking powder

Beat egg yolks until thick and creamy. Add sugar and beat again, then add crumbs, nuts and dates. Mix together with milk; add sifted flour and baking powder and fold in the whites

beaten stiff. Bake as custard. For individual orders use the glass custard cups. Serve with whipped cream.

LUCILE STOUT

### Charlotte Pudding

*100 pieces—1½" x 1½" x 2"*

1 quart nuts	3½ quarts milk
1½ quarts raisins	4 dozen eggs
6 quarts graham crackers	¼ cup vanilla
¾ quart sugar	½ cup baking powder

Grind the nuts, raisins, and graham crackers. Add the sugar, baking powder, milk, vanilla and the beaten egg yolks. Fold in the stiffly beaten egg whites. Bake in a moderate oven for 30 minutes. Serve with whipped cream.

ELIZABETH TUFT

### Grape-Nut Pudding

*9 quarts—60 servings*

6 quarts milk	6 tablespoons melted butter
5 cups grape-nuts	3 cups sugar
12 eggs	3 teaspoons salt
	2 tablespoons vanilla

Cook milk and grape-nuts in double boiler 20 minutes. Cool, add beaten eggs and remaining ingredients. Bake in pudding pans in slow oven about 45 minutes. Serve with plain cream.



**Creamy Rice Pudding***50 servings*

1½ gallons milk	1 pound sugar
1 pound rice	½ cup butter
1 tablespoon salt	grated nutmeg

Wash rice, put in baking pan and add other ingredients. Bake in a slow oven 3 hours or until rice is tender.

Stir occasionally during the baking. Pudding should be thin when hot but thick when cold.

NAHOMI C. JONES

**Norwegian Rice Pudding***65-70 servings*

2 quarts rice	6 egg yolks
14 quarts milk	2 cups cream
6 tablespoons salt	vanilla

Cook rice, milk and salt until the rice is soft. Beat egg yolks and add cream and flavorings. Cook slightly and serve.

D. AYERS

**Chocolate Rice Meringue***150 servings*

15 quarts milk	1½ quarts cocoa
7½ cups rice	3 tablespoons salt
2 cups butter or fat	80 egg whites
10 cups sugar	5 tablespoons vanilla

Cook first six ingredients as for a rice pudding. Cool. Add beaten egg whites and vanilla.

BRETA LUTHER

**Rice Pudding***30 servings*

1½ cups rice  
2 cups sugar

½ cup pearl tapioca  
6 quarts milk

Divide rice, tapioca and sugar into two baking pans. Add milk and stir until sugar is dissolved. Grate nutmeg over the top and bake 3 hours in slow oven. Stir frequently to prevent scum. Skimmed milk may be used if butter is added.

MARY CUNNINGHAM

**Sunset Pudding***50 servings*

Mix to paste with cold milk, 1 cup sugar, 1½ cups cornstarch and ½ teaspoon salt. Pour over it 4 quarts scalded milk. Cook in double boiler until thick.

Pour ⅓ of blanc mange over juice and grated rind of 1 orange, 2 egg yolks and a few drops margarine coloring.

Pour ⅓ of blanc mange over ½ glass dark red jelly.

To last third add ⅔ cup cocoa, mixed to paste with hot water and cook 5 minutes. When serving put 1 dessert spoon of each kind in dessert dish, or pudding may be mixed together in streaks. Various colors may be obtained with left-over puddings and fruit juices.

MARY CUNNINGHAM

**Prune Pudding***8 gallons*

10 pounds prune pulp	3 tablespoons cinnamon
2½ gallons water	1 tablespoon salt
10 pounds sugar	6½ cups cornstarch
7 quarts boiling water	18 lemons
2 dozen egg whites	

Cook prunes, put through sieve, add sugar, hot water, cinnamon and salt. Add cornstarch mixed with cold water and cook in double boiler 45 minutes. When cool add lemon juice and beaten egg whites.

SUE COFFIN

**Lemon Mist***40 servings*

12 lemons, juice and rind	9 cups sugar
12 cups boiling water	2¼ cups cornstarch
12 eggs	

Pare off lemon rind, add boiling water. Cover closely and let stand 15 minutes. Mix cornstarch with sugar and add slowly the boiling water (which has been drained from rind and reheated), boil 2 minutes. Cook in double boiler 1 hour. Mix yolks of eggs and lemon juice. Pour mixture over this and cook about 2 minutes. Pour over the stiffly beaten whites. Serve cold with cold soft custard.

S. E. HUGHES

**Tapioca Cream***50 servings*

1½ cups pearl tapioca	2 cups sugar
3 quarts scalded milk	12 eggs
1 teaspoon salt	3 teaspoons vanilla

Soak tapioca one hour in cold water to cover. Drain, add to hot milk, and cook until clear. Mix sugar, salt and slightly beaten egg yolks, and add hot mixture, stirring constantly. Return to double boiler and cook until it thickens. Remove from fire and fold in stiffly beaten whites of eggs. Flavor and chill.

GLADYS M. COLLINS

**Caramel Custard***30 servings*

3 cups sugar	12 eggs
¾ cup hot water	1 teaspoon salt
3 quarts milk	1 tablespoon vanilla

Caramelize all of sugar and add hot water. Scald milk and add to beaten eggs. Combine with the caramel syrup and add salt and vanilla. Bake in moderate oven in custard cups, surrounded by water.

GERTRUDE OEHMIG

**Baked Cup Custards***40 quarts (280 portions)*

8½ dozen eggs	33½ quarts milk
8½ pounds sugar	3 teaspoons salt
	4½ teaspoons nutmeg

Beat eggs slightly and add sugar. Stir the milk, salt and nutmeg into beaten eggs. Strain mixture. Fill cups brimming full. Bake slowly in pans of water.

SCHOOL LUNCHEONS  
WOMAN'S EDUCATIONAL AND INDUSTRIAL UNION

### Scotch Apple Pudding

*1 10" cake, 1½" deep*

1 cup sugar	1 cup raisins
½ cup butter	2 cups flour
1 egg	1 teaspoon soda
1 cup apple sauce	2 tablespoons hot water

Cream the butter and sugar; add egg well beaten, then apple sauce, flour sifted three times. Add raisins dredged with flour and lastly, soda dissolved in the hot water. Bake 45 minutes.

SISTER MARY AGNES

### Farina Pudding with Raisins

*1000 servings*

4 ounces per capita allowance of milk, 121 quarts	¼ of an egg per capita allowance, 21 dozen
½ ounce per capita allowance of farina, 31 pounds	seedless raisins (or currants combined) 12 or 15 pounds
½ ounce per capita allowance of sugar, 31 pounds	

Cook cereal in milk with sugar. Add eggs, slightly beaten. (Best results are obtained for

a light dessert when the white is beaten to a froth and folded in shortly before mixture is taken from the cooker.) Flavor and add raisins, which have been allowed to swell in water.

ROSE O. BROWN

### Cherry Tapioca

*75 servings*

4 cups minute tapioca	6 quarts boiling water
3 quarts sugar	1½ quarts cherries
	1½ tablespoons salt

Drain cherries, using juice instead of part of water. Cook tapioca, sugar and salt in water until tapioca is clear. Remove from fire and add cherries.

LUCILE HARTMANN

### Raisin Tapioca

*40 quarts (320 portions)*

10 pounds tapioca	3 pounds raisins
25 quarts boiling water	10 pounds brown sugar
½ ounce salt	½ ounce cinnamon
	10 lemons

Soak tapioca about one hour in cold water to cover. Drain, add boiling water and salt. Cook until tapioca looks clear. Add raisins, brown sugar, cinnamon and juice of lemons.

SCHOOL LUNCHEONS

WOMAN'S EDUCATIONAL AND INDUSTRIAL UNION



**Stanford Walnut Pudding***100 servings*

16 eggs	3 envelopes gelatin (3
8 cups sugar	ounces)
3 quarts thin cream	4 quarts ground walnuts

Beat yolks and add sugar. Add to cream which had been heated in a double boiler. Soak gelatin in part of cream. Cook yolks and cream until thick and pour over gelatin, stir until dissolved. Add ground walnuts. Place in bowl of cracked ice. When beginning to thicken fold in beaten egg whites. Place in individual molds. Serve with walnut pudding sauce.

**Walnut Pudding Sauce**

7 cups sugar	7 tablespoons butter
3½ cups thin cream	juice of two lemons
	vanilla to taste

Heat sugar, cream and butter in double boiler until melted. Add lemon juice and flavor with vanilla. If not tart enough add a little more lemon juice.

L. SLOAN

**Chocolate Bavarian***30 servings*

8 tablespoons gelatin	2 quarts milk
1 cup cold water	2 cups sugar
1 cup hot water	2 tablespoons vanilla
4 squares (ounces) chocolate	1 quart cream (whipped)

Soak gelatin in cold water. Heat milk, shave chocolate very fine, add hot water and let boil until smooth. Combine milk and chocolate and add to gelatin, add sugar and vanilla. Chill; when partly set, fold in whipped cream.

GERTRUDE OEHMIG

### Gelatin with Whipped Cream

*60 servings*

Make 4 quarts gelatin with left-over fruit juices. When ready to serve break into small pieces and fold in one pint cream whipped stiff and flavored with 1 teaspoon lemon extract and  $\frac{1}{2}$  cup sugar.

MARY CUNNINGHAM

### Pink Pudding Stanford

*100 servings*

7 envelopes gelatin (7 ounces)	3 pints maraschino cherries	} Cut in small pieces
2 cups maraschino juice	$\frac{1}{2}$ dozen oranges	
$\frac{3}{4}$ pound rice	1 dozen bananas	
$2\frac{1}{2}$ pounds sugar	3 packages dates	
3 quarts milk	1 cup lemon juice	
	3 quarts 40 per cent. cream	

Soak gelatin in maraschino juice. Cook rice with sugar and milk until soft. When well cooked pour over gelatin, cool, add fruit cut in small pieces. Add lemon juice. Fold in cream beaten stiff. Place in individual molds.

L. SLOAN

**Caramel Bavarian***60 servings*

2 quarts sugar caramelized	1 quart sugar
2 quarts hot water	16 eggs
1 quart scalded milk	1 cup gelatin
1 pint water	

Mix egg yolks with 1 quart sugar, added to milk and caramelized sugar. Add dissolved gelatin to hot custard. When almost set beat in stiffly beaten whites.

LUCILE HARTMANN

**Fresh Strawberry Bavarian Cream***50 servings*

5 ounces granulated gelatin	2½ quarts heavy cream
2½ cups water	2½ quarts stemmed strawberries
2½ cups sugar	ries

Soak gelatin 10 minutes in cold water to cover. Put sugar and water in saucepan, add berries, and heat to boiling point but do not boil or mash. Turn in the gelatin and cool; when of the consistency of egg white, add the cream, whipped stiff, folding it in carefully. Let stand to become stiff and serve with additional berries, stewed.

L. F. WHEELER

**Snow Pudding***40 servings*

1½ ounces gelatin	1 cup lemon juice
4 cups sugar	whites 12 eggs

Soak gelatin in cold water until soft. Place over hot water until melted. Add lemon juice and sugar and sufficient water to make 6 cups. Chill in pan of ice water. When quite thick, beat with wire whisk until frothy. Add whites of eggs beaten stiff and continue beating until stiff enough to hold its shape. Serve with soft custard made from yolks of eggs.

SARAH BENEDICT

### Apricot Charlotte

*150 servings*

13 quarts (12½ pounds) dried apricots	1 cup lemon juice
7 pounds sugar	12 ounces gelatin
	24 eggs

Purée the cooked dried apricots and add sugar. Pour into the gelatin which has been dissolved in cold water. Add lemon juice. Fold in eggs (beaten separately and combined).

FLORA MCLAUGHLIN

### Fruited Rice Fluff

*40 servings*

1 cup rice	¾ cup scalded milk
6 cups scalded milk	1½ cups sugar
1 tablespoon salt	¾ cup maraschino cherries
3 ounces gelatin	1 tablespoon vanilla
1½ cups cold water	1½ quarts whipping cream

Cook rice with milk and salt until rice is tender. Soak gelatin in water and dissolve in

scalded milk. Add sugar and strain into rice mixture. Add chopped cherries and flavor. When cold fold in half of the whipped cream and serve with the remainder. A. K. GRAHAM

### Fruit Gelatin

*200 portions of 1/2 cup each*

11 boxes acidulated gelatin	3 quarts orange and lemon
1 quart cold water	juice (which is approxi-
2 quarts boiling water	mately that from 1 dozen
6 pounds sugar	lemons and 3 dozen or-
3 quarts grape juice	anges)
10 quarts water	

Soak gelatin in cold water, add hot water and sugar. Stir until sugar is dissolved. Add grape, orange and lemon juice, then the 10 quarts of water. When hardened serve with sweetened whipped cream. HELEN CLARKE

### Banana Cream Jell

*25 servings*

1 dozen medium-sized bananas	1 cup pulverized sugar
1 cup orange juice	1/2 cup gelatin
1 cup lemon juice	1 quart boiling water

Peel bananas and mash through enamel sieve with fruit juices; add sugar. Dissolve gelatin in boiling water, cool and add to banana mixture. When set, serve with whipped cream.

LUCILE STOUT

**Macaroon Pudding***100 servings*

4½ quarts milk	2½ quarts ground macaroons
27 egg yolks	27 egg whites
¾ quart sugar	1 quart whipping cream
1 tablespoonful salt	3 tablespoonfuls vanilla
	1 cup powdered gelatin

Make a custard of the first four ingredients. Add the gelatin. When it begins to thicken add the macaroons, vanilla, whipped cream, and beaten egg whites.

ELIZABETH TUFT

**Pineapple Pudding***150 3½-ounce servings*

3 pounds rice	8 ounces gelatin
4½ pounds sugar	½ pounds nut meats
8 No. 2 cans pineapple	whipped cream

Cook rice in slightly salted water. Blanch; add dissolved gelatin, sugar, fruit and juice and nuts. When cold, fold in whipped cream or serve plain or with whipped cream.

MINNIE WICOFF

**Lemon Milk Sherbet***30 quarts*

20 quarts milk	14 pounds 10 ounces sugar
2½ quarts lemon juice	rind of 9 lemons

Mix and freeze.

NEW ENGLAND KITCHEN



**Lemon Cream Sherbet***8 servings*

1½ pints of milk	½ to 1 cup of sugar (divided
½ pint of cream	in two parts)

6 lemons

Mix cream and milk and sweeten with one half the sugar, pour into freezer and freeze until half frozen (mushy). In the meantime, squeeze the juice from 4 lemons, and remove seed. Wash the remaining two lemons and cut in very thin slices with a sharp knife. Mix the lemon juice, cut lemon and remaining half of sugar together. When cream mixture is half frozen, stir in the lemon mixture and continue the freezing process until sherbet is hard frozen.

FAIRFAX T. PROUDFIT

**Banana-Apricot Milk Sherbet***5 gallons*

1½ dozen bananas, mashed	1½ dozen lemons, juice of
2 quarts stewed or canned apricots, mashed	3½ pounds sugar
	3 gallons whole milk

Combine in order given. Freeze.

MARGARET S. DREW

**Creamless Ice Cream***500 servings*

2 gallons milk	1 pint extract
5 dozen eggs	5 pounds sugar
1 pound gelatin	4 gallons condensed milk
10 gallons milk	

Bring to boiling point the two gallons of milk; add eggs, gelatin, sugar and remove from fire. The remainder of the milk, the condensed milk and extract is added to the heated mixture. Freeze in the same manner as other frozen desserts. The combination of vanilla with almond extract gives a very desirable flavor. The per capita allowance of liquid used is 4 ounces.

ROSE O. BROWN

### Frozen Apricots

*4 gallons*

10 cups sugar	4 quarts cream
2 quarts water	15 egg whites
2 gallons unsweetened apricots	

Make syrup of sugar and water. Grind apricots or rub through colander, add to syrup. Add cream and lastly the stiffly beaten egg whites. Freeze.

RUTH C. GILBERT

### Apricot Ice Cream

*8 gallons—250 servings*

2 No. 10 cans unsweetened apricots	2 No. 10 cans evaporated milk enough thin cream or milk to make 7 gallons
6 quarts sugar	$\frac{1}{2}$ cup orange extract

Mash apricots through strainer, add sugar and stir until dissolved. Add other ingredients and freeze in 10-gallon freezer.

**Loganberry Ice Cream***32 servings*

3 tablespoonfuls flour	1 pint scalded cream
3 cups sugar	1 quart heavy cream
1 tablespoonful salt	juice from 3 No. 2 cans lo-
3 eggs	ganberries
1 quart scalded milk	

Mix flour, sugar and salt, add egg slightly beaten and scalded milk and cream, gradually cook over hot water 20 minutes, stirring constantly at first. When cool, add heavy cream and juice of loganberries.

INEZ GRIFFIN

**Green Gage Plum Ice Cream***250 servings*

8 quarts 40 per cent. cream	10 quarts milk
3 pounds sugar	1 gallon green gage plums

Remove stones from plums and mash. Mix sugar, milk and cream and partially freeze. Add plum pulp and finish freezing.

O. I. HALL

**Frozen Cherry Custard***32 servings*

6 eggs	3 cups maraschino cherries
3 cups sugar	cut in pieces
2 quarts milk	1 pint heavy cream

Prepare custard of eggs, sugar and milk. Cook until slightly thickened. When cool, add cream and cherries. Freeze at once.

INEZ GRIFFIN

**Peach Surprise***25 servings*

- |                                   |  |
|-----------------------------------|--|
| 1 quart fresh peaches<br>(mashed) | 1 cup sugar<br>1 pint water<br>3 egg whites beaten stiff |
|-----------------------------------|--|

Freeze in gallon freezer.

SARAH BENEDICT

**Angel Hash***25 servings*

- |  |  |
|--|--|
| 1 No. 2½ can pineapple<br>marshmallows | 1 pint whipping cream<br>1 cup walnut or pecan meats |
|--|--|

Drain pineapple thoroughly, cut in small pieces and chill. Cut twice the quantity of marshmallows in same size pieces. Whip the cream very stiff, add the marshmallows, then the pineapple and nuts.

LUCILE STOUT

**Baked Apples and Marshmallows***50 servings—½ cup*

- |                     |                      |
|---------------------|----------------------|
| 10 pounds apples    | 1 pound marshmallows |
| 1 quart brown sugar |                      |

**Brown Sugar Syrup**

- |              |              |
|--------------|--------------|
| 2 cups sugar | 4 cups water |
|--------------|--------------|

Wash apples, quarter, core but do not pare. Put in baking dish, add the sugar and about 1 quart of boiling water. Bake until tender, basting with the syrup. Just before serving add marshmallows and brown.

JESSIE M. MCQUEEN

**Apricot Marshmallow**

Place a marshmallow in each half of apricots. Put in hot oven until marshmallow is softened.

Serve with syrup made from juice and with thin cream.

NAHOMI C. JONES

**Caramel Apples**

*24 servings*

2 dozen tart apples	1 cup cream
3 cups brown sugar	3 tablespoons butter
	$\frac{1}{2}$ cup chopped nuts

Pare and core apples and cook slowly with a little water and sugar in covered pans. When well done but still whole, remove to platters. To the syrup add the other ingredients and boil until thick. Pour over the apples. Serve cold with whipped cream.

L. F. WHEELER

**Peach Rolls**

*100 rolls (muffin rings 3 inches in diameter)*

4 quarts flour—unsifted	2 pounds lard
2 tablespoons baking powder	$\frac{3}{4}$ quart cold water
1 pound sugar	4 quarts stewed sweetened peaches (evaporated)
3 tablespoons salt	

Mix and sift dry ingredients, work in fat, and add cold water. Roll a portion of dough about  $\frac{1}{4}$  inch thick, spread with stewed peaches. Roll and cut into sections about  $1\frac{1}{2}$  inches long.

Place in greased muffin tins and bake in hot oven. Serve with whipped cream.

S. E. HUGHES

### Raspberry Roll

*50 servings*

2½ quarts flour	¼ cup butter
3 ounces baking powder	1 quart milk or enough to
1 tablespoon salt	roll out

Cover with fresh raspberries. Roll, bake in moderate oven until done. Serve with following sauce:

1 pint water and crushed raspberries	2 tablespoonfuls flour sugar
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### Prune Whip

*50 portions*

4 pounds prunes	24 egg whites
2 pounds sugar	2 tablespoons lemon juice

Soak prunes over night in water to cover, cook in double boiler until soft, stone, and rub through purée strainer. The mixture should be quite thick. Add sugar and fold in stiffly beaten whites of eggs and lemon juice. Put into baking dishes and bake about 20 minutes in slow oven. Serve hot or cold with soft custard sauce or sweetened whipped cream. Other fruits may be used instead of prunes.

GLADYS N. COLLINS



## “A Delightful Surprise”

*6 servings*

24 prunes (stewed)	3 tablespoons sugar
12 whole nut meats	3 egg whites
2 cups milk	2 tablespoons jelly (any
3 egg yolks	kind)

Remove stones from prunes, replace with  $\frac{1}{2}$  walnut meat. Make a soft custard with 2 cups scalded milk, yolks of 3 eggs and 3 tablespoons sugar. Cool. Use 4 prunes for each dessert, then pour over the custard. Beat whites very stiff, then beat into them 2 tablespoons jelly. Place this white, cut into individual servings, on a tin plate that has been rinsed with cold water, and brown under gas flame. Place this on top of dessert. A maraschino cherry, cut in half, and filled with a nut may be placed on the white.

A. K. GEHMAN

## Cream Puffs

*150 puffs*

2 quarts water	} 2 pounds lard may be substituted
1 pound lard	
1 pound butterine	
2 pounds bread flour	1½ ounces ammonium carbo-
1 pound pastry flour	nate
30 eggs	1½ quarts milk or a little more

Put water and fat in a kettle and let come to a boil. Stir in the sifted flour with a wooden paddle to make a paste. Work in the eggs about 5 at a time. Add the ammonium car-

bonate and at last thin the mixture with the milk to right consistency for dropping.

### Filling for above

3 pounds sugar	15 eggs
1½ pounds flour	5 quarts milk
	vanilla to flavor

Sift flour and sugar; add beaten eggs. Pour on scalded milk and cook until thick. Add vanilla.

GRACE M. STIRLING

### Potato Doughnuts

*2 dozen*

1 cup mashed potato, beaten very light	¼ teaspoon nutmeg
1 cup sugar	½ teaspoons vanilla
3 egg yolks well beaten	3 egg whites beaten very light
1½ cups rich sweet milk	4 teaspoons baking powder
	flour to roll out

GRACE FULLER

### Doughnuts

*300*

2½ quarts sugar	1 cup baking powder
18 eggs or 1½ cups flaked whole eggs soaked in 2 cups of milk	salt
3 quarts sweet milk	nutmeg
	1½ cups melted butter
	flour to roll out

Handle as little as possible. The softer the dough the more delicate the doughnut.

PRESBYTERIAN SCHOOL FOR NURSES

## SAUCES

### Chocolate Sauce

*16 servings*

1 cup sugar  
 $\frac{1}{2}$  cup water

1 cup cocoa  
2 cups cream

Mix sugar, cocoa and hot water, and boil until mixture thickens. Add cream, boil very slowly until thick. Let stand over hot water until ready to serve. Serve with ice cream or cream puffs.

S. E. HUGHES

### Bittersweet Chocolate Sauce

*30 servings*

2 cups sugar  
1 can of evaporated milk

$\frac{1}{2}$  pound bittersweet chocolate

Melt chocolate in double boiler, add sugar, stir until sugar is dissolved. Gradually add the evaporated milk. Thin with hot water to consistency desired. May be served hot or cold.

IRENE L. WILLSON

### Apricot Whip

*280 servings*

6 dozen egg whites  
2 tablespoons orange extract

2 No. 10 cans apricots  
sugar q.s.

Beat egg whites very stiff, fold in puréed apricots. Add sugar and extract.

Serve on plain cake as luncheon dessert. Use yolks of eggs to make the plain cake.

Strawberries may be used in proportion of 1 quart box berries hulled, washed and crushed.

Five egg whites.

Sugar to sweeten. Sufficient for 20 servings.

EMMA B. AYLWARD

### Jelly Meringue

*Serves 6 or 8*

$\frac{1}{2}$  cup tart jelly

1 egg white  
 $\frac{1}{8}$  teaspoon salt

Put all three together, and beat with a Dover egg beater until stiff enough to cut. May be used in the following ways:

1. As an icing for cake when a small amount of sugar is allowed in the diet. Should be put on at the time cake is served.

2. As a trimming for plain ice cream. Good when concentrated food value is desired, and when raw egg white and fruit juices are allowed.

3. As a dessert. Just before serving fold in fresh fruit cut in small pieces, as strawberries, raspberries, pineapple, orange, etc., the kind of fruit depending somewhat on the flavor of the jelly used. The servings may be small, as a

small amount will satisfy the average person. May also be combined with cake, on the order of charlotte russe.

D. AYERS

### Whipped Cream Mixture for Shortcake

*40-50 servings*

$\frac{1}{2}$ cup sugar	1 quart scalded milk
$\frac{1}{2}$ cup (scant) flour	6 egg whites
cold milk q.s.	1 pint cream
	flavoring

Mix sugar and flour to paste with cold milk. Add scalded milk and cook 15 minutes in double boiler.

Pour slowly into stiffly beaten whites of eggs. Chill and add cream stiffly beaten. Flavor with lemon or vanilla.

MARY CUNNINGHAM

### Orange Sauce

*25 servings*

1 cup sugar	1 cup boiling water
2 tablespoons cornstarch or 4 of flour	juice of 2 oranges
2 eggs	grated rind of 1 orange

Mix in order given.

M. C. LITTLE

### Chocolate Sauce

*25 servings*

$1\frac{1}{2}$ cups hot water	$\frac{1}{2}$ cup sugar
$\frac{4}{4}$ ounces melted chocolate	1 teaspoon arrowroot
$\frac{1}{2}$ cup cold water	a little salt

Boil water with sugar 5 minutes, add melted chocolate and starch to which cold water has been added. Combine mixture, add salt and boil 3 minutes. Flavor with vanilla.

M. C. LITTLE

### Sterling Sauce

*100 servings, 12 portions to cup*

1 pound butter 1 $\frac{1}{3}$  cups thin cream  
2 $\frac{1}{2}$  pounds brown sugar  $\frac{1}{2}$  ounce cinnamon  
 $\frac{1}{2}$  ounce nutmeg

Cream butter and gradually add sugar and spices, creaming thoroughly after each addition. When sugar is all in add cream in small amounts, beating thoroughly after each addition as in making mayonnaise.

BERTHA E. NETTLETON



## CAKES

### Stanford Sunshine Cake

*5 9-inch angel cakes*

24 eggs	2 cups water
4 teaspoons cream of tartar	6 cups flour
6 cups sugar	3 teaspoons salt
	4 teaspoons vanilla

Separate eggs, beat whites until stiff, add cream of tartar and continue beating. Boil sugar and water until it threads. Pour on whites, beating constantly. When cool add well beaten yolks. Sift flour five or six times. Add this to other ingredients. Pour into ungreased pans. Bake in a very slow oven about 50 minutes.

L. SLOAN

### Sponge Cakes

*6 dozen 2" x 1½"*

24 eggs	rinds of 2 lemons
1 quart sugar	1 teaspoon salt
¼ cup lemon juice	1 quart flour

Separate the eggs. Beat the yolks until thick and lemon colored. Beat in the sugar. Add the lemon juice and rind. Beat the whites.

Fold in the flour and egg whites alternately. Bake 35 minutes in a slow oven.

ELIZABETH TUFT

### Sponge Drops

12 egg whites	8 egg yolks
1½ cups powdered sugar	1½ cups flour
1 teaspoon of vanilla	½ teaspoon salt
½ cup powdered sugar for tops	

Beat the egg whites until stiff and dry. Add the sugar and continue beating. Add flavoring and egg yolks beaten until thick and lemon colored. Cut and fold in the flour mixed with salt. Drop from tip of spoon on unbuttered paper, sprinkle with powdered sugar and bake in a moderate oven.

SIMMON'S LUNCH ROOM

### Sunshine Cake

*15 cakes, 16 slices each*

9½ dozen eggs	1 tablespoon salt
5 quarts sugar	grated rinds from 6 oranges or lemons
4 quarts flour	orange or lemon extract
2 tablespoons cream of tartar	q.s.

Sift, measure and sift again separately, flour and sugar. Beat yolks very stiff. Beat whites to a foam, add salt and cream of tartar and beat very stiff. Add sugar and beat. Add yolks and flavoring and beat. Carefully fold in the flour. Bake in slow oven 35 to 40 minutes.

PRESBYTERIAN HOSPITAL SCHOOL FOR NURSES

**Turkish Paste**

24 eggs	1½ cups flour
1½ cups sugar	¼ teaspoon salt
	flavoring

Break eggs into a large bowl and beat in a *warm* place for 15 minutes. The eggs should be almost at temperature of 98°. At the end of this time the mixture should be of fine texture and hold its shape. Add sugar slowly, beating while adding. Then fold in the sifted flour. Add salt and flavoring. Bake in a fairly hot oven for 15 or 20 minutes. This makes a deliciously light sponge cake to be used as a basis for jelly roll, cream pie or to be iced and served.

NELLIE HALLIDAY

**Minnequa Cake and Frosting***150 servings, 2" x 2" x 2"*

5 dozen eggs	1½ cups lemon juice
6 pounds sugar	grated rind of 6 lemons
	3 pounds flour

Combine in the order given for sponge cake. Bake in three pans (12" x 20") in a moderate oven 40 to 60 minutes. When cold spread with mocha frosting.

**Mocha Frosting**

7 cups powdered sugar	½ cup melted butter
7 tablespoons cocoa	hot coffee

Mix sugar and cocoa, add butter and use hot coffee to mix to the right consistency to spread.

HELEN CLARKE

### Angel Cake

*12 cakes, 16 slices each*

9 dozen egg whites	1 tablespoon of salt added to
3 $\frac{1}{4}$ quarts sugar	eggs before whipping
3 quarts flour	flavor to taste
1 $\frac{1}{2}$ tablespoons cream of tar-	
tar	

Whip eggs to a foam, add cream of tartar and whip until very stiff. Add thrice sifted sugar and beat in well. Add flavoring and fold in very lightly the thrice sifted flour. Put in 10-inch angel pans and bake in a moderate oven 20 to 30 minutes.

PRESBYTERIAN SCHOOL FOR NURSES

### Angel Cake

*150 servings*

Made from low grade flour

10 dozen egg whites	12 cups sugar
3 cups flour	12 tablespoons cream of tar-
6 cups cornstarch	tar
3 tablespoons vanilla	

Sift flour, cornstarch, sugar and cream of tartar five times. Add to the stiffly beaten whites. Then add vanilla and bake as angel food.

BRETA LUTHER

**Cream Cake***250 servings*

- |                               |                                  |
|-------------------------------|----------------------------------|
| 4 dozen eggs                  | $\frac{1}{2}$ cup orange extract |
| 6 quarts sugar                | $\frac{1}{2}$ cup baking powder  |
| 6 quarts cream (22 per cent.) | flour to make medium batter      |
| 2 tablespoons salt            |                                  |

Put all ingredients into the mixer, using only a small amount of the flour. Mix on medium speed until sufficient flour is added. Beat on high speed 1 minute. Bake in sheets or layers. Use any cake filling, or serve with whipped cream.

EMMA B. AYLWARD

**Orange Filling**

- |  |  |
|--|--|
| grated rind and juice of half<br>an orange | $\frac{1}{2}$ cup butter<br>powdered sugar |
|--|--|

Melt the butter, add orange and enough sugar to make a smooth paste. Sufficient for three-layer cake.

**Lady Baltimore Cake***50 servings*

- |   |                                |
|---|--------------------------------|
| 2 pounds butter                                       | 3 tablespoons baking powder    |
| 2 quarts sugar  | 2 dozen egg whites             |
| 1 quart milk  | 3 tablespoons vanilla or 3 ta- |
| 3 $\frac{1}{2}$ quarts sifted flour (sift 3<br>times) | blespoons rose water           |

Combine in the order given.

**Icing**

- |                |                                    |
|----------------|------------------------------------|
| 2 quarts sugar | 8 egg whites                       |
| 2 cups water   | 4 cups chopped raisins and<br>figs |

Boil sugar and water to a thread. Pour on to the stiffly beaten egg whites. Beat thoroughly and add chopped fruit.

### Almond Cake

*20 servings*

1 cup lard	1 teaspoon salt
2 cups sugar	almond flavoring and
1 cup milk	chopped blanched al-
3 cups flour	monds
3 teaspoons baking powder	8 egg whites

Cream the lard and sugar. Add the milk alternately with the flour to which the baking powder and salt has been added. Add the flavoring and lastly the stiffly beaten egg whites. After putting in the pans sprinkle with sugar and chopped almonds. Bake in a moderate oven.

EDITH M. LINCOLN

### Baby Baltimore Cakes

*3 dozen small cakes*

$\frac{1}{2}$ pound butter	3 teaspoons lemon juice
1 pound sugar	8 eggs
grated rind of 2 lemons	$\frac{1}{2}$ pound flour
1 teaspoon baking powder	

Cream the butter, add the sugar gradually and cream well, adding the lemon juice and rind. Beat the yolks until light, and add them to the mixture, then the flour in which the baking powder has been sifted, and lastly fold in



the stiffly beaten whites of eggs. Bake in muffin tins. Raisins may be added for variety.

EDITH M. LINCOLN

### Fudge Cake

*75 cup cakes*

2 cups butter—creamed	8 ounces chocolate (melted)
4 cups sugar	2½ teaspoons vanilla
4 eggs well beaten	8 cups flour (in which bak-
4 cups sour milk (dissolve soda in this)	ing powder has been sift- ed)
4 teaspoons soda	4 teaspoons baking powder

Mix in order named. Bake in rather a hot oven from 12 to 15 minutes. Serve with frosting or whipped cream.

GRACE M. STIRLING

### Buttermilk Cake

*100 servings*

1½ quarts sugar	2 tablespoons cinnamon
1½ pounds butter or substitute	1½ teaspoons cloves
1½ quarts buttermilk	1½ teaspoons nutmeg
¾ quarts flour	¾ cups nuts
2 tablespoons soda	1 quart raisins

Cream fat and add sugar gradually until light and fluffy. Sift dry ingredients together. To the first mixture add alternately the buttermilk and the flour mixture. Add nuts and floured raisins. Bake in moderate oven. One dozen eggs and 4 tablespoons of baking powder may be added.

J. ATHENA FISCHER

**Snow White Cake***100 servings*

1½ pounds butter or margarine	½ cup baking powder
2½ quarts sugar (sifted)	2 dozen egg whites
1½ quarts cold water	2 tablespoons flavoring extract
4½ quarts flour (sifted before measuring)	

Combine in order listed.

**Golden Cake***50-60 servings*

2 cups butter	2 cups milk
4 cups sugar	7 cups flour
32 egg yolks	¼ cup baking powder
3 tablespoons vanilla	1 teaspoon salt

Mix as any butter cake and bake in layers or sheets.

D. AYERS.

**Chocolate Cake***16 servings***Filling**

1 egg	½ cup cold water
½ cup sugar	2 squares chocolate (bitter)

Cook in double boiler until it thickens.

**For the cake**

1 cup sugar	1 teaspoon soda
¾ cup butter	2 cups pastry flour
2 eggs	1½ cups chopped nuts
¼ cup sour milk	2 teaspoons vanilla

Mix in the order given. Add the filling mixture and lastly the beaten whites. Bake in three layers.

### Icing

2 cups sugar  
 2 squares chocolate

1½ cups cold water

Cook until soft ball stage. Add lump of butter the size of walnut and vanilla. Let cool and beat until thick and dry.

### Lemon Filling for above Recipe

1 cup sugar  
 1 teaspoon butter  
 juice of one lemon

2 tablespoons flour  
 1 egg yolk  
 1 egg white beaten stiff

Put all together, add ½ cup boiling water and cook until thick.

ESTHER OLSON

### Caramel Cake

*100 servings*

3 quarts sugar  
 2½ pounds (5½ cups) butter  
 16 egg yolks  
 2 quarts water

1 cup of thick caramel syrup  
 5 quarts flour  
 ½ cup baking powder  
 16 stiffly beaten egg whites

Mix in the order given.

To make caramel syrup, melt granulated sugar and cook until dark brown but not burned. Add water to dissolve and cook until a thick syrup.

Bake in layers and ice with caramel icing.

ESTHER ACKERSON FISCHER

**Plain Cake***300 servings*

2½ quarts shortening	13 quarts flour
6 quarts sugar	1½ cups baking powder
4 dozen eggs	4½ quarts milk
	1 cup vanilla

Combine in the usual method for butter cakes.

**Mocha Frosting**

1½ pounds butter	9 pounds powdered sugar
¼ cup cocoa	coffee infusion to moisten

SUE COFFIN

**Caramel Cake***192 servings*

9 cups sugar	6 cups water
2 cups butter	4½ quarts flour
1 cup crisco	6 tablespoons baking powder
12 eggs	2 tablespoons vanilla
	1 cup sugar (caramelized)

Combine in the usual method for butter cakes.

**Icing**

5 cups brown sugar	1½ cups water
1 cup white sugar	8 egg whites
	4 tablespoons vanilla

Prepare as boiled frosting.

**Apple-Sauce Cake***Makes 40 slices, 3½" x 2½" and 1" thick*

1 cup butter	2 teaspoons cinnamon
2 cups sugar	¼ teaspoon cloves
3 cups apple sauce (from fresh, canned or evapo- rated apples)	1 teaspoon nutmeg
3 cups raisins—seeded	pinch of salt
2 teaspoons baking powder	4 cups flour
	4 teaspoons soda

Combine in the usual method for butter cakes.

GRACE FULLER

**Dutch Apple Cake***150 pieces, 2" x 3"*

2½ cups fat (1½ pounds)	5 cups cornstarch (25 ounces)
5 cups sugar (2½ pounds)	½ cup baking powder (3 ounces)
10 eggs	2 pounds dried apples
5 cups milk (1½ quarts)	
10 cups flour (2½ pounds)	

Mix as for plain cake. Place thin layer of cake batter in pan, then layer of dried apples which have been soaked, then layer of cake batter. Bake in moderated oven about 20 minutes. Butter and cover with cinnamon and sugar mixture.

BRETA LUTHER

**Fruit Cake***10-pound cake*

1 pound butter or butter substitute	$\frac{1}{2}$ pound blanched almonds cut fine
1 pound brown sugar	1 tablespoon powdered cinnamon
1 pound flour—browned and sifted	$\frac{1}{2}$ tablespoon allspice
1 dozen eggs (beaten separately) or	1 scant tablespoon ground nutmeg
1 cup flaked eggs soaked in $1\frac{1}{4}$ cups milk	1 scant teaspoon cloves
5 pounds seeded raisins	1 glass grape jelly (may omit)
1 pound seedless raisins	2 teaspoons rose water (pour over almonds)
$\frac{1}{4}$ pound shredded citron peel	
$\frac{1}{2}$ pound home-made candied orange peel or marmalade	

Bake 3 to 4 hours in very slow oven.

EMMA B. AYLWARD

**Spice Cake***100 servings*

$2\frac{1}{2}$ quarts sugar	2 tablespoons soda (vary with amount of cream)
$\frac{3}{4}$ cup butter	2 quarts raisins
12 eggs	4 tablespoons cinnamon
$2\frac{1}{2}$ tablespoons salt	$1\frac{1}{2}$ tablespoons cloves
$4\frac{1}{2}$ quarts flour	3 tablespoons allspice
3 quarts sour cream (milk)	1 cup molasses
1 cup baking powder ( $1\frac{1}{4}$ cups)	$\frac{1}{2}$ tablespoon lemon juice

Combine in the usual method for butter cakes.

ROSE STRAKA

**Christmas Cake***4 2-pound cakes*

$\frac{3}{4}$ pound butter	$\frac{1}{4}$ pound almonds—blanched and cut
$2\frac{1}{2}$ cups white sugar	$\frac{1}{2}$ pound orange and lemon peel, citron—shredded
8 eggs	1 cup milk
2 pounds raisins	3 cups flour
1 pound currants	6 teaspoons allspice
$\frac{1}{2}$ pound bleached raisins	



Bake in slow oven 3 hours. Keeps indefinitely.

PRESBYTERIAN SCHOOL FOR NURSES

### Graham Cracker Cake

*200 servings*

4½ quarts sugar	4 dozen eggs (separated)
3 pounds butter	12 pounds Graham crackers
3¾ quarts milk	½ cup baking powder
1 cup walnut meats	

Cream the butter and sugar, add beaten egg yolks, then the milk and crackers, rolled fine, and the baking powder. Add the beaten whites last. Bake in layers or sheets and spread with whipped cream (no sugar) and sprinkle with chopped nuts.

### Potato Chocolate Cake

*175 servings*

3 pounds shortening	¾ cup baking powder
4 quarts sugar	2 teaspoons nutmeg
1 pound chocolate	2 teaspoons allspice
1½ quarts milk	2 quarts mashed potatoes
5 quarts flour	4 teaspoons cloves
3 tablespoons vanilla	4 teaspoons cinnamon
16 eggs	2 quarts chopped nuts

Cream sugar and shortening. Add eggs and mashed potatoes. Sift all dry ingredients together and add alternately with the milk. Add melted chocolate, flavoring and chopped nuts. Bake in loaves 1 hour.

J. ATHENA FISCHER

**Chocolate Cake***16 servings*

$\frac{3}{4}$ cup butter	1 cup milk
$2\frac{3}{4}$ cups sugar	4 cups flour
$\frac{4}{4}$ ounces chocolate	2 tablespoons baking powder
4 eggs	1 teaspoon vanilla
	salt

Combine in the usual method for butter cakes.

ELEANOR AHERN

**Fruit Cake***40 2-pound loaves*

5 pounds sugar	5 pounds sultanas
5 pounds butter	5 pounds seeded raisins
50 eggs	5 pounds citron
$6\frac{1}{2}$ pounds pastry flour	$2\frac{1}{2}$ pounds almonds
10 ounces spices, mixed	1 pound dates—cut in strips
$1\frac{1}{4}$ pints molasses	$\frac{1}{2}$ pound figs—cut in strips
10 pounds currants	may use 1 pint sour milk and 1 teaspoon soda

Combine in the usual method for butter cakes.

**Soft Molasses Gingerbread***150 servings*

10 tablespoons shortening	$2\frac{1}{2}$ teaspoons ginger
5 cups molasses	5 teaspoons soda
$2\frac{1}{2}$ teaspoons salt	5 cups sour cream
$2\frac{1}{2}$ teaspoons cinnamon	5 eggs
	10 cups flour

Melt shortening, add molasses, salt, ginger and cinnamon. Stir vigorously. Dissolve soda in sour cream and add. Add beaten eggs and twice sifted flour. Batter is thin, but makes a soft rich gingerbread. Bake  $\frac{1}{2}$  hour in moderate oven.

MARY M. HARRINGTON

## COOKIES

### Plain Cookies

*50 medium size*

1 $\frac{1}{2}$ cup shortening	$\frac{1}{2}$ teaspoon grated nutmeg
1 $\frac{1}{2}$ cups sugar	1 teaspoon vanilla or grated
1 cup milk	rind of 1 lemon
2 eggs	4 cups flour
	3 teaspoons baking powder

Cream shortening and sugar together, add milk to beaten eggs and beat again; add flavoring, add 2 cups flour sifted with baking powder and nutmeg. Add enough more flour to roll easily. Roll out very thin on floured board; cut with cookie cutter; sprinkle with sugar; put a raisin or a piece of walnut in the center of each. Bake about 12 minutes in hot oven.

RUTH WATSON

### Peanut Butter Cookies

*2 or 3 dozen*

2 cups flour	1 teaspoon cinnamon if desired
1 cup sugar	$\frac{3}{4}$ cup peanut butter
4 teaspoons baking powder	1 cup milk
$\frac{1}{2}$ teaspoon salt	1 egg slightly beaten
	$\frac{1}{4}$ cup melted shortening

Sift dry ingredients, combine liquid ingredients in order given, mixing the peanut butter

and milk gradually, and stirring until a smooth cream before adding egg and fat. Add liquid ingredients to the dry and mix well. If necessary add enough more milk to make a drop batter. This will depend largely on the flour used. Drop on to greased pans, allowing room for spreading, and bake in a moderate oven.

JEAN K. RICH

### Cream Cookies

*20 dozen of medium size*

- |   |                                     |
|---|-------------------------------------|
| 4 quarts sugar  | 2 quarts 20 per cent. cream         |
| 4 pounds shortening (2 quarts)                                    | 2 teaspoons nutmeg                  |
| 2 dozen eggs or 2 cups flaked whole eggs soaked in 2 cups of milk | $\frac{1}{2}$ cup baking powder     |
|   | flour to roll out                   |
|   | salt if unsalted shortening is used |

EMMA B. AYLWARD

### Chocolate Cookies

*10 dozen small*

- |                      |                               |
|----------------------|-------------------------------|
| 4 cups brown sugar   | 6 cups flour                  |
| 2 cups melted butter | 1 teaspoon soda               |
| 2 cups milk          | 2 teaspoons baking powder     |
| 4 eggs               | $\frac{1}{2}$ pound chocolate |
|                      | 2 cups chopped nuts           |

ELEANOR AHERN

### Raisin Cookies

*200 cookies 3 inches in diameter*

- |                        |   |
|------------------------|---|
| 4 pounds oleomargarine | 3 tablespoons vanilla                             |
| 6 pounds sugar         | 3 tablespoons soda in $\frac{1}{4}$ cup hot water |
| 32 eggs                | buttermilk  |
| 6 pounds flour         | 3 pounds raisins                                  |
| 3 tablespoons cinnamon |   |

Cream oleomargarine and add sugar, cream together. Add beaten eggs. Add some of the flour and then soda water. Alternate flour and buttermilk until right consistency to drop. Add raisins last.

HELEN CLARKE

### Oatmeal Cookies

*3 dozen*

cream $\frac{3}{4}$ cup shortening	$\frac{3}{4}$ teaspoon soda
add 1 cup sugar	$\frac{1}{2}$ teaspoon salt
2 well beaten eggs	Add:
Sift twice:	1 tablespoon molasses
2 cups flour	4 tablespoons sweet milk
1 teaspoon cinnamon	2 cups rolled oats
1 cup chopped raisins	

Drop on greased tins. Moderate oven.

BERTHA L. FIELD

### Fruit Bars

*100 bars*

5 cups granulated sugar	5 pounds chopped dates
15 eggs	5 cups flour
5 cups chopped walnuts	$3\frac{1}{2}$ tablespoons baking powder
1 teaspoon salt	

Whip sugar and eggs until very light. Mix part of the flour in the nuts and dates. Mix salt, flour and baking powder together and add to batter, mixing thoroughly; add nuts and dates. Pour batter in long tins. Bake 20 to 25 minutes. Cut bars 2" x 3" and roll in powdered sugar.

MARY M. HARRINGTON

**Honey Jumbles***50 small*

1 cup sugar	1 teaspoon soda
3 eggs well beaten	1 teaspoon ginger
1 cup honey or syrup	1 cup flour
	few grains salt

Beat well, let stand overnight. Knead hard and roll out. Bake in medium oven until brown.

D. AYERS

**Brownies***300 small*

3 quarts sugar	3 quarts nuts
1½ quarts melted butter	1½ quarts flour
1 dozen eggs	1 tablespoon salt
1 pound chocolate	vanilla

A very rich cookie.

FRANCES STUART

**Finnegans***50 servings*

2 quarts flour	3 tablespoons baking powder
¼ cup butter	1 teaspoon salt
	milk

Cut butter into dry ingredients. Add milk to make a dough soft enough to roll. Roll ½ inch thick and spread with the following mixture:

1 quart sugar	3½ cups butter
4 egg yolks	4 teaspoons cinnamon



Cream all together and spread on dough. Roll up like a jelly roll and cut about  $\frac{1}{2}$  inch thick. Bake in a slow oven.

ANNA BOLER

### Frosted Creams

*30 dozen*

4 quarts molasses	4 quarts sugar
5 quarts lard	4 dozen eggs
$\frac{1}{4}$ cup soda	$\frac{1}{4}$ cup salt
$\frac{1}{4}$ cup ginger	flour (to roll out)

Bake in sheets. Cut in squares. Ice with boiled frosting.

### Molasses Cookies

*30 dozen*

4 pounds lard	2 quarts water
8 pounds sugar	2 quarts molasses
18 pounds flour	16 eggs
	$\frac{1}{2}$ pound soda

Mix and let stand overnight in icebox. Decorate with cocoanut.

R. V. CHAMBERS

### Cocoanut Drop Cookies

*3 dozen 4" cookies*

3 cups powdered sugar (granulated, may be used)	$\frac{3}{4}$ cup flour
4 cups macaroon cocoanut	1 heaping teaspoon baking powder
3 eggs	$\frac{1}{2}$ cup thin cream
	pinch salt

Rub cocoanut and powdered sugar together to free from lumps. Add other ingredients and

beat well. Drop on buttered sheet and bake in medium oven.

EMMA B. AYLWARD

### Chocolate Drop Cookies

*150 cookies*

3 quarts brown sugar	$\frac{1}{4}$ cup baking powder
3 pounds butter	$1\frac{1}{2}$ tablespoons soda
24 eggs	$\frac{1}{2}$ teaspoon salt
$1\frac{1}{2}$ quarts milk	2 tablespoons vanilla
7 quarts flour	1 pound chopped walnuts
	$1\frac{1}{2}$ pounds chocolate

Cream the butter, add the sugar and the beaten eggs. Add the milk and the sifted dry ingredients alternately. Add the chopped walnuts, vanilla, and melted chocolate.

ELIZABETH TUFT

### Macaroons

*6 dozen*

6 cups corn flakes	2 cups shredded cocoanut
2 cups granulated sugar	1 cup walnut meats
4 teaspoons flavoring, vanilla and almond	8 egg whites beaten stiff

Mix ingredients together and drop on buttered tin sheets and bake 15 minutes in moderate oven.

LUCILE STOUT

## PIES AND PIE FILLINGS

### Mocha Cream Pies

*12 pies*

1 pound butter	$\frac{1}{4}$ ounce salt
3 pounds sugar	$\frac{3}{4}$ ounces baking powder
12 eggs	1 quart milk
4 pounds flour (pastry)	1 tablespoon vanilla

Cream butter and sugar. Add eggs. When thoroughly beaten add milk, vanilla and flour sifted with salt and baking powder. Bake in layers in moderate oven, allowing  $7\frac{1}{2}$  ounces dough to each layer. Put together with mocha filling.

### Mocha Filling

*12 pies*

2 pounds butter	2 cups coffee infusion
11 quarts confectionery sugar	2 cups cocoa
	2 eggs

Cream butter, add sugar and cocoa gradually, thinning the mixture with coffee when it becomes too stiff to beat. Add eggs.

NEW ENGLAND KITCHEN

**Fresh Strawberry Pie***90 individual*

3 quarts flour	3 cups sugar
3 teaspoons baking powder	12 eggs
3 cups butter	5 quarts strawberries

Cut the butter into the sifted flour and baking powder. Add the sugar to the well-beaten eggs and stir into the first mixture. Roll to  $\frac{1}{4}$  inch thickness with as little flour as possible. Cut with a 4-inch cookie cutter and shape in  $2\frac{1}{2}$ -inch muffin tins. Bake. Fill the crust with fresh strawberries. Make a glazing syrup of  $\frac{1}{2}$  cup currant jelly and  $\frac{3}{4}$  cup of sugar. Boil until it forms a thick syrup. Pour over the berries while hot. If desired, chopped pistachio nuts may be sprinkled over the top. Serve with whipped cream.

ESTHER ACKERSON FISCHER

**Pumpkin Pie***12 pies*

1 No. 10 can pumpkin	3 teaspoons cinnamon
1 gallon milk	$1\frac{1}{2}$ teaspoons ginger
2 dozen eggs	2 teaspoons salt
$2\frac{1}{2}$ pounds sugar or 1 pound sugar and 1 pint molasses	$\frac{1}{2}$ pound flour

To the pumpkin add sugar, spices and eggs. Beat thoroughly. Add flour and milk.

ESTHER OLSON

**Butterscotch Pie***26 pies*

9 quarts milk	7 quarts brown sugar
25 egg yolks	3½ cups water
3½ quarts flour	1½ cups butter
3½ tablespoons vanilla	salt to taste

**Meringue**

25 egg whites	3 cups sugar
---------------	--------------

Combine and cook the same as a cornstarch pudding.

CLARA SMITH

**Floradora Pie***24 9-inch pies*

1 can No. 10 shredded pineapple	1½ pounds shredded cocoanut
1 can No. 10 broken pieces pineapple	juice of 1½ dozen oranges
3 cups egg yolks	grated peel of ½ dozen oranges
4 pounds sugar	12 ounces cornstarch
	8 ounces butter
1½ quarts whipped cream on top	

ELSIE P. LEONARD

**Strawberry Cream Pie***12 pies*

6 quarts milk	1 dozen eggs
2 quarts sugar	salt to taste
1 quart flour	flavor

Scald the milk. Mix sugar and flour, add the well beaten eggs. Add to the milk and cook until thick. Cool slightly and fill pie shells. Let stand until stiff before cutting. Over each

piece serve fresh strawberries chopped and sweetened.

BERTHA L. FIELD

## Lemon Meringue Pie

*18 9-inch pies*

*Quantity 9 quarts*

6 pounds sugar	rind 26 lemons
6 quarts water	4 tablespoons salt
1½ pounds cornstarch	1 quart egg yolks
	1 quart lemon juice

Boil sugar and water. Mix cornstarch, lemon juice, lemon rinds and salt together and add to boiling sugar and water. When thickened remove from fire and cool slightly before adding beaten yolks of eggs. Fill pie shells, cover with meringue and brown in oven.

NEW ENGLAND KITCHEN.

## Meringue

whites 36 eggs      4½ cups sugar

NEW ENGLAND KITCHEN.

## Pie Crust

*2 crusts*

$\frac{7}{8}$ cup lard	3 cups flour
$\frac{1}{2}$ cup water	1½ teaspoons salt

Cream lard and add water. Then add flour and salt.

J. ATHENA FISCHER



**Mock Tomato Mince Meat***4 quarts*

1 peck of green tomatoes chopped fine	1 cup suet chopped fine
hot water—equal amount	1 tablespoon cloves
2 tablespoons salt	1 pound raisins chopped fine
$\frac{1}{2}$ peck apples chopped fine	1 cup vinegar
$\frac{1}{5}$ pounds brown sugar	2 tablespoons cinnamon
	1 teaspoon nutmeg

Put chopped tomatoes to boil with an equal amount of boiling water. Drain and add water three times. Drain third time. Add other ingredients and boil until it thickens, then put in jars and seal.

JESSIE M. MCQUEEN

**Mock Mince Meat***2 quarts*

$\frac{1}{2}$ peck green tomatoes	$\frac{1}{2}$ tablespoon cloves
4 pounds brown sugar	1 tablespoon allspice
2 pounds raisins	2 tablespoons salt
1 tablespoon cinnamon	1 cup butter
1 tablespoon nutmeg	2 cups vinegar

Chop and drain tomatoes. Measure juice that drains off, and add as much water as the juice you throw away. Cook  $1\frac{1}{2}$  hours slowly. Stir often. Add sugar and rest of ingredients and cook till it thickens, about 1 hour.

BERTHA L. FIELD

## MARMALADES AND BEVERAGES

### Orange Marmalade

*10 quarts*

1 dozen oranges  
8 quarts water

6 lemons  
sugar

Wash fruit and cut crosswise in very thin slices, removing seeds. Add water and let stand 24 hours. Boil until skins are tender. To every quart of mixture add one quart granulated sugar. Boil 30 minutes or until juice jellies slightly. Put in sterilized jars and seal, or cover with paraffin.

GLADYS M. COLLINS

### Cranberry Jelly

Pick over and wash cranberries. Measure. Take  $\frac{1}{2}$  as much sugar as cranberries and  $\frac{1}{2}$  as much water as sugar. Cook until berries are tender. Mash through sieve and mold.

### Apple Marmalade

*50 portions*

6 pounds finely chopped ap-  
ples  
6 lemons—rind and juice

1½ ounces preserved ginger  
6 pounds sugar  
3 cups water

Pare and core tart, juicy apples before weighing. Boil sugar and water together three minutes, add grated rind and juice of lemons, chopped ginger and apple, and cook slowly 2 hours, or until fruit is clear. This may be cooked in fireless cooker. GLADYS M. COLLINS

### Lemon Marmalade

*3 quarts*

Utilize lemon skins that are of good color and sound. Trim off end and put through meat chopper. To 1 quart pulp add 2 quarts water. Boil 2 hours. Add boiling water to allow for evaporation. Add 2 quarts sugar. Boil until clear. Should be a firm jelly.

A syrup may be made suitable for flavoring bread puddings, adding to mince meat or fruit cake by adding half the quantity of sugar and following the above recipe.

### Orange Marmalade

*2 quarts*

2 oranges  
1 lemon

2 quarts water  
2 quarts sugar

Squeeze the juice from the fruit. Remove the seeds. Put skins through the food chopper. Add the water and cook 2 hours in a deep kettle to prevent evaporation. Add sugar and boil until jelly drops from the testing spoon. About 30 minutes.

**Marmalade**

4 pounds rhubarb	4 large oranges
4 pounds granulated sugar	juice of two lemons
2 pounds seedless raisins	

Wash and cut rhubarb in inch pieces. Put in preserving kettle and let boil 15 minutes. Add sugar. Do not add water. Peel the oranges and remove seeds. Add the pulp to the rhubarb. Cook the peeling separate, changing water several times, when tender throw in cold water remove white skin and cut in small pieces. Add to the rhubarb with the lemon juice. Add raisins and let simmer until thick enough to jell.

**Fruit Punch***10 gallons*

100 lemons	15 pounds sugar (made into syrup)
50 oranges	2 ounces tea (made into infusion)
2 No. 10 cans grated pineapple	

Add water to make 10 gallons. Other fruit may be added in place of orange and pineapple. Pack in ice-cream freezer.

**Raspberry Shrub**

1 quart berries	1 cup vinegar
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Allow to stand over night. Strain. To 1 quart of juice add 1 pound sugar. Simmer and skim until clear.

For beverage: Dilute with water, add crushed ice.

NAHOMI C. JONES

## SANDWICHES

### Club Sandwich

*50 servings*

6 loaves bread	2 cans asparagus tips
2 pounds bacon (thinly sliced)	1 quart mayonnaise dressing
5 3-pound fowls	8 heads lettuce
	2½ pounds tomatoes
	1½ dozen eggs (hard cooked)

Spread toast with a little mayonnaise, cover with lettuce leaf. Place piece of bacon on lettuce then chicken, mayonnaise, slice of tomato, slices of egg, 2 asparagus tips, and 1 lettuce. Spread second piece of toast with little mayonnaise and put sandwich together. Mayonnaise on top of sandwich, sprinkle with parsley and serve at once.

O. I. HALL

### Sandwich Filling

*Sufficient for 2 quarts*

6 cups celery	1 quart stuffed olives
	sweet peppers

Put through food chopper and mix with 1 quart mayonnaise.

### Rolled Celery Sandwiches

Cut very thin slice of bread and trim to a square. Lay on wet napkin. Butter the edge farthest from you. Place stalk of tender celery on near edge, salt and roll. The butter will hold the roll together.

### Cheese and Currant Jelly Sandwiches

Make thin jelly sandwich about 2 inches square. Place small ball of cream cheese on top and press down with walnut meat. Add dash of salt.

### Nut-Cream Cheese and Green Pepper

Chop English walnuts or pecan meats fine. Mix with salad dressing to spread. Spread thin sandwich squares. Stuff green pepper with cream cheese. Chill. Cut thin slices and lay on top of each sandwich.

### Olive and Nut Sandwiches

2 cups chopped walnuts	3 cups chopped olives
2 quarts finely shredded head lettuce	mayonnaise

Mix together the ingredients, using enough mayonnaise to moisten.

ELIZABETH TUFT





the moisture has been removed. Moisten peppers with mayonnaise dressing. There should be 2 layers of green and 1 of red peppers. Remove crusts, fold in cheesecloth and press under a weight. Cut in slices and arrange on plate.

RUTH HOUGHTON

### Parsley Filling for Sandwiches

Finely chopped parsley added to creamed butter makes a delicious filling for sandwiches. A little cream cheese may be added.

### Orange Fig Sandwich Filling

*4 quarts*

2 quarts ground preserved orange peel	$\frac{1}{2}$ cup lemon juice
2 quarts ground dried figs	fruit juice sufficient to make a paste to spread

To make orange peel, soak the peelings over night, drain, parboil in three waters, then cook until tender. Drain. Remove the white part. Cover with one-fourth its bulk in sugar and cook until glazed.

CLARA SMITH

## RELISHES

### Fresh Cucumber Sauce

*50 servings*

2 quarts finely chopped cu-  $\frac{1}{4}$  cup grated onion  
cumber salt and pepper to taste  
1 pint whipping cream

Mix cucumber and onion and add salt and pepper. Just before serving fold in the whipped cream.

This is delicious served with fish.

### Carrot Jelly

Steam carrots and cover with white vinegar to which one-half quantity of granulated sugar has been added. Let stand over night. Strain. Put carrots through the food chopper. Boil vinegar with pickling spices ten minutes. Strain. Add an equal quantity of water and to each pint of liquid allow 1 package of lemon jelly powder. Add carrots and mold.

Serve with cold meat or with cabbage salad and mayonnaise dressing.

EMMA B. AYLWARD

**Sliced Cucumber Pickles***2 quarts*

12 large cucumbers peeled and sliced      4 onions sliced

Sprinkle lightly with salt and let stand over night. In morning drain.

Put in preserving kettle:	1 teaspoon celery seed
1 quart vinegar	1 teaspoon mustard seed
1 cup sugar	$\frac{1}{2}$ teaspoon tumeric

Let boil. Add cucumbers and onions. Boil for 30 minutes. Can and seal.

BERTHA L. FIELD

**Buffalo Sauce***3 quarts*

27 ripe tomatoes	$2\frac{1}{2}$ teaspoons ginger
4 red peppers	$2\frac{1}{2}$ tablespoons salt
3 onions	$4\frac{1}{2}$ tablespoons sugar
1 bunch celery	$4\frac{1}{2}$ cups vinegar

Chop vegetables, add seasonings. Boil till thick, can and seal.

BERTHA L. FIELD

**Pepper Sauce***100 servings*

4 quarts finely chopped cabbage	1 pint finely chopped red peppers
1 quart finely chopped celery	1 quart sugar
1 pint finely chopped peppers (green)	2 tablespoons salt

Mix ingredients and add enough white vinegar to cover.

IRENE E. ENDERS

**Tartare Sauce***2½ quarts*

$\frac{1}{4}$ cup butter	$\frac{1}{4}$ cup onion (chopped fine)
$\frac{1}{4}$ cup flour	$\frac{1}{4}$ cup green pepper (chopped fine)
1 quart milk	$\frac{1}{4}$ cup pickles (chopped fine)
1 quart mayonnaise	$\frac{1}{4}$ cup olives (chopped fine)
$\frac{1}{4}$ cup vinegar	$\frac{1}{4}$ cup parsley (chopped fine)

Make a white sauce of the first three ingredients. When cold add the remaining ingredients.

ELIZABETH TUFT

**Creole Sauce**

6 green peppers, chopped	2 bottles Chili sauce
6 onions, chopped	$\frac{1}{2}$ bottle Worcestershire sauce
4 tablespoons butter	4 tablespoons flour
4 tablespoons lard	$\frac{1}{2}$ cup water
1 gallon tomatoes	salt and pepper to taste

Cook green peppers and onions with butter and lard 5 minutes. Bring tomatoes, Chili sauce and Worcestershire sauce to boiling point and add cooked peppers and onions. Thicken with flour and water. Season and serve with hamburger steak or veal loaf.

SARAH BENEDICT

**Chili Sauce***6 quarts*

1 peck ripe tomatoes	1 teaspoon cinnamon
5 bunches celery	$1\frac{1}{2}$ teaspoons pepper
12 medium-sized onions	$\frac{1}{4}$ cup salt
3 green peppers	1 pound sugar
2 tablespoons mustard	1 pint vinegar

Combine and cook two to three hours. Two No. 10 cans of tomatoes may be used instead of fresh ones. Strain tomatoes and use juice to cook other ingredients. Add tomatoes when mixture is partly cooked.

### Tumeric Pickles

*3 quarts*

slice 1 gallon of cucumbers,	3 large onions or 4 small ones
sprinkle with	(sliced)
$\frac{1}{2}$ cup salt and let stand 3	3 cups sugar
hours	2 tablespoons mustard
drain	2 teaspoons tumeric
Add:	4 teaspoons celery seed
	vinegar to cover

Mix all together and bring to the boiling point. Boil 2 minutes.



## SPECIAL DIETS

### DIABETIC

#### Cellu-Crackers

*40 servings*

1½ cups cellu-flour	½ cup mineral oil
3 cups washed dry bran	3 (½ grain) saccharine tabs
3 tablespoons India gum	lets
3 teaspoons baking powder	hot water, quantity sufficient to moisten
½ teaspoon salt	

Mix the dry ingredients, add the mineral oil and saccharine (which has been dissolved in water). Add sufficient hot water to the mixture to make it of a consistency which will spread easily. Spread on an oiled baking sheet, cut in squares and bake in a slow oven until dry.

Food value practically none.

R. STRAKA

#### Peanut Cellu-wafers

*10 servings*

50 grams of cellu-flour	60 grams peanut butter
1 tablespoon India gum	12 grams Mazola oil
q.s. salt	q.s. hot water (to moisten)

Mix dry ingredients with the fats. Then add sufficient water to make a paste. Spread out

on a baking sheet, divide into ten wafers of equal size.

Food value: *Cbht.*, 1 gram; *Pro.*, 1.7 grams; *Fat*, 4.0 grams.

ROSE STRAKA

### Bran Wafers

2 cups bran (feed)  
40 grams butter  
2 eggs

salt  
1 teaspoon baking powder  
nutmeg

Wash bran 2 hours, changing water four times. Drain. Add melted butter, eggs, baking powder and seasoning. Mix well. Pour into a well buttered pie dish and bake 15 minutes in a moderate oven. Cut into eight wedge-shaped pieces. Each piece is called a wafer.

Food value of one wafer: *Pro.*, .2 grams; *Fat*, 6 grams; *Cal.*, 63.

E. KINNEY

### Bran Muffins

4½ cups bran (180 grams)  
1½ teaspoons salt  
¼ teaspoon baking soda

1½ cups buttermilk (345 grams)  
3 eggs (171 grams)

The bran used for this recipe is previously washed until the water is clear. Drain and dry before mixing. Mix all the ingredients well. Bake in one dozen tins slightly greased. Press down hard in tins and bake in a moderate oven 30 minutes.

Food value of one cake: *Cbht.*, 1.50; *Pro.*, 2.53; *Fat*, 1.3; *NaCl.*, .309; *water*, 35.41.

**Cellu Black Walnut Wafers***12 servings*

$\frac{3}{4}$ cup cellu-flour	1 teaspoon baking powder
50 grams black walnuts chopped	$\frac{1}{4}$ teaspoon salt
$1\frac{1}{2}$ teaspoons India gum	3 egg yolks
	hot water sufficient to moisten

Mix dry ingredients, add beaten egg yolks and hot water. Spread out on a baking sheet and cut into twelve wafers of equal size. Bake in a slow oven until nearly dry. Food value of each wafer equals: *Cbht.*, 0.48 grams; *Pro.*, 1.6 grams; *Fat*, 3.8.

CLARA SMITH

**Muffins***20 muffins*

75 grams flour	$1\frac{1}{2}$ tablespoons baking powder
2 cups washed bran (dried)	6 egg yolks
1 teaspoon salt	$\frac{3}{4}$ cup of water
	6 egg whites

Mix dry ingredients, add beaten egg yolks and water. Fold in stiffly beaten whites.

Bake in a slow oven in greased tins.

Food value of one muffin: *Cbht.*, 2.6 grams; *Pro.*, 2.3 grams; *Fat*, 1.5 grams; total calories, 33.

BRETA LUTHER

## Almond Cakes

	<i>Cbht.</i>	<i>Pro.</i>	<i>Fat.</i>	<i>Cal.</i>
32 grams almonds . . . . .	5.20	6.30	16.46	144.14
1 teaspoon vinegar . . . . .				
10 grams butter . . . . .			10.	90.0
1 egg . . . . .		6.70	5.25	74.0
Total calories . . . . .				<u>308.14</u>

Blanch the almonds and bake until light brown. Put through almond grater. Place in strainer and pour over water mixed with vinegar. Drain. Dry in oven and grind again. Add butter, egg yolk beaten thick. Fold in egg whites beaten stiff and dry. Put in small pans and bake in slow oven 25 minutes.

L. SLOAN

## Bran Soy Muffins

16 muffins

2 cups washed bran	1 teaspoon salt
100 grams soy bean meal	4 egg yolks
1½ teaspoons baking powder	1 to 1½ cups water
	4 egg whites

Mix all the dry ingredients. Separate the whites from the yolks of the eggs. Beat the egg yolks and add with part of the water to the dry ingredients. Add the remaining portion of the water. Fold into the above mixture the stiffly beaten whites of the eggs. Put into muffin tins and bake in a hot oven 25 to 30 minutes.

Food value of each muffin: *Cbht.*, .6 grams; *Pro.*, 3.9 grams; *Fat*, 2.3 grams.

**Corn Bran Muffins***12 servings*

100 grams yellow cornmeal	1 teaspoon salt
1 cup washed dry bran	60 grams butter
$1\frac{1}{2}$ teaspoons baking powder	2 eggs
1 cup water (plus or minus)	

Mix dry ingredients, add melted butter, beaten egg yolks and water. Fold into this the stiffly beaten egg whites. Bake in a moderate oven. Food value: *Cbht.*, 6.2 grams; *Prot.*, 1.7 grams; *Fat*, 5.4 grams. G. equals 7.6 grams.

R. STRAKA

**Cellu-Cracker Dressing***1 serving*

$\frac{1}{4}$ cup cellu cracker crumbs	5 grams parsley
15 grams chopped celery	3 grams butter
30 grams tomato purée	salt to season

Combine ingredients and place in casserole to bake. Serve with baked squab or chicken.

Food value: *Cbht.*, 1.5 grams; *Prot.*, 0.5 grams; *Fat*, 2.5 grams.

*Note.*—Chicken or beef broth may be used in place of the tomato purée if desired.

CLARA SMITH

**Agar Jelly**

1 teaspoon or 7 grams agar- agar	1 teaspoon mild citric acid
1 cup cold water	$\frac{1}{4}$ grain saccharine
	$\frac{1}{4}$ teaspoon flavoring
	coloring—as desired

Dissolve agar-agar in water. Add citric acid and saccharine. Put over flame and boil. Remove from fire—add flavoring and coloring. Put in cool place to harden.

This jelly has no food value.

### Mayonnaise Dressing

2 egg yolks	60 cubic centimeters vinegar
360 grams of salad oil	8 grams salt and pepper

Beat egg yolks. Gradually add oil until all has been used (beating the mixture constantly). Then add the remainder of the ingredients. Put in a covered jar and keep in a cool place.

The percentage composition of this dressing is: *Fat*, 83 per cent.; *Protein*, 0.9 per cent.

ROSE STRAKA

### Russian Oil Dressing

#### Three Minute Method

1 quart Russian oil	1 teaspoon mustard
4 tablespoons vinegar	paprika
1 teaspoon salt	2 eggs

Have ingredients and bowl very cold. Mix salt, paprika and mustard. Add 1 tablespoon vinegar and 5 tablespoons oil, beat until emulsified. Add the unbeaten eggs and beat thoroughly with a dover egg beater and add oil,



about  $\frac{1}{2}$  cup at a time, beating constantly. When thickened add the rest of the vinegar.

48 servings: 1 tablespoon. Total calories, 156. 1 serving: *Prot.*, .25 grams; *Fat*, .25 grams; *Cal.*, 3.

Paraffin oil not being absorbed, this dressing is useful for the diabetic patients on a low fat diet or constipation and obesity diets.

MARGARET M. FOTHERINGHAM

### Lemon Pie Filling

20 cubic centimeters 5 per cent. citric acid solution	1 egg
$\frac{1}{2}$ grain saccharine	30 cubic centimeters water lemon essence—4 drops

Separate the egg white from the yolk. Combine the egg yolk with the water and citric acid, place over hot water to cook, beating constantly with Dover beater. When thick remove from heat, add saccharine and essence, place in a cellu-pie crust and cover with meringue made of the egg white to which a small amount of the saccharine has been added.

*Note.*—When the filling fails to thicken enough add a small amount of India gum, after removing from the fire.

Food value: *Prot.*, 6.0 grams; *Fat*, 6.0 grams.

ROSE STRAKA

**Carrot Pie Filling**

	<i>Prot.</i>	<i>F.</i>	<i>Cbht.</i>	<i>Cal.</i>
50 grams puréed carrots....	.26	.08	3.	13.76
1½ ounce water .....				
saccharine and cinnamon				
1 ounce 50 per cent. cream	.62	22.44	.92	208.12
1 egg slightly beaten.....	6.70	5.25		74.
	7.58	27.77	3.92	295.88

L. SLOAN

**Chocolate Sauce***1 cup or 8 servings*

1 cup hot water	10 grams melted chocolate
1 (½ grain) saccharine tab-	(bitter)
let	1 teaspoon India gum
	½ teaspoon vanilla

Add the hot water slowly to the India gum, beating vigorously until the mixture is smooth. Add remainder of ingredients.

Food value of 1 cup equals: *Cbht.*, 3 grams; *Prot.*, 1.2 grams; *Fat*, 4.8 grams.

R. STRAKA

**Chocolate Bavarian***1 serving*

3 grams gelatin	30 cubic centimeters	22 per
2 tablespoons cold water	cent. cream	
6 tablespoons infusion of	¼ grain saccharine	
cracked cocoa		

Swell gelatin in cold water and melt over hot water. Add the cocoa infusion and saccharine. Place in a bowl over cracked ice and beat until spongy; when stiff fold in the cream. Place in

a mold and chill. Food value: *Cbht.*, 1.5; *Prot.*, 3.9; *Fat*, 6.6. G. equals 4.42.

ROSE STRAKA

### Cream of Spinach

*1 serving*

For diabetes (convalescent), and other conditions manifesting slight tolerance for carbohydrates: *Cbht.*, 10.6 grams; *Fat*, 34 grams; *Prot.*, 12.7 grams; total calories, 399.

180 grams 18 per cent. cream      1 whole egg  
75 grams spinach purée          salt to season

Cook spinach through three waters and press through a fine sieve.

Beat egg and stir into the cream, place mixture in double boiler and cook until mixture coats the spoon, then stir in the spinach purée. Allow to cook gently for 5 minutes, season with salt and serve at once.

FAIRFAX T. PROUDFIT

### Vegetable Stew

1 quart shredded cabbage      2 tablespoons chopped parsley  
 $\frac{1}{2}$  cup chopped green peppers    2 cups tomato purée  
2 cups diced celery              2 cups cooked okra  
salt as desired

Cook cabbage, celery, green pepper and parsley until tender. Drain and add tomato purée. Cook for a short period, then add the okra. Serve as any 5 per cent. vegetable.

ROSE STRAKA

### Variety Salad

1½ tablespoons gelatin	50 grams cabbage (uncooked) cut fine
120 grams cold water	20 grams green peppers (uncooked) cut fine
180 grams vinegar, hot	10 grams lettuce (uncooked) cut fine
180 grams boiling water	
3 grams salt	
50 grams celery (uncooked) cut fine	

Soak gelatin in cold water, add vinegar, boiling water and salt. When liquid has cooled, add other ingredients. Mold and chill. This makes four servings.

Food value of four servings: *Cbht.*, 5 grams; *Pro.*, 3 grams; *Cal.*, 32.

MARY A. FOLEY

### Vegetable Soup

2 cups clear beef broth	25 grams 10 per cent. vegetables—uncooked
50 grams 5 per cent. vegetables—uncooked	

To 2 cups of clear beef broth, add 30 grams of tomatoes, 10 grams celery, 10 grams cabbage, 15 grams onions, and 10 grams of carrots. Cook until vegetables are tender. Season with salt and pepper.

Food value: *Cbht.*, 3 grams; *Prot.*, 2 grams; *Cal.*, 20.

### Scalloped Egg with Cottage Cheese

40 grams cottage cheese	1 egg (hard cooked)
40 cubic centimeters milk	3 grams green pepper (dried)
salt and pepper to taste	

Grease a small casserole with mineral oil, add a layer of sliced egg and then alternate with

cottage cheese which has been mixed with chopped green peppers. Bake in a moderate oven 10 minutes.

Food value: *Cbht.*, 6 grams; *Prot.*, 15 grams; *Fat*, 9 grams; *Cal.*, 165.



## NEPHRITIC DIET

### Peach Short Cake

8 servings

135 grams flour				2 teaspoons baking powder
30 grams butter				100 cubic centimeters milk
<i>Prot.</i>	<i>Fat</i>	<i>Cbht.</i>	<i>Cal.</i>	
2.272	3.873	13.247	96.9333	calories for 1 serving
18.18	30.985	105.98	775.505	total calories for recipe

### Peaches and Cream

75 grams canned peaches      30 cubic centimeters whipped cream

Total calories:

<i>Prot.</i>	<i>Fat</i>	<i>Cbht.</i>	<i>Cal.</i>
1.185	12.75	14.0	175.49

Total for individual shortcake:

<i>Prot.</i>	<i>Fat</i>	<i>Cbht.</i>	<i>Cal.</i>
3.457	16.623	27.247	272.423

OCTAVIA I. HALL

### Creamed Peanuts and Rice

1 cup rice (uncooked)      2 cups chopped peanuts  
½ teaspoon paprika      2 teaspoons salt

### White Sauce

3 tablespoons flour      3 cups milk (whole or skim)  
3 tablespoons fat

150



Boil the rice and make white sauce by mixing the flour in the melted fat and mixing with the milk. Stir over the fire until it thickens. Mix rice, peanuts, and seasoning with the sauce, place in greased baking dish and bake for 20 minutes.

### Whole Wheat Bread

Used in diets for anemia.

1 cup scalded milk	2½ whole wheat)
2 tablespoons butter	2 teaspoons salt
1 yeast cake dissolved in ¼ cup lukewarm water	1 cup boiling water in which 1 potato has been cooked and mashed
6 cups sifted flour (3½ white-	

Put butter in bowl. Add boiling liquids. When cooled to body temperature, add yeast and 4½ cups flour. Stir 300 revolutions. Cover and let stand in a warm place to rise until sponge is double in bulk. Add remaining flour and as much more as is needed to keep from being sticky. Knead 10 minutes. Shape into loaves and let rise one hour or until double in bulk. Bake in moderate oven 1 hour.

E. KINNEY

### Cream Egg and Vichy

Nutrient Beverage—Typhoid Fever and other Wasting Diseases

*1 serving*

90 cubic centimeters 40 per cent. cream	15 grams lactose
1 egg white	60 cubic centimeters vichy (Celestine)
15 grams sugar	5-6 drops vanilla

Pour ingredients in order named, with exception of vichy and vanilla, into a milk shaker with several pieces of ice, agitate briskly for 5 minutes. or until foamy. Half fill an ice-tea glass with cracked ice. Pour over the cream and egg mixture. Add vanilla and vichy to fill glass.

This beverage may be made without a shaker, by beating the cream and egg white separately, adding sugar, lactose and vanilla, pouring over cracked ice and adding vichy to fill glass.

*Prot.*, 8 grams; *Fat*, 36 grams; *Cbht.*, 33 grams; *Cal.*, 475.0.

FAIRFAX T. PROUDFIT

## Agar Dessert

### *Constipation*

4 egg whites (120 grams)                      1 rounding tablespoon agar (8  
1 cup sugar (235 grams)                      grams)  
vanilla

Beat egg whites stiff, add sugar to make marshmallow mixture. Boil agar-agar and pour over the egg mixture. Mold. Serve with cream if desired. This makes 12 molds of 70 grams each. Food value: *Prot.*, 1.3 grams; *Cbht.*, 19.5 grams; total calories, 83.0.

If 200 grams of puréed figs or other fruit are added the palatability is improved and calories increased.

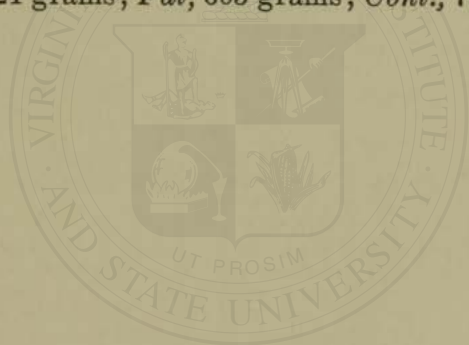
KATHERINE S. BULBY

**Bread***Constipation Diet*

2 eggs (114 grams)	3½ cups white flour (396 grams)
2 cups milk (460 grams)	1 tablespoon baking powder (15 grams)
¼ cup molasses (150 grams)	½ cup walnuts (50 grams)
¼ teaspoon baking soda	½ cup figs or raisins (125 grams)
¼ cup sugar (105 grams)	
1½ cups bran (60 grams)	
1 cup cornmeal (120 grams)	
2 cups whole wheat flour (240 grams)	

Beat eggs and add other ingredients in order given. Mix well. Bake in two loaves in a moderate oven 45 to 60 minutes.

*Prot.*, 524 grams; *Fat*, 603 grams; *Cbht.*, 790.





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