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A Purin Free Dietary: Sample Menus and Recipes

By
Edna Alice Waite
and
Robert Ellsworth Peck, M. D.

Price, 25 Cents

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Part I

DIET LIST.

CAN TAKE:

Cream of Wheat
Puffed Rice
Wheat Flour
Wheat Bread
Indian Corn

CEREAL.

Macaroni
Rice
Tapioca
Hominy
Cake, Plain

Corn Flakes
Rice Flakes
Corn Starch
Farina

VEGETABLES.

Tomatoes
Vegetable Oyster
Peppers
Radish
Cauliflower
Raw Cabbage
Lettuce
Spinach
Potatoes
Sweet Potatoes
Sweet Corn

Eggplant
Parsnips
Turnips
Carrots
Beets
Celery
Onions
Squash
Endive
Brussels Sprouts
Romaine

Kale
Water Cress
Corn Salad
Chard
Chives
Chicory
Sorrell
Leeks
Rhubarb
Kohl Rabi

FRUITS.

Oranges
Grape Fruit
Bananas
Peaches
Prunes
Pears

Dates
Figs
Apples
Apricots
Grapes
Lemons

Strawberries
Blackberries
Raspberries
Melons
Tangerine

NUTS.

Hazelnuts
Chestnuts
Almonds
Walnuts

Pecans
Butternuts
Pine Nuts
Cashew Nuts

Brazil Nuts
Filberts
Cocoanuts

MISCELLANEOUS.

Milk
Eggs
Cheese

Butter
Olives

Olive Oil
Gelatine

The following are a few suggestions for dishes:

SOUPS—Cream of Corn, Cream of Vegetable, Cream of Spinach, Tomato Bisque, Potato and Celery.

MEAT SUBSTITUTES—Mock Turkey, Green Corn Oysters, Cheese Soufflé, Macaroni and Cheese, Eggs in all ways.

POTATO DISHES—Baked, Boiled, Stuffed, Lyonnaise, French Fried, Au Gratin, Delmonico, Creamed, Hashed Brown, Puffs.

SALADS—Lettuce, Celery, Tomato, Potato, Cabbage, Water Cress, Endive, Cucumber, and combinations, Apple, Celery and Nuts, Chestnuts, Waldorf Salad, Banana Salad.

CROQUETTES—Potato, Rice, Sweet Potato, Spinach.

FRITTERS—Corn, Apple, Banana, Cauliflower.

ESCALLOPS—Potato, Tomato, Celery, Onions, Squash.

SANDWICHES—English Walnut, Ginger, Green Pepper, Olives and Cheese, Onion.

MISCELLANEOUS DISHES—Corn Patties, Corn Cakes, Corn Pudding, Cheese Balls, Cheese Straws, Welch Rarebit, Vegetable Salad with Jelly.

DESSERTS—Apple Dumpling, Date Dumpling, Peach Dumpling, Prune Whip, Date Whip, Rice Float, Brown Betty, Salted Nuts.

CANNOT TAKE:

Meats, Fish, Fowl, Meat Soups, Meat Broths, Beef Tea, Bouillon, Kidney, Liver, *Bacon*, Sweetbreads, Peas, Beans, *String Beans*, *Asparagus*, Mushrooms, *Oatmeal*, *Shredded Biscuit*, *Triscuit*, *Entire Wheat Bread*, Tea, Coffee, *Cocoa*, *Chocolate*, Ale, Beer, Porter, Stout.

Part II

SAMPLE MENUS

MONDAY

BREAKFAST

Grape Fruit
Poached Eggs
Milk
Cream of Wheat
Figs
White Bread
Butter

DINNER

Celery Soup
Ginger Drop Cakes
Baked Rice with Cheese
Fruit Salad (Selected) Dressing
Ripe Olives
Grape Juice

SUPPER

Lettuce Salad
Creamed Potatoes
Stewed Apricots
Bran Biscuit
English Walnuts

TUESDAY

BREAKFAST

Orange Juice
Corn Cakes
Puffed Rice with Cream
Milk
Dates
Honey

DINNER

Cream of Corn Soup
Escalloped Tomatoes
Fruit
Baked Sweet Potatoes with Brown Sauce
Nuts
Saltines
Eggplant

SUPPER

Omelet
Lettuce and Beet Salad
Stewed Peaches
Graham Bread
Cheese (Cream)

WEDNESDAY

BREAKFAST

Oranges
Poached Egg on Toast
Rice with Dates and Cream
Milk

DINNER

Vegetable Soup
Macaroni with Cheese
Lemon Rice Pudding
Ripe Olives
Apple-Nut Salad

SUPPER

Baked Potato
Minced Onion and Cabbage Salad with Mayonnaise Dressing
Sliced Pineapple
Graham Bread
Plain Cake

THURSDAY

BREAKFAST

Baked Apples with Cream
Breakfast Steamed Rice
Toast
Date Coffee

DINNER

Sweet Potato Soup
Escalloped Corn
Cabbage Salad with French Dressing
Tutti Frutti Dessert
Celery
Vegetable Roast with Tomato Sauce
Boiled Onions

SUPPER

Sandwich Cream Toast
Nuttet Cottage Cheese
Fruit Salad
Milk

FRIDAY

BREAKFAST

Scrambled Eggs
Grape Fruit
Milk
Figs
Corn Muffins

DINNER

Cream of Spinach Soup
Nut Meat Roast
Stuffed Beets
Boiled Potatoes
Cheese Celery Sticks
Cream of Wheat Pudding
Ripe Olives

SUPPER

French Fried Potatoes
Baked Apple with Cream
Lettuce Salad (French Dressing)
Cheese Ramekin
Dates

SATURDAY

BREAKFAST

Oranges
Boiled Rice with Chopped Dates (Served with Cream)
Toast Milk

DINNER

Escalloped Potatoes Graham Bread
Fruit Salad Spaghetti (Creole Style) Nuts
Rice with Apple Sauce

SUPPER

Plain Omelet Bran Biscuit
Lettuce Salad—French Dressing with Cheese
Baked Custard Graham Flour Cake

SUNDAY

BREAKFAST

Fruit in Season Coddled Eggs
Indian Corn Muffins Honey Date Coffee

DINNER

Tomato Bisque Soup Ripe Olives Saltines
Mock Turkey
Mashed Potato Celery Creamed Spinach
Fruit Salad Prune Whip
Grape Juice

SUPPER

Rice Muffins Jelly
Sliced Pineapples Creamed Potatoes Lady Fingers

Part III

Recipes for Monday's Menus.

Celery Soup.

Boil a small cup of rice in 3 pints of milk until it will pass through a sieve. Grate white parts of three heads of celery. Add to milk after it is strained. Let boil in double cooker until celery is tender. Add salt and olive oil to taste.

Baked Rice with Cheese.

Steam 1 cup of rice, allowing 1 tbsp. salt. Cover bottom of covered pudding dish with rice, dot over with $\frac{3}{4}$ tbsp. butter. Sprinkle with thin shavings of cheese, a few grains of paprika. Repeat until rice and $\frac{1}{4}$ lb. of cheese are used. Add milk to half the depth of contents of dish. Cover with buttered cracker crumbs, and bake until cheese melts.

Fruit Salad.

Thinly slice 2 oranges. Add equal amount of sliced pineapple; 3 tbsp. chopped almonds. Serve on lettuce leaves, with a mayonnaise dressing, whipped cream, or fruit juice.

Ginger Drop Cakes.

1 pt. black molasses; 1 pt. warm water; 4 oz. lard; 8 oz. sugar; $\frac{1}{2}$ oz. soda; 2 lbs. flour. Mix lard, melted, into molasses; add hot water; add dry ingredients, thoroughly mixed. 2 tbsp. cinnamon, 1 of ginger, and soda dissolved in small amount of hot water. Bake in hot buttered gem pans for 20 minutes.

Creamed Potatoes.

2 cups of cold boiled potatoes, disked, into 2 cups of white sauce, made of milk thickened, one tbsp. butter; salt to taste.

Bran Biscuit.

2 cups of bran; 1 c. whole wheat or graham flour; 1 tsp. salt; 1 tsp. soda; $\frac{1}{4}$ c. butter, or 3 tbsp. olive oil; $1\frac{1}{2}$ c. sour milk; 3 tbsp. molasses.

Mix the dry ingredients, work in the butter, add molasses and sour milk; put in hot muffin tins; bake in hot oven 20 minutes. Will make 1 dozen muffins.

Lettuce Salad, with one of the following dressings:

- (1) Whip into 2 tbsp. of homemade catchup, 1 tbsp. cream.
 - (2) French Dressing.
-

Stewed Apricots.

One-half pound of apricots. Soak for one hour in enough water to cover them. Then wash thoroughly in several waters. Put to soak in a quantity of water for forty-eight hours. Strain off water, add to it sugar, 2 tbsp. to the cup, and boil to a thin syrup. Flavor with lemon peel. Pour over the fruit, and allow to stand about 2 hours before serving.

Recipes for Tuesday's Menus.

Corn Cakes.

1 egg; $1\frac{1}{2}$ c. milk; $\frac{1}{4}$ c. sugar; $\frac{1}{2}$ c. flour; 1 c. corn meal; 2 level tsp. baking powder. Beat first three ingredients together, then mix corn meal and flour, and add a little at a time, beating well for at least 5 minutes. Then add the stiffly beaten white of one egg. Bake in gem pans in moderate oven.

Cream of Corn Soup.

1 can corn; 1 pint boiling water; 1 pint milk; 1 sliced onion; 2 tbsp. butter; 2 tbsp. flour; 1 tsp. salt.

Add the water to the corn, simmer 20 minutes, rub through a sieve. Scald milk with onion, remove onion, add milk to corn. Bind with butter and flour cooked together; add salt; serve hot.

Escalloped Tomatoes.

Take 6 large ripe tomatoes, skin, and cut into small pieces. Spread a layer in the bottom of baking dish, season with salt; put a layer of coarse bread crumbs over the tomatoes, with bits of butter. Continue this until the dish is full, having bread crumbs on top. Bake one hour.

Eggplant.

Slice the eggplant at least half an inch thick. Pare each slice, and fry brown in vegetable oil, butter, or olive oil. Salt, and serve. Do not soak in salted water, or lay it in salt, as is often done, since this spoils the flavor.

Lettuce and Beet Salad.

Boil the beets, peel, slice thin, and serve cold with lemon juice and olive oil, on lettuce.

Stewed Peaches.

Prepare in the same manner as apricots, with the exception that they are cooked ten minutes before the hot syrup is poured over them.

Recipes for Wednesday's Menus.

Rice with Cream and Dates.

Into 2 quarts of boiling water, salted, add $\frac{1}{2}$ c. rice. Keep boiling for 20 minutes, when the rice should be whole, but tender. Drain off water, and serve with chopped dates and cream.

Vegetable Soup, without Stock.

2 parts tomatoes, 1 part each cabbage, Irish potato, and corn. Chop fine, cook until tender, adding enough water to cover well; heating gradually to boiling point. Add salt and butter to season. If wanted thicker, add 1 tbsp. flour, moistened in cold milk, add to soup until the right consistency is reached.

Macaroni with Cheese.

Break macaroni into small pieces, cook until it has doubled its size, and then drain off water. Place in a baking dish, alternating a layer of macaroni with a layer of grated cheese, butter, salt to taste, until the pan is full. Over this pour tomato juice. Cover top with buttered bread crumbs. Bake until a delicate brown.

Apple-Nut Salad.

Chop apples, celery and mixed nuts of any kind. Mix well together, and serve with whipped sour cream, or mayonnaise dressing.

Lemon Rice Pudding.

1 big cup rice; $1\frac{1}{2}$ c. sugar; 1 qt. water; 5 lemons.

Boil the rice until tender, adding salt, lemon juice, and sugar. Serve cold with a custard made from 1 pt. milk; yolks of 2 eggs; 1 tbsp. corn-

starch. Bring the milk to a boil, adding the cornstarch which has been dissolved in cold milk, stir until it thickens, and whip in the eggs after removing from the fire. This may be flavored with grape juice.

Minced Onion and Cabbage Salad.

Chop rather finely the desired amount of cabbage and onions. Some like only a small quantity of onion to merely give the salad a slight flavor, while others prefer half of each. Daintily garnish a salad dish with lettuce or parsley, put on several spoonfuls of the mixed vegetables, pour a liberal amount of mayonnaise dressing over this, and serve.

Recipes for Thursday's Menus.

Breakfast Steamed Rice.

Prepare rice the same as for rice with cream and dates. Serve with cream and honey.

Date Coffee.

One-half pound dates to 1 qt. milk. Wash dates thoroughly, soak in a little warm water for an hour. Press through a sieve, and add to milk when boiling. Serve hot.

Sweet Potato Soup.

6 small sweet potatoes; boil, peel, and mash through a sieve. Add 2 tbsp. finely ground nuts; 1 small onion grated; 1 tsp. each of salt and celery seed. Boil for ten minutes, in the water in which the potatoes were cooked; strain, and add potato. Return to fire, and add 2 tbsp. of olive oil or butter, and serve.

Vegetable Roast.

Put through a food chopper enough English walnuts to make 1 c. when ground. Add 4 c. bread crumbs, 1 grated onion, salt to taste, 1 chopped hard boiled egg, 1 raw egg well beaten, and enough milk to moisten the mixture. Mix the ingredients well, and turn into a well buttered mould of desired shape; bake in a moderate oven for 1 hour. Serve hot with brown sauce. Some people like the addition of sage as a seasoning.

Tutti Frutti.

Boil a quart of sweet cream with a small cupful of sugar, and a package of Knox gelatin prepared. Allow it to cool, and then add the yolks of three eggs, 1 tsp. vanilla extract. Take 24 lady fingers, spread them with jam, filling a dish with the lady fingers. Over this pour the prepared cream. Serve cold.

Sandwich Cream Toast.

Take several slices of bread, toast thoroughly and slightly brown; spread generously with butter and grated cheese. Place two or three of these in a cereal bowl in sandwich form, one on top of the other, with the buttered side up. When ready to serve, pour over this a cup of hot milk. Part cream may be used if desired, but the butter and cheese make it very nourishing and appetizing.

Fruit Salad.

Cut into small pieces figs, dates, bananas, oranges, and pineapple. Any fruit can be used. In regard to quantity of each, mix according to taste. Use enough oranges to make it juicy. This is very nice served plain with whipped cream, or with the addition of a few nuts.

Nutted Cottage Cheese.

Take ground nuts of any kind, and mix thoroughly with cottage cheese. Use enough nuts to give it a good flavor. Serve in balls, with crackers.

Recipes for Friday's Menus.

Scrambled Eggs.

5 eggs; $\frac{1}{2}$ c. milk; $\frac{1}{2}$ tsp. salt; 2 tbsp. butter. Beat eggs slightly with silver fork; add salt and milk; heat omelet pan, add butter, turn in mixture. Cook until of creamy consistency, stirring carefully from bottom of pan.

Cream of Spinach Soup.

1 can of spinach or its equivalent in fresh spinach, steamed until tender, and passed through a sieve. To each cup of pulp add 3 cups of

hot milk, $\frac{1}{2}$ tsp. salt, 2 tbsp. butter or vegetable oil or cream. Thoroughly beat in one raw egg after taking off the stove. Serve hot.

Cheese Celery Sticks.

Wash and cut into short lengths fresh celery. Fill the groove with a paste made of cheese, a small amount of butter, salt, and ground nuts. To be served with a plain salad.

Nut Meat Roast.

1 pint of toasted bread crumbs; 1 pint water; $\frac{1}{2}$ pint strained tomatoes; $\frac{1}{2}$ lb. nut meats, chopped fine. Flavor with finely sifted sage. Mix well, and salt to taste. Bake in a buttered shallow pan until brown. Serve with egg gravy.

Stuffed Beets.

Boil and skin 4 beets; slice off the tops and scoop out center, and fill with chopped celery and asparagus tips thoroughly seasoned with lemon juice, salad oil, and salt. Or, a mayonnaise dressing can be served over the entire beet.

Cream of Wheat Pudding.

1 small c. cream of wheat; 1 qt. milk; 1 egg; 1 small c. sugar. Boil cream of wheat in milk until it gradually thickens, allowing it to boil for about 5 minutes, adding sugar, one egg well beaten, and the grated rind of one lemon. Pour into a mold which has been rinsed with cold water. Serve cold with stewed apricots or peaches.

French Fried Potatoes.

Wash and pare small potatoes, cut lengthwise, and soak 1 hour in cold water. Before dropping into the hot fat, dry between towels. Drain on brown paper, and sprinkle with salt. Potatoes must be cooked as well as browned, and fat must not be too hot.

Cheese Ramekin.

Stir and boil until smooth 1 c. bread crumbs and $\frac{1}{2}$ c. milk. Add a small lump of butter and 4 tbsp. grated cheese. Salt to taste, stir until cheese is dissolved, remove from fire; stir in the beaten yolks of 2 eggs, and then the whites, beaten to a froth. Bake in a buttered pudding dish, 15 or 20 minutes.

Recipes for Saturday's Menus.

Escalloped Potatoes.

Wash, pare, and cut potatoes in $\frac{1}{4}$ inch slices. Put a layer in buttered baking dish, season with salt, dot over with $\frac{1}{2}$ tbsp. butter and bread crumbs. Repeat until baking dish is two-thirds filled. Add hot milk to cover. Bake $1\frac{1}{2}$ hrs., or until potato is soft.

Spaghetti, Creole Style.

Cut up 3 to 4 long pieces of spaghetti, place in boiling water, and boil 15 minutes. Then set aside to swell for 10 minutes. Add to a finely chopped onion 2 tbsp. butter, and 1 tsp. finely chopped green pepper. Allow this to fry for 4 or 5 minutes. Heat a cupful of canned tomatoes, and add fried onion and pepper. Take spaghetti and strain off water, add to the tomatoes, etc., and salt to taste. Place in the oven for 5 minutes, and before serving add a little grated cheese over the whole.

Fruit Salad.

Slice 1 small pineapple, add 2 apples, and 3 bananas, sliced. Chop $\frac{1}{4}$ lb. almonds or English walnuts, add to fruit, and dress with equal quantities of honey and lemon.

Rice with Apple Sauce.

Boil 1 c. rice and add equal amount of apple sauce, $\frac{1}{2}$ c. raisins, the peel of 1 lemon, a lump of butter, sugar to taste, from $\frac{1}{2}$ to 1 glass of milk. Put this into a baking dish, spreading the top with bread crumbs, and small dots of butter, and bake until a nice brown.

Recipes for Sunday's Menus.

Tomato Soup.

1 quart tomatoes; 1 pint water; 2 tsp. sugar; 1 tsp. salt; 2 tbsp. butter; 3 tbsp. flour; a slice of onion; $\frac{1}{8}$ tsp. soda; a bit of bay leaf if desired. Cook tomatoes in water, seasonings, and sugar, 20 minutes; strain, and add salt and soda. Brown butter and flour together, add to soup, and strain into tureen.

Mock Turkey.

Mix together 3 c. of dry bread crumbs, 3 c. chopped nuts, and 2 c. milk, add 1 tsp. butter, melted, 1 tsp. powdered sage, and salt to taste. Stir in 6 well beaten eggs; bake in a buttered pan for 20 minutes, in a hot oven. Serve hot.

Creamed Spinach.

Steam 2 quarts of spinach for 20 minutes, and chop fine. Put back into sauce pan, add a small piece of butter, $\frac{1}{2}$ c. cream, and the yolk of a hard boiled egg, cut fine. Season with salt, and when served use the white of the egg as a garnish.

Fruit Salad.

1 grape fruit; 1 orange; 1 bunch California grapes; a few English walnuts. Cube the grape fruit and the orange, cut the grapes in halves, taking out the seeds; chop the nuts fine, mix and serve with French dressing.

Prune Whip.

Soak some prunes over night in cold water. If not thoroughly soft, continue soaking for 24 hours. Remove the pits, and mash to a jelly. Serve in a dessert dish with whipped cream. The half meat of a walnut or pecan may be added to each spoonful of cream.

Rice Muffins.

1 c. boiled rice; 1 c. sweet milk; 2 eggs; 2 tbsp. melted butter; 1 tsp. sugar; 2 tsp. baking powder; enough flour to make a batter. Beat hard, and add the baking powder the last thing. Bake in muffin tins.

Recipes for the dishes in the Purin Free Diet List, not found in the Menus.

***Potato Soup.**

3 potatoes; 1 qt. milk; 2 slices of onion; 3 tbsp. butter; 2 tbsp. flour; $1\frac{1}{2}$ tsp. salt; $\frac{1}{4}$ tsp. celery salt; chopped parsley if desired.

Cook potatoes in boiling salted water, rub through a strainer; the amount should be 2 cups. Scald milk with onions; remove onion. Add

* By permission "Boston Cooking School" Cook Book.

milk slowly to potatoes. Melt half the butter, add dry ingredients, stir until well mixed, then stir into hot soup. Boil one minute, strain, add remaining butter. Ready to serve.

POTATO DISHES.

***Hashed Brown.**

$\frac{1}{3}$ c. butter or vegetable oil; add 2 c. boiled potatoes, finely chopped and salted. Mix potatoes thoroughly with butter, cook 3 minutes, stirring constantly; let stand to brown underneath; fold as an omelet. Serve on a hot platter.

Potatoes Au Gratin.

Put creamed potatoes in a buttered baking dish, cover with buttered crumbs. Bake until crumbs are brown.

***Delmonico.**

To potatoes au gratin add $\frac{1}{3}$ c. grated cheese, placing potatoes and cheese in alternate layers to fill baking dish. Cover last layer with crumbs.

SALADS.

Waldorf.

Equal quantities of finely cut apple and celery mixed, and moistened with mayonnaise dressing. May be garnished with curled celery or pimientoes or stuffed olives.

Banana Salad.

Remove one section of skin from each of 4 bananas, take out fruit, scrape and cut fruit from one banana in thin slices, fruit from other bananas in small cubes. Cover cubes with French dressing. Refill skins, and garnish each with slices of banana. Serve on lettuce leaves.

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CROQUETTES.

Spinach.

$\frac{1}{2}$ peck good spinach; 6 small potatoes; 1 hard boiled egg; 1 raw egg. Prepare the spinach for boiling, cook until tender, put it through a coarse sieve. Rub the potato also through sieve. Mix thoroughly with spinach. Add the cooked egg, finely chopped; add the raw egg, well beaten. Form the mixture into three inch rolls, dip in the whites of 2 eggs, thoroughly beaten, sprinkle with cracker flour, and fry in vegetable oil, turning them until they are thoroughly brown. Put on tissue paper to drain. Serve hot with a garnish of parsley.

Potato.

Put boiled potatoes through a coarse sieve to the amount of 2 c.; add 2 thoroughly beaten eggs and finely chopped parsley; salt to taste. Form into rolls, and cook like the spinach.

Rice.

$\frac{1}{2}$ c. rice; $\frac{1}{2}$ c. boiling water; 1 c. scalded milk; 1 tsp. salt; yolks of 2 eggs; 1 tbsp. butter. Wash rice, add to water, with salt, cover and steam until rice has absorbed water; add milk, cover, and steam until rice is soft. Remove from fire, add egg yolks and butter, spread on a plate to cool. Mould into balls or rolls, roll in crumbs, dip in egg, again in crumbs; fry in quantity of vegetable oil. Drain, and serve with a cube of jelly.

FRITTERS.

*Batter.

1 c. bread flour; 1 tbsp. sugar; $\frac{1}{4}$ tsp. salt; $\frac{2}{3}$ c. water; $\frac{1}{2}$ tbsp. olive oil; white of 1 egg. Mix flour, sugar, and salt, add water gradually, then olive oil, and the white of egg, beaten stiff.

*Apple Fritters.

Pare, core and cut apples into slices, stir into batter, drop by the spoonfuls into deep hot oil, drain on brown paper, sprinkle with powdered sugar, and serve hot.

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Fruit Fritters.

Fresh peaches, apricots, pears, bananas, and canned fruits, dipped in batter, may be prepared in the same way. Be sure to thoroughly drain syrup from all canned fruits. Syrup may be heated and served over fritters in place of powdered sugar.

Cauliflower, tomatoes, and potatoes may be treated in like manner, making a delicious supper dish.

***Corn Fritters.**

1 can corn; 1 c. flour; tsp. baking powder; 2 tsp. salt; 2 eggs; touch of paprika. Chop corn, drain and add dry ingredients, thoroughly mixed; add yolks of eggs, beaten until stiff, fold in the whites of eggs, beaten stiff; cook in a frying pan in vegetable oil. Drain on paper.

ESCALLOPS.

Escalloped Onions.

Cut boiled onions in quarters; fill a buttered baking dish with alternate layers of onion and bread crumbs. Season with butter and salt. The water in which the onions have been boiled should be used for moistening. Place on center grate of oven to brown.

Escalloped Tomatoes.

Separate the whole tomato from the liquor of one can of tomatoes. Prepare the same as with onions alternate layers of tomato and bread crumbs, season with salt, butter, and a few bits of finely chopped onion may be added. Fill a baking dish two-thirds full, then add the juice, putting the last layer of bread crumbs. Bake in a hot oven.

Celery, potatoes and squash can be prepared in the same manner.

SANDWICH FILLINGS.

1. Lettuce and nut butter mixed with lemon juice. Put nut butter mixture on buttered bread and lay on lettuce leaves.
2. Peel and grate a tart apple; mix $\frac{1}{2}$ c. cream cheese, and 1 tbsp. cream; add apple and mix. English walnuts may be added to this.

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3. $\frac{1}{4}$ c. finely chopped raisins; $\frac{1}{4}$ c. grated nuts; $\frac{1}{4}$ c. cream cheese. Spread in thin layers on bread.
 4. Equal parts of cream cheese, chopped olives and chopped nuts.
 5. Equal parts of dates, nut butter and cream cheese. Moisten dates with hot water, take out seeds, and whip into other ingredients.
 6. $1\frac{1}{2}$ c seeded raisins; $\frac{1}{2}$ c. chopped nuts; juice of $\frac{1}{2}$ a lemon. Put nuts and raisins through food chopper, blend and moisten with lemon juice.
 7. Grated cheese and minced onion.
 8. **Vegetable.** 1 ounce of rhubarb juice; 1 ounce carrots; 1 ounce celery; 1 ounce nuts.
 9. Crisp cucumber, dry, and dip in mayonnaise dressing. Place on lettuce leaf between thin slices of buttered bread.
 10. Pecan meats and lettuce, passed through meat grinder, made into a paste with cream cheese.
 11. Ground nuts, moistened with lemon juice and honey.
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MISCELLANEOUS DISHES.

Mock Cherries.

Take equal parts of cranberries and raisins. Cover with water and cook until tender. Sweeten to taste. On account of large quantity of natural sugar in raisins, very little additional sweetening is necessary.

Cheese Balls.

1 cream cheese; 1 tbsp. chopped English walnuts; a small portion of chopped sweet pepper, green or red; salt to taste. Mix all with a little cream or salad dressing, mould into balls, and roll in chopped nuts. To be served with salads.

Cheese Omelet.

2 eggs; 1 tbsp. melted butter; $\frac{1}{8}$ tsp. salt; 1 tbsp. grated cheese. Beat eggs slightly, add $\frac{1}{2}$ tsp. melted butter, salt and cheese. Melt the remaining butter, add mixture, cook until firm without stirring. Roll, and sprinkle with grated cheese.

***Welch Rarebit.**

1 tbsp. butter; $\frac{1}{2}$ lb. soft cheese; $\frac{1}{2}$ c. thin cream; 1 tsp. corn starch; $\frac{1}{4}$ tsp. salt; $\frac{1}{4}$ tsp. mustard; toast or crackers. Melt butter, add corn starch and stir until well mixed, add cream gradually, stir constantly, cooking about two minutes. Add cheese and cook until cheese is melted. Season with salt and mustard. Serve on toast or crackers. Mixture should be smooth, and never stringy.

***Mayonnaise Dressing.**

Have all ingredients and vessels thoroughly chilled. To beaten yolks of 3 eggs add the juice of 1 lemon, beating constantly while adding the lemon juice slowly. Add olive oil in same manner until of consistency desired. From 1 to 3 cups of oil may be added. This will keep for two weeks. For fruits, the stiffly beaten whites with an equal quantity of whipped cream may be added just before serving.

French Dressing.

$\frac{1}{2}$ tsp. salt; 2 tbsp. lemon juice; 4 tbsp. olive oil. Put ingredients in small jar and shake thoroughly. A few drops of onion juice may be added.

***White Sauce.**

2 tbsp. butter; $1\frac{1}{2}$ tbsp. flour; 1 c. scalded milk; $\frac{1}{4}$ tsp. salt. Put butter in saucepan, stir until melted and bubbling, add flour mixed with seasoning, and stir until thoroughly blended. Add milk gradually, stirring constantly. Bring to boiling point, and boil two minutes. By using cream instead of milk, cream sauce is made.

***Brown Sauce.**

2 tbsp. butter; $\frac{1}{2}$ slice onion; 3 tbsp. flour; 1 c. boiling water; $\frac{1}{4}$ tsp. salt. Cook onion in butter until thoroughly browned, remove onion, add flour, mixed with seasoning, brown the butter and flour, pour in boiling water gradually and boil two minutes.

Egg Gravy.

Into 1 pint of milk put 1 tbsp. butter. Thicken with flour to make a thin gravy. Before removing from the stove add 1 egg, well beaten.

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Drawn Butter Sauce.

$\frac{1}{2}$ c. butter; 3 tbsp. flour; $1\frac{1}{2}$ c. hot water; $\frac{1}{2}$ tsp. salt. Melt one-half the butter, and add flour, with seasoning; gradually pour on hot water. Boil 5 minutes. Add remaining butter in small pieces. By adding 2 hard boiled eggs, chopped, egg sauce can be made.

DESSERTS.

Prune Whip.

$\frac{1}{2}$ lb. prunes; white of 5 eggs; $\frac{1}{2}$ c. sugar; $\frac{1}{2}$ tbsp. lemon juice. Pick over and wash prunes, soak several hours in cold water to cover, cook in same water until soft, remove pits and rub prunes through a strainer. Add sugar, cook five minutes. Mixture should be of the consistency of marmalade. Beat whites of eggs until stiff, add lemon juice and prune mixture gradually, when cold. Pile lightly on buttered pudding dish; bake 20 minutes in slow oven; serve with thin cream or boiled custard.

Jellied Prunes.

$\frac{1}{2}$ lb. prunes; 2 c. cold water; boiling water; $\frac{1}{2}$ c. cold water; $\frac{1}{2}$ box of gelatin; 1 c. sugar; $\frac{1}{4}$ c. lemon juice. Pick over, wash and soak prunes for several hours in 2 c. cold water; cook in same water until soft. Remove prunes, pit and cut in quarters. To prune water add enough boiling water to make 2 cups; soak gelatin in $\frac{1}{2}$ c. cold water; dissolve in the hot liquid, add sugar, lemon juice, then strain, add prunes, mould and chill. Stir twice while cooling to prevent prunes from settling. Serve with sugar and cream.

***Dumplings.**

2 c. flour; 4 tsp. baking powder; $\frac{3}{4}$ c. milk; $\frac{1}{2}$ tsp. salt; 2 tsp. butter. Mix and sift dry ingredients, work in butter with tips of fingers, add milk gradually; use a knife for mixing. Turn out on floured board, roll to $\frac{1}{2}$ inch in thickness; shape with biscuit cutter. Place closely together in a buttered steamer, put over kettle of boiling water, cover closely and steam 12 minutes. Before serving, split the dumpling and place in it apple, dates or peaches. This can be the fresh fruit or preserves. Serve with thin cream or melted honey.

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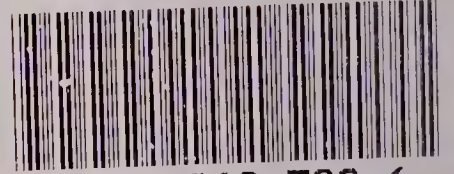
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