



Class TX 715

Book Q 3 39

Copyright N^o _____

COPYRIGHT DEPOSIT.

ENCYCLOPEDIA OF COOKERY



LUNCHEON TABLE.

ENCYCLOPEDIA OF COOKERY

1001 RECIPES, MENUS
& RULES FOR MODERN,
SCIENTIFIC *and*
ECONOMIC COOKERY

By EUGENE CHRISTIAN
MOLLIE GRISWOLD CHRISTIAN

THE CORRECTIVE EATING SOCIETY
PUBLISHERS
NEW YORK
N. Y.

TX 715
.6539

COPYRIGHT, 1920
BY
THE CORRECTIVE EATING SOCIETY

JUN 18 1920

© CI. A 570417

DEDICATION

TO THE WOMEN OF
A M E R I C A — ON
WHOSE KNOWLEDGE
OF N U T R I T I O N
LARGELY DEPENDS
THE HEALTH AND
GREATNESS OF OUR
PEOPLE AND OUR
COMING COUNTRY



CASSEROLE AND FIRELESS COOKING

The ordinary dry cooking process consumes or destroys from twenty to forty per cent. of the nutrition in food. The old process of cooking vegetables in an abundance of water and draining this off before serving devitalizes the food. The casserole dish and the fireless cooker prevent this waste to a great extent, and at the same time greatly improve the taste of the food.

The best casserole dish is made of aluminum or of highly-tempered glass. It is merely a baking dish with a snug-fitting lid.

The casserole or fireless cooker preserves the nutrition, the flavor and the mineral salts in foods by cooking them in their own juices. Leafy vegetables, such as spinach, kale, cabbage, dandelion, turnip and beet tops should be first wilted in an ordinary pot, then placed in the casserole, seasoned with salt, pepper, butter or olive oil and cooked until thoroughly done.

HOW VEGETABLES SHOULD BE COOKED

In order to discuss clearly the cooking of vegetables, we shall divide them into two classes: starchy and non-starchy. Starchy vegetables, as potatoes, beans, peas, and lentils, in addition to containing granules of starch, contain cellulose (pulp) and juice; non-starchy vegetables contain only cellulose and juice. Vegetable juice is water in which valuable mineral salts exist in solution.

The process of cooking is for the purpose of softening the cellulose and bursting the starch granules confined in the cellulose, but it is not intended that at the same time the food should be relieved of vital ingredients. Non-starchy vegetables, as spinach, dandelion, turnips, squash, etc., when cooked in the way recommended by ninety-nine out of every hundred cook books, are almost completely robbed of their juices. Vegetable juices as a rule are

drained into the kitchen sink with the result that the impoverished pulp with but a weak flavor of the real food is left for the family to eat. All vegetables should be cooked either in a fireless cooker or a casserole dish; in other words, they should be cooked in their own juices. In this manner the released mineral salts are confined and conserved for food.

The application of too much heat to vegetables will detract from the nutritive value of their juices.

BOILED POTATOES

Peel potatoes and remove the eyes. Put into a kettle of boiling unsalted water and boil rapidly for twelve or fourteen minutes, or until almost done, then add a cup of cold water and bring to a boil. Drain, salt potatoes and shake the pot over blaze until well dried out.

Add a spoonful of melted butter and sprinkle with a little chopped parsley. Serve hot in uncovered dish.

BAKED POTATOES

Potatoes should be washed with a brush. Bake in a moderate oven until almost done, then take each potato in a towel and mash gently, but do not break the skin.

If potatoes are baked in an oven too hot the skin hardens, which prevents the moisture from evaporating and makes them soggy.

NOTE,—If the potato skins are oiled or but-

tered they do not bake hard and crusty, and are delicious to the taste. Baked in this way the skins should be eaten. They contain valuable mineral salt and supply roughness, in which the inside of the potato is deficient.

STUFFED POTATOES

Bake potatoes, cut in halves while warm. Scoop out the centers, season with paprika, butter, salt and Parmesan cheese, if desired.

Mash all thoroughly and beat until light. Fill the shells and brown just before serving.

RICED POTATOES

1 qt. potatoes 1 tablespoon butter
 Teaspoon salt

Boil potatoes, drain and dry over flame. Sprinkle with salt and cover with melted butter. Put through colander or ricer. Set in oven until ready to serve.

MASHED BROWNED POTATOES

Boil potatoes, drain. Add lump of butter, salt and pepper. Beat until light. Heap on small dish or pan and brown. Serve in dish they are browned in. A stiffly-beaten egg may be added to this before browning if desired.

CREAMED POTATOES

2 teaspoons grated onion Pepper

1½ teaspoons of salt 2/3 cup milk or cream

4 medium-sized cold boiled potatoes

Dice the potatoes, then add all ingredients. Put into baking dish, or individual molds, if desired, and bake about twenty minutes.

Serve at once.

CREAMED POTATOES

No. 2

1 cup milk	1 teaspoon butter
1 teaspoon salt	1 saltspoon pepper
1 teaspoon flour	Parsley
2 cups cold boiled potatoes diced	

Cook potatoes and milk in double boiler about twenty minutes. Add a little milk to the flour and rub until smooth, then stir into the potatoes until creamy. Add seasoning and just before serving, sprinkle a bit of chopped parsley over the top.

STUFFED SWEET POTATOES

Use number of baked potatoes desired, cut in half lengthwise. Scoop out the contents. To each cup of potatoes, add one teaspoonful of butter, a bit of salt and pepper, a little onion juice and chopped parsley.

Mash all thoroughly and fill the shells. Cover

the tops of potatoes with beaten egg or butter, and brown.

BROILED SWEET POTATO

Slice potatoes (either raw or baked) about $\frac{1}{4}$ inch thick. Dip in melted butter, sprinkle with salt and pepper and broil for six or eight minutes until brown.

Serve with fish or chicken.

CANDIED SWEET POTATOES

Southern Style

Peel potatoes and slice lengthwise. Cover the bottom of casserole dish with the sliced potatoes. Sprinkle two tablespoons of sugar over this, then a little butter. Continue the layers until the dish is filled. Add a cup of boiling water, cover the dish and cook until soft. Before serving, remove the cover and brown.

If desired, a little grated nutmeg may be added.

SWEET POTATO CROQUETTES

2 cups mashed potatoes 1 teaspoon salt
1 teaspoon grated nutmeg 1 tablespoon cream
1 tablespoon melted butter

Mix potato and seasoning thoroughly. Make into croquettes. Dip in whipped egg, roll in cracker crumbs and brown. Garnish with parsley and serve.

STEAMED BAKED SWEET POTATO

Southern Style

Bake or steam the number of potatoes desired until partly done. They must not get soft. Peel or scrape off the skins, cut them in halves, place flat side down in baking dish. Pour over a little melted butter, sprinkle with sugar, then bake in a quick oven until brown.

DUCHESS POTATOES

Boil number of potatoes desired. Season with butter, pepper and salt. Add two or three

spoonfuls of hot milk. Mash or whip thoroughly and put in pastry bag. Press this out in fancy shapes to garnish any dish desired.

Brown in a quick oven.

POTATO TIMBALE

2 cups mashed potatoes 3 eggs
1 teaspoon of salt $\frac{1}{4}$ cup cream
2 teaspoons grated onions Pepper to taste

Beat the whole egg thoroughly and add all seasoning and cream. Whip until smooth and put through a sieve. After lining the bottom of timbale molds with oiled paper, fill with the mixture and bake in a quick oven about twenty minutes.

Garnish with parsley, cooked peas, or cooked carrots.

BAKED SWEET POTATOES

Scrub and wash potatoes carefully. Do not

break the skins. Grease the skins with olive oil or butter and bake in a moderate oven until soft.

The oiled skin prevents them from becoming dry and hard.

MASHED BROWNED SWEET POTATOES

Wash number of potatoes desired, steam or boil with jackets on until thoroughly cooked. Remove the skins, mash or put through a colander. Add to each six medium-sized potatoes, two tablespoons butter, one tablespoon sugar, and a little pepper. Heap on a small baking dish, cover with whipped egg and brown.

NOTE.—A little grated nutmeg and one or two teaspoons of brandy may be added for flavoring if desired.

POTATOES WITH CELERY AU GRATIN

4 large potatoes	$\frac{3}{4}$ cup chopped celery
1 tablespoon butter	1 teaspoon salt
2 or 3 tablespoons grated cheese	

Put a layer of sliced potatoes on bottom of baking pan, then a layer of celery, salt, pepper and butter. Repeat this until the pan is filled, then fill the pan with water and cook about forty-five minutes, or until thoroughly done.

Sprinkle grated cheese over the top, brown and serve.

BROWNED POTATOES

Boil number of potatoes desired, with jackets on. When barely done, peel and put into baking dish. Add to every five or six potatoes two tablespoons melted butter, place in hot oven and brown.

POTATOES STUFFED WITH FISH

Prepare as recipe for "stuffed potatoes." Mince carefully cold cooked fish, add to it the necessary amount of cream sauce, heat thoroughly, then add all to the seasoned mashed potatoes, and fill the shells and bake. If the filling

is too soft, add enough bread crumbs to bring it to the consistency desired.

SCALLOPED POTATOES

6 medium sized potatoes 2 onions
Piece butter, size of 3 cups milk or water
walnut

Peel and slice the potatoes and onions. Cover the bottom of baking dish with potatoes, then onions, salt, pepper and butter. Alternate these layers until the dish is filled, then pour over the water or milk and bake an hour or more.

POTATO CROQUETTES

2 cups mashed potatoes 2 tablespoons butter
1 teaspoon salt 1 tablespoon chopped
1 teaspoon grated onion parsley
 $\frac{1}{4}$ teaspoon celery salt 2 egg yolks
Cracker crumbs

Add all ingredients to the potatoes and beat thoroughly. Form into croquettes, roll in beaten

egg yolks, then in cracker crumbs and bake in a quick oven.

Garnish with green peas or parsley.

POTATO CAKES

Make the same as croquettes. Mix, shape and make into cakes. Place in buttered pan and bake in quick oven. These also may be browned on top of stove if desired, using just enough butter to brown, not enough to make greasy. Any of the seasonings may be omitted if desired.

POTATO WITH CHICKEN

2 cups mashed potatoes	3 egg yolks
1/2 cup of cream	1 teaspoon of salt
Pepper	Parsley

Add all ingredients to the potato and beat thoroughly and last, add the well-beaten egg yolks. Make a border of the potato on a baking dish or platter and brown, then fill the center

with chicken which has been cooked in a casse-
role dish.

Garnish with parsley and serve.

POTATO A LA CREME

2 cups potato balls	1 cup hot milk
1 tablespoon butter	1 egg yolk
1 teaspoon chopped parsley	1 teaspoon salt

Pare the potatoes and cut out the balls with a potato scoop. Put them in cold water until ready to cook.

Cook the balls in boiling salted water until just done, then drain. Make a cream sauce of the beaten egg yolk, butter and milk. Pour over the potatoes, let come to a boil. Sprinkle the parsley over the top and serve.

A little thickening may be used if desired.

POTATO BALLS

3 cups mashed potatoes 1 teaspoon grated onion
2 tablespoons melted butter 1 egg yolk
A bit of chopped parsley

Boil the potatoes and onion together and mash. Whip until very light. While hot make into balls and place in an oiled paper. Beat an egg yoke lightly, add a spoonful of melted butter and roll the potato balls in it. Sprinkle the balls with chopped parsley and brown in a hot oven.

BAKED CARROTS

Wash and scrape the number of carrots desired, cut in quarters and place in casserole dish. Dust with sugar and dot with butter. Add a little water to prevent burning and bake until tender. Serve in the dish in which they were baked.

CELERY AU GRATIN

2 cups of celery	1/2 cup rich milk
3/4 cup of grated cheese	3/4 cup bread crumbs
3 tablespoons of butter	1 teaspoon grated onion
2 tablespoons flour	Salt and pepper

Scrape the celery and cut in small pieces. Boil until tender, using as little water as possible. Melt the butter, add flour and milk gradually, also the water in which the celery was cooked, and bring to a boil. Put a layer of celery, then a layer of bread crumbs, then half of the cheese, and all seasoning. Alternate the layers and spread the remaining cheese over the top. Brown and serve.

ONIONS AND CABBAGE EN CASSEROLE

1 small head cabbage	1 tablespoon flour
2 tablespoons butter	2 cups milk
1 lb. onions	Salt and pepper
1 teaspoon chopped parsley	

Shred the cabbage, slice the onions thin, put them into the casserole, add one cup water, salt

and pepper; cover, place in a hot oven for twenty-five to thirty minutes. Blend the flour and butter, turn it into the hot milk, stir, add half of the parsley and pour over the onions and cabbage.

Dot with butter, sprinkle the top with the balance of the parsley and serve.

ONION CAKE

1 teaspoon baking powder	1/2 teaspoon salt
1 cup flour	1 teaspoon sugar
1 tablespoon butter or cocoanut oil	1 qt. white or yellow onions

Mix the flour, salt, sugar, and baking powder together. Work in the shortening, then add enough milk to make a soft dough. Roll thin and lay on a layer cake pan, bringing the edges well up around the edges of the pan; now fill the crust with peeled onions cut in halves or quarters.

Sprinkle the onions with salt and dot generously with butter, bake in a moderate oven for

about twenty-five minutes or until the onions are done.

STUFFED SPANISH ONIONS

4 medium sized onions	1/2 cup toasted bread
1 tablespoon butter or oil	crumbs
Salt and pepper	1 cup cold minced chicken
Parsley	(or chopped nut meats)

Remove only one thin outer skin of onions. Wash and boil gently until just tender, but not soft. Remove from the water, scoop out the centers and chop. Mix the chicken, onion, bread crumbs, butter or oil, salt and pepper and fill onions.

Wrap each onion in oil paper and bake about thirty minutes, then remove the paper and serve on platter garnished with parsley and serve with cream sauce if desired.

SAUTÉED ONIONS

Peel the number of onions desired, slice and leave in cold water fifteen or twenty minutes. Place in frying pan which has one or two table-

spoons of butter or oil, according to number of onions used. Add salt and just water enough to prevent burning.

Cook fifteen or twenty minutes until just tender and a cream color, but not soft; use to garnish broiled fish or chicken.

SCALLIONS OR YOUNG ONIONS

Use number of scallions desired. Remove the outside layer and cut off a portion of the top. Allow to stand in cold water fifteen or twenty minutes.

Place in a covered casserole dish, season with butter, salt and pepper. Barely cover with water and bake until tender. Place on a platter. Add a half cup of milk to the water the scallions were cooked in, thicken to the consistency of cream, pour over the scallions and serve.

ONIONS EN CASSEROLE

Select the quantity of white onions desired. Peel, wash and place in a covered casserole dish.

Add a piece of butter size of a walnut; add salt, pepper and just water enough to cover. Bake an hour or more until tender and fairly dry. Do not drain. If cooked in this way, the onions will be sweet and delicious.

BOILED ONIONS WITH CREAM SAUCE

Boil the number of onions desired in salt water until tender. Drain and serve with a cream sauce made of milk, salt, pepper and butter, or, if preferred, serve with butter.

NOTE.—Save the water in which the onions were boiled; this makes good soup.

STRING BEANS EN CASSEROLE

Break the blossom end from the bean and pull back, removing the string; then cut a small strip beside the string, removing all stringy pieces. Cut the pods in three or four strips lengthwise. Put into cold water a few minutes. Wash and place in casserole dish; salt to taste.

Add a tablespoon of butter, a tiny piece of red pepper pod and cover beans with water.

Place lid on casserole and bake more than an hour until tender and water cooked very low.

The beans should be stirred occasionally.

Do not drain the juice off, but cook dry.

PEAS IN THE POD

Select tender green peas the quantity desired, wash thoroughly, put in a covered kettle, without shelling or removing from the pod, add a few spoonful of water, just enough to keep from sticking, sprinkle with a little salt, add small piece of butter.

Cook slowly from fifteen to twenty minutes, or until peas are soft. Serve whole in covered dish.

These can be eaten by placing the pod in the mouth and pulling it out between the teeth, thus shelling the peas and stripping the outer coating or meaty part from the pod, which is a more

nutritious and better balanced food than the peas.

FRESH GREEN PEAS

Shell the peas, wash and put in casserole or baking dish. Cover with water, season with butter, salt, and pepper, and a bit of sugar. Cover the dish and bake in oven until tender. Serve.

NEW PEAS AND POTATOES

2 cups shelled peas	2 cups new potatoes
2 tablespoons butter	1 cup milk
1 teaspoon flour	1 teaspoon salt
1 teaspoon sugar	

Place the peas in casserole dish with butter, salt, pepper, sugar and a cup of water. Cover dish and bake until tender. Scrape potatoes and boil until barely done. Drain off the water, place over a low blaze without lid and dry out. Add potatoes to the peas.

Before serving, make cream sauce of the milk and flour and pour over all.

RED BEANS

Mexican Style

1 cup dried red beans	1 carrot
2 tablespoons butter	1 onion
1 chili (pepper)	1 saltspoon pepper
1 teaspoon sugar	1 teaspoon salt
1 cup strained tomato	1 clove of garlic chopped
½ cup grated pine nuts roasted	

Wash beans and soak over night in cold water and drain, cover with water and boil fifteen or twenty minutes and drain. Place in bean pot, add all ingredients. Cover with water and bake until tender. More water should be added if the beans get dry before thoroughly cooked.

NOTE.—The nuts may be omitted and a piece of salt pork added if desired.

PEA CROQUETTES

½ cup toasted bread	½ cup of pea puree
crumbs	1 egg
1 tablespoon grated onion	½ cup of grated or
2 tablespoons of butter	chopped nuts
Salt and pepper to taste	

Mix all ingredients thoroughly, using enough bread crumbs to absorb the moisture. Roll into croquettes and brown in an oven, or shape in cakes and serve with a sauce.

PEAS AND ONIONS EN CASSEROLE

1 qt. fresh peas	6 tiny white onions
3 teaspoons butter	½ cup water
A sprig of parsley	Salt and pepper to taste

Peel the onions and put in casserole dish. Add shelled peas, butter, tiny bit of chopped parsley, salt, pepper and water.

Cover dish and cook an hour, or until tender.

Serve in the casserole dish.

STEWED CARROTS

Wash and peel number of carrots desired, put in cold water ten or fifteen minutes, drain and put into a kettle with just enough boiling water to prevent burning. Season with butter, salt, pepper and a bit of sugar.

Cover the kettle and cook until tender, then add a little cream sauce and serve.

NOTE.—The water should be well cooked out before adding sauce. Do not drain.

CARROTS AND PEAS EN CASSEROLE

1 pt. dicèd carrots	1 pt. shelled fresh peas
1 tablespoon butter	½ teaspoon salt
1 scant teaspoon of sugar	1 cup warm water
Pepper	

Put peas, carrots and all other ingredients into covered casserole dish and bake forty-five or fifty minutes, or until tender, and serve.

A little cream sauce may be added before serving if desired.

MASHED CARROTS

Wash and peel number of carrots desired. Cut in dice. Place in covered casserole dish, add only sufficient water to prevent burning, butter, salt, pepper and a bit of sugar to taste. Bake thirty or forty minutes, or until tender.

If the water has not cooked out or evaporated,

take the lid off and cook until dry, then mash with potato masher and serve.

A spoonful of cream may be added if desired.

CARROT TIMBALE

4 carrots	1 teaspoon onion juice
2 eggs	1 tablespoon cream
1 teaspoon salt	Pepper

Scrape and dice the carrots. Put into covered saucepan with one cup of water. Cook until tender and dry, do not drain; mash through colander. Add to this the whole eggs lightly beaten and other ingredients. Mix lightly and pour into well-oiled timbale cups. Place cups in pan of hot water and cook fifteen or twenty minutes. Loosen sides of molds with a knife and turn them out on platter.

Garnish with fresh-cooked peas.

CARROTS EN CASSEROLE

Wash and peel number of carrots desired. Cut in dice. Put into covered casserole dish.

Add a cup of water, butter, salt, a bit of sugar and pepper to taste.

Bake thirty or forty minutes, or until tender.

Serve in dish they are baked in.

STUFFED CUCUMBERS

1/2 cup dry bread crumbs	4 cucumbers
1 tablespoon olive oil	1 clove of garlic
2 tablespoons strained tomato	1 saltspoon pepper
1 slice green pepper chopped	1 medium sized onion
1 teaspoon salt	2 teaspoons chopped parsley
1/2 cup grated roasted pine nuts	

Peel the cucumbers, cut one-quarter out lengthwise. Scoop out the center. Mix all ingredients together. Stuff cucumbers and fasten together with strings. Put four or five tablespoons of olive oil in casserole dish or baking pan. When hot, put cucumbers in and carefully brown all sides, then add about three table-

spoons of water. Bake slowly in covered dish until done.

Remove string and serve on platter at once.

BAKED CUCUMBERS

Peel number of cucumbers desired and cut in thick slices. Salt and pepper to taste. Dip in beaten egg, roll in bread crumbs and brown in hot oven.

Serve with thickened sauce, made of tomato juice, grated onion, salt, pepper and butter.

CELERY EN CASSEROLE

No. 1

2 stalks celery	2 cups water
2 egg yolks	2 tablespoons of cream
1 tablespoon butter	Salt and pepper

Wash and trim celery. Cut in pieces about one inch in length. Place in casserole dish, add salt, pepper, butter and water. Cover the dish

and bake fifty or sixty minutes until tender. Take from the oven and add the yolks of the eggs beaten with cream and stir into the celery over a kettle of hot water. Be careful not to boil or the sauce will curdle.

CELERY EN CASSEROLE

No. 2

Cut off the tops and outside coarse or green pieces and trim the roots. Cut the celery heads in half lengthwise and wash thoroughly. Place in casserole. Season with salt, pepper and butter. Cover with water and cook slowly in covered dish about forty-five minutes, or until tender.

Thicken the gravy left in casserole and add either cream or hollandaise sauce and serve with celery.

DRIED KIDNEY BEANS BAKED

Soak quantity desired over night in cold water. Drain, cover with cold water and boil

slowly about thirty minutes, and drain again, then put in casserole dish, season with butter, salt and pepper. Add sufficient water to cover and bake until tender.

Tomato juice may be added. They may be seasoned with salt pork instead of butter if desired.

NOTE.—All dried beans or peas may be baked in the same way.

BAKED BEANS

1 lb. white beans	1 tablespoon molasses
1 cup strained tomato	1 large onion
2 tablespoons butter	Salt and pepper

Soak beans over night in cold water, drain, cover with water and boil fifteen or twenty minutes. Drain again, remove the pulp and place in casserole dish, a layer of beans, a layer of sliced onions, salt, pepper, butter and molasses. Add tomato juice and water. Add water now

and then to maintain the proper amount of moisture and cover well, and bake until tender.

BAKED BEANS AND NUTS

1 lb. white beans	$\frac{3}{4}$ cup pine nuts
1 cup strained tomato	1 onion
1 tablespoon butter	1 tablespoon molasses
Salt	Pepper

Soak beans over night in cold water. Next morning wash thoroughly. Cover with water and boil fifteen or twenty minutes. Drain and "pulp" the beans. Place in bean pot or casserole dish, a layer of beans, then sliced onions, a layer of pine nuts, which have been washed and diced out or slightly roasted and rolled. Add butter, tomato juice, molasses, salt and pepper. Add sufficient water to cover and bake until thoroughly done.

DRIED LIMA BEANS BAKED

1 lb. lima beans	2 cups milk
2 teaspoons salt	2 tablespoons butter
1 teaspoon grated onion	

Soak beans over night, add seasoning and put into covered casserole or bean pot, covered with water and bake until beans begin to get tender and water has cooked down, then add the milk, which has been heated; continue cooking until beans are well done.

TOMATO WITH CREAM SAUCE

6 small tomatoes	1 cup milk
½ teaspoon salt	2 teaspoons flour
A bit of chopped parsley, pepper and grated cheese	

Peel tomatoes and stand one in each ramekin dish or small cup. Over this put 3 or 4 teaspoonfuls of sauce. Make by rubbing the flour and butter together. Add milk, salt and pepper. Bring to a boiling point. Place the dishes in a pan of water and bake in a moderate oven 30 or 40 minutes.

Sprinkle a little grated Parmesan cheese over each cup and brown. Sprinkle a bit of parsley

over the top and serve in the cups they are baked in.

TO DRY PUMPKIN

Wash, pare and cut into thin pieces. Spread on boards, cover with cheese-cloth and dry in the sun or place on a pan over the kitchen stove if preferred. When dry, put into glass jars and cover.

To cook, soak in cold water over night or several hours and cook as fresh pumpkin.

BAKED PUMPKIN

Prepare and bake pumpkin in the same way as baked squash.

CREAMED PUMPKIN

Wash, pare and cut into strips. Put in casserole dish, season with salt, pepper and butter. Add a half cup or sufficient water to prevent

burning. Bake until tender and dry. Cover with cream sauce and serve.

PUMPKIN TIMBALE

2 cups mashed pumpkin Yolks of 4 eggs
1 teaspoon salt Saltspoon pepper
 1 teaspoon sugar

To the mashed pumpkin, add well-beaten yolks and other ingredients. Mix thoroughly and put into cups well oiled. Place cups in a pan of water and bake eighteen or twenty minutes. When done, turn from cups and serve.

MASHED PUMPKIN

Prepare and cook same as creamed pumpkin, allowing it to cook down dry. Mash and season to taste.

Serve same as sweet potatoes.

LENTILS WITH RICE EN CASSEROLE

1 cup lentils	1 cup rice
2 tablespoons butter	2 small onions
1½ cups strained tomato	1 teaspoon salt
1 saltspoon pepper	

Soak lentils over night in cold water and drain. Next morning cover with water and boil fifteen or twenty minutes and drain. Add to the lentils, salt, pepper and tomato juice. Cover with water and cook until tender and dry. Put butter in saucepan and add the onions sliced or chopped. Cook slowly until soft, but not brown. While the onions are cooking, boil the rice until tender, drain and place on a pan in oven until dry. Place lentils on platter, then onions and over that the rice. Make a tomato sauce, thicken to the consistency of cream and pour over all. Serve hot.

Garnish with green pepper slices.

LENTIL PURÉE

Wash, boil and cook lentils as in above recipe.

Press through colander. Place in saucepan, add a tablespoonful or two of hot milk, salt, pepper, butter to taste, a bit of celery salt. Beat thoroughly and serve.

LIMA BEANS EN CASSEROLE

1 qt. shelled beans	1 teaspoon salt
1 saltspoon pepper	1 tablespoon butter

Wash beans in cold water, place in casserole dish. Add seasoning and water sufficient to cover the beans. Cook until tender. If water should cook out, add more as needed.

Cold lima beans may be used with other vegetables or salads.

LIMA BEAN PURÉE

Press cooked lima beans through a sieve. Add grated onion, butter, salt and pepper to taste. Put into casserole dish, brown and serve.

NOTE.—This may be made into cakes. Roll in egg and bread crumbs and brown in oven.

SCALLOPED PARSNIPS

4 large parsnips	1 tablespoon butter
2 teaspoons flour	1 cup milk
2 tablespoons bread crumbs	2 tablespoons grated onions

Wash and pare the parsnips, put into cold water a few minutes. Cut in small pieces. Place in casserole dish, add salt, butter and a cup of water or enough to prevent burning. Cover dish and cook until tender, then put a layer of cream sauce made of the milk, flour and butter, a layer of parsnips and grated onion, and continue until the dish is full, using bread crumbs for the last layer.

Return to the oven and cook until brown.

PARSNIP TIMBALE

4 large parsnips	½ cup milk
2 eggs	1 teaspoon salt
1 tablespoon butter	1 saltspoon pepper
1 teaspoon sugar	

Scrape the parsnips, cut in small pieces, put in cold water ten or fifteen minutes. Place in casserole dish, add salt, butter and a cup of water. Bake until tender. Put through a colander. Whip eggs thoroughly without separating. Add milk and mix well with parsnips. Add pepper and sugar. Oil the timbale molds well, fill with the parsnips and bake in a pan of water.

Turn on platter, garnish with parsley and serve.

PARSNIP CAKES

Make mashed parsnips into cakes, dust with a little flour, place on well-oiled griddle (not greasy) and brown both sides. Serve at once.

BROWNED PARSNIPS EN CASSEROLE

Scrape two medium-sized parsnips, cut into halves and put in cold water a few minutes.

Arrange parsnips in a covered casserole. Dissolve two tablespoons sugar in half cup of water

and pour over them. Add a tablespoon of butter. Sprinkle two tablespoons dry sugar over the top and bake until tender. When done, the parsnips will be dry and brown.

If the parsnips cook dry before they are done, add a little more water.

OYSTER-PLANT (OR SALSIFY) EN CASSEROLE

12 oyster-plants	4 teaspoons sugar
1 cup water	Salt
1 teaspoon lemon juice	

Wash and pare the plants, cut in thin slices, put in cold water a few minutes, then in casserole dish. Add seasoning, cover and bake until tender, basting occasionally.

NOTE.—One must use one's own judgment somewhat in regard to quantity of water to be used in casserole cooking. Some vegetables require more than others, and a great deal depends upon the temperature of the oven; sufficient amount should be used to keep the food

from getting too dry or burning, but not enough to make the food watery.

MOCK OYSTERS

8 oyster-plants 2 eggs
1 saltspoon pepper 1 teaspoon salt
1 tablespoon butter

Scrape or pare the salsify, cut in small pieces and put in cold water to prevent discoloration. Put in casserole dish with sufficient water to prevent burning. Cook about forty to fifty minutes until tender and dry; then press through a colander, add seasoning and well-beaten eggs. Oil the bottom of baking dish and drop mixture by spoonfuls to look like oysters and bake in quick oven.

Serve at once.

OKRA, TOMATOES AND RICE EN CASSEROLE

1/2 can tomatoes 1 qt. okra
1 cup rice 3 teaspoons butter
Salt and pepper

Wash the rice and place in large kettle of boiling water. Boil hard to prevent burning and cook fifteen or twenty minutes, or until tender, then drain.

Wash thoroughly the okra and cut in slices. To this add the strained tomato, butter, salt and pepper.

Bake in covered casserole dish until tender. Place the rice in baking dish and pour over this the okra and tomato combination.

Return to oven, reheat or cook five or ten minutes and serve.

STUFFED TOMATOES

No. 1

6 tomatoes medium size	3 teaspoons butter
2 cups fresh corn	1 teaspoon salt
1 grated onion	1 saltspoon pepper

Cut a slice from the stem end of tomato and remove the seeds. Add to the corn (which has

been baked in casserole until tender), the grated onion, salt, pepper, butter and part of the tomato which was removed from the shell. Mix and season well.

Fill the tomato shells and bake until tender, but not enough to destroy their shape.

TOMATOES STUFFED WITH NUTS

No. 2

6 medium sized tomatoes	1 grated onion
1 cup nut meats	3 slices green pepper
1 tablespoon butter	Salt and pepper
1 cup browned bread crumbs	

Cut a slice from the stem end. Remove the seeds and pulp of tomatoes. Chop nut meats (any kind), and to this add a part of the tomato seeds and juice, chopped green pepper, butter and sufficient water to moisten all thoroughly. Fill the tomato shells and bake until tender.

TOMATOES STUFFED WITH RICE

No. 3

6 medium sized tomatoes 1 grated onion
1 cup boiled rice 2 tablespoons butter
Salt and pepper A bit of chopped parsley
 1 garlic clove, chopped fine

Cut a slice from the stem end and scoop out the center of tomatoes. To the chopped tomato pulp add the onion, garlic, butter, salt, pepper, rice and chopped parsley.

Mix all thoroughly. Fill the tomato shells and bake in a quick oven.

CORN AND TOMATO EN CASSEROLE

6 tomatoes 6 ears of corn
1 tablespoon butter 2 teaspoons onion juice
1 saltspoon pepper 1 teaspoon salt
 1 teaspoon of sugar

Scald, skin and slice the tomatoes. Add onion juice, butter, salt and pepper. To this add the



BAKED TOMATO AND RICE.



STUFFED TOMATOES WITH RICE.

corn, which has been cut from the cob as in previous recipes. Put all in casserole dish, cover and place in pan of water.

Bake forty or fifty minutes. Serve in casserole.

BAKED TOMATOES AND RICE

Wash number of large tomatoes desired. Cut into halves. Place in uncovered casserole dish, skin side down, season with salt, pepper and a little butter in the center of each. Bake in a moderate oven thirty or forty minutes, or until tender, but not enough to lose their shape.

While these are baking, boil a cupful of rice and drain. Dry in the oven and heap in the center of a platter. Arrange the baked tomatoes around the rice and over all pour a thickened sauce made of tomato juice, a little grated onion, salt, pepper, butter.

Serve hot. Grated Parmesan cheese may be served with this if desired.

GREEN TOMATOES STEWED

6 onions	6 large green tomatoes
4 tablespoons of oil	3 large chilis
1 teaspoon of salt	1 cup of water

Wash and slice the tomatoes and onions. Remove the seeds from the chilis and slice them. Put oil in the saucepan, then stir in tomatoes, onion and chilis until they are slightly browned, then add water, salt, and cover. Cook slowly thirty or forty minutes.

This makes an excellent garnish for rice.

BROILED EGGPLANT

Pare the eggplant and cut in slices a half inch thick. Season with salt and pepper. Dip in the beaten egg and roll in bread crumbs. Broil slowly until tender and brown both sides.

NOTE.—The egg and bread crumbs may be omitted and olive oil used instead if desired.

CREAMED EGGPLANT

1 pt. diced eggplant	½ cup water
½ cup milk	1 tablespoon butter
1 teaspoon flour	1 teaspoon salt
A dash of celery salt	1 teaspoon grated onion

Peel the eggplant and cut into cubes. Place in casserole dish, add salt, pepper, butter and onion. Bake until tender. Make sauce of milk, salt, butter and celery salt; thicken to consistency desired. Pour this over the eggplant, cook a few minutes and serve.

STUFFED EGGPLANT

2 medium sized eggplants	1 tablespoon olive oil or butter
3 tablespoons stewed to- matoes	1 saltspoon pepper
1 cup grated nuts	2 tablespoons toasted bread crumbs
½ cup mushrooms	
	1 teaspoon salt

Wash eggplant and cut in halves. Scoop out a portion of the centers, cut in small pieces and

place in casserole dish. Wash and clean well the mushrooms. Cut in small pieces and add to eggplant in casserole, season with salt, pepper, butter and a little water to prevent burning. Cook until tender; add to the mushrooms and eggplant the remainder of ingredients. Stuff the eggplant and bake. This may be served with a sauce if desired (any kind).

STUFFED PEPPERS

6 sweet peppers	1 cup toasted bread
1 large onion, grated	crumbs
1 teaspoon of salt	1 cup nut meats, chopped
1 cup tomato juice	1 tablespoon butter

Cut off the stem end of pepper and remove the seeds. Add a portion of the seeds to all other ingredients. Mix well and fill the peppers. Bake until tender, but not soft.

CHILIS A LA CREOLE

6 chilis	1 cup stewed tomatoes
1 cup boiled rice	1 large onion, grated
1 teaspoon salt	½ cup nut meats,
2 tablespoons olive oil	chopped

Select nice sweet red peppers. Cut off the stem end and remove the seeds. To a portion of the seeds, add other ingredients. Mix well and stuff the peppers. Place on a pan and bake thirty or forty minutes until tender, but not soft.

PEANUT BUTTER STUFFING FOR SWEET PEPPERS

Select small, well-shaped sweet peppers, dip in boiling water and peel off as much of the thin skin as possible. Cut off the rounded ends to form little caps, remove the seeds and trim the stem ends so the peppers will set flat. For six small peppers use a cupful of hot, well-drained boiled rice, two heaping tablespoons of minced cold meat, beef, pork or mutton, twelve

seeded and chopped raisins, a heaping table-spoonful of Beech-Nut peanut butter, and salt and cayenne to suit the taste.

Fill the pepper cups level full, put in each a teaspoonful of the juice from canned tomatoes made boiling hot, fasten on the caps with wooden toothpicks, set close together in a casserole, turn in half a cupful of the hot tomato juice and bake covered for ten minutes, then remove cover and bake until peppers are tender, which will be in about twenty-five minutes.

If possible, serve in the casserole, and remove the toothpicks before serving.

SCALLOPED SALSIFY

Wash well, scrape off the skin, cut crosswise in rather thin slices, stew until tender in just enough water to prevent burning, then cover with a rich cream sauce, seasoning with anchovy sauce and pepper. Toss the salsify in this sauce for a minute, and then put it into a well-but-

tered, shallow dish which has been covered with bread crumbs.

Squeeze a few drops of lemon juice over, cover with bread crumbs and brown in oven.

SALSIFY OR VEGETABLE OYSTER

Wash thoroughly, scrape off skin, cut cross-wise in rather thin slices, stew until tender in just enough water to prevent burning.

To add to the flavor, use a little piece of salt codfish with the oyster-plant when boiling and when tender, remove the fish and season the sauce with one tablespoon butter and flour blended together; pepper and salt if necessary.

Serve on toast, garnished with a hard-boiled egg.

BOILED KALE

Wash carefully and pick the leaves from the stalks. It is difficult to clean and the water should not be drained off, but the leaves are

tossed from one pan to the other and washed in several waters. Place in a kettle, add a cup of boiling water and a teaspoonful of salt. Cover and cook over a slow fire until tender, or about thirty or forty minutes. Chop fine. Return to the saucepan again, season with salt, pepper and butter. Garnish with grated or sliced hard boiled egg and serve.

KALE EN CASSEROLE

Wash as preceding recipe and tie leaves in bunches. Place in a casserole dish. Add a cup of boiling water and a teaspoonful of salt. Cover and bake until tender, thirty or forty minutes. Remove the string, place on platter and serve with melted butter sauce, seasoned with salt, pepper and onion juice.

KALE ON TOAST

Cleanse and pick over carefully, removing all inedible parts. Tie the leaves in bunches. To one cup of boiling water, add a teaspoon of salt,

put the bunches of kale in the casserole dish. Cover and cook until tender. Make a sauce by rubbing together a tablespoonful of butter or olive oil and a teaspoonful of flour. Thicken with this the water in which the kale was cooked. Dissolve thoroughly and bring to the boiling point. To this add salt, pepper, and lemon juice to taste.

Remove the string from the kale, arrange on a platter which has two or three pieces of buttered toast.

Over the kale put a bit of melted butter and the sauce. Serve.

COLLARDS

Collards may be cooked and served in the same way as spinach, beet tops or kale.

CABBAGE EN CASSEROLE

Shred white cabbage very fine. Place in cold water ten or fifteen minutes. Put two table-

spoonfuls of butter in casserole, set over blaze until hot, shake cabbage from the water, and put in casserole.

Add teaspoonful of salt, pepper and onion juice. Cover the dish and cook slowly until tender. Add enough water to prevent burning. Stir frequently to prevent sticking.

CREAMED CABBAGE

Shred fine a white head of cabbage. Soak in cold unsalted water thirty minutes or more, and drain. Place in kettle, which has a half cup of boiling salt water. Cook slowly ten or fifteen minutes until almost dry. Add a half pint of cream, two teaspoons butter, a little salt and pepper. Allow to simmer gently ten or fifteen minutes and serve.

STUFFED CABBAGE

Take a large fresh cabbage and cut out heart; fill cavity with stuffing made from left-over

chicken or turkey; put the left-over meat through the food chopper, add one onion chopped fine, one stalk celery chopped fine and one half cup thick cream sauce, season with salt and pepper.

After you fill the space, tie cabbage firmly together (it is best to tie a cloth around it), boil it in a covered kettle until the cabbage is tender and serve with a butter sauce, or one cup of cream with one teaspoon chopped parsley, salt and pepper, one teaspoon butter.

BOILED CABBAGE

Trim off outside leaves, cut the cabbage into quarters. Soak in cold water unsalted thirty minutes or more. Drain and put in a kettle of boiling water. Add a tablespoon of salt, a small piece of red pepper pod, a tablespoonful of butter and cook until tender, about three-quarters of an hour.

Do not cook until red. Remove from the ket-

tle and with a knife and fork cut cabbage evenly and season with sauce of melted butter, pepper and juice of onion.

Place in oven five or ten minutes and serve.

CAULIFLOWER EN CASSEROLE

Wash the cauliflower and soak in strong salt water thirty or forty minutes. Place in casserole dish. Add a cup or two of water sufficient to cook it according to its size; season with salt, butter and a little pepper. Cover and cook until tender, then add one cup cream sauce and sprinkle over the top Parmesan or any grated cheese and a spoonful of bread crumbs. Brown and serve.

BUTTERED CAULIFLOWER

1 head cauliflower	Grated Parmesan cheese
Dish melted butter	Salt

Remove all leaves and soak the cauliflower, head downward, for thirty or forty minutes in

strong salt water to remove any insects. It may be cooked whole or broken up as desired. Boil in salted water sufficient to cover the flower twenty-five or thirty minutes, or until tender, careful not to cook too long. When serving, a dish of grated cheese and hot melted butter should be passed with the flower.

SCALLOPED CAULIFLOWER

1 head cauliflower	Saltspoon pepper
1 tablespoon butter	1 cup milk
2 teaspoons grated onion	$\frac{1}{2}$ cup toasted bread
1 tablespoon flour	crumbs
1 teaspoon salt	1 saltspoon chopped
2 egg yolks	parsley

Prepare cauliflower same as "battered cauliflower." Divide into small pieces and boil in salted water until tender.

Place the cauliflower on three or four slices of toast on a platter. Dissolve the flour in a spoonful of the milk, then add remainder of milk

and onion; boil five or ten minutes, stirring constantly. Take from the fire and add egg yolks lightly beaten and remainder of ingredients. Pour over cauliflower and serve.

CREAMED CAULIFLOWER

Prepare and cook as "buttered cauliflower." Prepare a cup of cream sauce, pour over the cauliflower and cook about six or eight minutes until well seasoned. Bits of chopped parsley may be sprinkled over the top if desired.

TO BOIL BRUSSELS SPROUTS

Trim and wash carefully. Soak in cold salted water fifteen or twenty minutes. Put them in a kettle containing sufficient salted boiling water to cover and cook about twenty or thirty minutes until tender and dry. Do not drain. Cover with a cream sauce or melted butter.

NOTE.—If they are cooked too long, they will lose their color.

BRUSSELS SPROUTS EN CASSEOLE

1 qt. sprouts	1 cup milk
1 teaspoon salt	1 tablespoon butter
1 saltspoon pepper	1 teaspoon flour

Trim and wash the sprouts thoroughly and soak in salted water ten or fifteen minutes. Place them in covered casserole dish containing two cups of boiling salted water and bake in oven until tender, possibly thirty or forty minutes. Make a cream sauce of butter, flour, milk, pepper and salt.

Pour over the sprouts and bake eight or ten minutes more and serve.

BRUSSELS SPROUTS WITH MELTED BUTTER

Cook in casserole the same as preceding recipe, pour a few spoonfuls of melted butter over them instead of cream sauce. Serve.

KOHLRABI EN CASSEROLE

Peel off the outside, wash and slice. Put in casserole dish. Add a little water to prevent burning. Season with butter, salt, pepper, a bit of sugar. Cover and bake until tender. Mash thoroughly and serve.

KOHLRABI

Kohlrabi, or turnip cabbage as it is called, should be cooked as turnips, or it may be sliced and eaten uncooked as a relish, alone or with salads.

KOHLRABI WITH CREAM SAUCE EN CASSEROLE

Remove the leaves and peel all the woody portion from the outside. Cut in slices and put in boiling salted water sufficient to prevent burning.

Cook until tender twenty-five or thirty minutes and serve with cream sauce.

SUMMER SQUASH EN CASSEROLE

Wash squash and cut in small pieces. Place in covered casserole dish, add salt and pepper, butter, a little sugar and a bit of water to prevent burning. Bake until almost tender and almost dry (do not drain), then mash thoroughly.

Return the squash to the oven, reheat and serve.

NOTE.—If the squash is not very tender, it should be peeled and seeds removed.

WINTER SQUASH

Wash and peel the squash. Remove the seeds. Cut in small squares, place in covered casserole or baking dish. Add salt, pepper, butter and a small amount of water to prevent burning. Cook until tender and almost dry. Mash well, reheat and serve.

BAKED SQUASH

Wash and dry winter squash, divide into quarters, remove seeds, season with salt and a little butter. Place the squash skin side down in baking pan and bake in a moderately hot oven an hour or more until tender.

To be eaten same as baked potato.

MASHED SQUASH

Prepare and cook as "squash casserole," only mash thoroughly when done.

SQUASH CROQUETTES

Use mashed squash left over. To two cups of squash, add a half cup of soft bread crumbs and season to taste.

Make into croquettes, dip in beaten egg, roll in bread crumbs.

Brown in oven in well-oiled pan.

STEAMED SQUASH

Wash and peel the squash. Cut in squares, season with butter, salt and pepper, steam until done.

This may be served plain or with cream or hollandaise sauce.

STUFFED SUMMER SQUASH

2 tablespoons dry bread	1 teaspoon salt
crumbs	2 tablespoons butter
1 good sized onion, grated	1 saltspoon pepper
1 tablespoon tomato juice	2 tablespoons grated nuts

Wash squash, cut off the stem end. Scoop out the center and cut in small bits. Add all ingredients, strip the squash, sprinkle a few grated nuts over the top and bake until tender and brown.

CARDON ARTICHOKE

This is the artichoke where the tops are used. Wash artichokes well in several waters, see that

no insects remain about them, and trim away leaves at the bottom. Cut off stems and put tops into boiling water, to which have been added one tablespoon salt and a pinch of baking soda.

Keep saucepan uncovered and let simmer gently until tender. Ascertain when they are done by thrusting a fork into them or by trying to remove the leaves.

Take them out, drain for a minute or two, then serve on a dry, clean napkin.

A tureen of melted butter should accompany them.

ARTICHOKES

There are two varieties of artichokes; the Jerusalem, resembling potatoes, should be scraped and placed at once in cold water to which has been added the juice of one lemon and teaspoon salt. When ready to cook, place them in boiling

water not enough to cover and boil till tender; cook about thirty minutes, salting just before they are done.

Drain and cover with the following sauce:

3 tablespoons butter	1 tablespoon flour
$\frac{1}{2}$ cup lemon juice	A little salt
A speck cayenne	$\frac{1}{2}$ teaspoon sugar

Bring to a boil, pour over artichokes and serve at once.

JERUSALEM ARTICHOKE WITH CREAM SAUCE

Scrape the artichokes and put in cold water until ready to cook. Cut in slices, put in covered casserole dish and add sufficient water to prevent burning. Season with butter, salt, pepper, a little onion juice, and cook thirty or forty minutes, or until the artichokes are just tender. Do not overcook, as they lose their crispness. Add a little cream sauce before serving.

ASPARAGUS ROLLS

Cut off tender tops of twenty-five stalks of asparagus, boil and drain (a simple manner of boiling asparagus is to tie in a bundle and set upright in a saucepan containing boiling water enough to reach almost to the tips, boil rapidly till tender). Have ready as many stale biscuits or rolls as there are persons to serve, from which you have cut a neat top slice and scooped out the inside. Set them in the oven to crisp, laying the tops (of rolls) beside them, that all may dry together. To the water in which the asparagus was cooked, add a cup of milk or cream, then beat in the yolks of two eggs. Set over the fire and stir until it thickens, add a tablespoon butter, season with salt and pepper. Into this put asparagus minced fine and remove from the fire at once.

Fill the rolls with mixture, put on tops (of rolls), fitting them carefully, set in oven three minutes and serve on a hot platter.

ASPARAGUS TIPS

Cook the tips only (save the ends for soup) in just enough water to keep from burning, add a little salt. When soft drain, saving the water for soup and set aside to cool. Serve with hollandaise sauce. The tips may be served hot with melted butter if desired.

BOILED OKRA

Put young and tender pods of long white okra in salted boiling water in a porcelain or tin lined saucepan (as iron discolors it), boil one-half hour, take off stems and serve with butter.

OKRA SUCCOTASH

1 pt. of okra, sliced	½ pt. shelled lima beans
½ pt. fresh corn	1 tablespoon of butter
2 tablespoons cream	Salt and pepper
A tiny piece of red pepper or paprika	

Place vegetables in covered casserole dish,

season with butter, salt and pepper. Cover the vegetables with water and bake until tender, then add the cream and cook five or six minutes more and serve.

OKRA, CORN AND TOMATO CHOWDER

6 or 8 pieces of okra	4 tomatoes
5 ears of corn	1 tablespoon of rice
1 small grated onion	2 tablespoons of butter
Salt and pepper	

Cut off the tips of the corn with a sharp knife and scrape down with a dull one. Wash okra and cut in small pieces. Skin and slice the tomatoes. Place all in the casserole dish and add onion, butter, salt, pepper. Cover with water, put the lid on and bake an hour or more. Boil the rice fifteen or twenty minutes until tender; drain, and place on a pan in the oven a few minutes until dry.

Stir rice gently into other vegetables and serve.

DANDELION

Dandelions are not fit for use until they blossom. Cut off the leaves, pick over carefully, wash in several waters, place in casserole or covered baking dish, season with salt, pepper and butter or olive oil. Add sufficient water to prevent burning; cook an hour until tender.

BUTTERED BEETS

Wash beets thoroughly, using care not to cut the stem too close, otherwise the vegetable will bleed; cover with boiling water and cook until thoroughly done. They must boil all the time and not simmer. When soft, which you can discover by rubbing off the skin or pressing with your thumb, cover with cold water, remove skin, and slice in a baking or casserole dish, sprinkle with salt, pepper and a bit of sugar and one tablespoon butter.

Heat and serve.

CREAMED BEETS

Boil beets as in preceding recipe. When done, rub the skins off and cut in small cubes. Pour over a cream sauce seasoned with butter, pepper, salt, a little sugar.

Place the dish in oven to reheat and serve at once.

BEEF GREENS

This dish is used extensively in the Spring of the year, when beets are young.

Trim off all the leaves, wash thoroughly, but do not separate the stems from the leaves; place in a large saucepan just enough salt water to keep them from burning, about one pint, and when it is boiling, add the greens, cook for thirty minutes, remove from water by lifting, *not pouring*, into a colander, drain well, then turn into a chopping bowl and chop until quite fine.

Melt one quarter cup butter in a saucepan, add one tablespoon flour, then one half cup milk.

Stir well, mix the greens thoroughly with it, and serve very hot.

GRILLED PARSNIPS

Wash and scrape parsnips, cut in half lengthwise, cook in casserole dish, add just enough water to prevent burning.

When tender, drain and lay on shallow dripping pan, dot with butter or cocoanut oil, and brown both sides.

WHITE TURNIPS EN CASSEROLE

1 qt. white turnips	1 tablespoon of sugar
2 tablespoons of butter	Salt and pepper
Small piece of red pepper	

Peel and slice the turnips. Stand in cold water fifteen or twenty minutes, then place in casserole dish, add butter, salt, pepper, and water to almost cover. Cover the dish and bake

until tender. Do not drain, but allow the water to cook out, then add sugar, mash fine and serve.

NOTE.—Rutabagas or yellow turnips should be cooked in the same way.

SPINACH WITH RICE

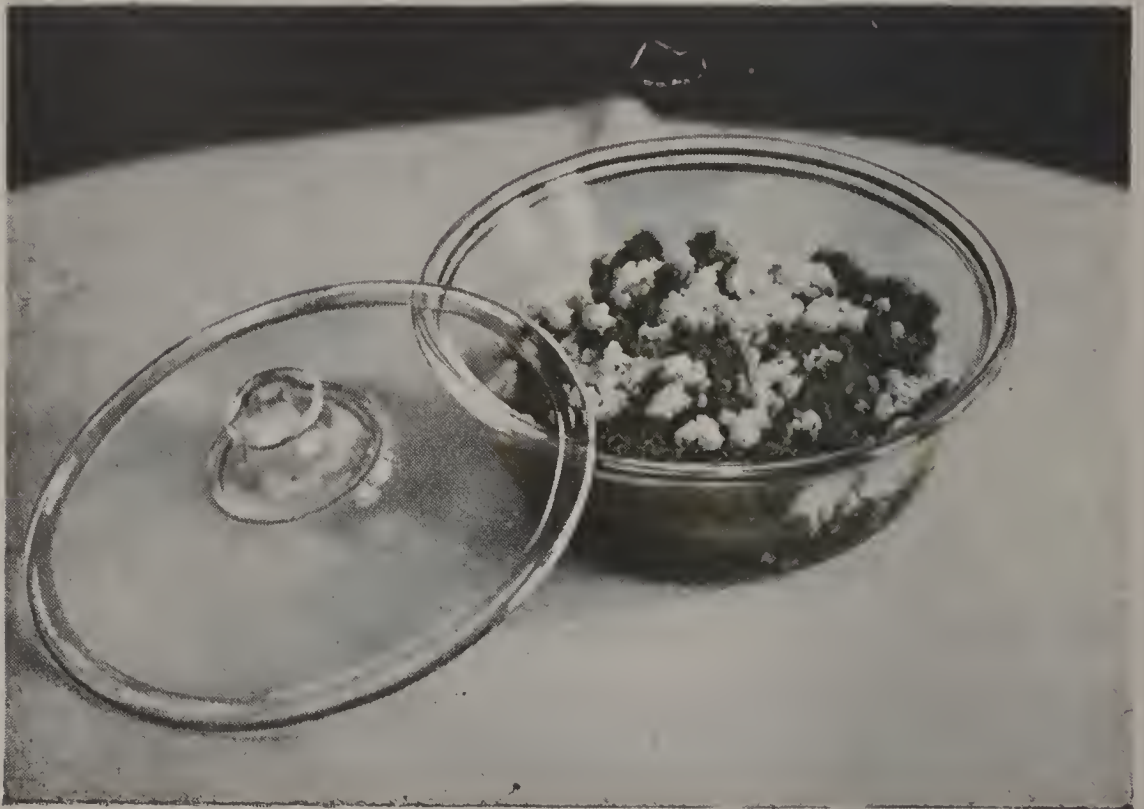
Use quantity of spinach desired, being careful to clean thoroughly. Place spinach in casserole dish, season with salt and add just water enough to prevent burning. Cover dish and cook until tender. Chop, season with butter, salt and pepper. Shape in small cups or molds and turn out on heated platter.

Garnish with boiled rice and pour over hollandaise sauce and serve.

NOTE.—When cooking any leafy vegetable en casserole, it is necessary to cook on top of stove until it is thoroughly wilted.



STUFFED EGG PLANT.



SPINACH EN CASSEROLE.

SPINACH EN CASSEROLE

Wash and cleanse thoroughly the amount of spinach desired. Put in a large kettle until wilted, then place in casserole dish, with a flavor of garlic, a little olive oil, salt, and a very little water. Cook until tender and serve in dish it is cooked in.

Do not chop.

SPINACH EN CASSEROLE

Southern Style

Wash spinach thoroughly and place it in a casserole dish, cover and put in a very hot oven for twenty minutes. During the time it is cooking make the following sauce:

Melt two tablespoons butter, mix with it one tablespoon chopped onion and the juice; when it browns a little, add one tablespoon flour, season with pepper and salt, and add one cup chicken broth, milk, or water, stir until it thickens; put

the spinach through the food chopper, mix it with the sauce, return to the oven for ten minutes longer, then remove cover and sprinkle two hard boiled eggs chopped fine over the top and serve.

FRESH GREEN CORN

Corn is one of the best articles of food in the vegetable kingdom. It is rich in carbohydrates in a most soluble form. It carries about the same per cent. of water as the human body. It has enough cellulose to produce healthy peristaltic action of the intestinal tract.

The following suggestions are given to stimulate its use and widen its utility as a food.

CORN PREPARED UNCOOKED

Split the rows with a sharp knife, pare off the tips of the grain and scrape the pulp from the cob with a dull instrument.

Serve with a pinch of salt, cream and grated

nuts or with cream and a sprinkle of maple sugar.

This may be slightly heated before serving if desired.

CORN BOILED IN THE SHUCK

Remove the outer shuck, leaving only two or three layers over the grain. Boil in the shuck from ten to fifteen minutes.

NOTE.—Care should be exercised not to overcook. The corn should be removed from the water the moment the starch has undergone the first chemical change. In this way the cooking process is least harmful and destructive of the excellent nutritive properties of the grain.

NOTE—Eight or ten minutes is sufficient for tender corn.

CORN PUDDING

12 ears of corn	1½ cups of milk
2 eggs	1 tablespoon sugar
1 teaspoon of salt	2 tablespoons butter

Cut through the center of each row of grains and scrape the pulp out with a dull knife. To this add the sugar, yolks of eggs, well beaten, salt and milk and last the stiffly-beaten egg whites. Put all in casserole dish and bake in a pan of hot water, in a quick oven, forty-five or fifty minutes.

Serve in casserole dish.

TO USE COLD BOILED CORN

Corn left over from a preceding meal may be cut from the cob, put in a casserole dish. Season with pepper, salt, butter and a bit of sugar.

Partly cover with milk and bake fifteen or twenty minutes.

OKRA AND CORN EN CASSEROLE

6 ears of corn

5 or 6 pieces of okra

2 tablespoons butter

Salt and pepper

Cut off the tips of the grains with a sharp knife and scrape down with a dull one. Place

in casserole dish. Wash okra and cut in small pieces, then add to the corn, and season with salt, pepper and butter. To this add about two cups of water. Place casserole dish in a pan of boiling water to prevent burning and bake an hour or more until well done.

NOTE.—Okra may be cooked in the same way, omitting the corn if desired.

FRESH CORN EN CASSEROLE

12 ears of corn	1 cup milk
2 tablespoons butter	1 teaspoon salt
1 saltspoon pepper	1 teaspoon sugar

Cut each row of grains through the center and scrape out the pulp with a dull knife. Put the pulp in a casserole or baking dish and add other ingredients. Cover the dish, place in a pan of water in oven and bake about forty or fifty minutes.

Serve in the casserole dish.

CREAMED CORN

1 can sweet corn	2 teaspoons flour
1 cup milk	1 teaspoon salt
1 tablespoon butter	1 teaspoon sugar
½ cup water	

Put the corn in covered casserole or baking dish. Add butter, salt and water, and cook ten or fifteen minutes in oven.

Dissolve flour in a spoonful of the milk, then add remainder of the milk and sugar. Cook in double boiler ten or fifteen minutes. Add this to the corn, mix all thoroughly and bake ten minutes or more.

SUCCOTASH

1 pt. fresh corn	1 pt. lima beans
1 teaspoon salt	1 saltspoon pepper
2 tablespoons butter	½ teaspoon sugar
2 cups water	

Place all in casserole dish and bake fifty or sixty minutes. If corn and beans have been

cooked previously, omit water and add seasoning. Cook fifteen or twenty minutes.

CORN DRIED FOR WINTER USE

No. 1

Cut from the cob, tender, full-grown corn. Place on trays, cover with cheese-cloth and keep in the sunshine, or over the kitchen range, protected from insects and dust, until thoroughly dry. Place in cheese-cloth bags and put away for winter use.

CORN DRIED FOR WINTER USE

No. 2

Boil on the cob until barely done. Cut off and dry according to recipe above.

TO COOK DBIED CORN

Place amount desired in double boiler or a baking dish, cover with water and soak over night, then season with salt, pepper and butter. Cook an hour or more and serve.

NOTE—It should be cooked in the water in which it is soaked.

BROILED TOMATOES

Wash tomatoes and cut in halves; do not peel them.

Season with pepper and salt; sprinkle a little cracker dust over the top. Broil over a moderate fire about fifteen or twenty minutes.

Serve on a heated platter and season with a bit of melted butter.

Garnish with parsley.

STUFFED TOMATOES

½ cup toasted bread	1 grated onion
crumbs	Salt and pepper
6 medium sized tomatoes	2 tablespoons of butter
1 cup tomato seeds and	1 pt. of sliced okra
juice	1 cup lima beans
2 cups fresh corn	

Wash the tomatoes. Cut off the stem end and scoop out the centers. Place all vegetables and seasoning in a covered casserole dish, mix well, cover with water and bake until tender. When the water should be fairly well evaporated or cooked down, then add the toasted bread crumbs and fill the tomato shells. Bake until just tender, but do not cook until the tomatoes cook down or lose their shape.

MUSHROOMS

Although considerable prejudice exists against mushrooms, because of the difficulty hitherto experienced by some people in distinguishing between the edible and poisonous kinds, they are considered by many to be a great delicacy. Their richness in nitrogen renders them one of the most nutritious of vegetables.

In Europe at least seventy-five varieties are grown and used as food. Those, however, who are not skilled in detecting the character of mushrooms should rely upon tests, if in doubt.

Sprinkle salt in the spongy part, or gills, of the mushrooms, and if they turn yellow they are poisonous but, if the salt turns them black, they are good. Allow a little time for the salt to act before deciding as to the color produced.

Another simple and efficient test is to cook a peeled white onion with mushrooms. If the

onion turns black, they are poisonous. If a silver spoon, used in stirring them, turns black, they should be rejected.

Mushrooms should be carefully looked over before cooking. Wipe them thoroughly with a cloth, and shake them about in cold water to free them from all dust and sand.

They are served in a number of ways, and are always a favorite accompaniment of an entrée.

The mushroom flaps are better for baking than the buttons, and should not be too large. Cut off a portion of the stem, wipe or wash, and put in baking dish tops down, with a small piece of butter in each; sprinkle over with pepper and salt. Bake about twenty minutes, basting several times with hot water to which you have added butter.

Pile high in the center of a dish, squeeze on them a few drops of lemon juice and pour the gravy over them. Serve on hot plates.

MUSHROOM STEMS

1 lb. mushroom stems 1 tablespoon butter
Juice $\frac{1}{2}$ lemon Very little scraped garlic
 Cream sauce

Peel and trim the stems. Place in a saucepan with white pepper, lemon juice, salt and a very little scraped garlic, butter, enough water to steam until tender; then add a thin rich cream sauce and serve.

Excellent with boiled fowl.

CAULIFLOWER AND MUSHROOMS

1 small cauliflower $\frac{1}{4}$ lb. grated cheese
1 tablespoon butter $\frac{1}{4}$ lb. mushrooms

Parboil the cauliflower, brown the mushrooms in the butter, then add the cauliflower and grated cheese, cover and sauté until cauliflower is tender, remove, cover and baste often, serve very hot.

MUSHROOM SCALLOPS

Wash and prepare mushrooms and let them stand in boiling water for a few minutes, then in cold to whiten them, wipe well and brown in a saucepan with a little butter. When a golden brown and almost done, sprinkle in a little flour, and one teaspoon chopped parsley. Stir until the flour is blended, then add one or two cups chicken broth, according to the amount of mushrooms; stir and simmer a few minutes.

Just before serving, stir in the beaten yolk of an egg and a few drops lemon juice.

The sauce should be thick. Fill scallop shells, sprinkle with fine bread crumbs and brown in a very hot oven.

MUSHROOMS WITH EGGS

1 lb. mushrooms	4 eggs
1 tablespoon butter	Salt and pepper
	Bread crumbs

Cut mushrooms in half; stew ten minutes in butter seasoned with salt, pepper and a very little water. Turn them into a casserole and break eggs over the top of the mushrooms, sprinkle with salt, pepper and bits of butter, then cover the top with bread crumbs and place in the oven until brown and the eggs are set.

Serve in dish in which they are baked.

CURRIED MUSHROOMS

1 lb. mushrooms	1 tablespoon butter
1 cup chicken broth	½ cup cream
1 teaspoon curry powder	1 tablespoon flour

Peel and remove the skins from mushrooms, sprinkle with salt, and add butter; stew gently in a little chicken stock, or water and butter; add half cup cream, one small tablespoon white flour; mix carefully and serve on hot toast.

POTTED MUSHROOMS

1 qt. mushrooms	1 tablespoon butter
1 teaspoon salt	$\frac{1}{4}$ teaspoon cayenne
	$\frac{1}{4}$ teaspoon mace

Put the mushrooms into a stew pan, add butter, salt, cayenne and mace, stew ten or fifteen minutes, or until mushrooms are tender, take out carefully and drain. When cold, pack into small pots or jars and pour clarified butter over them.

Prepared in this way they should keep for a week.

MUSHROOMS IN CREAM

6 mushrooms	1 tablespoon butter
$1\frac{1}{2}$ tablespoons cream	1 small slice green pepper
Salt	Pepper

Clean, peel and wash thoroughly, then break in pieces the mushroom caps. Sauté or brown in the butter three or four minutes, then add the cream and pepper. Bake in casserole or

baking dish about twenty or thirty minutes, or until the mushrooms are tender.

Season with salt and pepper and serve.

BROILED MUSHROOMS

Use number of mushrooms desired. Cut the stems close to the gills, wash and clean thoroughly. Put in a wire broiler, gill side down. Broil six or eight minutes and turn. Butter, salt and pepper each mushroom and cook five or six minutes more.

Serve at once on square of buttered toast.

DEHYDRATION — THE LATEST AND
BEST METHOD OF PRESERVING
FOOD

The preservation of food by the process of canning has become one of America's greatest industries, and while this industry has been developed to a very high degree of perfection, it is clumsy and expensive, and a better way of preserving our winter food supplies will and must be found.

It requires six billion (6,000,000,000) cans to supply the requirements of the American canning industry. These cans cost an average of twenty-two dollars (\$22.00) per thousand, which amounts to one hundred and thirty-two million dollars (\$132,000,000). These 6,000,000,000 cans are all used only once and then thrown away. This entails a clear loss every year of one hundred and thirty-two million dollars.

This loss is not only repeated year in and year out, but increases about one million dollars every year. This enormous sum of money is added to the cost of canned goods, and is paid for by the consumer.

A fraction over 90 per cent. of both the bulk and the weight of all canned vegetables and fruits *is water*. In addition to the cost of the cans, this ocean of water is transported and re-transported all over the United States every year, which costs another incalculable sum of money.

The process of dehydration is merely one of removing the water from fresh vegetables and fruit. This is accomplished by cutting them into thin slices, placing them upon a wire screen in a closed metallic flue and forcing over them heated air which takes up the moisture, until they are crisp and dry; then they are put in oiled or paraffin paper bags, when they are ready for the market.

Dehydrated food thus prepared will keep in-

definitely. It occupies a very small space; it requires no sugar or cooking, and the transportation charges are about one-tenth that of the same goods preserved in cans.

When the water is restored by cooking, and the dehydrated article comes to the table, it is equally as good and wholesome as if it had been taken fresh from the garden or the orchard.

Dehydration is the coming method of preserving all fruits, vegetables and, in fact, everything that is now preserved in cans. It will succeed because it is both cheaper and better than the old method. Every housewife should insist on her dealer procuring some dehydrated articles, just to try them.

The preparation of dehydrated vegetables for the table is very simple. The solid articles, such as carrots, corn, parsnips, beets, turnips, etc., etc., should be soaked a few hours or over night before cooking, but the cooking process will restore the requisite amount of water to all of the

soft vegetables and fruits, and they will appear as good as if they were fresh.

Following are recipes for preparing a few of the staple dehydrated articles:

RECIPES FOR DEHYDRATED FOODS

VEGETABLE SOUP

For three quarts of soup use one cup of dehydrated soup vegetables. Before adding to the stock, soak the vegetables in two cups of warm water an hour. Cook in a covered kettle until tender in the same water, then add to stock and boil for twenty or thirty minutes.

IRISH POTATOES

To each cup of dehydrated potato, add two cups of milk (or half water and half milk may be used if desired). Place in a double boiler,

cover and cook until just soft. Season and mash thoroughly. They may also be creamed instead of mashed.

If fried potatoes are desired, prepare as above and drain, then fry.

ONIONS

To each cup of dehydrated onion, add two cups of cold water and soak for three or four hours, then season and bake in casserole dish slowly until tender (about an hour). Always cook the vegetables in the same water they are soaked in. Never drain or the vegetable will be tasteless, unless you desire to fry it; then it is necessary to drain. When possible, the dehydrated vegetables should be baked in casserole dishes to preserve the natural flavor.

CELERY

To one cup of dehydrated celery, add two cups of milk or water, preferably milk; soak about

three hours, then season and bake in casserole dish about an hour. This celery may be used for seasoning the same as any fresh celery, after it has been soaked.

STRING BEANS

To three cups of string beans dehydrated, add three cups of warm water, soak about two hours, then season and bake in casserole or boil about an hour or more until tender.

Do not drain, but cook until dry.

CORN

To one cup of dehydrated corn add two cups of milk. Set in refrigerator over night, cook slowly in double boiler until tender, season with butter, pepper, a bit of sugar and serve.

SPINACH

To each cup of dehydrated spinach, add two cups of warm water; soak about an hour, then

add salt and butter or a little bacon fat and cook in covered casserole in oven about an hour. Do not drain, but cook dry or until the water all evaporates.

BEETS

To one cup of dehydrated beets, add two cups of warm water; soak about three hours, then season and bake slowly in casserole about an hour and a half, or until tender.

CARROTS

To one cup of dehydrated carrots, add two cups of warm water and soak about three hours, then season and bake in casserole dish about an hour, or until tender. Just before serving add half a cup of milk and a little thickening. Stir and cook five or ten minutes and serve.

SQUASH

To one cup of squash, add two cups of cold water and soak an hour or more; add seasoning,

salt, pepper, butter and a bit of sugar. Cook in oven in a covered casserole dish an hour, or until tender. Cook water out; do not drain.

SQUASH PIE

Cook squash as above; mash well and add to this a mixture of one stiffly-beaten egg, $\frac{3}{4}$ cup of sugar, 1 tablespoon of flour, $\frac{1}{2}$ teaspoon each of cinnamon, nutmeg, allspice and ginger, and $1\frac{1}{2}$ cup of milk thoroughly mixed. Put in baked crust and bake in a hot oven.

RHUBARB

To one cup of dehydrated rhubarb, add two cups of cold water and soak over night, or eight to ten hours. Boil slowly half or three-quarters of an hour and sweeten to taste.

CRANBERRY SAUCE

To one cup of dehydrated cranberries, add three cups of cold water and soak an hour, then slowly boil half an hour or more until tender

in the same water. Add half cup of sugar and boil 15 to 20 minutes more.

CRANBERRY JELLY

Prepare the same as cranberry sauce, only use two cups of water to one cup of dehydrated berries. Boil and strain, then add half a cup of sugar and boil until it jells. Pour into moulds or glasses and put in a cool place until jellied.

PEACHES, PEARS OR APRICOTS

To one cup of fruit, add two cups of water; soak about two hours, then boil gently until tender. Sweeten to taste and serve.

A slice or two of lemon may be added to the pears if desired.

APPLE SAUCE

To one cup of dehydrated apples, add three cups of cold water; soak two or three hours,

then cook until tender in the same water; add sugar and a bit of nutmeg or cinnamon. Mash and serve.

TO PREPARE ANY DEHYDRATED BERRIES

To one cup of dehydrated berries, add four cups of cold water and soak a couple of hours. Boil slowly fifteen or twenty minutes, add sugar and boil five or ten minutes more and serve.

BEVERAGES

Two-thirds of the human body consists of water. Liquids, therefore, occupy an important place in the healthy human economy. Fruits and salads are Nature's water foods; fruit juices are therefore the practical summer drink.

The recipes herein given are merely suggestions from which the enterprising housewife can invent an almost limitless number of delicious beverages far more healthful and cheaper than anything that can be served from a soda fountain. Soda-fountain drinks, while popular, are objectionable because of the excessive amount of sugar which they usually contain.

Nearly all fresh, ripe fruits contain a liberal percentage of grape sugar, which is one of Nature's best blood makers. Fruit acid aids in the digestion of other foods, stimulates stomach and intestinal activity, and is therefore indispensable to the maintenance of health.

The following recipes are given to meet the requirements of the average person:

RHUBARB PUNCH

2 oranges	2 lemons
$\frac{3}{4}$ lb. rhubarb	$\frac{1}{2}$ cup of sugar
Small piece of ginger	1 quart of water

Cut the rhubarb in small pieces, add sugar ginger and half of the water. Boil until tender, then strain and add other fruit juices and remainder of water. Place on ice until ready to serve.

HOT GRAPE JUICE

To the amount of grape juice desired, add a piece or two of cinnamon and bring just to boiling point. Serve with toasted crackers and some kind of soft cheese

ROMAN PUNCH

2 cups of apple cider	2 lemons
1 quart can apricots	1 cup of sugar
$1\frac{1}{2}$ cups of water	

Mash apricots and put through strainer. Boil water and sugar together and add the apricots. Cool, add lemon and ice water to taste.

CRANBERRY ADE

8 lemons	1 pint shredded pineapple
4 oranges	1½ pints cranberries
3½ quarts water	Sugar to taste
Few candied cherries	

Add half of the water to the cranberries, cook until soft, and strain. To the remaining water add two-thirds as much sugar as cranberry juice and bring to a boil. When cold add all fruit juices and pineapple. Place on ice until ready to serve.

STRAWBERRY ADE

Wash berries thoroughly and then cap them. Mash well and strain through cheese cloth until the pulp is dry (if placed in glass jars and set in a cold place this will keep for several days).

To five tablespoons of juice add one tumbler of plain or effervescing water. Sugar to taste.

RASPBERRY ADE

1 quart raspberries 3 lemons
1½ cup sugar 2 cups water

Bring sugar, berries and water to a boil, strain and cool, then add lemon juice and sufficient water to dilute it. Place on ice until ready to serve.

BLACKBERRY ADE

Wash thoroughly amount of blackberries desired, mash well and strain. Add sugar to taste. Pour the juice in a glass over a little crushed ice and fill the glass with carbonated or plain water.

CHERRY JUICE

Put a pint of very ripe cherries in a saucepan. Add half a cup of water, bring to a boil, strain and sweeten to taste. This can be used to make a sauce or as a beverage.

GRAPE JUICE FRAPPÉ

No. 1

2 oranges	1 cup sugar
2 lemons	Shaved ice
1 qt. grape juice (Welch's)	½ cup pineapple juice

Mix all the juice together, add the sugar. Fill small glasses with the shaved ice, pour the juice over it and serve.

Send straws to table with this drink. Ice must be shaved very fine or it will not be appetizing.

GRAPE JUICE FRAPPÉ

No. 2

2 qts. cold water	3 lemons
5 cups of sugar	2 cups whipped cream
1½ quarts grape juice (Welch's preferred)	

Stir together the water, grape juice, lemon juice and sugar; freeze as ice cream, only softer. When ready to serve, turn into a punch-bowl, piling high in the center. Have ready the

whipped cream, which has been sweetened and flavored with orange extract. Pile the cream on top of the frappé, decorate any way desired.

Serve with ladle in sherbet glasses.

GRAPE JUICE RICKEY

1 lime	$\frac{3}{4}$ cup	Welch's Grape
1 teaspoon ginger		Juice
Carbonated water	2 tablespoons	sugar

Chip a small quantity of ice into the glass. Squeeze over this juice of one lime; add the sugar, grape juice, carbonated water to fill the glass.

Garnish with slices of lime.

GRAPE MINT JULEP

Crush several sprigs of mint in the glass and fill with finely-crushed ice. Cover with Welch's Grape Juice and decorate with a large spray of mint.

Serve with straws if desired.

GRAPE JUICE GLACÉ

Almost fill a cup with shaved ice, sprinkle with powdered sugar, add four tablespoons of Welch's grape juice, the juice of half a lemon, mix and serve.

GRAPE EGG NOG

4 tablespoons grape juice (Welch's preferred)
2 egg whites 1 egg yolk
4 tablespoons sugar

Beat the yolk until stiff, adding half the sugar. Beat the whites until stiff, adding remainder of the sugar. Now fold the whites into the yolk mixture and pour the grape juice over all in the glass.

RICE WATER

3 tablespoons of rice 4 cups of cold water
Cream Salt

Wash the rice carefully and soak in water for about an hour. Then heat gradually and boil

until the rice is soft. Strain and season with salt. If too thick, dilute with boiling water. Add milk or cream as desired.

CHOCOLATE

1 oz. of chocolate 1 pt. of milk

Put the chocolate in a saucepan, add a few spoonfuls of hot water, melt the chocolate and stir until smooth, then add the milk which has been heated. Bring to a boil, beat rapidly and serve with whipped cream.

FROSTED CHOCOLATE (delicious)

2 oz. of chocolate sauce 4 oz. of milk
1 large tablespoon of vanilla ice cream

Place in a shaker and shake well. Pour into glass and serve.

If you wish to serve it hot it may be heated after mixing. Add one tablespoon of whipped

GRAPE PUNCH

To one quart of grape juice (Welch's preferred) add the juice of six lemons. Sweeten to taste. Set on ice. When ready to serve, add carbonated or Apollinaris water, if desired. This might be mellowed somewhat and made a bit more palatable by boiling together a half pound of sugar with a half pint of water to sweeten, but care must be taken not to stir after the sugar is dissolved.

GRAPE JUICE

4 cups of Concord grapes 2 cups of cold water
1½ cups of sugar

Remove the stems and wash the grapes thoroughly. Add water and cook in a double boiler one and one-half hours. Add sugar and cook thirty to forty minutes more. Strain through a double thickness of cheese-cloth and bottle. Add crushed ice or dilute with a little cold water.

PINEAPPLE PUNCH

To the juice of one fresh medium-sized pineapple add three pints of water, the juice of five or six lemons and sweeten to taste. Add a few candied cherries. Serve in punch glasses with crushed ice.

RASPBERRY NECTAR

Mash one quart each of raspberries and currants. Strain, sweeten and set on ice. Just before serving add water and more sugar, if necessary.

ORANGEADE

To the juice of eight oranges add the juice of three lemons and the quantity of water desired. Sweeten to taste. Serve in deep glasses with crushed ice and a few mint leaves, or in punch glasses with a few crystallized cherries.

GRAPE JUICE HIGH BALL

3 oranges	1 cup sugar
Carbonated water	Cracked ice
1 qt. grape juice (Welch's)	

Squeeze and strain the juice from the oranges. Mix it with the sugar, add to the grape juice. Stir well, add water and cracked ice.

GRAPE AND ALBUMIN

1 egg	1 teaspoon powdered
1 lime	sugar
	Grape juice

Beat the egg thoroughly, add the juice of the lime and the sugar. Pour into the glass, add a little crushed ice and fill the glass with the grape juice.

LEMON NECTAR

Cut the rind of three lemons very thin. Pour upon it two gallons of boiling water. When cool add the strained juice of the lemons, two pounds of loaf sugar and one pound of raisins seeded and chopped very fine. Let stand four or five days, stirring every day, then strain through a jelly bag and bottle for use.

PHILADELPHIA PUNCH

1 qt. of lemon juice 3 oranges (the juice)
1 qt. of distilled water 5 oz. Italian Vermouth
 3 cups of sugar

Mix all together. Add red cherries and one pineapple, diced, enough to cover the top of the punch-bowl.

Add cracked ice and serve.

EGG LEMONADE

To one quart of water add a cup of sugar. Allow this to come to a boil. Set on ice. When chilled, add the juice of four or five lemons. Whip two eggs and just before serving turn all into lemonade-shaker and mix thoroughly.

MINT AND CURRANT JULEP

To one-half pint of mashed currants add a half pint of water. Put through a sieve, then strain through a cheese-cloth. Sweeten to taste

stirring daily. Strain through a cloth twice, bottle and set in a cool place.

NUT FRAPPÉ

$\frac{1}{4}$ cup cold water	$\frac{1}{2}$ envelope Knox Spark-
$\frac{1}{2}$ cup sugar	ling Gelatine
1 cup cooked sweet	$\frac{3}{4}$ cup milk
cherries	White of 1 egg
1 cup cream	1 cup chopped nuts

Soak gelatine in the cold water five minutes and dissolve over hot water. Add dissolved gelatine to cream, milk and sugar and stir in beaten white of egg. When cold, add the cherries which have been stoned and cut in half; also the chopped nuts. Serve ice cold in sherbet glasses.

LIMEADE

To the juice of one lime add one and one-half glasses of water. Sweeten to taste. Put on ice until ready to serve.

LEMONADE

To juice of one lemon add water and sugar to taste. Serve cold.

A few candied cherries may be added if desired.

MINT CUPS

To the juice of five lemons add a handful of crushed mint leaves and one cup of sugar (or sweeten to taste), cover and let stand thirty minutes. Just before serving add Welch's grape juice and water equal parts. Put a few mint leaves in the top of the pitcher. Serve very cold in frappé glasses.

GRAPE SYLLABUB

1 egg white	1 cup Welch's Grape
1 cup heavy cream	Juice
$\frac{1}{2}$ cup sugar (scant)	

Dissolve the sugar in the grape juice; beat

the cream and egg white until stiff, add the grape juice and beat with a rotary egg-beater.

Chill and serve in tall glasses.

GRAPE NECTAR

2 oranges	Juice of 1 cup of straw-
2/3 cup of sugar	berries
2 cups of water	
2 cups Welch's Grape Juice	

Mix the fruit juices, sugar and water. Serve in a punch-bowl with slices of lemon, oranges and a few Maraschino cherries.

Serve ice cold.

GRAPE LEMONADE

Place a small piece of ice in a pitcher. To the juice of three lemons mix one cup of sugar, three cups of water and two cups of Welch's Grape Juice. Pour into the pitcher and stir

thoroughly. Allow to stand a few minutes before serving.

This recipe will serve six persons.

MINT GRAPE CUP

Put a small block of ice in a punch-bowl or pitcher and slice in one orange, a banana, and add two cups of crushed strawberries. Pour over this one quart of water and two cups of Welch's Grape Juice. Decorate with mint and allow to stand until seasoned.

Serve in stemmed glasses.

GRAPE JUICE PUNCH

6 oranges	1 qt. Welch's Grape
6 lemons	Juice
3 qts. water	1 grated pineapple
1 banana	3 cups sugar
2 slices pineapple	1 orange

Boil the water, sugar and pineapple ten or fifteen minutes; strain through a cheese-cloth,

pressing out all the liquid; place on ice and chill.

When ready to serve, add the chilled grape juice with the juice of the oranges and lemons. After turning the punch into the bowl, add the orange, pineapple and banana cut in small pieces.

This punch may be made without cooking, but sugar syrup makes better punch than sugar.

CIDER PUNCH

Mix two cupfuls of sugar with half a cupful of clear lemon juice; put with this one quart of Welch's Grape Juice and one quart of sweet cider. Stir well, pour into a pitcher half filled with cracked ice. When the mixture is well chilled turn out into glasses.

GRAPE JUICE

The fermented fruit of the vine has long been enshrined in poetry and art. Omar Khayyám sang to its virtues in his *Rubáiyát* a thousand years ago.

Wine (fermented grape juice) was the national drink of the Romans, Greeks and Persians. The decline and fall of these great peoples is evidence of the deteriorating and degrading effect of fermented fruit juice upon man.

From the rich and nourishing sweetness of the grape, the fermenting (wine making) process generates alcohol, which modern science has shown to be not only devoid of nutritive value, but destructive of muscular tissue.

Dr. Welch has given to the grape its true meaning—A FOOD.

Instead of employing its riches to rob man

of his birthright, Dr. Welch has discovered a method of preserving (without chemicals) all the delicious and nutritious properties of the grape. Instead of changing the excellent food elements it contains into alcohol by fermenting, he has found a way of saving them and giving them to us in their most available and convenient form.

This modern scientist has made an unfermented beverage out of the grape that gives to the body organic iron and grape sugar to enrich the hemoglobin (red) of the blood and charge the human battery with new life and pep

Instead of employing the virtues of the grape to injure his fellowman, Dr. Welch has turned it about face and made of it a refreshing beverage of surpassing delicacy and flavor. Instead of tea, coffee and other stimulants, which destroy energy and mar the digestion, we would like to see Welch's Grape Juice become our national food beverage.

ECONOMY IN UTILIZING LEFT-OVERS

It is economy to employ an intelligent, saving cook. The amount saved will far exceed the increase in salary. A cook should be trained to look through the refrigerator daily so that she may plan for the use of left-overs.

All beef or pork fat or fat from poultry may be clarified and used for shortening. When cooking bacon, save the drippings and pour into a covered jar for future use.

All scraps of bread can be toasted, pounded into crumbs and placed in a jar to be used when needed.

Never throw away the bones of turkey or chicken; they can be used for soup.

When using only egg whites, the yolks should be placed carefully in a cup, covered with a wet cloth or if they are unbroken, covered with cold water; and kept in the refrigerator. These yolks

may be added to other eggs for scrambling, omelet or mayonnaise dressing. Whites left over may be used for angel cake or meringue. They may be used in soufflés or whipped stiff and stirred into gelatine (see marshmallow pudding).

Left-over cereals may be cut into squares and browned or made into pancakes; cold rice may be used for cream soups, croquettes, puddings, etc.

Any cold vegetables may be used for soups, salads or purée or added to a vegetable roast. Cauliflower may be broken into small pieces, covered with a cream sauce and grated cheese and browned. The outside pieces and roots of celery are excellent when boiled as a vegetable or made into a cream soup. Shells from fresh peas make excellent soup.

Sour milk whipped with a rotary egg beater makes delicious buttermilk, or cottage cheese. Sour milk, even though a small amount, should be whipped up for butter.

Apple peelings should be saved and made into jelly. Peach peelings flavored with a small amount of lemon juice make delicious syrup.

When cheese becomes dry and hard, grate it and use to sprinkle over salads, baked potatoes, soup and vegetables.

The three following menus show well balanced meals and how to daintily utilize the left-overs from dinner No. 1.

These may be used for either noon or evening meals.

DINNER 1:

Baked chicken and jelly
Celery
Peas
Rice, southern style
Cauliflower in cream
Bran gems
Lettuce salad
Wine jelly

DINNER 2:

Cream of pea soup
Creamed chicken and jelly
Cauliflower au gratin
Celery salad
Corn bread, southern style
Jelly meringue

NOTE: *This meal is composed of left-overs entirely, with the exception of corn bread. See recipes.*

DINNER 3:

Chicken soup
Rice and chicken croquettes
Jelly
Spaghetti cooked in chicken gravy and served with grated parmesan cheese
Cold slaw
Whole wheat bread
Bread pudding

NOTE: *This meal is also composed of left-overs. Soup is made from the chicken bones and left-over rice. Spaghetti is boiled about 25 minutes in the chicken gravy. See recipes.*

INVALID COOKERY

VEGETABLE BROTH

- | | |
|---|---|
| 2 tablespoons grated tur-
nips
2 tablespoons grated car-
rots
1 tablespoon pearl barley
2 tablespoons chopped po-
tato
½ cup strained tomato
1 teaspoon sugar | 2 tablespoons chopped cel-
ery
2 tablespoons grated onion
1 tablespoon rice
2 tablespoons peanut but-
ter
1 teaspoon chopped parsley
Salt and pepper |
|---|---|

Put the sugar in a saucepan and brown, then add the onion and brown, shake occasionally to prevent burning, then add all other vegetables—rice, barley, peanut butter, etc. Cover the kettle and cook slowly for about two hours. Strain, season with salt and pepper, and serve.

CREAM OF CELERY

8 large pieces of celery	1 teaspoon of sugar
1 pint of milk	Piece of butter
Salt and pepper	
4 tablespoons grated carrot	1 cup chicken stock
	1 teaspoon of butter
1 cup of milk	Salt and pepper
1 teaspoon of cornstarch	

Wash and clean the celery, pare the root and cut into slices. Put the sugar in the bottom of a saucepan and brown, then add one pint of water and the chopped celery, using some of the tops. Cover and boil until tender, strain, being careful to extract all the juice. To the strained juice add the milk, butter, salt and pepper, bring to a boil and thicken with a little cornstarch which has been dissolved in milk or water. Just before serving add a tablespoon of whipped cream.

CREAM OF CARROT

Add carrot to the chicken stock, cook thirty minutes, then add milk in which cornstarch has

been dissolved. Bring to a boil, add butter, salt and pepper. Milk can be used in place of chicken stock if desired.

CREAM OF CORN

Can of corn	1 pint of milk
Small piece of butter	Salt and pepper
1 tablespoon of cornstarch	

To the corn add a quart of water and cook in double boiler an hour or more until tender. Strain, add milk, seasoning and cornstarch which has been dissolved in a little water. Cook ten or fifteen minutes longer and serve.

Note:. Instead of adding butter, two or three tablespoons of whipped cream makes this very delicious.

CLAM BOUILLON

Wash well and scrub with a brush one quart of clams, changing the water often. When thoroughly cleansed add one cup of cold water, cover well and steam until the shells open. Strain the liquor, season to taste and serve.

OATMEAL BROTH

2 tablespoons rolled oats 1 teaspoon of sugar
1 tablespoon olive oil 1 tablespoon grated onion
1 teaspoon celery salt 3 cups of water

Salt and pepper

Put the sugar in the bottom of a saucepan and brown. To this add the onion and brown, then add the olive oil and water and bring to a boil. To the boiling water sprinkle in the rolled oats, celery, salt and seasoning. Cover and cook about forty-five minutes. Strain and serve.

CREAM OF POTATO

2 medium-size potatoes Small onion
2 cups of milk Small piece of butter

Salt and pepper

Boil the potatoes and sliced onion together until tender, mash through a sieve. To this add milk, butter, salt and pepper and bring to a boil. If too thin add a teaspoonful of corn-starch which has been dissolved in a little milk

or water, add to the soup and boil two or three minutes more.

Note: Celery can be used instead of onion if desired.

CHICKEN AND LENTIL BROTH

½ cup of milk ½ teaspoon of salt
2 cups of chicken broth 1 teaspoon of lentil flour

Dissolve the lentil flour in cold water and stir into the broth. Cook slowly ten or fifteen minutes. Add milk and salt to taste, and serve.

Dried lentils can be cooked, mashed through a sieve and used instead of the flour if desired.

CHICKEN BROTH

Make same as chicken soup, but strain thoroughly. Skim every particle of oil from the broth before serving.

Chicken broth can be made in large quantities and kept in the refrigerator for several days and used in different kinds of recipes if desired.

CHICKEN BROTH WITH CARROTS

4 young carrots	1 teaspoon of butter
½ teaspoon of salt	1 pint of chicken broth

Grate the carrots and add to the broth. Boil until the carrots are thoroughly cooked. Add salt and butter, and serve.

CHICKEN AND PEA BROTH

Prepare same as with lentils, using peas or pea flour instead of lentil.

CHICKEN AND BEAN BROTH

Make as per the recipe for lentils, using beans or bean flour instead of lentils.

BRAN BROTH

1 cup of wheat bran	1 teaspoon of salt
2 tablespoons of cream	3 cups of chicken broth

Add the bran to the broth and cook twenty or

thirty minutes, and strain. Then add cream and salt. Heat and serve.

EGG-MILK

To one pint of milk add one thoroughly-beaten egg. This is sufficient for an ordinary meal, and being so largely composed of protein matter no other nitrogenous food, such as fish, meat, beans, etc., should be taken at the same time.

EGG FLOAT

Whole Egg.—Whip the white and yolk separately from two to three minutes. Add slowly a teaspoon of lemon juice, half a teaspoon of sugar, and a teaspoon of heavy cream to the yolk; then add the whipped white to the yolk mixture.

If properly mixed, this will stand up like whipped cream. This makes a delicious dressing for salads and fruits.

NOTE.—Any fruit juice may be used in place of lemon.

Fruit and egg float constitutes almost an ideal meal taken in the following proportions:

Two or three ripe peaches, or an equivalent amount of soaked evaporated peaches or apricots, eaten with two eggs prepared as recipe above.

EGG MILKSHAKE

Put about two tablespoonfuls crushed ice in a glass, add one tablespoonful maple syrup, one egg and two-thirds cup of milk. Mix thoroughly in a lemonade shaker and strain into a glass for serving. A little grated nutmeg or cinnamon may be added if desired.

POACHED EGG IN BAKED POTATO

Open a large baked potato, remove the pulp from the shell, mash and season with salt, butter and paprika, then place the prepared pulp in the shell and drop in the egg.

Return to the oven and bake until firm.

CODDLED EGGS

Place two eggs in small bowl. Pour one pint of boiling water over them and cover. Allow to stand four or five minutes. Serve in the shell.

Eggs cooked in this way, viz., as the water recedes in temperature, bring the white to a light gelatinous form, which is much more delicious in taste than when boiled in the ordinary way.

STEAMED EGGS

Break an egg into small saucer, place in steamer, cover and cook lightly. A combination egg steamer may be used. (See picture.)

Cooked in this way the egg does not come in contact with the water, which makes it a much more hygienic method than the old way of poaching.

FLUFFY EGGS

Add a little salt to the white, beat until stiff, place in a buttered ramekin dish or saucer. Put a small piece of butter in center of white. Place

unbroken yolk on top. Place in steamer until softly cooked and serve.

EGG WHITE AND WINE

1 egg white 3 tablespoons of crushed
1 tablespoon of wine ice
 ½ tablespoon of powdered sugar

To the stiffly-beaten white add slowly the wine and sugar and continue whipping.

Pour over the ice and serve.

MILK AND EGG WHITE

1 egg white ½ cup of milk
 Salt or sugar

To the stiffly-beaten white of an egg add milk and salt or sugar, if desired.

Mix all together in lemonade shaker and serve.

EGG AND ORANGE

1 orange

1 egg

Put the juice of an orange in a small glass and drop into it one fresh egg. The egg is supposed to be swallowed whole. The egg can be taken in sherry the same way if preferred.

EGG WHEY

1 egg

3 oz. whey

1 tablespoon cream

Nutmeg

1 teaspoon sugar

Add sugar to whole egg and whip until very stiff. Add to this the cream and whey. Put all in shaker and shake well. Grate nutmeg over top and serve at once.

MILK AND RUM

1 tablespoon powdered
isinglass

1 teaspoonful sugar

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

1 teaspoonful rum

$\frac{1}{2}$ glass cold milk

Put isinglass in warm water and set over ket-

tle of hot water until dissolved. To this add sugar and pour in tumbler, then add cold milk and rum. Serve.

MILK PUNCH

1 cup cold milk 1 tablespoon sugar
1 teaspoon brandy Nutmeg
1 tablespoon whipped cream

Put milk, sugar and brandy all in shaker and shake well. Serve nutmeg and whipped cream on top.

MILK AND LIME WATER

Use one tablespoonful lime water to two cups of milk. Shake well. Serve at once.

This recipe should be used when milk ferments in the stomach.

RENNET WHEY

1 qt. milk 2 tablespoons cold water
1 teaspoon rennet essence 2 egg whites

Heat the milk only lukewarm. Dissolve rennet in the cold water and stir in the milk. Set milk to one side until it thickens. Then break the curd with fork and drain through cheese-cloth, saving the whey. When cold, pour half of whey into a jar and add two unbeaten egg whites. Cover tight and shake hard until thoroughly mixed, then strain through a fine sieve into the remaining portion of whey and put in refrigerator. This is excellent for those who have delicate stomachs.

Pot cheese can be made of the curd if desired.

SHERRY PUNCH

2 cups milk	3 tablespoons sherry
2 lumps loaf sugar	1 egg white

Heat milk to about 160 degrees Fahrenheit. Add sugar and sherry. Stir and bring to not quite the boiling point, strain and to this add stiffly-beaten egg white. Serve.



EGG FLOAT.



FRUIT EGGNOG.

FRUIT EGG NOG

$\frac{1}{2}$ glass fruit juice 1 egg white
 $\frac{1}{2}$ teaspoon powdered sugar

Whip egg white and sugar until very stiff. Fill the glass half full of any fruit juice, preferably grape or orange, and heap the stiffly-beaten white on top. Any other fruit juice may be used in the same way.

ARROWROOT MILK

3 cups milk 2 tablespoons cold water
 1 rounding teaspoon ar-
1 teaspoon of sugar rowroot

Dissolve arrowroot in the cold water. Add to this the milk and sugar. Place on fire and stir until milk thickens. Set in double boiler, cook 10 or 15 minutes.

EGG NOG

1 egg 1 teaspoon sugar
1 tablespoon of brandy $\frac{2}{3}$ cup of milk
or vanilla

Add the sugar to the egg and whip with rotary egg-beater until very stiff. Then whip in, very slowly, the brandy or vanilla, as desired and last, add milk gradually, a few drops at a time, while constantly whipping.

Serve immediately after making.

ORANGE EGG NO. 1

1 egg	Juice of an orange
1 tablespoon of sugar	1 teaspoon of lemon juice
1 tablespoon of crushed ice	

Beat the white of egg until stiff. To the yolk add the sugar and whip thoroughly, gradually adding the fruit juices while whipping. When all has been added, mix and pour over the crushed ice.

ORANGE EGG NO. 2

1 egg white	$\frac{1}{2}$ cup of orange juice
2 tablespoons of crushed ice	

Stir white of egg with fork and slowly add the orange juice. Strain over the crushed ice.

EGG LEMONADE

1 egg
2 tablespoons of lemon juice
1 tablespoon of powdered sugar
 $\frac{1}{4}$ cup of cold water
2 tablespoons of crushed ice

Add sugar, water, lemon juice and lightly-beaten egg and strain over crushed ice. A little sherry may be added if desired.

ORANGEADE

1 orange
2 tablespoons of crushed ice

Put ice in a glass and squeeze the orange juice over it.

CHERRY PUNCH

1 cup of granulated sugar
1 quart of water
1 pt. of red cherry juice
Juice of 2 lemons

Boil one cup of granulated sugar with one quart of water for five minutes. Add cherry juice and lemons.

Set on ice to cool and serve with a slice of orange on top of the glass.

RICE WATER

Cream	Salt
3 tablespoons of rice	4 cups of cold water

Wash the rice carefully and soak in water for about an hour. Then heat gradually and boil until the rice is soft. Strain and season with salt. If too thick, dilute with boiling water. Add milk or cream, as the case may be.

GRAPE JUICE

4 cups of Concord grapes	2 cups of cold water
1½ cups of sugar	

Remove the stems and wash the grapes thoroughly. Add water and cook in a double boiler one and one-half hours. Add sugar and cook thirty to forty minutes more. Strain through a double thickness of cheese-cloth and bottle. Add crushed ice or dilute with a little cold water.

ORANGE MINT

Peel and remove pulp from sour orange. Cut in small pieces and sprinkle a light tablespoon of powdered sugar over it. Add to this a half tablespoon of mint chopped fine and a teaspoonful of sherry and lemon juice.

Serve in champagne glasses and garnish with mint.

FROSTED CHOCOLATE (delicious)

For each person use:

4 ozs. of milk	1 large tablespoon of
2 ozs. of chocolate sauce	vanilla ice cream

Place in shaker and shake well. Pour into glass and serve.

If you wish to serve it hot, it may be heated after mixing. Add one tablespoon of whipped cream when served hot.

CHOCOLATE MALTED MILK

2 ozs. of chocolate sauce	1 oz. of malted milk
(see recipe)	5 ozs. of rich milk

Mix all together in a shaker and shake well.

Serve plain when cold and with whipped cream when hot.

EGG WHITE

1 egg white $\frac{1}{2}$ cup of cold water
1 tablespoon of grape juice

Stir or break up egg white with fork. Add water and grape juice gradually. Salt to taste.

Strain and serve.

BARLEY WATER

2 tablespoons of barley 1 qt. of cold water

Wash the barley, add water and allow to soak for four or five hours. Cook in the same water until the water has been reduced to one pint for infant.

For adults, boil until the water is reduced to one cup. This may be seasoned with salt and cream and sugar, if desired.

CHESTNUT PURÉE

1 pint blanched chestnuts 2 cups of chicken stock
1 quart of water 1 tablespoon of butter
A bit of parsley Salt and pepper

Add water to the chestnuts and boil until very tender and until the water is cooked out. *Do not* drain, then rub the chestnuts through a sieve. To this add the butter, chicken stock, salt and pepper and bring to a boil. If too thin thicken a little, or if too thick add a little more chicken stock or water. Milk can be used in place of chicken stock if desired.

LIMA BEAN PURÉE

2 cups lima beans 1½ quart water
2 tablespoons grated onion 2 tablespoons grated carrot
1 tablespoon of butter Salt and pepper
 2 cups of milk

Soak the beans over night, drain, add water and salt. Cook until tender, and until the beans are rather dry. Mash through a strainer and

add butter, carrot, onion, salt, pepper, and milk. Bring to a boil and serve. If too thick add more milk, or if too thin add thickening.

PURÉE OF RICE

1/2 cup of rice	1 cup of chicken broth
1/2 teaspoon of salt	1/2 teaspoon celery seed

Wash the rice, and boil hard for two or three minutes and drain, then add the chicken broth and cook very slowly until the rice is tender and the broth has cooked out. Put through a sieve and add other seasoning.

RULES FOR MAKING GRUELS

All cereals should be cooked for several hours in a double boiler or until it becomes a jelly. This can be strained and kept on ice or in a cool place until needed, then add a little milk or cream to the amount of cereal desired, re-heat, season and serve.

BARLEY GRUEL

3 tablespoons pearl barley 1½ quarts boiling water
½ teaspoon salt

Add salt and water to barley and boil for two or three hours. Strain, add milk or cream if desired, season to taste and serve.

CORNMEAL GRUEL OR MUSH

2 tablespoons white corn meal ½ teaspoon of salt
1 quart of cold water

Stir salt and corn meal into water. Mix well and cook in double boiler an hour or more. Serve with butter, or cream and sugar if desired.

ARROWROOT PORRIDGE

1 rounding teaspoon arrowroot 3 tablespoons of milk
2 cups hot milk

Dissolve arrowroot in the 3 tablespoons of cold milk. Add the hot milk and sugar, cook in double boiler until the consistency of cream. Add nutmeg and serve.

GUM ARABIC GRUEL

1 ounce white Arabic	1 cup cold water
2 cups milk	1 tablespoon strained
2 teaspoons port wine	honey or 3 of sugar

To the gum Arabic add cold water and soak 2 or 3 hours, then add milk and honey (or sugar). Stir over fire until gum is thoroughly dissolved, strain and when cool add the port wine and serve.

LENTIL GRUEL

2 cups milk	2 tablespoons lentil
1 teaspoon salt	powder
1 teaspoon celery salt	Lump of butter

Moisten the powder with a little cold water and mix with the milk. Place in double boiler and cook about an hour. Add celery salt, butter and salt just before serving.

BROWN RICE MUSH

2 tablespoons rice flour	1 cup boiling water
browned	2 tablespoons cream
6 tablespoons cold water	1 teaspoon salt

Mix the browned flour with the cold water. Add the salt and boiling water to this. Stir until boiling, then place in double boiler and cook 45 or 50 minutes. Just before serving add cream and mix well.

NOTE.—Half pound of the rice flour or any amount desired can be browned in oven before needed and kept in a glass jar. When browning, put in a baking pan and shake constantly so as to brown evenly.

GLUTEN GRUEL

1½ cup gluten meal	1 qt. water or milk
1 teaspoon salt	(boiling)

To the boiling water or milk add salt and quickly stir in the gluten meal. Cook fast and serve. Three or four tablespoons of cream added before serving would be an improvement.

APRICOT MARSHMALLOW PUDDING

Beat four egg whites to a stiff froth. Dissolve one rounded tablespoonful of powdered gelatine

in half cup of boiling water; then add half cup of cold water. When cool, beat slowly into the stiffly-beaten egg whites, and whip in a scant cup of granulated sugar. Add flavoring, or a few fresh or soaked evaporated apricots mashed to a pulp. Stir until mixture hardens. Serve with whipped cream.

BAKED BANANAS

Select large, very ripe bananas, peel and remove strings. Bake fifteen or twenty minutes until a nice brown.

Serve with sweet butter or heavy cream.

CARAMEL CUSTARD

2 egg yolks	1 cup of hot milk
3 tablespoons of sugar	A bit of salt
Vanilla to taste	

Put sugar alone in a saucepan and stir constantly over the fire until lightly browned, then add milk and stir until sugar is thoroughly dis-

and allow to boil 18 or 20 minutes. Turn into individual molds to cool. This should be soft jelly. Serve with plain or whipped cream.

NOTE.—Any other fruit could be used in place of raisins if desired.

CHICKEN SAGO PUDDING

2 egg yolks	2 cups milk
2 tablespoons cream	2 tablespoons sago
2 cups chicken broth	

Add sago to the broth and stand over night or several hours, then cook in double boiler an hour or more or until transparent, then add the milk and remove from fire. Add to this the yolks and cream which have been thoroughly whipped together.

Salt to taste and serve.

OLIVE OIL AND GRAPE JUICE

The taste of olive oil may be pleasantly disguised for those who are obliged to take it as a

medicine, by pouring into an ordinary drinking glass an ounce of Welch's Grape Juice. The olive oil is then turned in gently on this, another ounce of grape juice added, and the draft taken at once. The flavor of the grape juice comes first and last, and the taste of the oil is not noticeable.

FRESH FRUITS

Fruit was the natural food of primitive man. The history of the anthropoidal race shows that the highest specimens of physical life were developed on a diet consisting largely of nuts and fruits.

Aside from the value of fruit as a food, it occupies an important place as an ornament and an article of decoration for the table. A pyramid of luscious, ripe fruit in the center of a table is more beautiful and much more appropriate than plants or flowers.

Fruit is Nature's great remedial and curative agent. While there is some nourishment in all fruit, yet it is divided into two general classes—one nutritive and the other curative.

Such fruits as cherries, blackberries, raspberries, strawberries, quinces, pears and pomegranates act as astringents, and the juices are

excellent in cases of chronic dysentery and diarrhoea.

The following fruits possess very nutritive and highly necessary food properties: Bananas, pears, dates, figs, raisins, grapes, apples and the black California cherry.

Pineapple juice is decidedly germicidal, and is especially recommended in cases of diphtheria or any other throat infection.

MELONS

Watermelons, muskmelons and the numerous varieties of cantaloupe may all be grouped under the head of "melons."

These articles are in a class by themselves. They occupy a position in food chemistry along the borderline between fruits and vegetables. They contain about:

Water	90 per cent
Carbohydrates	from 7 to 10 per cent

The water and fruit sugar of the melon is the purest form in which these valuable nutrients can be taken.

More melons and less meat and sweets would do much to prevent sunstroke and heat prostrations, perfect the summer diet and improve the general health.

BERRIES

Collectively berries occupy a very important place in the natural bill-of-fare. They serve certain purposes in the menu and contain certain elements of nourishment that can be secured from no other source.

By the wise provision of nature berries are most abundant during the spring and summer, which is the time of the year when their remedial, preventive and curative qualities are most needed.

All berries should be eaten very ripe and as fresh as they can possibly be procured. The nearer their natural state they can be taken

the better. If, however, they should be slightly wilted, they make a beautiful and appetizing dish when crushed and served with the stiffly beaten white of an egg and a little cream.

Select very ripe berries of any kind, cleanse thoroughly and serve with grated nuts instead of cream and sugar. This combination is very delicious and nourishing. The oil of the nut has a tendency to modify the acid, while the acid of the berry aids in the digestion of the nut.

THE BANANA

The banana is from the genus *Musa Sapientum*, a member of the vegetable family. It is one of the most universally used foods in the world.

When the banana is thoroughly ripe it contains about:

Water	70	per cent
Protein	1.50	per cent

ENCYCLOPEDIA OF COOKERY

Fat	1	per cent
Carbohydrates	25.30	per cent

The banana is not fit for food until it is exceedingly ripe, a condition indicated by the appearance of small black spots on the outside of the skin.

The banana, with nuts and non-acid fruits, constitutes almost a perfect diet, suitable for either the sedentary worker or the manual laborer. A ripe banana, figs and nut butter make an ideal breakfast. Thousands of people deprive themselves of this excellent article of food because they have experienced the ill-effects of eating it before it is ripe.

BANANAS

Bananas are delicious eaten with heavy cream, dates, figs, cream cheese or Beech-Nut Peanut Butter. They should, however, not be eaten until they are full grown and very ripe, or until black spots appear on the skins.

BAKED BANANAS

Select large, very ripe bananas, peel and remove strings. Bake fifteen or twenty minutes until a nice brown.

Serve with hot sweet butter or heavy cream.

ORANGE CUPS

Select number of oranges desired. Cut a hole in the top of each large enough to insert a spoon. Remove the pulp and juice. Dissolve two tablespoons gelatine in half a cup of cold water, then add two cups of boiling water and four or five tablespoons sugar. When cool, fill the orange shells. Set on ice until hard or ready to use. Serve with whipped egg whites.

NOTE.—The orange juice or pulp may be used for the jelly.

GRAPEFRUIT BASKET

Cut the grapefruit in shape of a basket, remove the center and cut sides loose from the rind.

Fill with grape juice (preferably Welch's) and serve cold for breakfast or a luncheon.

PURÉE OF FRUIT

Purée can be made of any fruit desired, such as berries, peaches, apricots, bananas, by mashing the fruit through a colander or coarse sieve and sweetening it to taste. It may be served hot or cold and makes delicious sauces for puddings. If it is to be used hot, allow to come to a boiling point and thicken with arrowroot, allowing a teaspoonful of arrowroot to a cupful of purée.

GRATED PEARS

Select sweet, ripe pears, peel and grate. Serve with sweetened cream and egg white whipped together.

CHEESE PEARS

Use number of pears desired, wash and peel.



APRICOT MARSHMALLOW.



ICED PEARS.

Core them and stuff with cream cheese and Beech-Nut Peanut Butter.

Prepare cheese and nut butter by mixing thoroughly together before stuffing the pears.

Serve in cracked ice as a dessert.

ICED PEARS

Select very ripe, sweet pears. Peel, place on a platter and cover with fine crushed ice.

Serve as a dessert.

SNOW FRUIT

Cut in bits, apples, oranges, Malaga grapes and very ripe bananas. Scatter between each two layers fresh grated cocoanut or chopped nuts and sugar.

Serve with whipped cream or fruit juice.

This recipe may be varied or changed, according to the kind of fruit or berries in season,

exercising great care, however, to use only one kind of highly aciduous fruit.

FRUIT AND NUT MEDLEY

Slice very ripe bananas, cut into small pieces sweet apple and orange. Place a layer of each in dish until filled. Sprinkle between each two layers grated nuts and sugar.

Serve with fruit juices.

PINEAPPLES

How to Serve Them

Secure a large, extremely ripe pineapple. Peel and remove the eyes. Grate, sweeten to taste and serve.

NOTE.—Prepared in this way pineapple can be used with green salads as a relish or sauce. It also makes a delicious fruit dessert.

STEWED PEARS

Select number of ripe pears desired, peel and cut in halves or quarters, remove core. Cover with water and add one tablespoon of sugar to each pear. Boil until tender, then place the pears in serving dish, but cook the water a little longer or until it forms a thin syrup. Pour this over the pears and serve.

BAKED PEARS

Peel and cut pears in half, remove the cores and place in individual baking dishes. Sprinkle them with powdered sugar, then add a little water and bake until tender. Serve with plain or whipped cream.

'APRICOT PURÉE

Put one cup of canned apricots in a sauce pan with half a cup of cold water and a cup of the apricot juice. Bring to a boiling point, mash through a sieve. Return to the fire and thicken

with a bit of cornstarch dissolved in water, cook only a minute or two. Sweeten to taste and serve as a sauce with gelatine or puddings.

Note: This is excellent served on toast or on any ready cooked cereal.

CODDLED APPLE

Pare the apple and remove the core. Place in casserole dish. Fill the core space with a small piece of butter and a bit of sugar, or a few chopped nut meats. Add about three tablespoons of water to each apple. Cover and bake in a quick oven until just tender. Serve warm with or without cream.

FROSTED APPLE

Prepare as coddled apple, and just before serving, beat the white of an egg until stiff. Add a tablespoonful of sugar and beat again. Pour this over the coddled apples thickly, brown and serve.

BAKED PRUNES

Wash prunes thoroughly and place in casserole dish. Cover with hot water and soak them over night, then bake an hour or more in a slow oven. Serve hot.

PEACH CREAM

Select number of very ripe peaches desired, peel and mash through a sieve. To each peach add two teaspoons of powdered sugar, then whip into the peach mixture whipped cream, allowing about six tablespoonsful to each peach. Heap in a glass dish with a bit of grated nutmeg on top. Place on ice until ready to serve.

PEACH MERINGUE

Whip thoroughly one egg white into which whip one teaspoon of sugar. Peel and mash through a sieve a very large, ripe peach and fold the egg white into it. Place in ramekin dish, sprinkle with powdered sugar and bake six or eight minutes in a moderate oven.

PEACH CUSTARD

Select very ripe peaches, peel and mash through a sieve. To each peach add one egg yolk lightly beaten and two teaspoons of sugar. Place in the bottom of ramekin or individual dishes a layer of bread crumbs then a layer of the peach mixture. Place ramekins in a pan of water and bake until tender. Serve with plain then remove and heap over the custard a meringue made of stiffly beaten egg whites and powdered sugar, allowing a tablespoon of sugar to each egg white. Return to the oven and brown.

PEACH TAPIOCA

To each peach use one teaspoonful of granulated tapioca, and five tablespoons of water, cook in double boiler fifteen or twenty minutes. Sweeten to taste and flavor with vanilla. Peel a large ripe peach and cut in half. Place this in a ramekin dish. Cover with the tapioca and bake until lightly browned.

PEACH PURÉE

Peel a very ripe peach and mash through a sieve. Flavor with brandy and sprinkle powdered sugar over the top. Serve in punch glass.

BAKED PEACHES

Wash a large free-stone peach. Place in individual casserole dish with one tablespoon of water. Bake fifteen or twenty minutes, then remove the stone and sprinkle over the top powdered sugar and serve.

DELICATE WAY TO SERVE ORANGES

Chill the orange, remove the skin and seeds. Trim neatly and cut in pieces. Serve in individual glass dish.

ORANGE COCKTAIL

Remove the skin and seeds from sweet oranges, cut in small pieces, sprinkle with powdered sugar and flavor with brandy. Serve in champagne glasses.

AMBROSIA

Cut in small bits and put in layers, oranges, Malaga grapes and figs. Over this place sliced bananas, grated fresh pineapple and cocoanut. Cover the top well with cocoanut and decorate with nut meats. Sprinkle sugar between layers.

PERSIMMONS

The persimmon is one of the most splendid fruits known to the science of food chemistry. It contains no acid and is exceedingly rich in fruit sugar. It is easily digested, readily soluble and one of the most delicious of all dessert fruits.

From a nutritive standpoint, a persimmon with cream is a complete breakfast, or an excellent dessert with which to top off a dinner.

APPLES AND OLIVE OIL

Apples with pure olive oil are not only delicious, but extremely nutritious and digestible.

The acid in the apple aids in the emulsification and digestion of the oil, and the oil augments the digestibility of the apple pulp.

APPLE FLOAT

Grate a medium-sized sweet apple, whip in two egg whites beaten stiff and serve with cream.

SOAKED PRUNES (UNCOOKED)

Cleanse thoroughly and place desired quantity in a deep vessel having a lid. Add enough boiling water to barely cover. After standing over night, if the water or juice be drained off, brought to a boil and poured over them again, it will add much to the flavor and taste of the fruit.

Prepared in this way and served whole with a little cream, prunes are exceedingly nourishing and much superior to the cooked product.

All evaporated or dehydrated fruits can be

prepared according to this recipe, especially evaporated apricots and peaches.

Apricots, prunes or raisins soaked together, about half and half, so as to unite the acid of the apricots with the sweet of the prunes or raisins, makes a most nourishing and delicious combination.

Peaches prepared according to the above method should be the large, unpeeled variety.

PRUNE WHIP

(Uncooked)

Soak one-half pound of prunes until very soft. Remove the pits and mash through a colander. Then beat the whites of two eggs very stiff and whip into the prune pulp.

Cover with grated nuts and serve with thick cream or whipped cream.

STUFFED DATES

With a damp cloth cleanse thoroughly firm



PRUNE WHIP UNCOOKED.



SOAKED PRUNES UNCOOKED.

black or Tunis dates. Cut the date lengthwise, remove the pit and fill the cavity with pecan meats, almonds, Brazil nuts or cream cheese. Reshape into their original form, roll in grated nuts or granulated sugar.

DATE BUTTER

Remove stones and mash a half pound of black dates. Add one or two tablespoons of boiling water to soften and reduce to a pulp with a potato masher. Add a quarter of a pound of Beech-Nut Peanut Butter and half a cake of cream cheese. Mix thoroughly. Keep in a cool place.

This is delicious with bananas and with all kinds of sandwiches.

CHEESE AND RAISINS

Raisins, fresh cream cheese and nuts eaten together make a highly nourishing and well-balanced combination.

The raisins supply the natural carbohydrate. Cheese is protein in a concentrated form, while the nut supplies the natural fat. It would be difficult to name a combination of three foods that will yield to the body more heat and energy than this.

SOAKED FIGS

Select large pulled figs and place in a deep vessel. Cover with hot water and allow to stand six or eight hours or over night. Remove the water and boil it down to a thin syrup. Pour this over the figs again and serve with cream.

STEAMED FIGS

Cleanse thoroughly and place in steamer and steam until soft. Any fig may be used, but the large pulled variety is preferable.

Serve with cream or "Christian's" salad dressing.

This is especially recommended as a winter dessert.

FIG MARMALADE

Select and grind a half pound of figs. Thoroughly mix into them one cake of cream cheese.

This is delicious when eaten with very ripe bananas or with whole wheat bread or crackers.

STUFFED FIGS

Pulled figs are very delicious when stuffed and prepared in the same manner as stuffed dates.

UNCOOKED FRUIT CAKE

Place on a small dish a layer of ground figs and Beech-Nut Peanut Butter well blended and over this a layer of grated nuts, a few stoned dates, cut in small bits. Cover with fresh grated cocoanut. Build these layers one upon the other until the whole is of the thickness desired. Cover the top with fresh cocoanut. Decorate with any small ornamental fruit. Cut thin with a sharp knife and serve in very dainty portions.

FIG AND NUT PASTE

1/4 lb. nut meats	1/4 lb. Beech-Nut Peanut
1/2 lb. figs	Butter
	Hot water

Wash and soak figs several hours or over night, then put the figs and any kind of nut meats through a meat grinder. To this add the nut butter and a spoonful or two of hot water to make the consistency desired. Spread on hot buttered toast or eat plain if desired.

Excellent for children.

FIG BARS

Soak half a pound of pulled figs over night or several hours, then bring to a boiling point. Remove from the juice (saving the juice, which can be used for many purposes) and put through a meat grinder. Also grind a half pound of almonds which have been blanched, or pine nuts. Mix the two together, knead well

and roll in strips about half-inch thick. Cut in bars, wrap in wax paper and keep in cool place.

Excellent substitute for candy.

WATERMELON COCKTAILS

Select a melon that is fully ripe; cut the pulp into small cubes, taking out the seeds. Heap the melon in fruit cocktail glasses, sprinkle the contents of each glass with a teaspoonful of powdered sugar and add one tablespoonful of Welch's grape juice very cold. This cocktail will not be good if the glasses and all the ingredients are not thoroughly chilled.

E N C Y C L O P E D I A O F C O O K E R Y

SIGNOR LUIGI MARRONI
Italian Chef, Boston City Club
Boston, Mass.

ITALIAN SECTION

Signor Luigi Marroni was for many years one of the most famous chefs in Rome, Italy. He came to America about ten years ago and has achieved distinction in the art of scientific cookery.

Signor Luigi believes that the selection, preparation and purity of our food is the most important thing that concerns our living. He has raised and dignified his calling to the level of one of “*the most useful professions.*”

1. Letter of authorization from the famous Chef:

Boston, li 22 Maggio, 1917.

PER LA PRESENTE io autorizzo completamente il Dotter Eugene Christian di New York di pubblicare come una parte dei suoi Studii Dietetici le mie ricette e menus italiane seguenti.

(Signed) L. MARRONI.

2. English translation of above.

Boston, May 22, 1917.

I hereby fully authorize Dr. Eugene Christian of New York to publish as a part of his Dietetic Studies my Italian recipes and menus appearing below.

(Signed) L. MARRONI.

3. “La cucina non è, come vorrebbero alcuni moralisti, un vizio della civiltà moderna; l’arte di preparare i cibi non solo li rende più saporiti, ma anche più digeribili e nutritivi.”

(Signed) L. MARRONI.

TRANSLATION

“Cookery is not, as some moralists would have it, a vice of modern civilization; the art of preparing food is not only to render it more savoury, but also more digestible and nutritious.”

put same in a kettle; add three or four drops of lemon and a seasoning of salt and pepper; pour into saucepan slowly a quantity of cold broth, mixing the whole constantly, then place the saucepan to cook over a slow fire, continuing to stir the contents until it begins to steam, not allowing it to boil.

(b) Cut some bread into very fine pieces, put same in soup tureen or similar vessel, pour the broth prepared as in (a) over the bread and then serve at once.

3. BOLOGNESE SOUP

(Bologna Style)

(a) Set to boil a quantity of strong chicken broth; when boiling well, throw in a quantity of cappelletti and let boil slowly for a half hour.

(b) Serve with grated Parmigiano cheese aside for individual use.

4. MODENA SPINACH SOUP

(a) Cook in salted water a half peck of spinach; when cooked draw off water and mince the spinach.

(b) Melt one-quarter pound of butter and add to the spinach waiting in a kettle, together with a seasoning of salt, pepper and nutmeg, 2 tablespoonfuls of grated Parmigiano cheese and 2 eggs. Stir well together.

(c) When fully mixed, put the above into another kettle containing broth (chicken or beef) already boiling, mixing all together. Then put this kettle into the oven for five minutes.

(d) Have prepared a quantity of 1-inch cubes of bread, fried in butter, and put them into a soup tureen or similar vessel. At the expiration of five minutes as in (c) pour the soup over the bread cubes thus prepared and serve at once.

5. MILANESE TRIPE SOUP

(a) Fry together in a kettle one onion and

two ounces of salt pork, well chopped up, and two ounces of butter; when well liquefied add about two pounds of fresh tripe cut in small squares; let the whole cook till browned, stirring often; this will take about five minutes; then add salt and pepper and pour over the same a quantity of broth already cooked and allow all to boil slowly a half hour.

(b) Pour the above thus cooked into a soup tureen or similar vessel over already prepared 1-inch bread cubes fried in butter.

(c) Serve with grated Parmigiano apart for individual use.

6. CASTELLAN BEAN SOUP

(Castelli Romani Style)

(a) Boil a quantity of kidney beans in much water till properly cooked; draw off this water and pour fresh water over them in a colander.

(b) Fry together in a kettle half a glass of olive oil and three fine-chopped large onions

(c) Let the whole boil together until almost cooked; add 2 ounces of salt pork, 3 pieces of garlic and a little parsley, all chopped together and let all boil together five minutes.

(d) Pour into a large vessel containing a small quantity of cooked rice or butter-fried bread cubes, and serve with grated Parmigiano cheese apart for individual use.

8.

LENTIL SOUP

(a) Set to boil in abundant water a pound of lentils; when cooked drain off water.

(b) Set down to fry together in a kettle 3 ounces of butter, a little olive oil, 2 onions, chopped fine; when the onions are well browned add 3 pieces of garlic well ground, the lentils, and 2 stalks of celery sliced fine and a quantity of broth sufficient for the number of persons to be served; add also $\frac{1}{4}$ pound of rice or noodles and continue to stir and boil the whole till these last additions are cooked.

11.

PAVESE SOUP
(Pavia Style)

(a) Fry some very thin slices of bread in butter and place them in the bottom of a soup tureen or similar vessel, covering them with grated Parmigiano cheese.

(b) Break carefully and drop on the above-described layer of bread slices as many eggs as there are persons to serve, covering these in turn with more grated Parmigiano cheese.

(c) Bake this preparation in the oven a few minutes and serve at once.

12.

LOMBARD SOUP

(a) Cut in small pieces 1 pound of beef and a whole chicken and boil together in a good quantity of water for an hour and a half; add a half pound of peas, some cauliflower, celery, and carrots—all cut up fine, and $\frac{1}{4}$ pound of rice.

(b) Serve with grated Parmigiano cheese.

13.

ROMAN FETTUCCINE

(a) Cook in a kettle 1 pound of beef, one chopped onion and 4 ounces of butter; when beef is sizzling add 4 pieces of garlic, $\frac{1}{2}$ glass of wine and a little sugar, allowing the whole to cook till the wine has completely disappeared.

(b) Add 2 cans of tomato sauce, or 1 of tomato sauce and 1 of fresh tomatoes, with a seasoning of salt and pepper, 2 teaspoonfuls of sugar and an ounce of dried mushrooms, or 1 pound of fresh mushrooms. Let all boil a half hour.

(c) Cook separately in abundant water 2 pounds of fettuccine, adding two tablespoonfuls of salt and constantly stirring the fettuccine after the water begins to boil and let boil for ten minutes. Then remove kettle from fire and pour into it a little cold water.

(d) Then drain off the water through a colander and replace the kettle or fettuccine on the fire, adding thereto immediately two cups of the

sauce, as prepared above in (a) and (b), and 2 ounces of butter, allowing all to cook one minute, constantly stirring.

(e) Serve in individual soup plates, spreading grated Parmigiano cheese and then pouring more sauce, as prepared above, over each portion.

14.

GENOESE MACCHERONI

(a) Prepare same sauce as above in (a) and (b) No. 13 for fettuccine.

(b) Boil in abundant water for 15 minutes two pounds of maccheroni.

(c) After draining off water through a colander replace in kettle and put it on the fire again to season it for two minutes with two large cups of the sauce poured over it.

(d) On a large platter arrange a layer of the maccheroni; spread over them a layer of grated Parmigiano cheese and abundant sauce; place another layer of maccheroni over this,

then another layer of cheese and sauce till all the maccheroni have thus been arranged.

(e) Put platter thus arranged in a slow oven for about five minutes; serve immediately with more cheese and more sauce aside for individual use.

15. SPAGHETTI WITH CLAMS

(a) Put in a kettle $\frac{1}{4}$ pint of olive oil, 5 pieces of crushed garlic and a little parsley; when this begins to sizzle add 2 cans of tomatoes, salt and pepper, a small quantity of green peppers and a spoonful of sugar.

(b) Let this boil a half hour and add a quantity of clams already cleaned and prepared; then let the whole boil five minutes and remove from the fire.

(c) Boil separately in abundant water 2 pounds of spaghetti, putting 2 tablespoonfuls of salt in the water; allow to boil ten minutes; drain off water and replace spaghetti in kettle,

add 2 cups of the sauce as prepared above in (a) and (b), set to cook again for two minutes, mixing well all the while.

(d) Serve in individual plates, pouring more sauce over each portion and using no cheese.

16.

SPAGHETTI MATRICIANA

(a) Cut in little squares a half pound of bacon and set down to fry in kettle; when they begin to sizzle add 3 pieces of garlic well crushed, 2 cans of tomatoes, salt, pepper and 2 teaspoonfuls of sugar; boil together thirty minutes, stirring same often.

(b) Cook the spaghetti apart as indicated in recipes above, and serve with this sauce and grated Pecorino (Roman) cheese.

17. RIGATONI CAMPAGNOLA (Country Style)

(a) Cook in abundant salted water 2 pounds of Rigatoni; when cooked drain off water through a colander and replace them in the kettle and set on the fire again.

(b) At this point add bacon prepared simultaneously as above in (a) No. 16, but without the garlic and tomatoes; mix Rigatoni and bacon well so that the juice of the bacon may be well absorbed by the Rigatoni and let cook over the fire for two minutes.

(c) Withdraw the kettle from the fire and add five eggs already beaten separately and mix the whole well, adding a little grated Parmigiano cheese.

(d) Serve immediately with grated Parmigiano cheese for individual use.

18.

POLENTA

(a) Lard a 2-pound strip of lean pork or lean beef with strips of bacon rolled in a mixture of salt, pepper and crushed garlic and set this to fry in a kettle with a little fat, 2 chopped onions, more salt and pepper; when this sizzles add a glass of wine and let boil until the wine has disappeared. Then add 2 cans of tomatoes and continue to boil till the pork or beef is

cooked thoroughly. If the sauce gets too thick in process of cooking, simply add a little water.

(b) Boil separately 3 quarts of salted water; when boiling violently pour slowly into it 2 pounds of Indian meal, constantly mixing it as it falls into the water so as to prevent forming lumps; boil the meal about an hour, always stirring to prevent its sticking to the kettle.

(c) In each of the plates for serving the Polenta, pour the Polenta to a depth of an inch, cover with grated Parmigiano cheese and the sauce as in (a); form over this another inch-deep layer of Polenta, then add more cheese and sauce and serve immediately.

NOTE.—In preparing the sauce as above in (a) sausages, squabs or quails, instead of lean beef or pork; and Pecorino (Roman) cheese may be used instead of Parmigiano.

19. ROMAN RISOTTO (Rice)

(a) Cook together a pound of lean beef, 4

ounces of fat pork, 2 pieces of garlic, 1 onion, a little celery, some parsley and cloves and salt and pepper—all but the beef having been previously ground together; when the beef sizzles add $\frac{1}{2}$ glass of wine and then cook until the wine has disappeared; then add two cans of tomatoes or one jar of prepared tomato sauce and boil until the meat is thoroughly cooked.

(b) Cut up a quantity of chicken livers and cook them separately about two minutes in a little butter and then add them to the sauce above in (a) when it is ready, letting the whole boil together five minutes.

(c) Cook briefly apart in a kettle a chopped onion in 4 ounces of butter; when the onion becomes colored add a pound of rice, mixing constantly to prevent sticking. After three minutes' cooking, pour over the rice two cups of the sauce, as prepared in (b) above, and enough broth in which to cook rice, and let the whole cook together fifteen minutes.

(d) When the rice is cooked remove it from the fire and add another cup of the sauce, 2 ounces of butter and a little grated Parmigiano cheese; mix all well together and serve in separate plates, covering each portion with more sauce and Parmigiano cheese.

20.

MILANESE RISOTTO

(a) Cook for three minutes together in a kettle a chopped onion in 3 ounces of butter; add a pound of rice and let simmer for three minutes more, carefully stirring the same all the while.

(b) Add about three quarts of broth and $\frac{1}{2}$ teaspoonful of saffron; mix well and cook for 15 minutes, always stirring the same.

(c) Remove from the fire, season well with butter and Parmigiano cheese and serve.

21.

GENOESE RISOTTO

Prepare exactly as Roman Risotto, No. 19,

save that, instead of chicken livers, use a pound of fresh mushrooms or an ounce of dried mushrooms.

22.

RAVIOLI

(a) Pour a quart of flour on a bread board; in a hole in the center put one ounce of butter and the yolks of 3 eggs, salt and $\frac{1}{2}$ glass of warm water; mix this well together, knead and roll out very thin (almost to a tissue).

(b) On one-half of this sheet of paste, painted light with separately beaten eggs, at a distance apart of 2 inches, place little balls or piles of chopped chicken or veal which has been cooked separately and with which after cooking has been mixed nutmeg, butter, eggs, Parmigiano cheese, salt and pepper, so as to form a sort of paste. These little balls should be of the circumference of a penny.

(c) Then fold over on top of this the untouched half of the sheet of paste, cover the

whole with a napkin or white cloth large enough and gently press the two sheets of paste together, being careful to press down the spaces between the little mounds thus formed at intervals so that the paste sheets will securely stick together where they touch. Then cut this double sheet in squares or in circles around the mounds and place the Ravioli thus formed on a white cloth lightly covered with flour so as to prevent sticking and covering them with another sprinkling of flour and over this another cloth until they are ready for cooking.

(d) Cook in salted water exactly as spaghetti, but be careful in mixing not to break the Ravioli. Do not cook until soft or until they may break open.

NOTE.—Maccheroni of all kinds, whether spaghetti, vermicelli, linguine, rigatoni, fusilli or any of the innumerable other kinds, should never be cooked until soft, according to the sadly mistaken American idea.

They should be cooked so that it is possible

to chew them lightly, which, of course, does not mean that they should be hard.

Maccheroni (or macaroni) of all kinds and howsoever cooked are dishes or courses by themselves and should preferably be served in a deep plate, a soup plate if possible, in order to be able to avoid spreading them on the table cover. Americans and English people seem to regard maccheroni as a vegetable to be served often as a side dish. This is a mistake.

Maccheroni of all kinds should be cooked whole and not broken up into small pieces as Americans sometimes do, with the idea that this is the only way to place them in the kettle to cook and the easiest way to assure managing them when eating.

NOTE.—Cappelletti (referred to above).

Prepare exactly as Ravioli, save the Cappelletti are much smaller and are filled with fresh cheese, ricotta, or chopped chicken or beef.

23. SWEETBREADS WITH HAM

(a) Cook the sweetbreads in water for 5 minutes; drain off water and pour fresh water over them; cut them in portions of the desired size and set them down to cook in a kettle with butter; when well turned pour in $\frac{1}{2}$ glass of Marsala wine and boil till Marsala is almost absorbed.

(b) Then add two cups of sauce (any simple tomato sauce of those described above for spaghetti) and 4 ounces of ham sliced à la julienne; after 5 minutes remove from the fire and serve on pieces of bread fried in butter or on hot buttered toast.

24. MILANESE VEAL CUTLETS

(a) Dip 6 kidney veal chops in flour and fry them in butter in a saucepan; when sizzling add 1 glass of white wine and let cook till the wine has disappeared; then add a can of tomato sauce, salt, pepper and a paste made of onions,

carrots, celery, 2 pieces of garlic, a little orange skin, a little lemon and some parsley all chopped well together, and let all cook together about 1 hour.

(b) Prepare separately some Risotto (note above in Nos. 19, 20 or 21), and when the veal is cooked use Risotto as a base upon which to place the veal and serve with the veal sauce as prepared above.

25.

BEEF ROLLS CASALINGA

(Home Style)

(a) Roll out well some thin slices of beef (preferably filet) and lay thereon thin slices of ham seasoned with salt, pepper and a little sage; roll into cylinders like tubes and bind; set them to cook in a kettle with some butter and 1 well-chopped onion; when sizzling, add 1 glass of wine, 24 little onions and let boil together.

(b) When the wine is almost absorbed add a can of tomato sauce and let cook for an hour and a half.

(c) Serve with mashed potatoes.

26. SICILIAN VEAL CUTLETS

(Al Marsala)

(a) Dip thin slices of veal in flour and set them cooking with butter, salt and pepper; when sizzling, add $\frac{1}{2}$ glass Marsala wine and a cup of sauce (any of the above) and let cook 5 minutes.

(b) Cook separately some spinach in water; draw off the water when cooked and cook the spinach briefly again in a saucepan with olive oil, 2 pieces of chopped garlic, salt and pepper.

(c) Serve cutlets and spinach together.

27. VEAL KIDNEYS

(a) Cut in pieces 4 small veal kidneys.

(b) Prepare a paste of 3 pieces of chopped garlic and some parsley. Boil some olive oil in a saucepan; when this is boiling violently throw into it the kidneys, the paste and salt and

pepper; let boil 5 minutes and serve immediately.

28. CHICKEN CACCIATORE

(Hunter's Style)

(a) Cut a chicken in small pieces and cook in a kettle with olive oil, 1 crushed onion, salt and pepper; when cooked well drain off the fat and add 2 pieces of garlic chopped fine, some cloves and $\frac{1}{2}$ glass of wine, and cook well to secure thorough assimilation of all these elements.

(b) When the wine has disappeared add $\frac{1}{2}$ can of tomatoes, a pound of mushrooms and let boil till all is well cooked.

(c) Serve with slices of bread fried in olive oil.

29. ROMAN FRIED CHICKEN

(a) This is prepared exactly as the above, No. 28, excepting that instead of mushrooms,

peeled peppers are used, being added 5 minutes before removing the whole from the fire. Serve also as in No. 28.

30.

ROMAN LEG OF LAMB

(a) Lard a leg of lamb with a paste made of bacon, garlic, rosemary, salt and pepper; pour a little olive oil over it lightly and shake salt and pepper on it.

(b) Roast in the oven about an hour and a half and serve with a dandelion salad seasoned with olive oil, salt, pepper, garlic and a little vinegar.

31.

SQUABS DORIA

(a) Set in a pan to be braised together some squabs and chopped onions, carrots, celery, 3 pieces of garlic and a little fat; when the squabs are cooked remove them from the pan and drain off the fat and add to the vegetables $\frac{1}{2}$ glass of Marsala; set the vegetables to cook again,

adding some tomatoes, and thus make a good sauce, cooking well together.

(b) Braise separately some little onions and small strips of bacon; when cooked sufficiently drain off the fat and add this, as well as some peas already water-soaked, and some mushrooms, to the sauce as above in (a) and cook 5 minutes and serve with the squabs.

32. NEAPOLITAN PIZZAIUOLA

(Beefsteaks)

(a) Fry small sirloin steaks about an inch thick in olive oil with salt and pepper.

(b) Cook separately some olive oil and chopped garlic; when the garlic begins to color add a can of tomatoes, some aregana (an aromatic Italian herb obtainable in any Italian grocery store), salt and pepper and let boil 10 minutes.

(c) When the beefsteaks are cooked put them in a large platter and pour the sauce as in (b) above over them and serve.

in olive oil with crushed garlic and salt and pepper; let them fry over a hot fire 5 minutes.

(b) Sprinkle some parsley over them and serve on fried bread squares.

36. ROMAN FRITTO MISTO
 (Mixed Fry)

(a) Remove the skin from 2 calves' brains and boil in water 3 minutes. Boil also 2 sweetbreads for 5 minutes.

(b) Cut in pieces 6 artichokes and $\frac{1}{2}$ pound of fresh mushrooms.

(c) Dip each piece of everything above in flour and beaten eggs and fry in boiling olive oil. Fry small rice croquettes in the same oil without dipping in flour and eggs. When thoroughly fried take out each piece and serve together.

37. MILANESE FRITTO MISTO

(a) Prepare calves' brains and sweetbreads

as above in No. 36. Cut veal livers and slices of veal in small pieces, together with mushrooms similarly cut in pieces; dip each piece of the above in flour and beaten eggs and finally in bread crumbs and fry each kind of above separately in boiling olive oil.

(b)] Serve as in No. 36.

38.

TOURNEDOS HARLEQUIN

(a) Cut a filet of beef an inch thick into small filets mignons; fry them in a pan with salt and pepper seasoning; then remove them into a warm platter.

(b) Prepare separately a strong sauce with truffles, fresh mushrooms, tongue, green peppers and carrots, cutting everything in small pieces and adding some butter when they are cooking well.

(c) Pour this sauce over the filets and serve at once.

39. FRASCATI BEEFSTEAKS

(a) Fry some small beefsteaks of filet in olive oil in a pan; fry also separately slices of bread in olive oil.

(b) When cooked serve the beefsteaks on the bread with a garnish of asparagus, fried potatoes and fresh mushroom sauce.

40. MILANESE STUFFED CAULIFLOWER

(a) Boil well for 3 minutes a cauliflower; remove and cool. When cool open the cauliflower, removing all the leaves.

(b) Chop together a piece of beef, the remainder of the cauliflower, and mix together with grated Parmigiano cheese, nutmeg, 3 eggs, salt and pepper so as to form a paste. Put a quantity of this of the size of an egg in each leaf of cauliflower, fold and bind them; fry them briefly in butter; cover them well with tomato sauce and boil them for about an hour.

(c) Serve them with Risotto.

41.

STUFFED VEAL RIB

(a) Remove the bones from a rib of veal; salt and pepper it and pour over it a little Marsala.

(b) Chop up well a pound of spinach already boiled, 2 pounds of veal and 3 pieces of garlic; mix these thoroughly with salt, pepper and Parmigiano cheese, forming a sort of paste; add 4 ounces of salami (Italian sausages), cut in squares and 3 eggs. Mix this all well together and fill the rib of veal with it.

(c) Put rib thus stuffed in a pan with onions, carrots and celery and a little olive oil and roast in the oven about an hour and a half.

(d) When cooked remove the rib from the pan and pour into the pan among vegetables and $\frac{1}{2}$ glass of wine; when this cooks well add a little tomato sauce. This will be the sauce for the meat.

(e) When this sauce is cooked pour it over

the rib of veal and serve with spinach cooked in oil and garlic.

42. ARTICHOKES GIUDIA

(A particularly Roman dish)

(a) Remove all the hard leaves from the artichokes, cutting all the sharp points off those that remain and wash the stalks well.

(b) Soak the artichokes thus prepared in water for 5 minutes with slices of lemon to prevent the artichokes from turning black.

(c) In a pan pour abundant olive oil and add 3 pieces of garlic sliced; when this is hot set the artichokes in it and let them cook very slowly.

(d) Remove them from the oil, season them with salt and pepper and serve them at once.

NOTE.—They should be tender and should be eaten without any waste.

43. ASPARAGUS WITH PARMIGIANO

(a) Boil a bunch of asparagus in salted wa-

ter; when cooked set on a platter and spread Parmigiano cheese over it.

(b) Prepare separately 4 ounces of butter sauce, which should be thoroughly browned.

(c) Serve asparagus, pouring boiling butter over each service so that the butter sizzles and sputters when it strikes the cheese.

44. SPINACH SAUTÉ
(Italian Style)

(a) Boil the spinach in salted water; rinse it in fresh water and press almost dry.

(b) Fry in a pan of olive oil and a little butter 3 pieces of garlic. When the garlic begins to fry add the spinach, season it with salt and pepper and let it cook for 10 minutes, mixing it well all the while. Serve.

45. FRIED ARTICHOKEs

(a) Remove all the hard leaves and cut the sharp points off those remaining. Cut in pieces

leaves and stalk, put in water with slices of lemon.

(b) Rid them well of the water, dip them in flour and in beaten eggs and fry them in a pan of boiling oil. Serve at once.

46. COUNTRY STYLE CELERY

(a) Cut the celery in 2-inch lengths and cook them in water; draw off the water and cook them in a pan of butter with salt and pepper.

(b) Cover them when cooked with a layer of grated Parmigiano cheese, butter and tomato sauce; cover the pan and cook the celery thus arranged in the oven 10 minutes.

47. NEAPOLITAN EGGPLANT

(a) Peel the eggplants, cut them into pieces and fry in oil.

(b) Grease saucepan with butter. Then arrange therein a row of eggplant slices and cover them with Parmigiano cheese and tomato sauce;

(b) Fry in a pan of olive oil 2 onions; when these are cooked well and thoroughly colored, add the beans with salt, pepper and 2 pieces of garlic crushed fine.

(c) Cook together 10 minutes, stirring well constantly; then add one-third can of tomatoes and cook 10 minutes more, after which serve at once.

50.

BEANS WITH HAM RIND

(a) Cook in abundant water a pound of large beans (kidney beans or the like).

(b) Cook separately $\frac{1}{2}$ pound more of the same beans with ham rind till latter is fresh, or use uncured ham rind.

(c) Fry in a pan some ham fat with a little olive oil; when the fat is quite dissolved add 2 onions sliced; when the onion sizzles add three pieces of garlic well crushed, two stalks of celery cut in pieces, and $\frac{1}{2}$ can of tomatoes.

(d) Let all cook for 15 minutes and then add the beans as in (a) and (b) above and boil another 10 minutes and serve at once in soup plates.

NOTE.—It is well to keep in mind that the Italian cookery is based upon stocks which are used in almost all dishes. Stocks of broth, of tomato sauce, of spaghetti sauce and beef sauce are constantly kept on hand for instant use. This supply of stock renders the preparation of Italian dishes much more brief.

The only objections to Italian cooking are the length of time and the care required in preparing these exquisite foods, but how born of ignorance and short-sightedness are these objections when one considers that the stomach is the supply center of the life and energy of our bodies, and that the dyspepsia, indigestion and attendant stomach and nervous disorders, as well as the poor teeth, found so broadcast in America, are due principally to hastily-prepared, ill-considered and hurriedly-devoured foods and meals.

America is young yet; she knows not the follies of youthful indiscretions and thoughtlessness. She is the greatest center of energy and dynamic force in the world to-day, but what of to-morrow? The young man's stomach is made of steel, so to speak; the same youth grown prematurely old finds his stomach of brittle glass, and the remaining shortened years are all too short to repair the earlier ravages of youthful indiscriminate haste.

Italy has lived longer, and her path has been fraught with more experience and attendant dangers than the rest of the family of nations. She has learned to prepare food and to select what to eat. Her sons and daughters are proof sufficient of her wisdom—the fruit of ages of thought and experience. She has solved the question of health and strength in her cookery.

ZUPPA INGLESE

(a) Split in halves a sponge cake and place

a light jelly between the layers and over the top piece.

Sprinkle some grated cocoanut over the top layer so that it will adhere to and cover the jelly.

(b) Soak the entire cake thoroughly (but not so that it will become so soft as to fall apart—it must retain its consistency) in a mixture of a little good brandy and a large enough quantity of some delicate liqueur (nothing so strong as *bénédictine*) to leave this the predominant flavor and giving it a certain sweetening. Let stand till excess liqueur passes off and serve cold.

RECIPE FOR MAKING SPAGHETTI A LA NAPOLITANA

1. *The stock*.—Cook all day a good quantity of veal bones with their gristles, and as this boils and simmers add a proportionate quantity of red wine and some parsley and clove leaves.

2. *Each meal*.—Fry onions in good quantity, according to taste, in much butter, and let fry till the onions almost dissolve. Then slice a pro-

portionate quantity of tomatoes with some finely-chopped garlic and add to the onions and butter already cooking, and allow the whole to cook a while until all above ingredients are thoroughly assimilated and cooked.

3. When above has been prepared, take desired quantity of *Italian* spaghetti and put in a kettle of hot water without in the least breaking the spaghetti, the water to be salted to taste, and allow to cook, according to the intensity of the fire, between fifteen and twenty minutes. Great care must be taken that the spaghetti is not overcooked or cooked in any way soft. It should be cooked so that it must be *bitten*, it be cooked *al dente* (to the tooth).

N.B.—The stock can be prepared in any suitable quantity and kept for many occasions. It should be allowed to cook a whole day, as noted above. The part described in paragraph 2 is to be prepared fresh each time and added as above to the required quantity of the stock for the occasion.

The spaghetti should be bought from a reputable Italian store—because many American brands flood the market and are indescribably poor imitations of the original. They have no flavor and no consistency.

When serving, use a large deep receptacle and simply pour the sauce as prepared above over the spaghetti. Over this a little butter and cheese can be added. The remaining Parmigiano cheese can be served to each one according to taste.

The Italians usually eat but two meals the day—luncheon about 11 A. M., and dinner around 6 P. M.

ITALIAN MENUS

LUNCH

Fritto misto with asparagus
Milanese cutlets
Fried potatoes
Peas—Roman style
Cheese
Fruit
Coffee

DINNER

Minestrone milanese
Fried filet of sole
Neapolitan braised beef
Spinach sauté—Florentine style
Roast chicken
Salad
Strawberry ice
Cakes
Coffee

LUNCH

Italian antipasto (hors d'oeuvres)

Italian fritto misto

Roast veal—Milanese

String beans—Roman

Cheese

Fruit

Coffee

DINNER

Roman rice broth

Crabs marinara

Braised leg of lamb

Celery with Parmigiano

Roast squabs

Salad

Zuppa inglese

Small cakes

Coffee

LUNCH

Spaghetti
Sauté potatoes
Neapolitan eggplant
Cheese
Fruit
Coffee

DINNER

Pavese soup
Roman fritto misto
Fried chicken with peppers
Trefoled mushrooms
Roast filet
Salad
Neapolitan cassata
(Fruited ice cream, frozen whipped cream, interior
filled with nuts)
Cakes
Coffee
Grilled chicken maitre d'hotel

LUNCH

Antipasto

Milanese risotto

Tournedos Harlequin

Fried pumpkin with Parmigiano

Cheese

Fruit

Coffee

DINNER

Stracciatella

Boiled cod mayonnaise

Noisettes of veal glacé

Country style celery

Roast partridges

Salad

Peach ice

Cakes

Coffee

LUNCH

Antipasto

Fritto misto with artichokes

Chicken cacciatore

Mashed potatoes

Cheese

Fruit

Coffee

DINNER

Rice and pea soup

Boiled salmon—mint sauce

Stuffed rib of veal

Spinach sauté

Roast quails

Salad

Vanilla ice

Cakes

Coffee

LUNCH

Antipasto
Roman fettuccine
Neapolitan pizzaiuole
Neapolitan eggplant
Cheese
Fruit
Coffee

DINNER

Cappelletti in consommé
Milanese fritto misto
Squabs doria
Artichokes giudia
Roast noisettes of veal
Salad
Pineapple ice
Cakes
Coffee

LUNCH

Antipasto

Butter-fried eggs

(Cooked individually, served in same individual pans
or ramekins.)

Chicken cacciatore

Fried pumpkin

Cheese

Fruit

Coffee

DINNER

Bean soup Castellana

Fried bread-and-cheese sandwiches

Braised veal kidneys in ramekins

Spinach with butter sauce

Roast squabs

Salad

Zuppa inglese

Cakes

Coffee

LUNCH

Milanese gnocchi (noodles)

Veal scallops—Marsala

Peas with ham

Grilled tournedos

Potatoes—gratin

Cheese

Fruit

Coffee

DINNER

Chicken consommé with cappelletti

Chicken patties—spiced sauce

Sardinian braised turkey

Asparagus with Parmigiano

Roast loin of beef

Salad

Fruit timbales

Cakes

Coffee

LUNCH

Rigatoni—country style
Beef rolls—home style
String beans—butter sauce
Grilled chicken
Fried potatoes
Cheese
Fruit
Coffee

DINNER

Rice and pea soup
Fritto misto
Glazed saddle of lamb
Stewed artichokes—butter sauce
Roast duck
Salad
Caramel custard
Cakes
Coffee

LUNCH

Antipasto

Rigatoni—country style

Veal cutlets—home style

Sauté potatoes

Cheese

Fruit

Coffee

DINNER

Lombard vegetable soup

Filet of sea bass

New potatoes—butter sauce

Glazed filet of beef

Celery—gratin

Roast capon

Salad

Orange sherbet

Cakes

Coffee

LUNCH

Spaghetti—mother's style

Trefoiled livers

Assorted cold meats

Potato salad

Cheese

Fruit

Coffee

DINNER

Lentil soup

Grilled brook trout

New potatoes

Florentine braised beef

Cauliflower—butter sauce

Roast chicken

Salad

Sicilian cassata

(Same as Neapolitan with Marsala added to the ingredients.)

SPECIAL MENUS

DINNER

Consommé royal

Spiced grilled trout

Little new potatoes

Tournedos—wine sauce

Medallion of chicken—savarin

Asparagus with Parmigiano

Roman punch

Roast pheasants

Yolanda salad

Bombe falstaff

Almond cakes

Coffee

DINNER

Assorted canapés

Consommé with

Brook trout doria

Soufflé potatoes

Stuffed chicken turkeys margherita

Peas—Roman style

Maraschino punch

Roasted partridges

Sport salad

Ices à la mode

Cakes

Coffee

DINNER

Cream of asparagus

Supreme of salmon—Mantova

Boiled potatoes

Glazed saddle of veal—Sabuada

Parfait of foie-gras, Mafalda

Roast quails in canapés

Compôte of salad

Frozen pudding

Cakes

Coffee

ANTIPASTO (relishes)

NOTE.—Antipasto is a dish of relishes served on a platter at the beginning of a meal.

It may be composed of stuffed eggs, olives,



SARDINE CANAPERS.



ANTIPASTO.

pimentos, sardines, salmon, smoked salmon or any dried fish; tongue, minced chicken in small individual salads and an endless variety of salads, relishes and dressings.

SANDWICHES

The sandwich has become such a conspicuous article in the menu of civilized people that it deserves special mention.

New York City consumes every twenty-four hours enough pies to cover two acres of ground if they were placed singly side by side. Every pie is merely a big sandwich.

The abuse of sandwiches in this form is not because they are impure, but because they are consumed mostly at the quick lunch counters, only partly masticated, and washed down with milk, water, tea or coffee. There are, however, a great number of good sandwiches that deserve mention in this work.

The sandwich is almost limitless in form. The filling can be made of an infinite variety and combination of things, and the outside, or

binder, can be made of any form of crackers, whole wheat, rye or corn bread.

VEGETABLE SANDWICHES

1 cup chopped lettuce	1 onion chopped fine
1 cup chopped carrots (uncooked)	1 cup white soup beans (cooked)
1 cup chopped celery	

Season all and mix with mayonnaise dressing, spread between whole wheat bread and cut with round biscuit cutter, almost as large as the slices of bread.

LETTUCE SANDWICHES

Crisp small leaves of lettuce and dip in Hygeia dressing. Spread crackers or bread with cream cheese, a dash of grated nuts, and just before serving put the lettuce between crackers.

OLIVE SANDWICHES

Put Spanish olives through the chopper and

add to them the green outside leaves of one large head of lettuce. Cut the lettuce in shreds, mix all with mayonnaise and spread on graham bread which has been buttered. Cut the crusts off. Cut sandwiches in half and serve.

NUT AND RIPE OLIVE SANDWICHES

Stone and chop fine ripe olives. Add equal parts of cream cheese and grated nuts or peanut butter. Spread between whole wheat bread or crackers.

CREAM CHEESE AND NUT SANDWICHES

Place a cream cheese in a small bowl, add to it:

1 small onion grated	Salt and paprika
1 teaspoon chopped parsley	1 tablespoon chopped wal- nuts
Juice of $\frac{1}{2}$ lemon	

Spread between bread, cut in half and serve.

Graham or Boston bread may be used for the above sandwiches.

CREAM CHEESE, DATE AND NUT SANDWICHES

Spread the bread or cracker with cream cheese, and an equal amount of Beech-Nut Peanut Butter which has been well blended, a layer of thinly sliced date or fig butter, and a dash of grated nuts. Cover another piece with cheese, and press both firmly together.

CHICKEN SALAD SANDWICHES

Breast of 1 chicken	2 cups chopped celery
12 Spanish olives, chopped	1 cup mayonnaise
	Salt and paprika

Mix all together, and place lettuce leaf on whole wheat bread, fill in with salad filling, put together, trim crust off, cut and serve.

PEANUT SANDWICHES

Use brown, whole wheat, or graham bread,

spread with Beech-Nut Peanut Butter, cut in finger lengths and serve.

CUCUMBER SANDWICHES

Crisp a few slices of cucumber, then dry and dip in Hygeia dressing and place between whole wheat crackers spread with peanut butter.

NASTURTIUM SANDWICHES

Place a few of the yellow petals and one leaf between buttered bread or crackers. Dressing may be used, though it is unnecessary, as the nasturtium possesses a distinctive pungency.

These are novel and very delicious when the flowers and leaves are fresh from the garden.

CHEESE AND NUT SANDWICHES

Use equal parts of American cheese and grated nuts, moisten with heavy sweet cream or olive oil, season with a little salt, and place

between crackers, spread with dairy or Beech-Nut Peanut Butter.

COTTAGE CHEESE SANDWICHES

To one tablespoon of cottage cheese add one teaspoon of thick cream. Mix well and with a dash of grated nuts spread between whole wheat bread or crackers.

SWEET APPLE SANDWICHES

Cut sweet apples in thin slices, cover with grated nuts and spread between buttered whole wheat crackers.

APPLE SANDWICHES

Peel and grate one tart apple. Mix one-half cake cream cheese with one tablespoon thick cream, then add grated apple, flavor with nutmeg, spread between crackers or whole wheat bread.

RAISIN SANDWICHES

To one-half cup of finely chopped raisins add

one-fourth cup grated nuts and one-fourth cup of fresh cream cheese, mix thoroughly and spread between whole wheat crackers.

MAPLE CREAM SANDWICHES

To one-half cup of finely shaved maple sugar add one-half cup grated nuts. Mix all to a paste with thick sweet cream, and spread between crackers or bread.

MEXICAN SANDWICHES

Pour over half cup of grated pecan nuts an equal amount of melted Edam cheese. Add a pinch of paprika and salt to taste. Spread between whole wheat bread or crackers.

ANCHOVY AND LETTUCE SANDWICHES

Remove bones of anchovies. Chop fine celery hearts, mix and spread on any wholesome bread or cracker.

Cover with crisp lettuce leaf, dipped in dressing. Press firmly together and garnish with parsley.

HERRING OR ANCHOVY SANDWICHES

Wash, skin and remove bones from fish, chop fine with a few tender celery hearts or endive. Spread whole wheat crackers with sweet butter and place fish and celery between. Press firmly together and serve.

CREAM CHEESE SANDWICHES

Work into a Philadelphia or Neufchatel cream cheese quarter of a teaspoonful of salt and enough Welch's Grape Juice to make a mixture which will spread easily. Add to it half a cupful of nut-meats chopped fine, and spread the compound on thin slices of Graham, whole wheat or Boston brown bread. Double for sandwiches. Delicious with afternoon tea or with drinks of any sort.

SHRIMP SANDWICHES

Whole wheat bread	6 or 8 ripe olives
1 cup of shrimps	Mayonnaise dressing
2 teaspoons lemon juice	Lettuce hearts

Mince the shrimps, chop the olives and mix all thoroughly with lemon juice and enough mayonnaise dressing to make a paste. Slice and butter the bread, then place on it the lettuce leaves, and on this spread the shrimp and olive mixture, then more lettuce leaves and the second slice of buttered bread. Press all firmly together and cut in half.

HONEY-NUT SANDWICHES

Slice and butter whole wheat bread, then spread on this a layer of strained honey, then a layer of chopped nuts. Place over this the second piece of bread and press firmly together.

VEGETABLE SANDWICHES

Toast	Green pepper
Tomato	Mayonnaise dressing
Cucumber	Lettuce

On the buttered toast place a lettuce leaf, mayonnaise dressing, slice of tomato, a bit of chopped green pepper, then more mayonnaise, a slice of cucumber, more lettuce and dressing. Press the second piece of toast firmly over the first. Cut crosswise and serve.

EGG AND OLIVE SANDWICH

3 ripe olives	1 hard-boiled egg
Mayonnaise dressing	Pimentoes

Chop the egg fine then mince the olives and pimento. Mix all with dressing and spread between slices of bread which have been buttered.

CHICKEN SANDWICHES TOASTED

Slice the bread and spread with melted butter or mayonnaise dressing, then place over this thin slices of chicken and a bit of chopped parsley. Press the pieces of bread together firmly and toast both sides, butter and serve.

CLUB SANDWICHES

Cooked chicken	Bacon
Lettuce	Salad dressing
Tomatoes	Toast

A bit of chopped parsley

On a slice of buttered toast, place a lettuce leaf spread with mayonnaise dressing and a thin slice of chicken. Over this another piece of lettuce, then mayonnaise, then a piece of crisp bacon and a bit of chopped parsley, then the thin slice of tomato, more lettuce and dressing. Press firmly together the first and second piece of toast. Cut in half, garnish with lettuce hearts, serve.

CELERY AND NUT SANDWICH

Wash, scrape and chop the celery very fine. To this add a few grated or chopped nuts, then add sufficient mayonnaise dressing to make a thick paste. Spread this between the buttered bread. Press firmly together and cut cross-wise.

NUT AND MARMALADE SANDWICH

Mix thoroughly half a cake of Neufchatel cheese with one tablespoon of orange marmalade and two tablespoons of grated nuts. Spread between slices of buttered whole wheat bread.

CHEESE AND TOMATO SANDWICH

Slice the bread and spread with melted butter or mayonnaise dressing, then place a slice of tomato and on the tomato a bit of grated cheese. press the sandwich firmly together and cut in half.

MARMALADE SANDWICH

Slice bread and spread with melted butter, then with marmalade. Press together and toast lightly. Butter and serve hot.

BAR-LE-DUC SANDWICH

Mix well equal parts of Bar-le-Duc and Neufchatel cheese with a spoonful of thick cream.

To this add a teaspoonful of grated nuts and spread between slices of bread.

BANANA SANDWICH

Slice very ripe bananas and mix with mayonnaise dressing. Add spoonful or two of grated nuts and spread between slices of buttered bread.

CRAB MEAT SANDWICH

Mince the meat from one or two hard-shell crabs. Add the same amount of finely chopped celery and a bit of pimento. Mix in mayonnaise dressing sufficient to make a paste and season with paprika. Spread between slices of buttered whole-wheat bread.

NUT SANDWICH

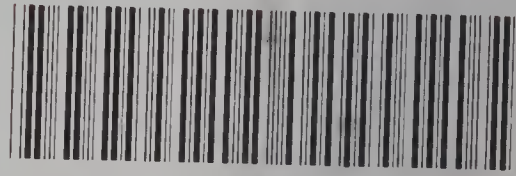
Use amount of grated nuts desired and to this add enough Neufchatel cheese and thick cream to make a paste. Flavor with maple sugar and spread between buttered slices of whole-wheat bread.

Deacidified using the Bookkeeper process.
Neutralizing agent: Magnesium Oxide
Treatment Date: June 2012

Preservation Technologies
A WORLD LEADER IN COLLECTIONS PRESERVATION

111 Thomson Park Drive
Cranberry Township, PA 16066
(724) 779-2111

LIBRARY OF CONGRESS



0 014 632 984 6 ●