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MACON COOK BOOK

A Collection of Recipes

Tested principally by
Members of Benson-Cobb Chapter
Wesleyan College Alumnae
" Macon, Georgia



MACON, GEORGIA
THE J. W. BURKE COMPANY
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PREFACE

A Cook Book containing five hundred good old Southern recipes from Wesleyan Alumnae! Let it never again be said that cooking and culture don't agree, or that the higher education unfits women for the duties of domestic life.

In the pleasant days, when it was my privilege to belong to the Wesleyan Faculty, I had the good fortune to sample numberless Christmas and Thanksgiving boxes sent by Wesleyan Alumnae to their daughters, and if the value of the recipes in this book is to be judged by the contents of those boxes, I can safely recommend their publication as a boon to all house-keepers.

E. F. ANDREWS.

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Wesleyan College Alumnae
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We are grateful to the following for help:

Knoxville Cook Book.

Table Talk.

Shop Talk.

Good House-Keeping.

Dinner-Giving and Good House-Keeping in Kansas City.

We beg to call the attention of our readers to our several pages of advertising in the back of the book, all of special interest to housekeepers.

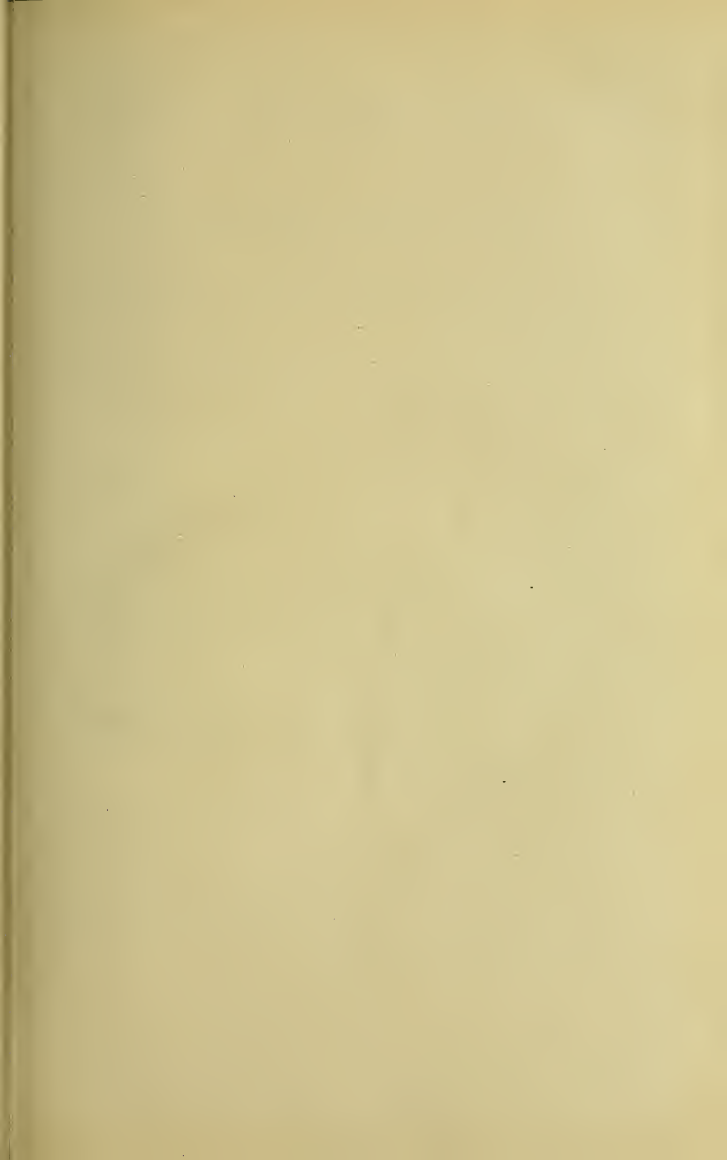
SERVING FORMAL MEALS

At any formal meal, the service should be deft and quick, everything having been looked to, to prevent long waits between courses. All plates and dishes to be used should be cleansed, stacked and labeled as to what course they are to be used in, and what is to be placed in them. All silver to be used with each dish or platter should be placed in that dish before hand, and the dish labeled.

A service plate, a plate underneath, is always used with oyster course, with soup course, with cereal course, with fruit course; for breakfasts, for dinners, and for corresponding courses at luncheon.

The servant should present the dishes at the left of every guest, holding the dish as near on a level with the table as possible, beginning with the lady at the host's right, or, as is adopted from foreign custom, with the hostess. All plates are placed and removed from before the persons at the table from their right.

At a formal dinner, nothing but the flowers, the candelabra, and the bonbons or fruit, if used, are placed on the table, everything being served from the side by the butler or waitress.



HOW TO SET THE TABLE

The ideas given here are for formal entertaining and hold for breakfast, luncheon, dinner, or supper, to be simplified for every-day use as one may see fit, or changed in detail according to need.

First, the silence cloth, and then the tablecloth. Fancy and plain centerpieces have been used underneath the center decorations, and still may be, if one desires, but the idea is not according to the latest dictum of fashion.

For a center decoration the most successful dinner hostesses assert that the low decoration lends itself best to the enjoyment of the guests. Flowers in any profusion, a fern, or a small palm may be used. For constant use, a small fern with a fancy jar is most satisfactory.

At the left of each place is a folded napkin, at the right, a glass for water which should be filled the last thing before the meal is announced and kept filled throughout the meal. A glass for each different kind of wine to be served is also placed at the right of the plate, grouped on a line with the edge of the plate toward the center of the table.

On the right of the plate, all the lower ends on line, are the oyster forks, soup spoons, and knives in order, beginning at the outside. On the left are the various forks, and the spoons required during the meal are placed horizontally in front of the plate, handles to the right.

It is now regarded as better form to place on the table all the flat silver needed for the courses up to the dessert course, and then the plates for dessert are passed, then the spoons or forks, then the dessert. For other courses following, one may have the articles with which they are to be eaten passed with each course as this is decidedly less confusing. At the left of each plate, in front of the forks, is placed a bread and butter plate and by this an individual butter knife.

MEASURES

Cupful	One-half pint
One heaping tablespoonful of sugar.....	One ounce
One cupful of sugar.....	One-half pound
One cupful of butter.....	One-half pound
Eight rounded tablespoonfuls of any dry material.....	One cupful or one-half pint
Sixteen tablespoonfuls of any liquid... ..	One cupful or half pint
Four gills	One pint
Two pints	One quart
Four quarts	One gallon
Sixteen ounces	One pound
One-half cupful	One gill
Four cupfuls	One quart
Two cups of granulated sugar.....	One pound
Two and one-half cups powdered sugar.....	One pound
Butter size of an egg.....	Two ounces or one-fourth cupful
One cup of butter.....	Half pound
Four cups of flour.....	One pound
One heaping quart of flour.....	One pound

—Knoxville Cook Book.

PROPORTIONS

Five to eight eggs to one quart of milk for custards.

Three to four eggs to one pint of milk for custards.

One salt spoon of salt to one quart of milk for custards.

One tablespoon of vanilla to one quart of milk for custards.

Two ounces of gelatine to one and three-fourths quarts of liquid.

Four heaping tablespoons of corn starch to one quart of milk.

Three heaping tablespoons of baking powder to one quart of flour.

One even teaspoon of baking powder to one cupful of flour.

One teaspoonful of soda to one pint of sour milk.

One teaspoonful of soda to one-half pint of molasses.

—Century Cook Book.

QUANTITIES OF MATERIAL FOR ENTERTAINING ONE HUN- DRED PERSONS

Potato Salad.

One and a half pecks of potatoes.

Dressing: Yolks of thirty eggs, one and a half pounds of butter, one teacup of sugar, one-half dozen lemons, one pint of vinegar.

Chicken Salad.

Eight large chickens (weighing about four pounds each), two large bunches of celery.

Dressing: Yolks of forty eggs, two pints of vinegar, eight lemons, teacupful of sugar, one-half pound of butter.

Sandwiches.

Six loaves of bread, two hundred small beaten biscuit.

Coffee.

Three gallons of coffee made of three pounds of coffee. One pint of coffee will pour five after-dinner cups.

Chocolate.

One and one-half gallons of chocolate made of two pounds of chocolate.

Almonds.

Four pounds of salted almonds.

Pickle.

One-half gallon of small pickle.

Bon-Bons.

Eight pounds of mints.

Ice Cream.

Four gallons of ice cream.

Mayonnaise.

Seven quarts of olive oil, six eggs to each quart of oil, one pint of vinegar, one dozen lemons, red pepper.



HELPS TO HOUSEKEEPERS

If a recipe calls for a hard-boiled yolk of an egg, separate white and yolk carefully, and drop yolk into a sauce-pan of boiling water. Then cook till done, saving white for later use.

To prevent discomfort to the eyes from chopping raw onions, place a piece of lightbread under the upper lip, pressed close to the nose.

Always boil milk in a double boiler or in a pan set in another.

Never put an egg on to boil in hot water; put on in cold water, and when the water comes to a boil the egg is ready for eating.

The best way to boil a fish is to flour a cloth, roll fish in it, place in a fish boiler or stove-pan. It will be found easy to roll fish from the cloth.

Coal oil is excellent for keeping bright the nickel trimmings on stoves and grates.

Bed-bugs cannot stand the mixture of quicksilver and the beaten white of an egg.

For a severe cold on lungs, cook together one teacupful of strained honey, one-half teacupful of olive oil, and the juice of one lemon, and take one teaspoonful every two hours.

To freshen leather seats of chairs, use white of egg.

A tablespoonful of turpentine boiled with white clothes will keep them white and remove dinginess.

To stone raisins easily, pour boiling water over them and then drain.

In cutting a layer cake, cut a square in the center at first and then the cake will not crumble.

To exterminate rats and mice, take two parts squills (dry like chips, not liquid squills) to three parts of chopped bacon and enough Indian meal to make into cakes. Bake and put where accessible to rats and mice. You will be rid of them and will find no dead ones.

Powdered charcoal is good for foul breath and whitens the teeth, one-half a teaspoonful to the dose.

Powdered alum will dry up an unsightly pimple or sore. It will stop bleeding of a cut or scratch. If mixed with alcohol and applied to the hair before curling, alum will keep the curl or wave in hair on a damp day.

The white of an egg mixed with lemon juice and rubbed on the face an hour before the bath will render the skin soft and white after a few applications.

To remove ink stains, saturate with milk, changing it to a fresh supply as soon as colored.

To take machine oil out, wash immediately with soap and cold water.

To remove paint, equal parts of turpentine and spirits of ammonia will be effective, no matter how old the stain. Saturate two or three times and then wash in soap and water.

Spots in cloth or calico, produced by an acid, may be removed by touching the spot with hartshorn. Spots produced by an alkali may be removed by touching with vinegar and tartaric acid.

For mildew, wet cloth, rub on soap and chalk and let dry in the sun.

To drive away roaches, take green cucumber parings and strew around the tables and cupboards.

For discolored black kid gloves, add a few drops of ink to a teaspoonful of salad oil and rub on with a feather. Let them dry in the sun.

For white spots on furniture caused by hot iron or hot water, try rubbing with spirits of camphor.

To banish bed-bugs after they have gotten into the walls and ceiling, close all doors and windows and burn brimstone by throwing it on red-hot coals in an iron kettle set in the middle of the room.

Borax water will keep the hands soft, smooth and white.

Iron rust on marble or porcelain is easily removed by muriatic acid.

Stonemasons' sawdust is better than soap for cleansing floors.

For convulsions in children, usually a warm bath is efficacious.

A lemon, squeezed beyond all other use, boiled awhile in a greasy or fishy sauce-pan, will remove the discoloration.

For corns on feet, dissolve in spirits of camphor as much gum camphor as it will take up and apply every night on raw cotton.

Bedsteads washed once a month in carbolized water will be free from vermin.

A teaspoonful of vinegar, put in water in which meat or fowls are boiled, makes them tender.

A little charcoal mixed with clear water and thrown into a sink, will deodorize it.

Rub brass work with salt and vinegar for a bright polish.

Put soda in the water used to sponge a fever patient. It makes one cool and comfortable.

Keep a box of sawdust on hand. Wash your cut or pressed glass, a piece at the time, in warm soap-suds, and without drying it, bury it in the sawdust. Leave each piece until thoroughly dry, and then brush with a soft brush, taking care to reach all crevices.

Decanters, carafes, vinegar-cruets, etc., can be cleaned by using a mixture of salt and vinegar. To a wine-glass of vinegar use a handful of salt. Put some of this in the bottle and shake until stain disappears.

Pudding dishes stained from baking in a hot oven can have stains removed by soaking in strong borax and warm water, for several hours.

Greasy pots and kettles can be easily cleansed by warming them through on the stove and then scrubbing them with corn meal and rinsing in soap and water.

A pinch of soda placed in milk which is to be scalded, will prevent its curdling.

Clean gilt picture frames with water in which onions have been boiled.

In storing curtains, shirtwaists, etc., put them up rough dried, as starch rots cotton fabric.

A small piece of charcoal placed in a vase of flowers will keep them fresh for several days.

After preparing onions, wash the hands in cold water with salt and no soap.

Drain pipes and all places that are sour or impure may be cleaned with lime water or carbolic acid.

To clean plate glass and mirrors, a cloth wet in alcohol is excellent and prevents frost in winter.

Cleansing Fluid.—A fluid that will remove spots from furniture and all kinds of fabrics without injuring the color, is made of: One ounce of aqua ammonia, one ounce of glycerine, one ounce of castile soap, one ounce of spirits of wine. Dissolve the soap in two quarts of soft water, add other ingredients, apply with a soft sponge and rub well.

Washing Fluid (Javelle Water, used in Chinese laundries for whitening linen).—One-fourth pound of soda, one gallon soft water, four pounds unslaked lime.

Heat the water boiling hot. Pour it over the lime and soda. Let the mixture bubble and foam until it settles, and then pour off in bottles for use. Use one tablespoonful to three gallons of water. One-fourth cupful in the boiler when washing clothes makes them white and clear, but the clothes must be rinsed well afterwards. This fluid will also remove all ordinary stains made by fruit, tea, grass, etc. It brightens colored clothes, but they must not be left long in the water. The boiling, rinsing and bluing should be done in quick succession.

Good Carpet Cleaner.—One bar of good soap, eight ounces of borax, eight ounces of washing soda, four ounces of Fuller's earth. Boil all in one gallon of soft water until they dissolve. Add four gallons of cold water and one-half pint of ether. Apply with a soft brush, rinse with clear water, and rub dry with a cloth.

For burns, one Irish potato grated and made into a poultice with beef-foot or linseed oil and applied instantly will be found efficacious.

For rheumatism, use equal parts of turpentine and vinegar. Put in a bottle with one egg and shake well. Apply gently, do not rub, as it may blister.

Cooking soda will clean silver.

For a burn, no matter how bad, use diluted household ammonia.

A sure cure for a wound caused by a rusty nail, is the smoke from burning woolen rags.

Salt and sulphur are both good for the teeth.

To relieve hoarseness, the beaten white of an egg mixed with lemon juice and sugar, is good.

Do not wash windows while the sun is on them, as they will look smeared.

To get paint off of window-panes, rub with hot vinegar.

Evaporated cream kept on hand will be of invaluable aid in case of emergency when milk runs short. It is fine for waffles, scup, etc.

Many Uses for Lemon Juice.—A little lemon juice in the water in which fish is boiled will make it desirably solid,—the too frequent lack of a boiled fish.

Sweet-breads left before cooking for an hour in a bath of a rather strong dilution of lemon juice are made white and firm.

A few drops of lemon juice are declared to add a delicious flavor to scrambled eggs.

For a rolled roast, take a rib roast with bones cut out, squeeze the juice from a lemon over the meat, roll the lemon skin up in the meat. The result is a juicy, aromatic meat very gratifying to the palate.

Cleaning Fluid for Carpets, Blankets, Etc.—One bar of Octagon soap cut into small pieces. Boil in two quarts of water until it dissolves. Add two ounces of borax and two ounces of sal. soda. You may add a little alcohol, about a gill, or do without. This when cold will be a sort of jelly, but need not get cold to use. Put in a sufficient quantity of water to make a good lather. For blankets, wash until clean and then rinse thoroughly. Do not rub hard and do not wring, but hang on a line smoothly and pull them straight

after shaking out as much water as possible. For carpets, dip a clean cloth in very thin suds, made by adding a little cold water to the mixture, wring the cloth well and rub quickly over the carpet so that it will not become wet or cause the colors to run.

—Ayres Family Recipes.

To Cleanse Old Brass.—Rub off green spots with vinegar and very fine salt. Wash quickly in hot water with Octagon soap. Clean thoroughly with Bon Ami and polish with solarine.

—Ayres Family Recipes.

Japanese Cleansing Fluid.—Two ounces ammonia, two ounces 95-proof alcohol, one ounce sulphate of ether, one ounce spirits of camphor, one ounce white castile soap, balance water to make one quart of mixture.

—Ayres Family Recipes.

Government Whitewash.—Slake half bushel lime with boiling water; cover the process to keep in steam; strain liquid through fine sieve or strainer; add to it one peck of salt previously dissolved in warm water; three pounds ground rice boiled to a thin paste and stirred in while hot; half a pound of Spanish whiting and one of glue previously dissolved by soaking in cold water, and then hanging over a slow fire in a small pot hung in a larger one filled with water. Add five gallons of hot water to the mixture, stir well and let it stand a few days covered from dirt. It should be applied hot, for which purpose it can be kept in a kettle or portable furnace.

The east end of the President's house at Washington is embellished by this brilliant whitewash. It is used by the government to whitewash lighthouses.

A pint of this wash mixture, if properly applied, will cover one square yard; will be almost as serviceable as paint for wood, brick or stone, and is much cheaper than the cheapest paint. Coloring matter may be added as desired. For cream color, add yellow ochre; for fawn, add proportionately four pounds of umber to one pound of Indian red and one pound of common lamp black; for common stone color, add proportionately four pounds of raw umber to two pounds of lamp black.

Magic Soap (Cleanses Anything).—Two quarts of boiling water. In this dissolve three five-cent cakes of Ivory soap. (Shave soap in fine pieces.) Let it stand in a cool place for

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twenty minutes. Add: sulphuric ether, one-half ounce; alcohol, three ounces; ammonia, No. 26F, one and one-half ounces.

Poison Oak Cure.—Bathe the affected parts long and well with sulphur dissolved in sweet cream; in one-half hour bathe well in salt and water. Repeat twice a day; three or four applications will effect a cure. —Kansas City Cook Book.

Flush your bathroom closet, basins, tubs, etc., once a week with sal. soda dissolved in boiling water. Dust powdered potash or concentrated lye in the bowl of closet daily to keep bathroom sweet. The tins containing potash or lye come with perforations.

For fruit stains, lay a tablespoonful of sulphur on plate and sprinkle with a few drops of alcohol. Over this lay a tin funnel with point up, set the alcohol on fire, wet the stain and hold the spot over the opening in the point of the funnel. Rinse out the material immediately and have laundered at once.

A careless waiter spilled a quantity of mayonnaise on a beautiful gray silk crepe evening dress. After dinner a friend took me to another room, dissolved a teaspoonful of borax in a glass of hot water, folded a piece of clean white flannel into a thick pad, laid it under the spot and with a clean linen cloth dipped in the borax solution and wrung out, patted the grease spot lightly, refolding the pad from time to time so as to bring a clean dry surface underneath, and wetting the cloth frequently during the patting process. The spot was entirely removed.

—Alice C. (California) in Table Talk.

To Wash a Bottle.—Let me tell you the only easy way I ever heard of to do it. Put some water in the bottle, and then a lot of little wee scraps of torn-up paper, and shake it. If it is not clean when you empty it, try again. The mass of wet paper, under the dash of water, scrubs as effectually as any other dish-rag. The bottle may need a preliminary soaking of course, just as dishes might.

—Margaret Miller (N. J.) in Table Talk.

Camphor put in drawers or trunks will keep away mice.

Rub hinges with a feather dipped in oil, and they will not creak.

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A small bag of sulphur kept in a drawer or cupboard will drive away red ants.

Boil three or four onions in a pint of water, apply with a soft brush to gilt frames, and flies will keep off them.

The odor of sweet peas is so offensive to flies that it will drive them out of a sick room.

Brass-work can be kept beautifully bright by occasionally rubbing with salt and vinegar, or pumice stone and ammonia.

EXPLANATIONS

BOILING.

Everything should be gently boiled, rather than boiled fast, in order to be tender. The water should never be allowed to stop boiling before the article is done. The kettle should be kept covered, merely raising the cover to remove the scum. When more water is needed, always use boiling water; adding cold water will ruin anything.

FRYING.

The fat must always be very hot, then the surface of anything is almost instantly hardened or crisped, when thrown into it; the inside is thus kept free from grease.

The same fat can be used several times for frying the same things, by straining it through a wire strainer. Frying is really boiling in hot lard.

BROILING.

The gridiron should be very hot and well greased. Cover the gridiron with a baking-pan, which will keep the heat in. Birds and fowls should be turned often to be cooked evenly without being burned. Steak should be turned often to keep the juice in; never put a fork in the lean part of the steak when cooking, as it allows the juice to escape.

BAKING.

Meats and fowls should be well basted all the time they are cooking. I would recommend all housekeepers to have a self-basting pan; by using it, less fuel is required and you can always have nicely cooked meats even with the most careless of cooks.

Frozen meats should be immersed in cold water until they have thawed. Meats kept a day or two before being cooked are more tender.

BREADING.

Always keep a jar of each kind of crumbs. This is easily done if a little is added to them each week, using left-over bread and scraps of crackers. Have the egg in one plate slightly beaten, and the crumbs in another. Roll the article first in the crumbs, then in the egg, then in the bread-crumbs again.

LARDING.

Cut firm bacon into very narrow strips with a sharp knife. Place one end in a larding needle, draw it through the skin and a small bit of the meat, leaving the strip of pork in the meat. The two ends left exposed should be of equal length, and the larding may be arranged in any fanciful way to suit the cook. If you have no larding needle, the strip of pork may be tied on and then removed before the meat is sent to the table.

—“Housekeeping and Dinner-giving in Kansas City.”

BREAKFAST DISHES

SOFT CHEESE ON TOAST.

Make a pint of cream sauce, stir into this a cupful of grated cheese. As soon as this melts, take from fire and pour over thin slices of toast. —Mrs. Eleanor Hall Jaques.

BAKED CHEESE AND EGG.

Put a little butter in a small baking dish, sprinkle lightly with grated cheese (not much). Drop a raw egg in dish, add a tablespoonful of fresh milk, sprinkle lightly again with cheese and bake for a few minutes. Put salt and pepper on last layer of cheese. —Mrs. Eleanor Hall Jaques.

EGGS ON TOAST.

Six eggs, six slices of lightbread, cup of milk, tablespoonful of butter, tablespoonful of flour, salt and pepper to taste. Toast the bread, hard-boil the eggs, and slice over the toast. Heat milk; cream flour and butter together; stir in milk and heat until thick, stirring constantly. Pour over toast and eggs and serve hot. —Mrs. Lula Brown White.

POACHED EGGS ON TOAST.

Save a cup or cup and a half of chicken gravy from Sunday's dinner; add to it three tablespoonfuls of milk, and reheat. Toast rounds of bread, butter them lightly. Put a spoonful of gravy on each round, and lay on the top a poached egg. Sprinkle with salt and white pepper and serve.

HOMINY GRITS.

Soak all night; cover with boiling water, slightly salted, in the morning, and cook for an hour. A delicious preparation of hominy is effected by cooking it in plenty of salted water until tender, turning off the water and supplying its place with cold milk. Bring to a boil and serve.

APPLES AND BACON.

Slice breakfast bacon very thin and fry until it curls and is clear. Take it up and keep hot over boiling water. Strain the fat back into the pan, adding a very little butter, and fry in it apples, sliced round and thin without coring or peeling. When clear and tender, drain piece by piece from clinging grease; arrange neatly in the centre of a hot water dish; sift powdered sugar lightly over them and garnish with the bacon. Eat with brown or graham bread.

EGGS WITH HERRING.

Beat four eggs; add a pinch of cayenne and a teaspoon of minced parsley, and a green onion minced fine; bone a red herring; broil and mince it very fine; add to the eggs; put into a sauce-pan with a small piece of butter or tablespoon of salad oil, and cook until the eggs are set. Serve on toast with slices of lemon.

CUPPED EGGS.

Butter the requisite number of egg cups and carefully break a fresh egg into each; set the cups in a strainer over boiling water and cook until the whites are turned and set. Drop a bit of sweet, fresh butter on top of each and shake a pinch of minced parsley over the butter. Serve at once.

RUMBLED EGGS.

Break six eggs into a bowl; add a tablespoon of melted butter, a tablespoon of milk, or two tablespoons of cream instead of butter and milk, and beat together until thoroughly mixed; then turn into a saucepan; set over boiling water and stir until the eggs are thick and creamy; season with pepper and salt and pour over hot buttered toast. Serve while hot.

EGGS A LA CRÈME.

Hard-boil twelve eggs and slice them in thin rings. In the bottom of a deep baking dish spread bits of butter, then a layer of bread crumbs, then a layer of the boiled eggs. Cover with bits of butter and sprinkle with pepper and salt. Continue to blend these ingredients until the dish is full, then

cover the top with buttered crumbs, then pour over the whole a pint of sweet cream (or milk) and bake in a moderate oven. Six eggs makes full quantity for eight people.

OMELETTES.

A really nervous person perhaps will succeed in cooking this simple dish to perfection, when others would fail; for deliberation is fatal to its successful preparation. One mistake is often made in beating the eggs too light; another, in having a pan too heavy to shake easily; and another, in not having a sufficiently hot fire. Many failures result from having too much egg in the pan; the egg mixture should not be more than half an inch deep in the pan, and it is better to have it even less.

It ought not to take more than two minutes for a perfect omelette to be cooked. In the first place, a smooth, light pan with a long handle is required. It must be scoured till perfectly smooth, and dried carefully. Put a small piece of butter in the pan and set it on the fire where it will heat gradually. When it is quite warm, place it on the hottest part of the stove. Pour the omelette mixture into the pan, and shake until the whole mass is about as thick as soft custard. The motion of shaking the pan is that one uses in popping corn. It must be quick and nervous, and the egg mixture thrown from the bottom of the pan with every shake. When the omelette is of the consistency described, transfer the handle of the pan from the right hand to the left, and then tip the pan forward, and with a knife fold the omelette in the same direction. Let it remain for about fifteen seconds, then serve immediately.

A plain omelette is made with four eggs, beaten together, but not to a froth. Add half a teaspoonful of salt, and two tablespoonfuls of milk or water. Cook as described above. Turn out on hot platter.

The most economical of omelettes are those which gain bulk from other materials added. Half a cupful of cold boiled rice, mixed with three slightly beaten eggs, two tablespoonfuls of hot water, and salt to taste, will make a very palatable omelette. Half a cupful of chopped boiled ham, a few cold stewed tomatoes, or the same quantity of bread-crumbs or cold boiled potatoes chopped fine, added to three beaten eggs, make delicate omelettes.

In making omelette for a number, it is better to prepare several small ones rather than one large, unless it is a baked omelette, which is very good if served and eaten immediately after cooking.

For a baked omelette for six persons, use six eggs, half a cupful of milk, one tablespoonful of flour, one teaspoonful of baking powder, one large teaspoonful of salt, and a tablespoonful of butter. Mix the flour and milk, beat the whites and yolks separately, and then stir all the ingredients together. Put the omelette into a hot, buttered frying-pan, and set in a rather hot oven for ten minutes. Fold the omelette and serve. The flour, baking powder, and half the quantity of milk may be omitted, in which case the omelette will not need to be baked quite so long.

A variation of this omelette may be made by spreading over it, just before folding, a pint of chopped chicken warmed in cream sauce, or a pint of oysters heated in their own liquor. Jelly or fruit may be spread on the omelette before folding, in which case the dish may appear on the menu as an omelette aux confitures.

A green-pea omelette can be made with four eggs and half a pint of boiled green peas or canned peas, poured inside the omelette before it is folded. Asparagus may be used in the same way. Only the green ends should be used after they are boiled, drained, and seasoned.

An omelette aux fines herbes is a regular French dish, requiring only a handful of finely chopped parsley beaten in with the eggs, as for a plain omelette.

FAIRY OMELETTE.

Beat yolks and whites of six eggs separately; add five tablespoonfuls of milk to the yolks. Heat a skillet and put in a tablespoonful of butter; let it melt; pour in the beaten yolks and pile between whites on the top; sprinkle with salt and pepper. Cover and cook three minutes, slip out on hot platter and serve by cutting through yolks and whites.

EGG OMELETTE No. 1.

Four eggs, one tablespoonful water, one-half teaspoonful salt, few grains black pepper, two tablespoonfuls butter in chafing dish. Beat eggs separately, adding water to yolk; add whites to yolk and water. Cook for fourteen minutes. Fold and turn out on hot platter; this keeps it from falling.

EGG OMELETTE No. 2.

Five eggs, yolks and whites beaten separately and seasoned with salt and pepper; one-half cupful of grated cheese, ham, or chicken, mixed with yolks and one pint of cream sauce. Add beaten whites last, pour in pan and cook on top of range until thin crust forms on bottom, then put inside of oven and bake ten minutes. Serve on chop plate. Have a skillet pan deep enough and not too large as omelette rises very rapidly.

—Mrs. Eleanor Hall Jaques.

CREAM SAUCE FOR ABOVE.

One light tablespoonful of flour, one large tablespoonful of butter, two teacups of milk, salt and red pepper. Melt butter in double boiler, sift in flour, and stir until smooth. Heat milk and add salt and pepper. Mix the two and stir till like soft custard.

—Mrs. Eleanor Hall Jaques.

RICE BREAD.

To two cupfuls of cold boiled rice add a tablespoonful of melted butter. Beat two eggs separately; add to the rice the yolks, one cup of milk, one tablespoonful of sugar and one teacupful of salt. Beat all together thoroughly, then add one pint of flour in which has been sifted two teaspoonfuls of baking powder; lastly, mix in lightly the whites of the eggs, which have been beaten stiff. Fill well-greased muffin pan two-thirds full, and bake in a hot oven fifteen minutes.

BUCKWHEAT CAKES.

Mix over night with warm water, a little salt and tablespoonful molasses, one pint self-raising buckwheat flour to the usual consistency of griddle cakes; when ready to bake for breakfast add a measure each of acid and soda—thinning the batter, if necessary—and bake immediately on a hot griddle.

GRIDDLE CAKES OF BREAD-CRUMBS.

To a pint of bread-crumbs add one pint of boiling milk. Cover closely and let stand over night on ice. In the morning mash to a smooth paste and beat in yolks of two eggs. Then slowly add one-half pint of cold milk, beating all the time, and a half pint of flour with which a teaspoon of baking powder has been sifted. Next, add the whites of the eggs beaten stiff, and bake like griddle cakes. Very valuable.

SOUPS

TO CLEAR SOUPS.

Soups are cleared very much as coffee is. First strain, then add the white of an egg or some egg-shells; boil and strain again. Where certain vegetables are to remain in the soup, make up the stock separately, strain and clarify it; cook the vegetables, and after straining the liquor in which they were boiled, add to the stock and boil together for a short time. Do not throw away the water in which the vegetables were boiled, but add it, too, to the soup, as it contains much of the flavor and nourishment of the vegetables.

MOCK BISQUE SOUP.

One quart can of tomatoes, three pints of milk, one large tablespoonful of flour, and one large tablespoonful of butter. Put tomatoes on to stew, salt and pepper to taste, and add a pinch of soda. Boil milk and add to stewed tomatoes. Cream the flour and butter and stir slowly into the boiling mixture. Boil all together for ten minutes, strain and serve.

—Dr. Mary E. McKay.

VEGETABLE SOUP.

Ten-cent soup-bone, two quarts of water, two teaspoonfuls of salt, one-half teaspoonful of pepper, two tablespoonfuls of rice, one large Irish potato, one can of tomatoes, one celery root, one-half dozen pieces of spaghetti, one teaspoonful of chopped onions, one tablespoonful of chopped cabbage or corn. Wash the bone and put on the stove in cold water with salt and pepper. Boil slowly for two hours. Take out the bone and strain. Add the vegetables to the boiling stock and cook forty-five minutes longer. Add chopped parsley at the last.

The meat from the bone, cooked with potatoes, makes delightful hash.

—Mrs. Geraldine Dessau Wheeler.

MACARONI SOUP.

(A Quick Soup.)

One quart of tomatoes, one cup of cheese, one-fourth pound of macaroni. The macaroni must be put in boiling water first. Then add other ingredients with red pepper and salt, and cook for half an hour.

—Mrs. Julia Byrom Wimberly.

SAILORS' SOUP.

Inexpensive and Delicious.

One quart canned tomatoes, rubbed through colander; put in porcelain vessel and boil ten minutes. Rub together two tablespoonfuls of flour and butter the size of an egg, adding salt, pepper, ground spice, and cloves to taste. Add this to tomatoes. If preferred when serving add tablespoonful of whipped cream to each plate.

—Mrs. Eula Felton Willingham.

OKRA SOUP.

It is best to make this bouillon the day before it is wanted.

Put a good soup-bone on in cold water; boil slowly and steadily several hours and then put aside to get cold, that all grease may be removed. When ready to use the bouillon, cut up one quart okra, one small onion, two or three ears of tender corn, two green peppers, one cup of butter-beans. Put these into the bouillon and cook. When the okra has cooked thick, add one can or one quart of fresh tomatoes, rubbed through a colander (and to this add a pinch of soda), and red and white pepper. Just before it is done, put in salt to taste. This is served on the coast with rice boiled dry. I put one cup of rice into the soup. I think that the okra should be cooked very done before adding to the bouillon.

—Mrs. Henrietta Nisbet King.

TOMATO SOUP.

Heat one quart of milk and season with pepper, salt, and a teaspoonful of butter. Heat a can of tomatoes and add a pinch of soda just before mixing with milk. After mixing let it come to the boiling point and serve at once.

—Mrs. Loulie Link Cason.

GRAVY SOUP.

Buy one pound of shin of beef, cut it into small pieces an inch long, and fry them in one tablespoonful of Plantene until brown, add three pints of water or stock, a seasoning of herbs, a little lemon rind, and a good squeeze of lemon juice. Simmer for five hours; when cool remove the fat. Next day add one tablespoonful of sago, one onion, one carrot, one turnip, and a piece of celery cut into small pieces; bring to boiling point and cook slowly for one hour. Strain, season and serve.

LENTIL SOUP.

Pick over and wash one cupful of lentils, soak three hours, and put them on to cook in one quart of boiling water. Let them cook very slowly until soft and the water reduces one-half. Rub the pulp through a strainer, add one pint of milk, and when boiling thicken with a tablespoonful of flour cooked in a tablespoonful of butter. Season with paprica, salt and a little sugar and serve with croutons.

CHICKEN SOUP No. 1.

After plucking a fowl carefully, clean the skin with a wet cloth, remove the pin-feathers and singe off the hairs; then wipe the bird with a wet cloth, and cut the flesh in small pieces, separating the bones, but not breaking them so fine as to endanger their remaining in the soup after straining it. The head and feet are to be skinned and scalded after cutting off the beak and claws, and the heart, liver and gizzard properly cleaned and put into the soup. Allow a quart and a pint of water to each pound of chicken, and season rather below the taste, because the quantity of soup will be lessened by boiling. Cover the soup kettle, place it at one side of the fire where it will boil gently for several hours until the meat falls apart; the soup will then be ready to strain, removing the bones, and finish for the table by the addition of some delicate dumplings, such as batter-cakes or egg-barley dumplings.

CHICKEN SOUP, No. 2.

Boil one hen in three quarts of water until tender. Add two tablespoonfuls of rice; salt and pepper to taste. Before serving, cut up two hard-boiled eggs into it.

CELERY SOUP No. 1.

One cupful of chopped celery, a quart of milk, a tablespoonful of flour, butter, salt and pepper. Stew the celery until soft enough to rub through a colander; to this pulp add the milk boiling hot. Thicken with the flour rubbed smooth with the butter, pepper and salt.

CELERY SOUP No. 2.

Boil two large Irish potatoes in half a pint of water; add more as it evaporates. Chop two stalks of celery; boil until tender. Boil one quart of milk. Season with salt, pepper and butter to taste. Just before serving add a small piece of onion, the potato, and celery, and half a pint of whipped cream. Serve boiling hot.

CORN SOUP.

One can of corn, or three ears of fresh corn, one quart of milk, butter the size of a walnut, one tablespoonful of flour, and salt. Put the milk on the stove; when boiling hot, add the corn, letting it just heat (not cook) in the milk. Remove from the fire and rub through a colander and then through a sieve. Return it to the fire, and when boiling hot add the butter, flour and salt rubbed smoothly together and moistened with a little milk. Stir constantly until slightly thickened. Serve with oyster crackers. Sufficient for six if small helpings are given.

When fresh corn is used, grate from the cob, then put it, cobs and all, into the milk and cook for about ten minutes; the canned corn is already cooked. Remove the cobs, scraping off any corn that may be adhering to them, and then proceed as directed above. In making this soup from canned corn, it pays to buy a good brand, as what remains after passing through the colander and sieve is perfectly good, and can be used either as a vegetable, scalloped, or in corn oysters. One-half of the can would probably be sufficient for this soup, but as there is no waste in what is left over, use the whole.

POTATO SOUP.

Boil four good-sized potatoes; when cooked rub through a colander into one quart of boiling milk. Add one teaspoonful of dried vegetables, salt and pepper, and stew half an hour; then stir in a piece of butter. Beat up one egg with a little

cold milk, stir in quickly and take immediately from the stove. Serve with fried bread. This soup is very good without the egg. It should be the consistency of cream. If too thick, add more milk, and remember that it will thicken as it cools. If not thick enough, a little flour may be used. Whole vegetables may be substituted for the dried, if preferred. It is well in this soup to tie the dried vegetables in a piece of muslin and only leave them in while the milk is boiling, otherwise it may be disfigured by some dark particles. The flavor will be sufficient.

SPLIT PEA SOUP No. 1.

One quart of veal or chicken stock can be used as basis of a good split pea soup. Soak the peas—a pint or more—over night; next morning drain and add sufficient cold water to cover, then heat slowly. When boiling skim well, add the stock to flavor well without being too salty, and simmer very slowly until the peas are thoroughly soft. Two hours before dinner if desired add cupful chopped carrot and onion which has been lightly browned in a little dripping. Rub through a sieve twenty minutes before serving, return to the fire, add seasoning as needed and thicken slightly with a little flour dissolved in cold water.

SPLIT PEA SOUP No. 2.

One teacup of peas, boiled until you can press them through a colander; add that mixture to two quarts of beef stock. Season with salt and pepper to taste.

PARKER HOUSE SOUP.

Take a piece of butter the size of an egg; put it into a frying pan, when it bubbles cut up an onion into it, and let fry a light brown. Then turn into that a can of nice red tomatoes; add salt, red pepper, five cloves and dessert-spoon of sugar. When well cooked, turn into a strainer, and strain into a good, rich stock; and thicken with two tablespoonfuls of flour dissolved in a little cold water. Send to table hot.

CREAM OF RICE SOUP.

Cover one cupful of rice with one quart of white stock, adding one slice of onion, one sprig of parsley and one leaf of

celery. Boil for thirty-five minutes, press through a sieve. Scald one and one-half cupfuls of milk, add the rice, season with salt and white pepper, and two minutes before serving add one-half of a cupful of cream.

CONSOMME No. 1.

Take two pounds of lean beef from the round, a small chicken, two ounces of lean ham, one small onion, two sprigs of parsley, one-fourth of a small carrot, two bay leaves, two stalks of celery and six cloves. Wipe and cut the beef into small pieces; cut the chicken as for fricassee; cover with cold water and stand on the back of the stove where it will slowly heat. Simmer for four hours. Try out a slice of bacon, add the ham cut in dice, the onion and carrot sliced. Fry to a delicate brown; add to the stock with the remainder of the vegetable, cutting the celery in pieces. Let the soup simmer for another hour, strain and stand away to cool. When cold carefully remove the fat from the surface. Put in a kettle over the fire; add the whites and shells of two eggs beaten lightly with two tablespoonfuls of cold water, a pinch of celery seed, and the juice of half a lemon. Let it boil for five minutes, take from the fire, skim carefully and strain through a cloth. When ready to serve, heat again, color with caramel and season. The soup should be perfectly clear, but amber in color. It may be served either in soup plates or bouillon cups, although as a rule the former are used.

CONSOMME No. 2.

Put in a stock pot three pounds of lean beef, three pounds of knuckle of veal, one roasted fowl, two and a half gallons of water and a little salt. When boiling, skim well and add two carrots, two turnips, one parsnip, one onion, six cloves, a sprig of parsley, and one red pepper pod, and boil slowly four hours; strain through a napkin. This consommé should be transparent and a light yellow color.

OYSTER SOUP.

Drain the liquor from two quarts of oysters into a quart of sweet milk. Let come to a boil; add salt, pepper, butter the size of an egg, and a handful of cracker-dust. Put in oysters and heat through. Serve immediately.

OYSTER SOUP (CREOLE).

One quart of milk, about three dozen oysters, lump of butter size of an egg, a few pieces of celery chopped fine, handful of parsley, small piece of onion; pepper and salt to taste. Boil the milk with all the seasoning for half an hour. Thicken the broth with a little flour and water. Put the oysters on fire until they come to a boil, pour into tureen quickly, add the boiling soup and serve at once.

CREAM OF TOMATO SOUP.

One quart of milk, one pint can of tomatoes, one large tablespoonful of butter, two tablespoonfuls of flour, half teaspoonful of soda, one teaspoonful of sugar, one bay leaf, one sprig of parsley, one blade mace. Put milk on to boil in a double boiler. Let the tomatoes stay in another pan for fifteen minutes. Put butter and flour together, add to the milk and stir constantly until it thickens; add the mace, bay leaf and parsley to the milk; the soda and sugar to the tomatoes; strain the tomatoes through coarse sieve, and if ready to serve add the soda and sugar and then the boiling milk. Serve immediately. It must not go on the fire after mixing the tomatoes and milk. Season with pepper and salt to taste.

NOODLE SOUP.

Take one large hen, cover with about two quarts of water, remove every bit of scum that rises. Season with salt, pepper, half can of tomatoes, half stalk of celery, half of onion. Cook slowly for three hours, then strain, put back on stove, bring to boil, adding noodles about five minutes before serving.

NOODLES FOR SOUP.

Take a handful of flour, add a little salt, make a hollow in center of flour, break in one egg. Make into a stiff dough, roll as thin as possible, then fold and cut into very fine strips.

NEW ORLEANS GUMBO.

One nice fat chicken (hen preferred), one good quart of okra, about two cupfuls of tomatoes, small onion. Disjoint the chicken and flour it, then fry nice brown in hot grease. When it is brown remove from fire, and drop in pot of boiling water

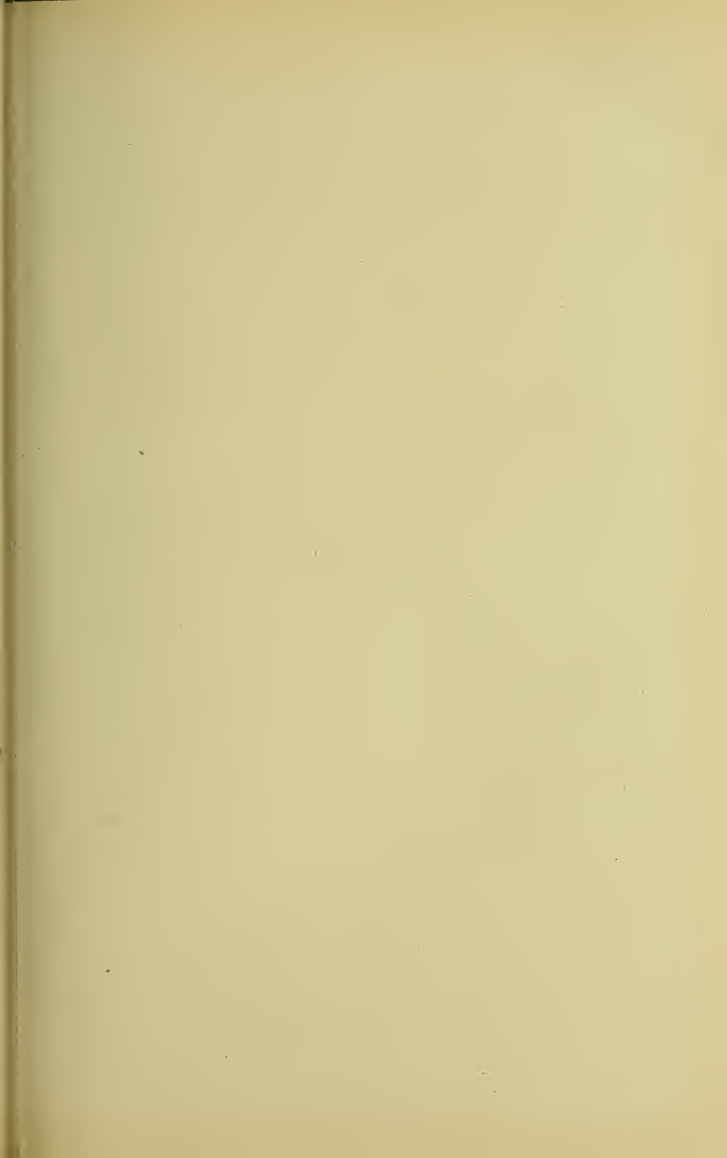
(about half a gallon) in the same grease. Fry the onion and add this to boiling soup, then fry the okra after slicing it. To this add the tomatoes, fry a few minutes and add to boiling soup. Season to taste and put back on stove to boil until chicken is tender. This should be served with boiled rice. This will be much improved by adding shrimps.

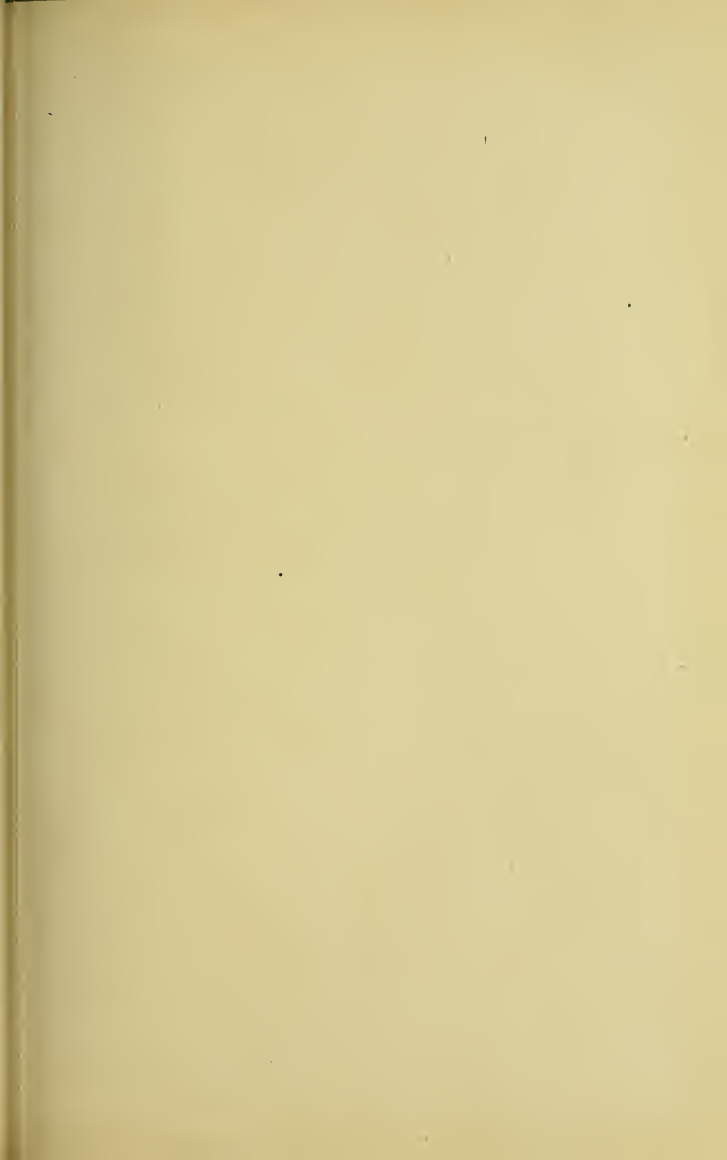
MOCK TURTLE SOUP.

Put on a large soup-bone about ten o'clock in the morning; when it comes to the boil, add salt and pepper to taste, one-half of an onion, one large teacupful of tomato liquor or catsup, and boil three hours. Make a thickening of two tablespoonfuls of browned flour, one egg, one tablespoonful of butter, and a little milk or cream, and stir it in the soup. Mix together one tablespoonful of Worcestershire sauce, one-half a nutmeg, one cupful of wine, one-half of a lemon, one tablespoonful of mustard and several hard-boiled eggs chopped fine. Stir this into the soup just before serving.

BOUILLON.

Take six pounds of beef and bones (soup-bones), cut up the meat and break the bones; add two quarts of water, and simmer four or five hours, or until all the juice is extracted from the meat. Strain it through a fine sieve and remove every particle of fat. Season with pepper and salt. Serve in bouillon cups or large coffee cups at luncheons, germans, etc.





SEAFOODS

TEA AND FISH NOT COMPATIBLE.

As you value your own and your family's digestion, don't serve tea with fish. The tannic acid hardens the fiber and makes it indigestible. It should not be offered with any form of fish, shell-fish or the articulate animals like lobsters and crabs. Iced tea and soft-shell crabs, for example, are a combination that should be avoided. —Harper's Bazaar.

CLAM CHOWDER No. 1.

Fry three or four slices of salt pork in a kettle until the fat is extracted; have one quart of clams chopped, also five medium-sized Irish potatoes cut in dice; first put in the kettle with the fat a small onion chopped fine and cook until brown, then add a layer of potatoes, then a layer of clams and a layer of crackers, broken up; season each layer as you proceed; proceed in this way until materials are used up, and pour on clam liquor and throw a pint of hot milk on last and let it boil twenty minutes; then serve as soup. A dash of red pepper improves it.

CLAM CHOWDER No. 2.

Chop a half pound of fat salt pork, put a layer of the pork in the bottom of the pot, cover with a layer of clams, sprinkle with a little minced onion and parsley, and put in a layer of split and soaked Boston crackers. Proceed in this way until seventy-five clams are used; then sprinkle with pepper and salt and cover with cold water. Bring slowly to a boil and simmer for an hour. Drain off the liquid and return to the fire. Thicken with a lump of butter rolled in flour and add a cupful of tomato juice. Return the other ingredients into the pot, bring to the boil and send to the table.

CRAB STEW.

Pick one dozen crabs into shreds, boil one quart of sweet milk, add one tablespoonful of butter, half teaspoonful of

pepper. Let the crabs get thoroughly hot in boiling milk, then add two sliced lemons, a gill of sherry and serve.

STEWED CRABS.

Take one heaping tablespoonful of butter, put one tablespoonful of flour in it, let it get brown; add to this a half can of tomatoes, strained; cut up some celery and put in a little red pepper and salt to taste. Put in the breasts of one dozen cleaned crabs; let it cook for five minutes, and serve hot.

DEVEILED CRABS.

To one dozen crabs take yolks of four hard-boiled eggs, two tablespoonfuls of butter, juice of three lemons, some red pepper, very little salt and two teaspoonfuls of Worcester-shire sauce (to suit the taste); beat it thoroughly, then add meat of one dozen crabs; add to this a half stalk of celery, and when ready to put into shells add a cupful of cream and bake in a hot oven.

FARCIED CRABS.

Take two dozen crabs and boil in salted water ten minutes; when cold, pick out the meat and spread on a platter. Mix one tablespoon of flour and one of corn-starch with a quarter of a pound of butter, half a teaspoon of white pepper, a dash of cayenne, half a teaspoon of salt, two eggs, a pinch of mace and one nutmeg. Get this into a smooth paste, put the cream on to boil, when it boils (but don't let this boil) stir quickly and avoid lumps. When thick pour over the crabs and stir with a wooden spoon. Wash the shells and dry thoroughly, fill them with the mixture, separate the yolk from the white of an egg, beat the yolk and smooth it over the crabs. Put in a hot oven for five minutes. Serve hot or cold garnished with parsley.

FRESH CRABS (A LA NEWBERG).

Shred one dozen crabs, add one teaspoonful of raw mustard, half teaspoonful of black pepper, one tablespoonful of butter; cut celery in small bits, add juice of two lemons, one teacupful of milk, let boil, and while boiling, add one gill of sherry wine, and serve in individual dishes.

BROILED SOFT-SHELL CRABS.

Prepare the crabs, dip each into melted butter, arrange in a broiler and broil over a rather slow fire. Transfer to a hot platter and place on each a spoonful of maitre d' hotel butter prepared by creaming two tablespoonfuls of butter, adding one tablespoonful of finely chopped parsley, one-half of a teaspoonful of salt, one-half of a teaspoonful of white pepper, and one tablespoonful of lemon juice, rubbing and stirring until thoroughly blended.

SAUTED SOFT-SHELL CRABS.

Wash the crabs thoroughly to free them from sand; lift up the flaps and remove the gills, sandbags and intestines. Dry thoroughly on a towel, dust with salt and pepper and roll each in flour. Heat two or more tablespoonfuls of butter in a frying pan, lay in the prepared crabs and saute on one side, then turn and cook on the other. Drain for a moment on unglazed paper and serve in a hot dish, sprinkling them with finely chopped parsley.

CODFISH BALLS (Mrs. W. R. Rogers) No. 1.

One pound of codfish, from three to six eggs, one quart of mashed Irish potatoes, pepper and salt. Soak codfish all night, put in cold, clear water and boil until soft and done. Pick out bones, cup up fine, mix with potatoes, season, roll into balls, fry in hot lard. Let drip over a can and serve hot.

CODFISH BALLS No. 2.

Boil the salt codfish until tender; pick it into pieces, taking out all the bones. Have some mashed potatoes seasoned with salt, pepper, butter and a raw egg; mix equal parts of potatoes and fish; mold into balls and drop into hot lard, as you do saratoga potatoes. Fry a light brown, take out with a perforated spoon.

CODFISH FLUFF BALLS.

Take the codfish fluff, which comes in boxes all fluffed so fine that the very look of it is attractive. To two cups of raw potatoes add one cup of the codfish fluff. Boil the potatoes

until tender the night before, if you like; drain, dry and mash while hot. Put on ice and in the morning add the codfish, one tablespoonful of melted butter, a very little pepper and when ready to fry them add one egg beaten separately. Form into small balls with two spoons and drop into hot fat. When light brown, drain on soft paper and serve. Any left-overs may be reheated in a very hot oven and will be quite as good as new.

CODFISH PUDDING.

Cook one cup of rice in one quart of milk; stir into this one cup of finely shredded codfish, adding two well beaten eggs, two tablespoons of butter, salt and pepper to taste, and bake in a buttered dish until firm.

BAKED ROE SHAD STUFFED.

Parboil roe in a little salted water in which a few cloves, a bay leaf and a dust of cayenne pepper has been added; boil about five minutes, then skim roe and mix it with a large coffee cup of dry bread-crumbs (grated), two tablespoonfuls of butter, two tablespoonfuls of chopped parsley, one teacup of canned tomatoes (not the watery part), one tablespoonful of Worcestershire sauce, salt and pepper to taste. After cleaning shad, dry with towel, rub a little salt and pepper into it, then stuff with the above; put in well greased baking pan with slices of fat bacon strips over the shad, constantly basting with butter and a little hot water, in which a little lemon juice or vinegar and tomato catsup has been added, and just before taking up remove bacon and pour over shad a glass of sherry or Madeira wine with a dash of tabasco sauce.

BAKED FISH.

Any kind of baking fish; put on butter, salt and pepper; make a sauce of butter, lemon juice, and a little Worcestershire sauce, put over fish, and baste often.

SALMON, SPANISH MACKEREL, POMPANO.

Put in fish boiler equal parts of water and vinegar, one small onion, cut up, one or two carrots, one lemon, sliced, salt and pepper. Let it boil thoroughly, put your fish into it and cook until done.

BELTED SMELTS.

Clean and wipe smelts or frostfish; bind like a saddle-cloth about the body of each a slice of bacon no thicker than writing paper; secure the bacon in place by passing a stout, clean straw through it and the fish. Set the fish, spines uppermost, in a pan, put into a brisk oven and cook fifteen minutes, or until they are done and slightly browned.

SMELTS.

Salt and pepper, roll in corn meal and fry in hot lard. They should be served immediately or they will lose their crispness and flavor. Serve two or three to each person.

BAKED SHAD.

Stuff the shad with bread-crumbs, salt, pepper, butter and parsley; mix this with the beaten yolk of an egg; fill the fish with it, and sew it up or fasten string around it. Pour over it a little water and some butter, and bake as you would a fowl; a shad will require from an hour to an hour and a quarter to bake; garnish with sliced lemon.

—Miss Maude Hill.

FISH CUTLETS.

Thicken one-half pint of milk with three teaspoonfuls of butter and three even tablespoonfuls of flour rubbed together. Boil three minutes over a gas burner. Add the yolk of an egg, one tablespoonful of chopped parsley, two cups of cold boiled fish. Season well with salt and pepper. When cold form into cutlets; dip first in beaten egg, then in bread-crumbs and fry in very hot fat. Lay on brown paper to drain, then arrange on a hot platter and set on the warm top of the stove until ready to serve.

DEVILED FISH.

One-half pound cooked fish, one tablespoonful flour, one tablespoonful butter, one tablespoonful chopped parsley, two-thirds cup milk, yolks of two hard-boiled eggs, seasoning. Mince the fish coarsely, make a thick sauce with butter, flour and milk; add to this the fish, yolks of eggs, mashed finely, parsley and seasoning of salt, paprika, and lemon juice. But-

ter a baking-dish or scallop shells, fill with the mixture, sprinkle crumbs over the top, and brown in the oven.

STEAMED TROUT.

Large trout are very good steamed. Remove the entrails, wipe with a wet cloth and season the inside with salt and pepper. Wrap in a cloth and steam a two-pound trout thirty minutes. Turn carefully on a heated platter and serve with a butter sauce. Sauce: Put one-quarter of a pound of butter in a bowl over hot water. Stir and beat until creamy. Add to it two tablespoons of freshly grated horseradish, one-quarter of a teaspoon of salt, and one-quarter of a teaspoon of paprika.

TO FRY FISH.

Have lard, or beef suet very hot, using a little more fat than will cover the fish, otherwise it is liable to stick to the bottom and burn. Don't put in the fish until the lard has been tested and found quite hot. If the fat is not quite hot enough, the fish will absorb some of it, making it greasy. Roll the fish in flour or corn meal before putting them in to fry, or they may be dipped in beaten egg, then rolled in cracker or bread-crumbs. Drain them well when done. Cutlets of any large fish may be egged and bread-crumbed, fried and served with tomato sauce, or any sauce preferred.

TO FRY SLICES OF FISH.

Cut slices one-half of an inch thick, from large white or catfish; season with pepper and salt, roll in meal and fry in boiling lard. They should be light brown when done.

TO BAKE FISH.

Clean nicely, leave on the head, sprinkle it lightly with salt, stuff with any kind of dressing preferred (such as used for turkeys); wrap with a string to keep in the dressing. Lay a piece of perforated tin with turned edges in the bottom of the pan, put the fish on it, this will prevent it from sticking to the bottom of the pan. Pour a pint of water in the pan, add two or three tablespoonfuls of tomato catsup, set in a moderate oven and bake slowly, basting it often. Do not turn the fish.

An hour will bake a large fish. When done take out on a hot dish, thicken the gravy with a little flour, add salt to taste, and a little butter. Pour over the fish and serve hot. The tomato catsup may be omitted and the fish served with any of the sauces for fish.

FISH IN SHELLS.

Parboil any kind of fish; cut it into dice, or it may be chopped fine, as preferred; season with pepper and salt. Silver plated shells, resting on tiny feet, may be bought, but they are very expensive. They can be had in the same size and shape, made of blue porcelain ware lined with white; these are inexpensive and answer every purpose. Put the fish in the shells, pour over any fish sauce preferred; sprinkle bread-crumbs over the top, place them in the oven a few minutes to brown the tops. Serve them in the shells, one to each person.

FISH TURBOT (Excellent).

Steam a white fish until tender, take out the bones and season with pepper and salt. For dressing, heat one pint of milk, and thicken with one-fourth of a pint of flour; when cool, add two well beaten eggs and one-fourth of a pint of butter; chop one-half of an onion very fine with a little parsley. Put into the baking-dish a layer of fish and dressing alternately until the dish is filled; cover the top with grated cheese, and bake one-half hour.

STUFFING FOR FISH.

Butter slices of stale bread on both sides, saturate them with wine or catsup, as preferred. When moist, cut again into smaller slices, and lay inside of the fish. This makes a nice stuffing for game, if the wine is used.

FISH CROQUETTES.

Mince cooked fish very fine; remove all bones very carefully; use three parts of bread-crumbs to one of fish; season highly with pepper and salt, and make moist with an egg and a little milk; work the mixture together, form into small cakes, roll them into beaten egg, then in bread-crumbs and fry in hot lard.

CREAMED LOBSTER.

Open cans, drain thoroughly, pick lobsters to pieces. Boil two eggs hard, shell and cut fine, set aside. Put into saucepan four tablespoonfuls of butter, melt, stir in four tablespoonfuls of flour measured even. Stir smooth, add one teaspoonful of grated onion, a pinch of nutmeg, one-half of a teaspoonful of lemon juice, one-quarter of a teaspoonful of paprika, one spoonful of salt, a pinch of black pepper. Cook smooth, add gradually three pints of sweet milk, stir until a rich creamy sauce, add lobster and egg; place in baking dish, cover with buttered bread-crumbs and a little grated cheese, brown in oven and serve at once very hot.

LOBSTER FARCE.

One can of lobsters cut in small pieces. Melt two tablespoonfuls of butter in pan and stir in three tablespoonfuls of flour. Let it get yellow, then add one quart of cream; salt and pepper. Boil until thick, stirring constantly. Remove from fire, add lobster, mix and put on ice three hours; when ready for use fill shells, sprinkle bread-crumbs and butter over mixture; bake brown and serve hot with peas. This quantity serves ten people.

LOBSTER AND MUSHROOMS A LA NEWBERG.

Two cupfuls of lobster meat cut into dice and half a pound of fresh mushrooms cut into dice of the same size. Make a roux in a frying pan of two tablespoonfuls of butter and one heaping tablespoonful of flour, stirred until smooth. Mix the lobster meat and mushrooms well together, season with paprika, salt and a dash of onion juice. Turn into the smoking roux, cook three minutes, remove from the fire, add quickly three tablespoonfuls of cream, heated, with a pinch of soda. Set over the fire for one minute, add a glass of sherry and serve hot.

BAKED OYSTERS.

Drain all juice off of one quart of oysters, add to oysters half a cupful of sweet milk, one spoonful of butter, one teaspoonful of Worcestershire sauce, two tablespoonfuls of cracker dust, some celery; salt and pepper to taste; bake in quick oven and serve hot.

CREAMED OYSTERS No. 1.

Put in one quart of oysters and let cook until the edges begin to turn. Salt and pepper well. At the same time in another boiler put on one pint of milk. Mix well together two tablespoonfuls of flour and a lump of butter the size of an egg. Stir this into the milk, then add a dash of cayenne pepper, and salt to taste. When milk begins to thicken, pour in the oysters, and add one bunch of celery cut into small pieces. Serve very hot.

CREAMED OYSTERS No. 2.

To a pint of cream add a bit of onion and a small blade of mace. When boiling briskly, thicken with a tablespoonful of flour mixed well in a little cold water and stirred into the cream. Let the oysters (a quart will answer for the above quantity of cream) come to a boil in their own liquor; skim carefully. Turn the oysters into the cream and serve hot on toasted bread.

CREAMED OYSTERS No. 3.

Creamed oysters used as a filling for patties, fontage cups, timbale cases, etc., are made as follows:

Scald two dozen oysters (not too large) in their own liquor until plump. Drain and cut in four pieces with silver knife and add to following sauce: Put two tablespoonfuls of butter in a sauce-pan and when melted add two tablespoonfuls of flour and stir smooth; then add two cups of rich milk, or part milk and part cream, and stir smooth. Add salt, white pepper and cayenne to taste and a dash of mace or celery salt, then remove from the fire and when a little cool stir in three or four beaten egg yolks, stirring until mixed, then return to the fire, add the oysters and stir until thick. The filling must be soft and creamy, not pasty. Heat the shells in the oven before filling.

CREAMED OYSTERS No. 4.

Take one pint of cream and thicken as you would for gravy. When cooked, pour in one quart of oysters and liquor, a tablespoonful of butter, salt and pepper to taste. Have ready a platter with nicely made toast. When the oysters are hot pour over the toast and serve at once.

OYSTER COCKTAIL No. 1.

One tablespoonful horseradish (freshly grated), one tablespoonful vinegar, half teaspoonful tabasco sauce, two tablespoonfuls lemon juice, half tablespoonful Chili sauce, half teaspoonful salt, as many oysters as desired. This is sufficient for six glasses of cocktail. If preferred, in place of Chili sauce, one tablespoonful of Worcestershire sauce and one tablespoonful tomato catsup may be used.

OYSTER COCKTAIL No. 2.

Oyster cocktails may take the place of raw oysters. Here is a recipe for one dozen plates: Take seven teaspoonfuls of prepared horseradish, tomato catsup and vinegar, ten teaspoonfuls of lemon juice and one of tabasco sauce. Mix this dressing thoroughly and put an equal portion in each glass together with five small raw oysters. Both oysters and dressing must be as cold as possible. Serve the cocktails in large claret glasses.

OYSTER CROQUETTES.

Twenty-five oysters, yolks of two raw eggs, one tablespoonful of chopped parsley, one tablespoonful of butter, two tablespoonfuls of flour, one-half of a cupful of cream, one-half of a cupful of oyster liquor, one-eighth of a teaspoonful of mace, salt and cayenne to taste. Pick over and drain the oysters (which should be large ones), put them in a sauce-pan and shake over the fire until the edges curl and they are well plumped. Drain off the liquor which has exuded from them and measure it; if less than a half a cupful, add enough of the raw liquor to make up the difference. With a silver knife cut the oysters in very thin slices—this is better than chopping—put the cream and measured liquor in a double boiler and when hot stir into it the flour and butter, which have been rubbed together to a paste. Stir until it thickens, add the seasonings, cook two minutes; add the beaten yolks and parsley and take from the fire. Turn out on a greased platter until cold. Flour the hands very lightly, form the mixture into croquettes, dip in beaten egg, roll in fine bread-crumbs and fry golden brown in smoking hot fat.

LITTLE PIGS IN BLANKETS No. 1.

Season large oysters, wrap each in a very thin slice of breakfast bacon and fasten with a wooden toothpick. Cook in a hot frying pan over gas burner long enough to crisp the bacon—about two minutes. Serve on a hot platter garnished with parsley and slices of lemon.

LITTLE PIGS IN BLANKETS No. 2.

The children's favorite, "Little Pigs in Blankets," are prepared by wrapping a plump oyster in a tiny square of bacon and frying quickly. In the absence of bacon, however, make the blankets of thinly rolled puff paste cut in four-cornered pieces. Pin the opposite corners together over the oysters with a small wooden toothpick and bake in a quick oven.

FRIED OYSTERS.

Select large fat oysters, wash, drain, sprinkle with salt and pepper and let stand about twenty minutes. Roll first in seasoned crumbs, then dip in beaten egg mixed with one tablespoonful of milk; roll in crumbs again and fry in very hot Plantene. Have plenty of Plantene in pan and put only five or six oysters in frying basket at one time. As soon as they are a golden brown, lift the basket and drain the oysters on brown paper and send at once to the table. If it is necessary to have a great number to serve at one time, the oysters may be placed as soon as they are fried in a pan at the oven door when they will keep hot.

OYSTER FRICASSEE.

Put a large lump of butter in a pan over a brisk, clear fire, stirring until it browns. Then add a little at a time of the strained liquor from a pint of oysters. Thicken with brown flour to about the consistency of rich sauce. Simmer the oysters in this until the edges curl. Serve on three-cornered pieces of toasted bread which have had the crust carefully removed.

OYSTER LOAF.

Take a long loaf of Vienna bread, cut a slice from the upper crust and scoop out all the crumbs of white bread from the inside, leaving the crust like an oblong bowl. Spread the inner

side with butter. Fill with oysters, seasoned highly with salt and pepper, adding a half stalk of chopped celery. Cover the top opening with the slice of crust first removed, to form a lid. Set in a pan and bake in a good oven for twenty minutes, basting frequently with the oyster liquor. Serve on very hot platter, slicing the loaf like bread.

OYSTERS ROASTED.

In Maryland, oysters are usually roasted in their shells on hot coals. No time is lost in seasoning this delicious morsel with pepper, salt and butter the moment the shells are forced apart by the heat. They are then served on very hot plates.

MINCED OYSTERS No. 1.

One quart of oysters, one large cup of bread-crumbs (not cracker crumbs), one large tablespoonful of butter, three eggs, a little onion, salt, pepper, red pepper to the taste. Cut oysters and onions very fine, break in the three raw eggs, put in the butter and the crumbs. Put on the stove and cook until done; when done, grease the oyster shells or baking-dish with butter, put crumbs and butter on top, bake in a quick oven until brown, and serve hot.

—Mrs. Carrilu Richards Rowell.

MINCED OYSTERS No. 2.

Chop one quart of oysters, three-fourths of a pint of browned bread-crumbs added to the oysters, hard-boiled yolk of two eggs, raw yolks of two eggs, a large tablespoonful of butter, a little chopped onion, salt, pepper, a little nutmeg, a little lemon juice. Put all in an agate vessel and set on the stove until heated, then fill shells, sprinkle bread-crumbs over the top, and bake about one-half hour.

OYSTERS ON TOAST.

Wash a pint of oysters. Put the liquor to boil with a half teacup of milk and salt and pepper to taste; when this boils, thicken with a teaspoon of flour rubbed smooth in a tablespoon of cold milk. Drop in the oysters and when the mixture boils again take off and pour over six thick pieces of toast.

PANNED OYSTERS No. 1.

These are nearly as good as roasted oysters, and are not so troublesome. Put in a sauce-pan over the fire enough butter to cover the pan when melted. When hot, pour in one quart of nice oysters, shake the pan until oysters curl. Serve on hot toast. Some of the liquor may be added to the oysters in the pan. A nice chafing dish recipe.

PANNED OYSTERS No. 2.

Drain liquor from oysters, put in chafing dish, sprinkle with pepper, salt, tomato catsup and butter, enough to season well. Cook until oysters are curled, and serve hot. This is delicious served with roast turkey or broiled steak.

OYSTER PATTIES.

For the filling take twenty-five oysters; pick over and drain them. Put in a sauce-pan and shake over the fire until they are well plumped and the edges have curled. Drain off the liquor which exudes from them, measure and add sufficient rich milk or cream to make one cupful. Melt one tablespoonful of butter without browning; add to it two scant tablespoonfuls of flour, one-half of a teaspoonful of salt, one-quarter of a teaspoonful of pepper or a dash of cayenne, and one-eighth of a teaspoonful of mace. When well blended with the butter, add the measured liquid and stir until thick and smooth; add the oysters and set over hot water for five minutes. Fill the shells the last thing before sending to the table.

PATTIE SHELLS.

Scald a bowl with boiling water, then fill with ice or very cold water. Into this drop one-half of a pound of butter, and, having washed the hands first in hot, soapy water, then in cold water, work the butter thoroughly, until it assumes a waxy texture. This working must not be omitted or the shells will be very greasy. Divide the butter into four parts and let stand in the ice water until needed. On a board or platter put one-half pound of sifted pastry flour, make a well in the center and drop in it one-quarter of a teaspoonful of salt and one-half of the white of an egg; add one of the pieces of butter and with the fingers work to a paste with a little of the flour.

Gradually add ice water until all save about three tablespoonfuls of the flour has been used and you have a soft dough. Put the flour which remains to one side and use it for dusting on the board. Work and knead the dough as if for bread for ten minutes, then divide in two parts. Roll each out quite thin; lay on one piece one of the portions of butter, breaking it in small bits. Dust it with a very little flour, lay over the other piece of paste and roll out in a long sheet. Fold this in three, turn it half way round and roll out again. Fold again in three, lay on a floured cloth, fold this over it and set away on ice or in a cool place until firm. Again roll out, add the third piece of butter, fold, roll out as before and again set aside. Repeat this procedure with the remaining portion of the butter, and set on ice until used. In rolling, always do so in the same direction—from you—and let the force used be outward rather than downward, so as not to drag the paste. When it has stood twelve hours, roll it out until one inch thick, then cut in circles with a cutter dipped for an instant in hot water; put two inches apart on an ungreased pan and put on ice for ten minutes, then bake in a quick oven.

CRUMBED PATTIES.

Fill small patty-pans with oysters; season with pepper, salt, and several whole allspice. Spread the top with bread-crumbs which have been fried in butter, and bake in a hot oven five minutes. Put sprigs of parsley on each patty.

OYSTERS RISSOLES.

Drain the liquor from a quart of oysters. Chop very fine in a chopping bowl. Add four well beaten eggs and enough cracker meal to make the mixture thick enough to form into little balls. Season to taste and fry in boiling lard. Arrange the rissoles on a napkin, garnishing with parsley sprigs and slices of lemon.

OYSTER SOUFFLE.

To a pint of oysters, chopped fine, add eight eggs, six tablespoonfuls of milk, salt to taste, and a tiny pinch of cayenne pepper. Drop a piece of butter the size of a walnut into a hot pan, and when smoking hot turn in the oysters, milk and eggs. Stir lightly with the egg whisk, and when done to a delicate brown serve on a hot platter.

OYSTER PIE.

Line a dish with puff paste, lay five or six long broom straws across the top, or fill it with crusts of bread to support the upper crust. Butter the rim of the dish and cover with a thin sheet of paste. Put the dish in a moderate oven to bake. While the paste is baking, prepare the oysters. Put one can of fresh oysters in a stew-pan with one-half of their liquor, thicken with one tablespoonful of butter rolled in flour and the yolk of one hard-boiled egg mashed fine. Season with salt and pepper, stew the oysters five minutes. When the paste is done, remove the lid carefully, take out the bread or straws, pour in the oysters, replace the lid, and send to the table immediately.

GRILLED OYSTERS.

Wash the oysters and put them into a colander to drain; wipe them lightly with a cloth and put on ice until wanted. When ready to cook them, move the griddle to a hot part of the stove and grease it slightly with hot butter; lay on the oysters, close together but not crowding; as they brown turn them with a spoon, don't use a fork, as piercing lets the liquor escape. When done, serve in a hot dish with a trifle of butter. A skillet or frying-pan will answer.

TO SERVE RAW OYSTERS.

Drain them in a colander, sprinkle plenty of salt and pepper on them at least half an hour before serving them; keep them in a cold place. Put six or seven large oysters on each plate; also send the vinegar cruet with them, as some prefer it to lemons. Serve thin crackers with them.

CURRIED SCALLOPS.

Wash and drain a pint of scallops. Brown a level teaspoonful of butter; stir in two scant level tablespoonfuls of flour, half a teaspoonful of curry, dash of cayenne and quarter of a teaspoonful salt and two-thirds of a cup of stock. When boiling add the scallops and cook five minutes or until they are tender. Serve on toast with rice.

SALMON CROQUETTES No. 1.

One can of salmon with the bones picked out and broken into small pieces. Roll about a dozen saltine crackers and add to salmon. Pour a little vinegar over it and add pepper and salt. Dip in beaten white of an egg and roll in crumbs and fry quickly in boiling lard.

SALMON CROQUETTES No. 2.

One can salmon, four tablespoonfuls milk, one and one-third cupfuls bread-crumbs, two eggs, four tablespoonfuls of melted butter, salt, pepper and a pinch of mace. Drain the fish, mash fine; add the beaten eggs, butter, crumbs and milk in order named. Beat until a soft paste, dip a spoonful in beaten egg, then lift from egg and lay in cracker dust. Fry in deep pan of fat until delicate and drain in soft yellow paper. Serve with tartar sauce.

TARTAR SAUCE.

Half teaspoonful of salt, half teaspoonful of red pepper, little sugar mixed in bowl. Add three egg yolks and gradually stir in enough salad oil; beat continually until thick, add juice of lemon, very little onion juice, finely chopped cucumber pickles, a few chopped capers and olives.

CREAMED SALMON ON TOAST.

Melt two tablespoonfuls of butter, and add to it two tablespoonfuls of flour, a seasoning of salt and cayenne, and one pint of hot milk. When smooth and thick add to it one cup of canned salmon, which has been freed from bones and skin, one cup of finely chopped roasted peanuts, and the whites of three hard-boiled eggs chopped fine. Serve hot on buttered toast or in ramekins.

SALMON SURPRISE.

Boil eight large potatoes and mash as for the table, adding butter, salt, pepper and enough hot milk to well moisten. Put into a pastry bag and press out on a stoneware china platter so as to resemble a border of white roses. Open one can of salmon and break the fish in as large pieces as possible; set in a steamer long enough to heat through, then put in the centre of the platter, seasoning with salt, pepper and a very little

mace. Brush the potato with beaten egg yolk and set in the oven to brown. While it is browning, put in a sauce-pan twenty-five oysters which have been previously picked over, add the strained liquor, a dash of salt and pepper and one tablespoonful of butter. Shake over the fire until the gills curl and pour over the fish as it is taken from the oven. Sprinkle over one tablespoonful of chopped parsley and send to the table.

SHRIMP A LA NEWBERG.

Shell two quarts of large shrimps, and put them into chafing dish with one heaping tablespoonful of butter, four tablespoonfuls of sherry, and a little red pepper. Let butter melt and then add a pint of milk into which is stirred the yolks of three well beaten eggs. Let it thicken to the consistency of rice custard. Then remove at once from the fire or it will curdle. If the shrimps are not salty enough, add a little salt.

—Mrs. Mary Lou Baston Carswell.

SHRIMPS IN TOMATO CASES.

For one and one-half cups of shrimps, broken into small pieces, prepare six medium-sized tomatoes by cutting in halves, removing the pulp and inverting on a sieve to drain. Melt in sauce-pan two tablespoons of butter and cook in this slowly two slices of onion until slightly browned, then remove onion and add the tomato pulp. Cook this for five minutes and add a cup of soft bread crumbs, and cream to make a soft paste, about half a cup. When well blended add the shrimps, also high seasoning of salt and paprika, place in tomatoes, cover with buttered crumbs and bake quickly until browned. Serve in lettuce leaves or on rounds of bread either toasted or fried.

WHITE TERRAPIN STEW.

Plunge two terrapins into boiling water for one-half hour. Take out of water and open. Take out gall and skin feet, taking off nails. Wash very quickly so as not to lose juice. Chop meat of terrapin in a tray, having carefully saved livers. Make a stock. In a double boiler put a tablespoonful of chopped onions (boiled until clear in a cup of water), add one pint of milk, white and red pepper, salt and nutmeg, and one

tablespoonful of flour and one tablespoonful of butter rubbed together. Boil two eggs hard, rub yolks smooth with hot milk, chop whites and add to milk, etc. Stir in chopped terrapin one pint of cream, juice of one lemon, and Madeira or sherry to taste. If there are any eggs, put them in last.

This is the most delicious dish I have ever eaten.

—Mrs. Henrietta Nisbet King.



BREADS

BREADMAKING.

It requires experience to make good bread. One must learn how long to let bread rise, as it takes longer to rise in cold weather than in warm weather. One must learn also when the oven is the right temperature to bake it.

It should be put in a rather hot oven, as it is nearly light enough to bake when it is put in the oven. A good test of the oven is to sprinkle a little flour in, and if it turns a light yellowish brown the oven is the right temperature. It takes fresh yeast, the best of flour, and plenty of time to rise to make good bread.

—Housekeeping and Dinner-giving in Kansas City.

YEAST POWDER.

One pound cream of tartar, one-half pound cooking soda. Mix together thoroughly and sift several times. Keep in glass jar and use same as any other yeast powder.

LIQUID YEAST FOR BREAD OR ROLLS.

Boil three large Irish potatoes till thoroughly done. Mash through a sieve, add one quart warm water, including that in which the potatoes were boiled. Add to this, one heaping tablespoonful of flour, rubbed to a paste with a little water; a teaspoonful of salt, one tablespoonful of sugar, and one good yeast-cake dissolved in a little warm water. Let this stand over night, or until foaming on top, when it is ready for use. This can be kept in a cool place for three or four days and used as needed.

To make bread or rolls, use flour, salt and lard as for biscuit, adding one tablespoonful of sugar to each quart of flour, and mixing dough with liquid yeast. Make at once into loaves or rolls and leave in a warm place. In three or four hours they will be ready to bake.

—Mrs. Sallie Shinholser Miller.

BREAD (Excellent).

In following this recipe, please be very accurate in your measurement. One pint of sweetmilk scalded and cooled, one tablespoonful of sugar and one tablespoonful of butter dissolved in the hot milk, one-fourth of a cake of compressed yeast dissolved in a half cupful of tepid water; when the milk has cooled, add the yeast and five cupfuls of flour, stirring with a wooden spoon until it becomes stiff, and then cut it with a stiff knife until it blubbers; put it to rise in the bowl in which it was mixed, and cover it with a folded cloth; let it double its bulk in rising, then cut again with the knife and work in one cup of flour; cut until it is smooth, and so that you can handle with the tip of your fingers without sticking; make out into loaves, cover with a cloth, and let it rise again double its bulk. The oven for the bread must be hot enough to brown a particle of flour in five minutes. Bake the bread forty-five or fifty minutes. If you wish to make rolls they must a little more than double their bulk in rising, and bake fifteen minutes.

—Housekeeping and Dinner-giving in Kansas City.

BREAD (Very Fine).

Scald one-third of one quart of flour in boiling water, and make stiff dough; when cool enough not to cook the egg, break one egg into this and stir in well. Add yeast (for one quart of flour, one yeast cake), and sufficient water to make a stiff dough, with two-thirds of one quart of flour added, and one-half teaspoonful of salt. Let rise, and when light, knead twenty minutes, adding as little flour as possible.

—Ayres Family Recipes, by Miss Mary Pearson.

ROLLS No. 1.

One cake of Fleischman's yeast, dissolved in a pint of lukewarm water, or half milk is better. Add heaping pint of sifted flour. Stir well. Make a rather stiff batter. When well risen mix two quarts of flour, a full tablespoonful of lard, salt sufficient, an egg-cup of sugar. If there is not enough sponge to mix the flour well, rinse the vessel the sponge was set to rise in with more warm water and use this. Knead well until it blisters, set to rise. When well risen, make into rolls and bake until the top crust is a light brown. Bake in a moderately hot oven.

—Miss Myra Birdsey.

ROLLS No. 2.

Dissolve one-half cake of Fleischman's yeast in nearly a pint of lukewarm water. Sift in a little flour, a teaspoonful of salt, and a tablespoonful of sugar. Stir in well a tablespoonful of lard. When stiff enough to work with the hands, work in as much flour as it will take up, and set aside to rise for about five hours. After it has risen, work over and make into rolls. When rolls have risen, bake them.

—Mrs. Loulie Link Cason.

FRENCH ROLLS No. 1.

One pint of sweet milk heated almost to a boiling point, half a cup of butter, one-third of a cup of sugar, one cup of yeast. Stir the yeast and sugar into lukewarm milk, and with the flour make a light sponge. When it has risen the first time knead the butter into it; let rise again, cut into strips or round cakes, butter half the top and fold over. If made the night before they should be kneaded in the morning and set to rise again an hour before needed. Have a piping-hot oven and bake from fifteen to twenty minutes.

FRENCH ROLLS No. 2.

Into one quart of flour rub a tablespoonful of butter; add two well beaten eggs, one tablespoonful sugar, a little salt, a gill of yeast, and milk enough to make stiff dough. Set in a warm place and let rise until light, then make into rolls, dip edges into melted butter and let rise again before baking.

POCKET-BOOK ROLLS.

Beat the yolks of four eggs with two tablespoonfuls of sugar until light, then add one teacup of sweet milk, one yeast-cake dissolved in one cup of warm water, flour enough to make a stiff batter; beat the whites to a stiff froth. Set it to rise; when light add a little salt, tablespoonful each of lard and butter, and flour enough to make a tolerably stiff dough. Let it rise again, then make out the rolls.

—Mrs. DuPont Guerry.

BUTTERMILK ROLLS.

(An Old-fashioned Recipe.)

Put four pints of sifted flour in a pan, and in the center of it stir up a sponge made as follows: Boil one pint of buttermilk, and while hot stir in one teacupful of lard. When it cools, add one teacupful of yeast and one tablespoonful of white sugar, and set it to rise. Then make it into a soft batch, adding salt. When this lightens make it into small rolls, and let it rise again. In summer start this sponge about nine or ten o'clock; earlier in winter.

PARKER HOUSE ROLLS.

One quart of flour, one tablespoonful baking powder, one teaspoonful salt, one teaspoonful sugar, one egg, one pint milk, lump of butter size of an egg.

BROWN BREAD No. 1.

One egg, one cup of sour milk, one teaspoonful of salt, one cup of syrup, one teaspoonful of soda, one teaspoonful of baking powder, equal portions of meal and flour, enough to make a stiff batter. Put into well greased can, cover and place in boiler of water. Let steam for three hours, then place can in oven and let it bake for thirty minutes.

—Mrs. Linda McKinney Anderson.

BROWN BREAD No. 2.

One cupful of molasses, one cupful of graham flour, two cupfuls of buttermilk, one teaspoonful of salt, one and one-half teaspoonfuls of soda, and two cupfuls of corn meal. Mix all together, pour the batter in a well greased pan and set in a steamer over a pot of boiling water. Steam three hours, then turn out of the pan on stiff paper, and set in a moderate oven to dry.

BROWN BREAD No. 3.

One cupful of white flour, two cupfuls of graham flour, one-half cupful of molasses, one-half cupful of sweetmilk, one-half cupful of water, one-half teaspoonful of salt, two heaping teaspoons of baking powder. Mix the salt and baking powder

with the flour, then molasses, milk, and water. Beat well; pour the batter in a greased pan and bake in a slow oven. When the bread leaves the sides of the pan, it is done. Use a tin pan six inches long, three inches deep and three inches wide.

GRAHAM BREAD.

Make a sponge as for white bread, and when light mix with it one part white flour, two parts graham, and, to make up a full measure, a handful of Indian meal and a teaspoonful of salt. Knead as you would white bread, and add a cupful of molasses as you do so. Make a soft dough and let it rise half an hour longer than you need for white bread. When twice the original size, knead again, and set for the last rising. Bake in a steady oven.

BEATEN BISCUIT No. 1.

One quart of flour, two tablespoonfuls lard, one teaspoonful of salt, sufficient water to make a stiff dough (a little sweetmilk will make the biscuits brown nicely), beat until you have a smooth dough that will blister and snap when you beat it. Bake in a quick oven.

BEATEN BISCUIT No. 2.

To one quart of flour add one-quarter of a level teaspoonful of yeast powder, one teaspoonful of salt, one teacupful of sweetmilk, or milk and water mixed, and a heaping tablespoonful of lard. Make the dough very stiff and beat until soft and full of blisters, when the biscuit may be rolled and cut about the quarter of an inch thick. Bake them in a moderate oven for twenty or thirty minutes.

—Mrs. Bessie Napier Proudfit.

BEATEN BISCUIT No. 3.

These biscuits to be well and easily made should be kneaded with a machine made for that purpose. They cost from ten to fifteen dollars, according to finish. The labor of making the biscuits is trifling compared with the old-fashioned way of beating them. The recipe here given will make three dozen biscuits: Two quarts of flour, one pint of sweetmilk and water, mixed in equal proportions; one-half teacupful of fresh lard, two dessertspoonfuls of salt; mix the lard and flour thor-

oughly together, then add the salt and milk. Knead well with the hands for a few minutes, when it will be ready to be worked through the kneading machine. Roll the dough rather thin; prick on top with a fork; cut out and bake in a moderate oven until brown.

BISCUIT.

One quart flour, three teaspoonfuls Royal baking powder, a heaping tablespoonful lard, milk to make stiff enough batter to roll out on the biscuit board; roll the dough well, then spread a little butter over it. Sift a little flour over the buttered dough, fold, and roll out again. Cut thin with knife or biscuit cutter, and bake in hot oven.

BAKING POWDER BISCUIT.

One quart of flour, two teaspoonfuls of baking powder, one large tablespoonful of lard and a pinch of salt; sift the flour in the pan, add the baking powder and salt, mixing well with the flour; rub the lard in until there is not a lump; mix with cold water or sweetmilk. Flour the biscuit board and work the dough until it is firm and smooth; roll out one-fourth of an inch thick and cut with a biscuit cutter. The success of these biscuits depends upon their being well kneaded and upon the temperature of the oven being just right. They should be baked ten minutes; if baked in less time they are too soft; if baked longer they taste like warmed-over biscuits. Experience will teach you when the oven is the proper temperature.

BUTTERMILK BISCUIT.

One quart flour, one teaspoonful saleratus, one teaspoonful salt, one pint buttermilk. Put one quart of flour in sieve with saleratus and salt, shake through sieve and mix thoroughly. Next put in heaping tablespoonful lard (or lard and butter mixed), and add the buttermilk; mix stiff enough to knead easily, then put dough on well floured board, and roll with the rolling-pin until well mixed together. Puncture the top of each biscuit with a fork and bake in quick oven to a rich brown.

SODA BISCUIT No. 1.

One quart of flour, one pint of sour milk, one-half of tea-cupful of lard, one even teaspoonful of soda, and a pinch of

salt; mix the flour, salt, and lard together, add the soda to the milk and stir well, then pour it in the flour; work a little and bake in a quick oven.

SODA BISCUIT No. 2.

One quart of flour, a heaping tablespoonful butter and lard mixed, two teaspoonfuls cream of tartar, one of soda and salt to taste; make up with milk or half milk and water. Roll out and bake in quick oven.

AUNT JENNY'S EGG-BREAD.

Two eggs, two-thirds pint of meal, one and a half cups of sweetmilk, one level teaspoonful of Royal baking powder, salt, one tablespoonful of melted lard. Mix meal and milk, break in your eggs, beat thoroughly, put in melted lard. Just before putting in the stove stir in the powder. Grease pan (or muffin irons) and have it hot.

EGG BREAD No. 1.

Two-thirds pint corn meal, one-third pint flour, two eggs, one pint buttermilk, one level teaspoonful soda, one teaspoonful salt, one teaspoonful sugar, two teaspoonfuls hot butter or lard. Put in the butter just before pouring in hot skillet. Bake in quick oven.

EGG BREAD No. 2.

One pint corn meal, one pint sour milk, one egg, three-fourths teaspoonful of soda, one-fourth teaspoonful baking powder, one and one-half tablespoonfuls of melted lard, and one-half teaspoonful of salt. Mix milk, egg, salt and soda together, stirring in meal. Beat well, adding melted lard and baking powder. Bake in hot, well greased pan. Cut in squares and serve.

—Mrs. Lula Johnson Comer.

EGG BREAD (Excellent) No. 3.

Five heaping tablespoonfuls of meal, two good-sized cups of fresh buttermilk, one-half teaspoonful of soda, one light teaspoonful of salt, one teaspoonful of lard, melted in pan that bread is to be baked in.

—Mrs. Mary Wimberly Robson.

CORN BREAD.

One pint of sweetmilk, three-fourths of a pint of meal, four eggs, a scant tablespoonful of melted butter, and a pinch of salt; pour the boiling milk over the meal, and when cold, add the butter and salt, the well beaten yolks, and then the beaten whites of the eggs. Bake one-half hour in a hot oven. After trying this recipe, try it using only a half pint of meal. This makes delicious bread.

CORN DODGER.

One pint corn meal (Southern corn meal), one teaspoonful salt. Scald with boiling water to make not too stiff dough. Take a spoonful at a time in the hand and put in pones; put on a hot, well greased griddle, put a clot of butter on each pone; bake in a well heated oven. This is very fine with good meal. Make johnny cake the same, only make thin with sweetmilk and drop from spoon.

VIRGINIA EGG-BREAD.

One quart fresh milk, one pint sifted corn meal, one teaspoonful butter, two eggs, one teaspoonful salt, two teaspoonfuls baking powder; let milk come to a boil, and while hot pour over meal, now add butter. Separate eggs and beat light, when meal has cooled add eggs, yeast powder and salt. Bake in quick oven.

VIRGINIA BATTER BREAD.

Two full cups of Southern corn meal, three cups milk, two eggs, one heaping tablespoonful of butter, or other shortening, one even cupful of cold boiled rice, one teaspoonful of salt, one teaspoonful (rounded) of baking powder. Sift the meal, salt and baking powder twice together. Melt the butter and work into the rice. Beat the eggs to a froth, mix with the milk and pour upon the buttered rice, beating smooth. Lastly, add the prepared meal and beat very hard for three or four minutes before turning into a greased pan or pudding dish. Cover until it has risen well, uncover and brown. It will take half an hour to bake in a good oven. Send to the table in the dish in which it was baked and eat before it falls. Hold the knife upright in cutting corn bread. It should be very soft.

SPOON PONE.

Take one cup of left-over grits (that boiled with milk is preferable), one cup of corn meal, four eggs, one piece of butter the size of an egg, one tablespoonful of sugar, salt to taste, and three teaspoonfuls of baking powder. Mix and put in baking dish. Bake in moderate oven until top is a light brown, and serve from same dish with silver spoon.

—Miss Anne B. Shaw.

SPOON BREAD.

Four eggs beaten separately, one cup cooked hominy grits, four tablespoonfuls of corn meal, one pint of milk, one teaspoonful of sugar, one teaspoonful of salt, one teaspoonful of baking powder, one tablespoonful of butter. Bake in a pan until thoroughly done—about half an hour, sometimes longer. Cut out with a spoon. Eat hot, with plenty of butter and maple syrup.

SALLY LUNN No. 1.

Two quarts of flour, four eggs, one-half teacupful of butter, one cup of milk, one cup of warm water, one-half cake of yeast dissolved in three tablespoonfuls of warm water, one teaspoonful of salt, one-half teaspoonful of soda, two tablespoonfuls of sugar; put the butter in the milk and warm it, then mix all together, and put in buttered pans to rise; let it stand six hours. Bake in a slow oven.

SALLY LUNN No. 2.

One quart flour, one-half cup butter, three tablespoonfuls sugar, three eggs, one pint milk, two teaspoonfuls cream tartar, one of soda and a little salt. Sift cream of tartar, sugar and salt with flour, add well beaten eggs, melted butter and one cup milk; dissolve soda in remaining cup and mix well together. Bake in well greased cake-pan.

QUICK SALLY LUNN.

Beat the yolks of two eggs, two tablespoonfuls of sugar and one-half cup butter together until light; add one cup of milk and three cups sifted flour. Beat smooth, then add whites of eggs beaten to a stiff froth, and two teaspoonfuls of yeast powders. Bake in an ordinary cake-pan.

RISEN SALLY LUNN.

Beat up very light two or three eggs, then add two tablespoonfuls sugar, a heaping tablespoonful butter and a gill of good yeast. Sift in one quart flour, and mix with enough sweetmilk to make a moderately stiff batter; beat well and set to rise. Next morning add a good pinch of soda and pour into a well greased cake-pan and let rise about half an hour before baking.

MUFFINS No. 1.

Three eggs, one tablespoonful of sugar, one teaspoonful of salt, one teacup of sweetmilk, one tablespoonful of melted butter, one pint of flour, and two heaping teaspoonfuls of Royal baking powder. Beat yolks of eggs with sugar, add salt and melted butter, then milk and flour. Add whites of eggs well beaten, and lastly, sift the baking powder and fold lightly in. Bake immediately. —Mrs. Fannie Holt Thomas.

MUFFINS No. 2.

To one pint milk add well beaten yolks of two eggs and two tablespoonfuls (scant) melted butter; sift together three cups flour, salt, and two teaspoonfuls yeast powders; add this to milk and yolks of eggs, and stir in the whites after beating them to a stiff froth.

FLOUR MUFFINS.

One egg, one tablespoonful of butter, one tablespoonful of sugar, one-half teaspoonful of salt, one cup of sweetmilk, one cup of flour, three teaspoonfuls of baking powder. Beat butter, sugar, salt and yolk of egg until very light. Add milk, then flour, and beat well. Then add white of egg beaten stiff, and baking powder. Cook immediately in hot, well greased gem irons. —Mrs. Lula Johnson Comer.

QUICK MUFFINS.

One pint flour, two eggs, one cup of milk, one light teaspoonful of salt, a little melted lard put in batter. Beat yolks and whites separately; add milk to yolks, then put in flour, salt and melted lard, lastly stir in the well beaten whites. When ready to cook add one and one-half teaspoonfuls of yeast powder. Have muffin cups well heated and well greased.

MUFFINS OR PUFFS.

One pint of flour, one and one-half pints of milk, three eggs, one tablespoonful of melted butter, salt. Beat the eggs separately. Stir in whites last. Bake in muffin rings in a very hot oven.
—Mrs. Henrietta Nisbet King.

PUFFS.

Mix together three beaten eggs, a quart of milk, a pinch of salt and a scant quart of flour. (This will make thirty-six puffs.) Beat all together until the batter is free from lumps. Have the puff pans hissing hot while you grease them. Half fill with batter, bake for about fifteen minutes, until a light brown, in a very hot oven. The pan must be of iron. Nothing else holds enough heat to raise the puffs properly. They will swell up to three times their original size.

POP-OVER MUFFINS.

One pint of sour cream, one large pint of flour, three eggs, beaten separately, one small teaspoonful of soda dissolved in the sour cream, and a pinch of salt. Bake in muffin pans in a quick oven.

POP-OVERS.

Beat two eggs well; mix carefully two cups flour, half teaspoon of salt and two cups of milk mixed with eggs. Pour into hot greased irons and bake in rather hot oven half an hour or more, according to size. Serve promptly.

—Mrs. Annie Pate Steele.

VICTORIA MUFFINS.

Cream two tablespoonfuls of Plantene, add gradually one cup of sugar, then add two well beaten eggs, a little lemon extract. Sift in three cups of flour, with three teaspoonfuls baking powder, mix well together. Baké in hot greased gem pans thirty minutes.

NEW ENGLISH MUFFINS.

Sift together two cups of flour, two teaspoons baking powder and a little salt. Mix in one tablespoon of butter and make into a soft dough with milk. Have muffin rings buttered and place on hot buttered griddle. Pour the batter into them and cook slowly, browning each side.

TEA-BREAD MUFFINS.

One tablespoonful of butter, two or three tablespoonfuls of sugar, according to taste, two eggs beaten well and separately, two cups of flour, one cup of sweetmilk, two heaping teaspoonfuls of baking powder, also a pinch of salt. Bake in gem pans and serve hot. Splendid.

—Mrs. Carrilu Richards Rowell.

CORN MUFFINS.

Scald one pint corn meal with boiling water. Beat smooth; add one teaspoonful salt, one tablespoonful butter. When cool add one pint milk and four eggs, whites beaten separately. Bake in buttered rings.

CORN MUFFINS.

Beat together thoroughly two tablespoonfuls of melted butter, one teaspoonful of sugar, half a teaspoonful of salt, and one egg. Add one and one-fourth cups of milk, one cup of corn meal, one cup of flour and two teaspoonfuls of baking powder. Pour in gem pans and put into a hot oven; after two or three minutes turn down the flame a little, so that the heat will be moderate. Bake twenty-five minutes.

AUNT CHLOE'S MUFFINS.

One quart sifted flour, one quart buttermilk, two tablespoonfuls corn meal, one teaspoonful of soda and one of salt sifted three times with the meal and flour, two eggs well beaten, one tablespoonful of sugar. Beat the eggs, then add the sugar, then the milk; add the flour, soda and salt mixture, beat hard one minute and bake immediately in muffin rings or on a hot griddle.

BUCKWHEAT CAKES No. 1.

One quart of buckwheat, a half pint of corn meal, one teaspoonful of salt, four tablespoonfuls of yeast, or a half cake of compressed yeast; mix with warm water until it is the consistency of muffin batter. Beat it well and set in a warm place to rise over night. If the batter is sour in the morning, dissolve a small teaspoonful of soda in warm water, and stir in the batter. Bake on a hot griddle.

BUCKWHEAT CAKES No. 2.

Buckwheat mixed with yeast is very unwholesome and indigestible. The self-rising buckwheat makes light, digestible cakes. Mix it (with cold water and sweetmilk mixed) to a thin batter, and bake immediately on a hot griddle.

FLANNEL CAKES No. 1.

One pint of flour, one-half pint meal, one small teacupful yeast, two eggs, sugar and salt to taste, milk enough to make batter run off spoon. Set to rise over night.

FLANNEL CAKES No. 2.

Two scant pints of flour sifted in a bowl; make a hole in the center and pour in one pint of milk gradually, stirring the flour with it, that you may avoid a lumpy batter, then add the well beaten yolks of two eggs, three tablespoonfuls of yeast, a pinch of salt, and one tablespoonful of butter. Beat all together long and hard, then add the whites of two eggs beaten to a stiff froth; mix well but do not beat. Set it to rise over night. The griddle should be hot and well greased to bake these cakes.

WAFFLES No. 1.

Two pints of sour cream, three pints of flour, one tablespoonful of lard, one tablespoonful of soda, and three eggs; stir the soda in the cream, then the well beaten yolks, and gradually add the flour and well beaten whites and a saltspoon of salt. If buttermilk is used instead of cream, use two and a half tablespoonfuls of lard.

WAFFLES No. 2.

One and one-half pints of flour, one-half pint of meal, lard the size of an egg, sweetmilk enough for thin, watery batter, salt to taste, three even teaspoonfuls of baking powder put in just before you are ready to bake. Cook in very hot irons.

—Mrs. Bessie Reed Napier.

WAFFLES No. 3.

Beat the yolks of two eggs until very light, add to them one pint milk or milk and water mixed, three cups flour, and one tablespoonful of shortening, salt, and two teaspoonfuls of yeast

powders. Now stir in carefully whites of eggs beaten to a stiff froth. Bake in very hot waffle irons.

DELICIOUS RICE WAFFLES.

Beat the yolks of two eggs until light; add to them one cup of boiled rice, two cups of milk, one teaspoonful salt, two tablespoonfuls melted butter, two cups flour, two heaping teaspoonfuls yeast powders; stir in carefully the well beaten whites of eggs.

A THREE-DOLLAR RECIPE FOR WAFFLES.

One quart thick sweet cream, one pint sweetmilk, one quart flour (sifted), one-half teaspoonful baking powder, one-fourth teaspoonful salt, one teaspoonful sugar, six eggs, whites and yolks beaten separately. Throw together milk, sugar and salt. Beat yolks of eggs and add cream and well-whisked whites (stiff). Beat well and add milk, etc. Mix the baking powder through the flour before stirring all together. The mixture should be a thick batter. Bake in well-buttered, hot waffle irons.

WAFERS.

One pint of milk, one pint of flour, one heaping tablespoonful of butter, one teaspoonful of yeast powder, salt to taste. Make batter the consistency of cream. Grease irons well before using.

—Miss Martha Rogers.

SWEET AFTER DINNER WAFERS.

One pint milk, one pint flour, one heaping tablespoonful of butter, one teaspoonful yeast powder, coffee cup of sugar. Make the batter the consistency of cream, grease the irons well before using.

DIET WAFERS.

Ingredients: Two tablespoonfuls of corn meal, one tablespoonful of flour, lard the size of a walnut, scant half teaspoonful of salt, milk to make a stiff batter. Drop a small piece of the batter in well greased irons over a clear fire, turning the irons once; in a few minutes it will bake a light brown. Do not roll the wafers.

The same ingredients, substituting all flour for corn meal

and milk sufficient to make a thin batter, baked quickly without browning will make crisp wheaten wafers.

—Mrs. Ellen Washington Bellamy.

ROSETTE WAFERS.

Two eggs, one teaspoonful of sugar, one-fourth teaspoonful of salt, one cup of milk, one cup of flour (a little more, if necessary). Beat slightly the eggs with sugar and salt. Add milk and flour, and beat until smooth. This will make forty rosettes. Screw handle into one of the rosette irons and dip iron into hot lard before dipping in batter, not letting batter come over the top of the iron. Return to the hot lard, thoroughly covering the iron with same for at least twenty seconds, but not over thirty-five seconds. Remove from iron with clean cloth and sprinkle with powdered sugar while hot.

—Mrs. Eugenia Rogers Ellis.

ZEPHYR WAFERS.

One cup of flour, one cup of milk, one teaspoonful of butter, one-half teaspoonful of salt. Heat the iron, put in small quantity of butter and cook in bed of coals.

—Mrs. Henrietta Nisbet King.

CHEESE ROLL.

Make a regular biscuit dough and prepare to cut, then put a thick layer of grated cheese over the dough. Then roll as you would a jelly roll, cut any size with a sharp knife, and bake. A little red pepper in the cheese will improve the roll.

—Miss Wynnie May Hill.

CHEESE STRAWS.

One-half pound sifted flour, run for a second into the stove at a temperate heat to dry it; one-fourth pound grated cheese, one-fourth pound butter, whites of two eggs, cayenne pepper and a little mustard to taste, teaspoonful of salt. Knead butter and flour together well, and then add cheese; knead again. Add other things and a little water if the dough is too stiff. Roll out and cut any shape.

—Mrs. DuPont Guerry.

TOAST.

There is nothing so simple to make as a piece of toast, and yet few cooks make it so that it is digestible or palatable.

Cut the bread in even slices, one-fourth of inch thick, and trim off the crust edges. The object of toasting bread is to extract all of the moisture. In the first place, the bread must not be too fresh; in the second place, it must be thoroughly warmed before attempting to toast it. The easiest way to toast it, is to lay the slices in a biscuit pan and set it in the coolest part of a moderate oven until the bread is warm, then move it to the hottest part until it is a delicate brown. Serve, as soon as made, in the folds of a napkin, and let each person butter it to suit himself. Milk toast is made by laying the slices of toast in a deep dish and pouring over them boiling milk, seasoned with butter and salt. Serve at once. Dip toast is prepared by simply dipping each piece in hot water and pouring a little melted butter over them. Anchovy toast is made by spreading anchovy paste on dry buttered toast; put a poached egg on each slice of toast. Anchovy paste can be bought of all first-class grocers.

NICE MILK TOAST.

First toast carefully on both sides what bread is required, and place it where it will keep warm. Then put a small piece of butter in the spider and melt, but do not burn it. Now turn in cold milk sufficient for the bread, reserving a little, into which put flour enough to thicken, beating or mashing out with a spoon every tiny lump of flour. As soon as the milk in the spider begins to simmer turn in very slowly the milk and flour, stirring all the while. Continue to stir for five minutes or longer till the gravy is very smooth, The fire must be only moderate. Now take off the spider and place it on the back of the range and season the gravy carefully. Put in a piece of butter about as large as a cracker. If this does not season sufficiently, put in what salt is needed and stir until the butter is dissolved. Now dip the pieces of toasted bread in the gravy and place in a deep dish, turning what gravy remains over the whole. Place the toast (covered) in the oven for about three minutes, then serve.

COFFEE BREAD.

One-half yeast cake, dissolved in one pint of water. Stir this into three pints of flour, one cup of brown sugar, two eggs, two tablespoonfuls of Plantene and one teaspoonful of salt.

When well risen, stir in one cup of seeded raisins, and knead with flour sufficient to form a firm loaf or two small ones. Let rise again and bake a soft brown.

—Mrs. Mildred Cox Cannon.

NUT LOAF.

One cup of nut meats, one cup of bread-crumbs, one egg, a cream sauce made of two cupfuls of milk, thickened with three tablespoonfuls of flour rubbed till smooth with one tablespoonful of butter; add one-half teaspoonful of salt, and a little pepper. Cut the nut meats up coarsely and mix with the bread-crumbs; stir the egg into this, then add the thickened milk, make into a loaf, and bake until brown. This recipe is sufficient for six people, and while it is not suggested as a substitute for roast beef for all the time, it is sufficiently wholesome and rich to occasionally prove a delightful change.

FRITTERS.

These are the best of fritters and require care in the making. One quart of boiling water, one quart of flour; beat them together and set away to cool. Add a little salt and six eggs, beaten separately, and fry in hot lard.

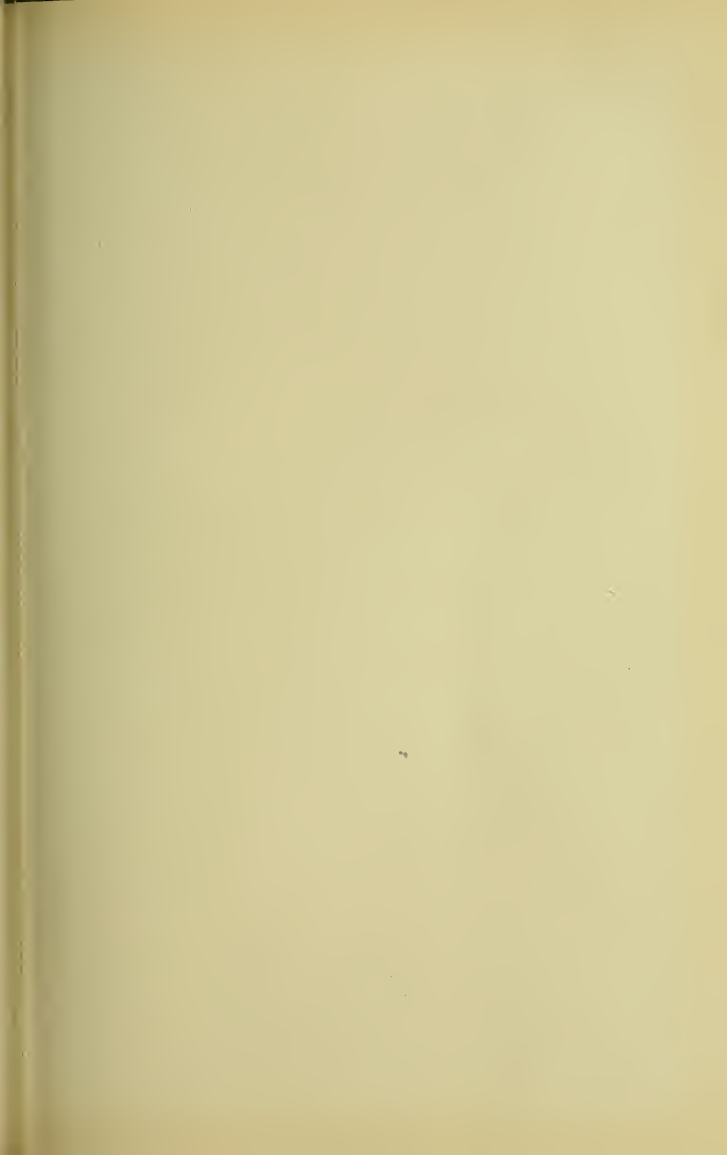
DELICIOUS PLAIN FRITTERS.

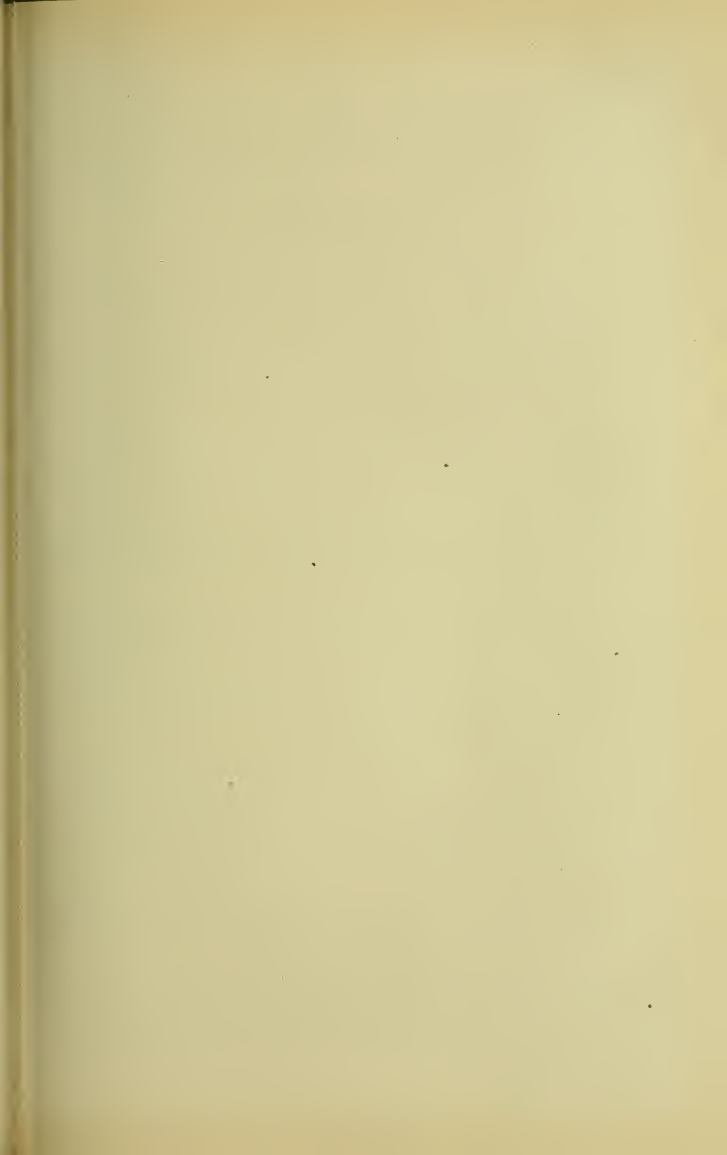
Add one-half teaspoonful salt to one and one-half cups of flour, and sift into a bowl; beat yolks of two eggs slightly; add gradually one-half cup of cold water, and beat briskly until light and foamy; add liquid very slowly, stirring constantly. Beat until perfectly smooth, then mix in carefully one and one-half teaspoonfuls good yeast powder, the whites of eggs beaten to a froth. Fry in smoking hot fat a few minutes until a rich brown; drain and dust with sugar.

BELL FRITTERS.

Boil a piece of butter the size of an egg in a pint of water; pour it gradually over one pint of sifted flour; beat until smooth; set to cool. When cool add, one at a time, five eggs beaten very hard; lastly, add the whites, which must be beaten to a stiff froth. Drop spoonful at a time in boiling lard. Serve with butter and sugar sauce.







MEATS

PREPARING WILD DUCK.

If the ducks are plump and young, they will be much nicer roasted.

By no means skin them, as do so many, as by that method the best part of the bird is lost.

It is by no means an easy task to singe them in the ordinary way so that all the down be removed.

A simple way is to rub them all over with alcohol, then hold them over a tiny blaze. In a few moments the fuzz has burned off, and the rest can be removed by rubbing with an old, clean towel.

Wash thoroughly with soda water inside. It is even thought best by many old housekeepers to boil a duck in soda water for ten minutes before stuffing, then rinse with clear water and wipe dry.

Onion dressing is usually liked in stuffing duck, but where it is not used, a small piece of fat salt pork is chopped fine and added. This last is thought to remove the strong taste from wild duck.

Roast in a covered roasting pan, as you would roast beef or lamb, basting frequently. If young and tender, an hour or an hour and a half will be sufficient.

If they are to be fried, cut them up as you would a chicken. Let cook in warm water for a few moments, to draw out the blood. Then cook in soda water for ten minutes. Wash in clear water, and return to the kettle, and cook in plenty of clear boiling water until two-thirds done. Drain off the water and wipe, then fry slowly in plenty of hot butter until tender and crisp.

Make a gravy by pouring into the spider in which they are cooked one-half a pint of cream, and letting it come to a boil. Pour this over the birds.

Always serve currant jelly with duck.

Lettuce, served with lemon juice or a salad dressing, mashed or scalloped potatoes, pickles, bread and butter, and for des-

sert, sliced oranges, a pineapple fluff, or lemon sherbet, are sufficient; and the dinner will leave a much better impression than a more elaborate one.

HOW TO STEW MEATS.

A good way of preparing meat, but imperfectly understood as a general thing, is stewing.

Stewing consists in cooking meat, etc., in a small quantity of liquid, at a very low rate of temperature, so as to extract as much nourishment as possible from the meat, which nourishment, the pan being kept tightly closed during whole process, is absorbed in the sauce, and the vegetables, etc., which always accompany it in this style of cookery.

Stewing requires less fuel than other methods, as the meat never needs more than to be just brought near (not beyond) boiling point; it needs little attention during the process beyond an occasional skimming; tough meat unfit for roasting or boiling is made perfectly tender and palatable by this process, while all the nourishment it contains come to the table with it.

For stewing you add just, and only just, enough water to cover the meat, etc., and to prevent any chance of evaporation.

There are two methods of stewing; in one the meat, etc., is partly fried in butter or well clarified dripping, till perfectly browned, after which a sufficient quantity of water or second stock is poured in, brought to the boil, and then kept at simmering point till the meat is ready.

A very little fine dry flour is generally sprinkled on the meat, and after frying, before adding the liquid.

Whether this liquid should be added hot or cold is a moot point, but following the teaching of an old French cook, add the liquid hot, though not actually boiling, as the shock of the cold liquid hardens the meat. This, however, is a matter of personal opinion. The second method of stewing differs somewhat from this last process.

For this you do not fry the ingredients, but pack them loosely into the pan with sufficient cold water or stock, and let it all simmer slowly together till done.

This method, of which Irish stew is an example, requires a long time, say, for one to one and one-half pounds of neck or

loin of mutton you must allow quite one and a half hours' gentle simmering, while if tougher meat, such as gravy beef, etc., is used, it will take nearly double.

WHAT TO SERVE WITH POULTRY.

Chicken, roast—Bread sauce and brown gravy or espagnol sauce, toasted bacon, brown chestnut sauce.

Chicken, boiled—Veloute or egg sauce, toasted bacon.

Chicken, grilled—Tartare sauce, watercress sprinkled with a little oil and tarragon vinegar.

Duck, roast—Sage and onion stuffing, brown gravy, orange sauce or salad, green peas.

Goose, roast—Apple sauce, boiled groats, sage and onion stuffing, thick brown gravy.

Turkey, roast—Stuffed with sausage meat or veal or chestnut stuffing, oyster or cranberry sauce, a puree of chestnuts, fried sausages.

Turkey, boiled—Celery sauce, stuff with sausage meat, garnish with little balls of herb farce.

WHAT TO SERVE WITH GAME.

Grouse, roast—Fried crumbs, brown gravy, bread sauce; serve on buttered toast.

Quail—Watercress, fried crumbs, good gravy; serve on buttered toast.

Partridge, roast—Poivrade sauce, any nice salad, fried crumbs, bread sauce, brown gravy.

Pheasant, roast—Champagne sauce, brown chestnut sauce, fried crumbs, bread sauce.

Pheasant, boiled—Celery sauce.

Plover, roast—Good melted butter sauce made acid with lemon, watercress and quarters of lemon.

Woodcock, Snipe and Teal—Fried crumbs, orange salad, bigarade sauce, watercress, fried potatoes, port wine sauce; serve on buttered toast.

Hare, jugged—Red currant or cranberry jelly, forcemeat balls.

CROQUETTES.

Make a cream sauce by rubbing together four tablespoonfuls of flour and two tablespoons even full of butter. Thin it with

a pint of hot milk. Stir over the fire until it thickens and add any chopped (fine) meat. Shape like a pear and moisten with beaten egg and roll in bread-crumbs. Let it cool awhile and roll again in egg and crumbs and fry in hot lard. Be sure the lard is very hot and do not let them stay in it any longer than absolutely necessary for a light brown color.

SOUSE MEAT OR HEAD CHEESE.

One small hog's head, five or six pigs' feet, one pepper pod, cut fine; one tablespoonful of pulverized sage, salt to taste. Wash, scrape and singe the head and feet until clean, then put them over the fire in hot water, and cook until the meat falls from the bones. Pick this meat into fine bits, and work in pepper and sage with the hands; pack in a stone jar and put in a cool place. When cold, hold the jar over hot water for a few minutes and the cake will turn out whole. It will slice nicely.

BRESLAU.

Chop sufficient cooked meat to make one pint, season it with a teaspoonful of salt and one-fourth teaspoonful of pepper. Take one-half cupful of stock, or hot water if stock is not at hand, two tablespoonfuls bread-crumbs and one tablespoonful of butter; put these ingredients over the fire; when hot, add to it the meat; take from the fire and stir in carefully two well beaten eggs. Put this in greased custard pans or cups, stand them in a baking-pan filled with boiling water, and bake in moderate oven twenty minutes. Serve with tomato sauce.

SUMMER SAUSAGES.

Chop fine enough cold beef to fill a cup; mix with one cup bread-crumbs and a teaspoonful of flour; season with a teaspoonful of salt, a few shakes of pepper and a pinch of celery salt. Moisten with half a cup of boiling water; make into little cakes and fry.

PICKLED BEEF HEART.

Pickled beef heart makes a delicious and inexpensive change in the ordinary menu. Its preparation is extremely simple, too. After the heart has been thoroughly boiled in water, pour

spiced boiling vinegar over it, and set away to cool. Later slice thin, and serve on a dish garnished with summer savory or parsley.

BAKED CROQUETTES.

Many kinds of croquettes can be baked. This does away with the odor from the boiling fat. Mashed potatoes, rice and macaroni need only a little beaten egg and the proper seasonings. The same is true of meat or fish with rice or crumbs. The material ready, shape the croquettes as you please, roll twice each in egg and in buttered crumbs. Lay on the bottom of a buttered pan about an inch apart, and bake in a hot oven not more than ten minutes.

TRIBE STEW.

Wash the tripe well, about one pound of it, cut into strips, put it in the small kettle, barely cover with cold water and heat slowly. When boiling put it in the big kettle and then in the cooker and let cook five or six hours or more, if convenient. When the tripe is done, put it upon a hot dish and add to one tablespoonful of butter and two of flour, cooked together, one cup of the liquid, one-half cup of tomatoes, one slice of onion, one-half teaspoonful of salt, and one-fourth teaspoonful of paprika; strain over the hot tripe. One tablespoonful of parsley and the same amount of cooked red or green peppers, minced fine, may be put over the tripe as an acceptable garnish.

MOCK TERRAPIN.

Half pound of calf's liver fried a nice brown and cut in small dice-shaped pieces. When cold, three hard-boiled eggs, also cut into small pieces; one saltspoonful of dry mustard, one tablespoonful of butter, salt and pepper to taste. Put butter in frying-pan; when hot, stir all together; dredge well with flour; add a small cup of hot water, and when hot through, serve on thin slices of buttered toast.

TO FRY LIVER.

Cut into slices one-half inch thick, put them into a pan, pour boiling water over them, and let them stand just a moment, take them from the water and dredge them with flour. Fry

thin slices of bacon, put them on a dish and fry the liver in the same fat. Serve them together.

LIVER CHEESE.

Soak a lamb's liver and heart in cold water until the blood is disgorged. Wash thoroughly; place in a deep stew-pan with a calf's tongue (or three lambs' tongues) and a half pound of fresh, lean pork. Tie up loosely in a thin bit of muslin five cloves, six allspice berries and a half bay leaf. Add this to the meat with a scant teaspoonful of salt and a dash of cayenne. Pour over barely enough boiling water to cover and simmer gently for four hours. Discard the tubes, all the fat and gristle and put the meat through the food chopper. Add more salt and pepper to taste and just enough pot liquor to moisten. Pack in a greased, straight sided pan, cover with a plate and small weight and let stand in a cold place for twenty-four hours. Slice for lunch or supper.

TO BOIL A HAM.

Cut off the knuckle-bone (or hock), scrape it and wash it clean in warm water. Never put anything to cook in cold water, unless you wish to extract all of the juice and substance. If ham needs soaking before it is fried, always pour hot water (not boiling) over it. Of course it is best to use ham that does not require soaking, for the water extracts more or less of the juice. Put the ham in a pot and cover it with warm water, set it on the back of the stove and boil slowly, fast boiling makes it tough. Do not boil any kind of meat rapidly. Add a half teacup of vinegar; the vinegar hardens the water so that it does not extract so much of the juice of the ham. Keep the pot well covered and all of the impurities skimmed off as they rise to the top. If the ham is very salty after it has boiled an hour, pour off the water and refill the pot with boiling water. A ham weighing twelve pounds will require four hours to cook it thoroughly. When it is done, remove the pot from the fire and allow the ham to remain in the water until it is nearly cold, then peel off the skin, trim off all surplus fat and unsightly spots. Rub good brown sugar over the top, dip your thumb into black pepper, then make spots over the top with it at equal distances. Set in the oven until the sugar melts and it is slightly brown.

HAM.

Get a country-cured ham if possible and soak over night. Next morning put it in a boiler with enough cold water to cover it, add one pint of vinegar, one and one-half pints of brown sugar, and one dozen cloves. Let the ham simmer three hours then place in a shallow pan, skin side up, with some of the liquor in which it has been boiled, and let it bake two hours. When done, remove the skin. Then make a dressing of one egg well beaten, two teaspoonfuls of sugar, one of dry mustard, one-half teaspoonful of celery seed. Spread this over the top of the ham, then sprinkle with fine bread-crumbs and return to the stove, let brown and put pepper on in spots about the size of a half dollar.

If a ham be plunged from boiling water at once into ice water, the fat will harden white and firm, giving the meat a fine color.

BROILED HAM.

Cut the ham in very thin slices, put them in water a little while before cooking them; heat your skillet or gridiron hot. Cook until thoroughly hot and slightly browned.

TO FRY HAM.

The ham should be cut into thin slices one-fourth of an inch thick, lay them in a hot skillet, and cook each side only a few minutes. If much more than thoroughly heated, it will become tough and dry. To make a gravy, stir a little flour into the fat, and pour in boiling water, sprinkle a little pepper over the ham and in the gravy.

BAKED HAM.

Wash the ham and wipe it dry; make a dough of corn meal and water, cover the ham with it, put it in the hot oven and bake four and half hours, for a ham weighing ten or twelve pounds. When done, remove the crust and the skin. The flavor is much nicer than boiled ham.

POMPEY'S HEAD.

From an old, old cook book: Three pounds of tender beef or mutton, a quarter of a pound of lard, and three onions

minced fine. Season highly with red and black pepper and sage. Grind the meat fine; mix the seasoning with it thoroughly. Form into a large ball. Make a circular hole half through the center of the ball; dredge with flour; put in a pan to bake. Baste well with butter; sprinkle again with flour. Continue to baste till done. Serve on flat dish; garnish with parsley.

MOSAIC.

One pint of cold beefsteak or roast, six medium-sized Irish potatoes, one small onion, one tablespoonful of butter, one small cup of hot water; season with salt and pepper, and a grate of nutmeg (just a suspicion). Chop the meat, onion and potatoes; season, dredge with flour, add the hot water; put butter in frying pan, when hot pour in the mixture and let cook slowly. When brown stir, and when brown again turn out on a hot platter.

DRY HASH.

Take cold, fresh meat of any kind that has been cooked, cut fine; mix with two boiled Irish potatoes, well mashed, one egg and one onion minced fine. Season with salt and pepper. Put in dish and bake.

BREAKFAST STRIP.

Cut thin and put in spider with water, and let come to a boil. Take up and plunge in cold water. Put in dry spider and fry crisp.

BREAKFAST BACON.

It should be cut very thin (one-eighth of an inch thick), and in strips three or four inches long. It should be fried in a pan only long enough to become transparent or thoroughly hot, or broiled over coals. It is nice served with liver, steak, game, etc.

BARBECUED LAMB.

Take a piece of lamb, put in oven with a little water, use a little cayenne pepper, mustard, half cupful vinegar, Worcester-shire sauce and salt. Baste the meat well with the sauce.

ROAST MUTTON.

Put on in cold water and parboil with red pepper. Take out and rub in plenty of lard and dredge with flour. Add salt and pepper. Put in a roaster and baste constantly. Add more flour and make gravy.

ROAST MUTTON HAM.

With a sharp knife carefully cut the skin so as to turn back, then taking all of the meat out carefully, grind in meat chopper with a few slices of bacon, one onion and one garlic clove; then season with red and black pepper, salt, and a little sage if preferred. Mix thoroughly, and having removed the bone at the joint, stuff all back, pulling the ends of the skin over, and sew with coarse thread. Cook as an ordinary roast, basting frequently.

LAMB CHOPS WITH VELVET SAUCE.

Mince a chicken fine, mix with the same amount of bread-crumbs, season with salt and pepper, and cover one side of some rolled or plain chops. Put these in a small buttered pan and bake in hot oven one-quarter of an hour. The chops should not be very thick and the chicken forcemeat should be dotted with butter, which will brown the tops without turning the chops. The sauce is very rich, but good. Into one cup of chicken stock left over from the previous cooking of the chicken, put a small piece of salt pork—very small—a few slices of carrot or onion, salt and pepper, and one teaspoonful of sugar, add enough hot water to keep the one cup full. As the fat rises, skim it off. Now add one tablespoonful of flour, dissolved in a very little cold milk or cream, add to the sauce, boil slightly for a few moments until the flour is thoroughly cooked, strain and serve. The pork makes the sauce smooth and rich.

LAMB CHOPS AU JULIENNE.

Trim the chops well, having them "Frenched," which means that the bone is left bare to be "frilled." Dust the chops on each side—they should be about an inch thick—with salt and pepper, roll them in egg and then in crumbs and fry in deep fat five minutes. Cool the fat after the chops are in that they may cook thoroughly and yet not be too brown. Prepare a

brown sauce made with highly seasoned stock, add to one cup of this sauce one-half cup of tomato liquor or juice from a can of tomatoes, all of the spring vegetables in small quantities—green peas, shredded string beans and shredded carrot—all shredded exceedingly fine. This makes a delicious summer piece de resistance for a luncheon or home dinner. The sauce should be rather thin.

BRAISED BREAST OF LAMB.

Remove the bones from the breast—weighing three or four pounds—using a sharp-pointed knife. Wipe with a damp cloth, then sprinkle with salt and pepper, roll up tightly and bind with twine or a strip of muslin. In the bottom of the braising pan put one tablespoonful each of chopped onion and turnip, two tablespoonfuls of chopped carrots, a half teaspoonful of salt, a dash of cayenne (or other pepper, if preferred), and a tablespoonful of butter or dripping. Stand on the fire and stir occasionally until the vegetables begin to brown, then lay in the meat dredged with a little flour, add a half pint of boiling water, cover closely and cook in a moderate oven for three hours. Before serving, thicken and strain the gravy.

—Table Talk.

MUTTON CHOPS.

Roll them in a little melted butter, season with pepper and salt, and broil them. Make a mound of boiled mashed potatoes in the center of a dish, lay the chops in it with the larger ends on the dish and the small ends on the potato mound. The chops help to season the potatoes and it makes a pretty dish. Chops are also nice served with tomato sauce.

CHIPPED BEEF.

Put into a sauce-pan one gill of milk, and teaspoonful of butter. When the butter melts add as much as desired of chipped beef shredded into tiny bits. Add to this one beaten egg, a sprinkling of black pepper. Stir with a fork about two minutes, spread on toast and serve.

SAUCE FOR STEWED BEEF.

Rub a level tablespoonful of flour with one of butter until smooth; then stir it into a cup of the beef broth and stir and

cook a few minutes, season with salt, pepper, a teaspoonful of made mustard and tablespoonful of catsup. Let get very hot and pour around the beef.

CORNED BEEF.

If the beef is very salty it will need soaking several hours, perhaps over night. It is then placed with one or two bay leaves in a deep earthen dish used for baking beans. Boiling water is poured over till the meat is covered by an inch of water. Cover with a plate, place it in the coolest part of the oven after the noon meal and let it remain all night. If a fire is kept all night the meat may be put in the oven late in the afternoon. In the morning it will be ready for the press. This method has many advantages. It disposes of the odor of boiling corned beef; the meat is unusually well flavored and can be used in many ways as if it were fresh beef. The fat on the cold pot liquor furnishes very good shortening for gingerbread.

CREAMED CORNED BEEF.

As a luncheon dish, dice enough of the cold corned beef to measure a heaping pint. Make one cupful of white sauce, add a tablespoonful of minced celery and keep hot at the side of the fire for ten minutes before serving.

FILLET OF BEEF.

The fillet is the underside of a loin of beef. It is best to have your butcher dress the fillet, as an inexperienced hand is apt to leave the top all furrowed by hollows. Lard the top with thin strips of pork; put it into a small baking pan with a few pieces of chopped pork and beef suet, and a little boiling water; sprinkle salt and pepper over it. Three pounds are quite sufficient for ten or twelve persons. Put it in a very hot oven one-half hour before dinner is served. Baste it very often.

TO MAKE THE SAUCE.

Boil a few scraps of bones and meat in a pint of water, strain it and put one-half pint in a stew-pan; add part of the juice from a can of mushrooms; thicken it with a little butter and flour mixed; add pepper, salt and a few drops of lemon juice, then add the mushrooms; let them simmer a minute and pour

the sauce over the fillet of beef and serve. This is a nice dish to serve for a dinner party.

SPICED BEEF, FRENCH STYLE.

Get a perfectly round piece of beef, such as round steak is cut from, with the bone in it, four or five inches thick, the thicker the better. Take white bacon meat, the fat part, and cut in long strips. Roll the bacon in spices of all kinds, pepper and salt. Take up as much as meat will allow, for it must be highly seasoned. Cut holes through the beef and into each hole put a piece of this spiced bacon. Rub seasoning left into the beef. Let it soak in vinegar enough to cover it, or better still, wine for a day or two. Then bake as you would a roast. Pour the wine or vinegar it has soaked in over it and baste constantly. In serving, slice across the grain. The wine or vinegar left is nice for gravy to put on slices when serving, as flavor is fine.

—Mrs. W. B. Paullin.

ROAST BEEF.

Put on in a pot half filled with water. Constantly turn and let brown. When sufficiently tender, dredge. Dredge with flour and chopped onions, salt and pepper. Remove when done and make gravy by adding flour, and if not sufficient juice, add a little water. Season to taste.

YORKSHIRE PUDDING.

The recipes usually seen produce a soggy mass, very different from the "broad-acred" shire's product. Try this from a genuine Yorkshire woman: Beat thoroughly two eggs, yolks and whites together, six tablespoonfuls flour, salt to season, and milk until the whole is the consistency of thick cream. Pour into a roasting pan and bake in the drippings from the roast, or heat to the boiling point one tablespoonful of lard or drippings, and bake in this twenty minutes. It is truly delicious with the accompaniment of roast beef and brown gravy.

TENDERLOIN ROAST.

Skin meat, season with pepper and salt, let butter and a little bacon get hot, put in a small piece of rye-bread crust, onion, carrot, celery, and brown the roast on both sides; pour

fat off, add some stock and by and by a cupful of sour cream. One-quarter of an hour before serving, add two tablespoonfuls of Maderia and a little champagne.

POT ROAST.

Take a piece of back-roast or shoulder-clod, season with salt, pepper, ginger, celery, onion, and tomato. Put on back of stove, and cook slowly until done.

BROILED STEAK No. 1.

Select thick, fat steak, trim the edges and remove bone if large. Skewer into shape, have broiler very hot and sear the surface of the meat quickly. Finish broiling more slowly, allowing eight to ten minutes for steak an inch thick. Place on warm platter, pour over part of fat, season, garnish and serve.

BROWN MUSHROOM SAUCE.

Melt two tablespoonfuls of butter in frying-pan and add one or two tablespoonfuls of minced onion, and cook slowly ten minutes. Add one pint mushrooms, peeled and cut in small pieces, and cook ten minutes. Then add two tablespoonfuls of flour and brown it lightly. Pour in one and one-half cups stock or water (or liquor from can, if canned mushrooms are used), and when smooth season well with salt and pepper. A good color may be given to the sauce by adding a few drops of Kitchen Bouquet, which improves both taste and appearance of sauces and soups.

BROILED STEAK No. 2.

The porterhouse and sirloin are the best steaks. They should be cut from three-fourths to one and one-fourth inches thick; a thin steak cannot be cooked so as to have juice. Beat it just a little, some think it should not be beaten, Set a skillet on the stove and let it get very hot; set the meat dish and cover on the apron, or hot water reservoir of the stove, to warm. If your dish has not a cover use the cover of the soup tureen. Grease the skillet just enough to keep the meat from sticking. Have a fork in your right hand, lay the steak in with your left hand, and just as soon as it touches the skillet turn it, continue to do so four or five times. This

process seals the outside and prevents the juice from escaping; always put the fork in the extreme outer edge. Stand by the stove, turning the steak frequently until it is done. A steak three-fourths of an inch thick will cook in fifteen minutes. When done lay it on a dish, pour two or three tablespoonfuls of hot water in the skillet, shake it and pour it over the meat, or lay a bit of butter over it, or serve with mushroom or tomato sauce. Put the cover over it; send to the table immediately and serve on warm plates. The steak should be well seasoned with salt and pepper after it is cooked.

BROILED STEAK No. 3.

Lay the gridiron on the stove to get hot while you are preparing the steak. Draw out the coals, making a nice bed of them, lay the gridiron over them, grease the bars with a little lard or beef suet, being careful not to let it drip on the coals. Lay on the steak and turn it four or five times very quickly, then proceed as in No. 2. If you burn coal, it is very convenient to have a charcoal stove for broiling and ironing.

ROUND STEAK BROILED.

Buy a round steak the day before you wish to serve it. Lay the steak in a deep plate and pour over it two-thirds of a cup of salad oil to which has been added one tablespoonful of vinegar. Be sure the oil and vinegar are well blended by beating. Put the steak in the coldest part of the refrigerator. Turn it several times during the next twenty-four hours. When you are ready to use it, scrape off carefully all the oil, wipe the steak and broil it over a clear hot fire. This steak will be found to be as tender and delicious as a much more expensive cut.

BEEFSTEAK WITH PEPPERS.

Beefsteak as a dinner course is delicious served with broiled green peppers. Half a dozen young green peppers should be cut into quarters, and the seeds removed. Broil over a very hot fire until the edges curl. Put a tiny bit of butter and a dash of salt on each piece, and serve on the steak.

BEEFSTEAK ROAST.

This is a good dinner meat for warm weather when one has but little desire for left-overs. Have a short club steak cut three or four inches thick, according to size of family. Sear it all over, quickly, in a very hot spider, in just enough butter to prevent its sticking, then put it in a small dripping pan and spread with bacon fat or any good dripping, dust with salt and pepper and bake in very hot oven just half an hour. Add one tablespoonful of flour to gravy in pan, let brown and then add one cup of boiling water; when boiling add one-half cup of currant jelly, strain and serve very hot. If preferred, two tablespoonfuls of horseradish may be used instead of the jelly and the result be quite as good. Or the beef may be served with its own juice, which should run plenteously when cut.

STEAK FLORENTINE.

Select a good cut of sirloin, wipe and trim as usual. In a frying-pan slowly fry out four or five slices of fat salt pork until the pork is crisp and brown. Skim out the pieces and put aside. Add to the hot fat six onions quartered and sliced, and cook very slowly for half an hour, by which time they should be quite tender and a deep yellow, but not really brown. Add one cupful and a half of thin strained tomato, season well with red pepper, also salt to taste, cover and simmer thirty minutes longer. Broil the steak as usual. Spread a thin layer of onions on a hot platter, on this arrange the steak. Sprinkle with the remainder of the onions, cover closely for three minutes, then send to the table.

FRIED BRAINS.

Scald; season with salt and pepper; put in hot butter. When nearly done, break into a vessel six eggs and turn into the frying-pan with the brains. Cook a few minutes, stirring all the time.

SWEETBREADS AND HOW TO PREPARE THEM.

Sweetbreads are the animal food par excellence for hot weather. The veal sweetbreads are the best. They lie along the back of the throat in the calf, and are delicate and delicious. The pancreas, or, as it is called, the stomach or heart

sweetbread, is sometimes sold by butchers for the throat sweetbreads. It is easy to distinguish the difference, for the former is larger and has much coarser veins. It is also less digestible.

TO PREPARE.

Sweetbreads soon spoil, and should be attended to as soon as received. Place in slightly salted cold water for a couple of hours, changing the water two or three times; remove pipes and membrane and plunge in boiling salted water to which has been added a tablespoonful of lemon juice or vinegar. Simmer until tender. When very fresh, twenty minutes is generally long enough, but more often they require cooking from three-quarters of an hour to an hour. Place in ice water to firm. Always cut sweetbreads with a silver knife.

SWEETBREADS IN MINT JELLY.

One can hardly fail to grow hungry, regardless of temperature, at the sight of this green and white symphony. For the jelly, wash, dry and bruise two bunches of fresh mint; pour over it two and one-half cupfuls of boiling water; add one cupful of sugar; steep five to ten minutes; strain. Take two cupfuls of the mint-water, the juice of two lemons, and dissolved gelatine to stiffen, the proportions being one rounding tablespoonful of gelatine to two cupfuls of liquid; strain again. When beginning to set, stir in the sweetbreads cut in cubes, pour into a large mold, or individual ones, as preferred, and serve with a mayonnaise or cooked dressing.

The mint jelly is nice to serve with cold lamb, and left-over lamb may be molded in it with good results.

SWEETBREAD PATTIES.

Obtain pastry-shells from the baker, heat in the oven and fill with hot creamed sweetbreads, to which a few mushrooms have been added. The sauce is particularly good if cream is used instead of milk.

SWEETBREADS BAKED.

Take four sweetbreads, trim them and parboil them, then lay them in a pan of cold water until they are cold. Dry them in a cloth and lay them in a pan; rub them over with a well

beaten egg and sprinkle with bread-crumbs; melt butter in a sauce-pan, skim off the froth and pour it over the sweet-breads. Bake one-half hour and serve hot.

SWEETBREAD CROQUETTES.

Into a pint of rich boiling milk, stir slowly four tablespoonfuls of flour that has been smoothly mixed into four even tablespoonfuls of melted butter, and cook for a few minutes, but not allowed to brown. After pouring this slowly into the boiling milk, stir until smooth and add the seasoning; then add a cupful, a large cupful, of minced sweetbreads, a dash of cayenne pepper, and a teaspoonful of lemon juice. Mix well, set aside to get cold, then shape into croquettes, roll in cracker crumbs, then in beaten egg and fry a light brown in boiling fat. Serve with tomato sauce.

This recipe is fine also if liver is substituted for the sweetbreads.

SWEETBREADS AND TOMATO.

Peel a tomato, bake until tender. Carefully scoop and fill with creamed sweetbreads. This, with a few crusty rolls and a cup of coffee, makes an ideal hot-weather luncheon.

SWEETBREADS AND GREEN-PEA SAUCE.

Slice stewed sweetbreads; dip in eggs and crumbs; set in ice chest two hours; fry in deep fat (use olive oil if possible), and serve with a green-pea sauce, made by adding cooked peas to a plain white sauce.

VEAL CUTLETS BREADED.

Beat the cutlets to make them tender, season with pepper and salt, then dip them into a well beaten egg, then roll them in fine grated bread-crumbs, covering them well with the crumbs. Put a heaped tablespoonful of lard in the frying-pan; when it is very hot, lay the cutlets in and cook slowly or they burn before they are done. When a nice brown on one side turn and cook on the other side.

Use summer savory, chopped fine to season the gravy served with veal cutlets. It is a marked improvement.

VEAL CROQUETTES.

To one pint of cold veal chopped very fine add the following sauce: One tablespoonful of butter, one tablespoonful of corn-starch, one cup of milk, one-fourth teaspoonful of celery salt, one-fourth saltspoonful of white pepper. Let the milk boil, add the corn-starch wet with a little cold milk, the butter and seasoning. Boil three minutes or until it thickens, stirring constantly. When the hot sauce and meat are thoroughly stirred together the mixture should be about the consistency of thick, rich cream. When cold it will harden enough to be molded into any desired shape. To one well beaten egg add a tablespoonful of cold water; have ready cracker-crumbs rolled fine. Dip the croquettes first in crumbs, then in eggs and again in crumbs. Fry a light brown in deep lard. Lay on a brown paper a moment to absorb all surplus fat, and send to the table very hot. Serve with tomato sauce.

VEAL LOAF.

This is a recipe that I know to be good.

Chop fine three pounds of leg or loin of veal and three-fourths pound of salt pork. Roll one dozen crackers, put half of them in the veal with two eggs, season with pepper and a little salt, if needed. Mix all together and make into a solid form. Then take the crackers that are left and spread smoothly over the outside; place in dripper with a little hot water and baste two or three times while baking. Bake one hour and serve cold.

—Mrs. Pauline Logan Findlay.

TO BROIL CHICKEN.

Have the gridiron hot and the bars well greased. Split the chicken up the back and flatten the breast-bone; season with pepper and salt. Lay it on the gridiron, baste with butter and turn very often, or it will burn before it is done. It is very nice broiled in a hot skillet. Grease the skillet with a little butter and lay the chicken in; turn often, basting with butter. It is well to have some melted butter in a pan and use a spoon to pour it over the chicken. Serve on a hot covered dish.

FRIED CHICKEN No. 1.

Cut the chicken in every joint, salt and pepper it, and roll it in flour. Have the grease very hot in the skillet, lay in the chicken and fry slowly, keeping it well covered. When done, put on a dish and serve with a cream gravy, made by adding a little flour to the grease and pouring in cream or milk until it is thin enough.

FRIED CHICKEN No. 2.

Clean and joint two small "fryers." Put two tablespoonfuls each of butter and lard in a baking-pan and melt. Roll the chicken in flour that has been well seasoned with salt and pepper, and lay in the pan, making only one layer. Place the pan in the oven and when the chicken is brown on one side turn it over. When done remove to a platter, garnish with parsley and serve with gravy made in the pan. This saves the discomfort of frying in a skillet and also insures a well-cooked chicken.

CHICKEN PIE No. 1.

Cut up a chicken and stew it until it is tender, season with pepper, salt and a half teacup of butter. Line a dish with pastry, pour in the chicken, sprinkle a little flour over it, cover with pastry, cut a hole in the center and bake until brown. Oysters are a nice addition to this pie. Season the liquor from a can of oysters with pepper and salt, and let come to a boil. Pour over the oysters, lift the top crust from the pie and pour the oysters in, replace the top and bake a few minutes.

CHICKEN PIE No. 2.

For a chicken pie, disjoint and clean the fowl as for a fricasee, removing as much skin as can be easily pulled off. Cover with boiling water, add a scant teaspoonful of salt and simmer gently until the meat is sufficiently tender to remove the larger bones, then set aside until cool. Some like to mix with the chicken meat a little boiled lean ham finely diced, but this is optional. Make a rich biscuit or pie crust and with it line a deep dish. Arrange the meat in this, moistening with some of the chicken gravy, then cover with a top crust. Bake in a moderate oven.

CHICKEN CROQUETTES No. 1.

Mince enough cold roast chicken to make two cupfuls. Season with salt, pepper and a half pint of oyster liquor. Put into a sauce-pan and make scalding hot. Thicken a cupful of hot milk with a tablespoonful of hot roux, stir it into the chicken mince, and when the boiling point is reached remove it from the fire. When cold and stiff, form into croquettes. Crumb these and set on the ice for two hours before frying to a golden brown in deep, boiling lard or other fat, or in clarified chicken drippings if you have it.

CHICKEN CROQUETTES No. 2.

Boil a hen; when cold remove all the skin and chop very fine. Season with one teaspoonful pepper, one of salt, one of nutmeg, juice of one-half of a lemon, one teacupful of cream and one-fourth pound of butter in which two onions have been fried and strained out, two sprigs of parsley chopped fine, Pack in a wine glass and turn out, dip it first in yolk of egg then in cracker dust and fry a light brown.

CREAMED CHICKEN WITH PEANUTS.

Dice cold chicken, and heat it in an ordinary white sauce made of milk thickened with butter and flour. Put it on toast, in bread boxes, or in hollowed rolls; sprinkle thickly with finely ground peanuts, and set for a minute or two in a hot oven.

COQUILLE DE VOLAILLE.

Boil a good fat chicken until well done, then cut into small pieces, salt, pepper to taste. Put the chicken in a bowl and pour a tablespoonful of cooking sherry wine over it. Take one pint of milk and place on fire. When it comes to a boil, add one can of mushrooms, some celery, a tablespoonful of flour which has been well mixed with a tablespoonful of butter. Add all this to the chicken and keep on back of stove. To be served hot. Or put the mixture in ramekins with a small piece of butter on top; put in stove to become a light brown.

CHICKEN TERRAPIN FOR EIGHT.

One fat, boiled hen chopped, one-half can mushrooms, one cup whipped cream, one wine glass sherry. Let cream come

to a boil. Put in chicken and mushrooms; season with salt, pepper and a little nutmeg. When this comes to a boil, pour in sherry and serve in patty shells.

CHICKEN TERRAPIN No. 1.

Make a cream of one tablespoonful of butter creamed with two generous tablespoonfuls of flour; half a teaspoonful of salt, half a saltspoonful of pepper, a speck of cayenne pepper. Cook till grainy, then add one pint of milk, or half pint milk and half pint chicken liquor. Cook until of a thick or creamy consistency, then add one pint cold chicken cut into small pieces, two tablespoonfuls of sherry wine and a little nutmeg. Mix well and let stand where it will keep hot for ten or fifteen minutes to season well. Serve hot in paper or pastry shells or on plates.

CHICKEN TERRAPIN No. 2.

Cut into dice sufficient cold cooked chicken to measure one and one-half cupfuls. In a sauce-pan brown one heaping tablespoonful of butter; add one heaping tablespoonful of flour and brown again. Add one cupful of thin cream and stir until smooth and thick; add one-fourth of a teaspoonful of salt, a dash of cayenne, the prepared chicken and two hard-boiled eggs coarsely chopped. Simmer for ten minutes, add three tablespoonfuls of sherry and serve at once in cases.

CHICKEN ASPEE.

Put chicken on in three pints of water. Season with peppercorns, allspice and onions to taste. Let all simmer until the chicken is very tender. Remove chicken, letting the stock boil down to one and a half pints. Season with Worcestershire sauce, tomato catsup and one-half box of gelatine soaked in cold water. Let boil up once and take off the fire. Wet and wipe a mold. Place slices of hard-boiled egg and little pieces of parsley in it. Cut up chicken and over this pour carefully through a fine sieve the stock. Put on ice to congeal. Turn out on platter and serve with any pretty garnish.

BOILED CHICKEN STUFFED WITH ONIONS.

Clean and truss the fowl as for roasting, fill the inside with small white onions (silver-skinned) that have been parboiled

in quart of milk. Put the giblets on to boil with a small onion and two or three slices of bacon or a little raw ham. When giblets are done, strain the gravy into a sauce-pan (there should be at least a pint), put it in a sauce-pan with the chicken, cover and simmer until quite tender. Put three large onions in the quart of milk used to parboil the chicken. When it is reduced about one-half, thicken with butter and flour rubbed to a smooth paste. Season with salt and pepper and let it cook until it thickens. Pour this over the fowl when it is arranged on the platter, and serve.

CHICKEN EN CASSEROLE.

Take for a family of six or eight two tender young chickens, broilers, clean them and fry them in butter, until lightly browned all over. Then put them in the casserole with the backs up. Add two or three slices of bacon, baked until dry and cut into dice, one-half of an onion, also cut into dice, one-half teaspoonful of salt and one-half teaspoonful of paprika. Just cover the chickens with boiling water, put on cover of casserole and put in a hot oven for about three-quarters of an hour. For the last ten minutes remove cover, turn chickens on their backs, spread a little butter on the breasts and let them brown. Remove to a hot platter, add one teaspoonful of flour, wet in cold water, to the gravy in the casserole, let cook for a few moments, add one tablespoonful of sherry, if liked, and strain around the chicken. There should be about a cupful of gravy. If a thin gravy is preferred, leave out the flour.

—Table Talk.

PRESSED CHICKEN No. 1.

Simmer till done; cut up; reduce liquor to one cupful and remove fat. Use quarter box gelatine, soaked in cold water. Season with salt and pepper, lemon juice and catsup. Add meat, then pour into buttered molds decorated with sliced hard-boiled eggs. Let stand until firm.

PRESSED CHICKEN No. 2.

Boil a large chicken in a very little water. When done take the meat from the bones, remove the skin, chop fine and season. Press into a large bowl; add the liquor and put on a weight. When cold, cut in slices and eat with sliced lemon or sour pickles.

PRESSED CHICKEN No. 3.

Singe, clean and disjoint a good-sized fowl; put in a kettle, cover with boiling water and simmer slowly until the flesh drops from the bones. When half done add a high seasoning of salt, white pepper and celery salt and one small onion stuck with two cloves. When sufficiently tender, carefully remove skin, bone and fat and shred the meat in good-sized pieces. Hard boil two or three eggs and cut them in thin slices. Remove the fat from the pot liquor, boil it down to one cupful and moisten the meat with this. Thickly grease a mold with soft butter and make a pattern round the sides with the egg whites and yolks. Now carefully fill with the chicken mixed with the remainder of the eggs, packing it down well. Cover with a plate, set a weight on it and put aside in a cold place for at least twelve hours.

CHICKEN CHARTREUSE.

Boil a cup of rice very soft, seasoning it well, and press it into a mold until it is an inch thick all over the bottom and sides. Take cold chicken cut in small pieces (the canned will do nicely), and make a very rich sauce with a cup of cream, the yolk of an egg, the usual thickening of flour and butter, and a spoonful of sherry with salt and a little red pepper. Cook this until it is very thick; stir in the chicken and let it absorb all the sauce it will, until the whole mass is so stiff you cannot stir it. Pack this in a mold and cover it with another inch of rice, and put away to harden. Pass on a round platter with a broad-bladed knife and spoon.

FRICASSEE OF CHICKEN.

Saute a chicken (cut into pieces) with a little minced onion in hot lard. When the pieces are brown, add a tablespoonful of flour, and let it cook a minute, stirring it constantly. Add then one and one-half pints of boiling water or stock, a tablespoonful of vinegar, a tablespoonful of sherry (I leave that cut), a teaspoonful of Worcestershire sauce, salt and pepper. Cover and let cook slowly at least a half hour. When it is taken off the fire, strain the sauce, taking off any particle of fat; mix in the yolk of an egg. Pour it over the chicken and serve.

—Mrs. Fannie Gilmer Dessau.

CHICKEN GUMBO.

Four pounds of chicken, one pint of oysters, one can Dunbar okra, two good-sized onions, one slice of lean ham, one-half pod of red pepper without seed, one pint of tomato juice, salt to taste. Cut the chicken up, flour it a little. Have the frying pan ready with two level tablespoonfuls of hot butter. Fry the chicken with one sliced onion, brown but not done. Do not let the onion burn. Now put all into soup kettle with two quarts of water and one quart of oyster liquor. Cut the ham up fine. Cut up fine one pint of raw oysters and then the raw onion. Put in the pepper and one pint of tomato juice. When the chicken is well done, take out all the meat except the white meat, which must be minced and returned to the soup. Add the can of okra at the same time; if you use fresh okra, cut up and put with chicken when first put in soup kettle. Then let all boil for half an hour. If the okra has not thickened enough, add a little flour. Season highly and add one tablespoonful of Worcestershire sauce.

If you wish only chicken gumbo, leave out the oysters; if chicken gumbo file, leave out the okra and use file, which is a powder manufactured by the Choctaw Indians in Louisiana from the young and tender leaves of the sassafras tree.

—Mrs. Nettie Dunlap Wortham.

BRUNSWICK STEW.

Two large chickens, one-half pound veal liver, one pound of butter, two dozen ears of corn or four 1-pound cans, three 1-pound cans of tomatoes, one gallon of sweetmilk, one-half of a large onion, salt and pepper to taste. Boil the chicken till it leaves the bone. Boil the liver and mash it up. Cut up the chicken, removing the bones and skins; return both to the stock in the kettle, adding corn, tomatoes, milk, and seasoning. Boil until thick, being careful to avoid scorching, as the milk scorches easily. This is sufficient for one dozen people.

—Mrs. Nettie Dunlap Wortham.

SPANISH STEW.

Three and a half pounds of chicken, five ripe tomatoes, or one-half can, four red peppers, one can of French peas, one can of mushrooms, three large potatoes, one teaspoonful of

salt, one quart of boiling water, one large onion, one clove of garlic, boiled rice or mashed potatoes for bordering the dish. Clean and joint the chicken and fry brown; shred the peppers (removing the seeds), slice the tomatoes and onion and garlic. Place the chicken in a kettle with the tomatoes, peppers and onion, add the boiling water; cover the kettle and simmer until the chicken is tender. Then remove the chicken, strain what remains in the kettle, and rub the vegetables through a sieve; return to the kettle and add one can of peas, a can of mushrooms, and the potatoes, grated; also the salt. Cook until the potatoes are tender, then put in the chicken and heat thoroughly. Serve with a border of mashed potatoes or boiled rice. This will serve eight persons.

SMOTHERED CHICKEN.

After dressing the chicken, cut it open at the back, sprinkle with salt, pepper and little lumps of butter. Put in a baking-pan, cover with another pan, and bake one hour. Baste often with butter.

ROAST TURKEY.

If an old one, parboil until tender. Take out and make a dressing of corn hoe-cake, seasoned with onion, salt and pepper. Add one pint well drained oysters. Put into turkey and sprinkle the whole with flour, salt and pepper. Drop bits of lard about over it. Put about one pint of water and baste often. The secret of a nice juicy turkey is in the basting.

TURKEY OR CHICKEN HASH.

Cut the meat from the bones and put in a sauce-pan with the cold gravy, a little cold water, pepper, salt and butter. When it is quite hot, thicken with a little flour and serve.

BAKED TURKEY.

The great secret of having good baked turkey is basting it often and cooking it long enough. By using a self-basting pan, you can always have a nicely cooked turkey, or fowl of any kind. A turkey weighing eight or ten pounds will require two and a half hours to cook it. After it is dressed, rub it inside with salt and pepper. Make a dressing of soaked bread crumbs, beating them until there is not a lump in them.

Always put crumbs to soak the night before. Season them well with salt, pepper and butter; add a can of whole oysters, be careful not to have the dressing too moist. Fill the turkey with the dressing; fill the place where the craw was taken out and sew the skin together; tie the turkey in shape with twine, rub pepper and salt over the outside. Pour water in the bottom of the baking-pan. Bake in a moderate oven. When done, put in a hot dish. Pour off the fat, set the pan on the stove and thicken the gravy with flour. Besides the gravy, serve cranberry sauce, plum or currant jelly, and celery.

STUFFING WITH HAM.

Ham blends nicely with poultry and gives an appetizing flavor, which sometimes greatly improves the eating if the meat is rather dry. Take the recipe for bread stuffing and substitute half a cup of finely minced, cooked ham for same amount of crumbs. Leave out the celery and parsley, add the beaten egg, and when the chicken is stuffed, bind very thin strips of very fat uncooked ham or bacon over the breast of the chicken and baste the wings and drumsticks frequently with the dripping from the pork.

CHESTNUT STUFFING.

For a young, twelve-pound turkey, take about thirty large chestnuts, roast, peel and remove the inner brown skin. Put about ten of the chestnuts in a mortar with the cooked turkey liver and pound well; add a teaspoonful of minced parsley, a small silver onion grated, salt and pepper to taste, and the beaten yolks of two eggs. Put this into the cavity from which the craw was taken and sew up. Take five or six links of small sausage, partially fried in a little butter; cut them into pieces an inch long, add a cup of bread-crumbs, half a cup of butter, and pepper and salt to taste. Add to this mixture the remainder of the chestnuts whole. Stuff the body with this, sew up; truss, rub the body with soft butter, salt and pepper, dredge with flour or crumbs and place strips of salt smoked bacon over the breast and parts that burn easily. Allow twenty minutes to every pound and baste frequently.

OYSTER STUFFING.

Prepare turkey for roasting. Crumble sufficient bread-crumbs to make a quart, add an equal quantity of very fresh

oyster crackers crushed. Mix with enough warmed butter to moisten slightly, then add the strained liquor from four dozen large oysters and two beaten eggs. Season to taste with salt, pepper and celery salt. Mix the oysters with the crumbs and stuff the bird loosely so that the crumbs will absorb the gravy out not be soggy and heavy.

STEWED CHICKEN WITH DUMPLINGS.

(Chicken Pot Pie.)

Cut a chicken into pieces and place in a stew-pan with the giblets. Pour about one quart of boiling water over it; cover the vessel and let cook until perfectly tender. Season with butter the size of an egg and two tablespoonfuls of flour. One-half hour before serving time, roll stiff pastry very thin, cut into squares and drop in the vessel, stirring often to prevent sticking together. When dumplings are cooked through, pour all in a deep platter, sprinkle with salt and black pepper and garnish with parsley.

Dumplings.—Two cups flour, one-quarter cup lard or butter and lard mixed, one teaspoonful of salt; mix shortening in with a knife (use enough ice water to hold paste together), as soon as well mixed and stiff (using more flour if necessary) roll thin and cut in squares.

TO BONE BIRDS, CHICKENS OR TURKEYS.

To bone birds, chickens, or turkeys, select undrawn birds, with head and feet on. Remove pin feathers and singe. Draw tendons from legs by making an incision just below the knee joint, and with a strong skewer draw the tendons out one at a time. Loosen the skin near the feet and cut off feet. Make an incision through the skin from the neck to the tail, the entire length of the backbone. Scrape the flesh from the bones until the shoulder blade is found, then continue scraping around the wing joint. Scrape down the backbone to the thigh, then around the second joint and leg, cutting tendinous portion when necessary. When one side of backbone is boned, bone the other, then remove flesh from breastbone, on either side of bird. When flesh is all separated from bone, discard carcass, wipe flesh and skin, and arrange in original shape. The birds may be seasoned and broiled; or stuffed,

sewed into shape and steamed. Small birds are generally prepared the former way, and large birds the latter way.

BONED TURKEY OR CHICKEN.

Boil a turkey or chicken in as little water as possible until the meat can be easily separated from the bones. Remove all the skin, chop the meat fine, season with salt and pepper. Boil down the liquor in which the turkey or chicken was boiled, then pour it on the meat. Shape it like a loaf of bread, wrap it tightly in a cloth and press it with a heavy weight for a few hours (sad irons will answer). When served it is cut into thin slices. A nice party dish is made by keeping the white and the dark meat separate. Chop boiled tongue or ham very fine; put a layer of the dark meat, then the light, and the ham or tongue next. Proceed as above.

BOILED TURKEY.

An old turkey may be cooked in from six to eight hours. If especially old it may be taken out and reheated after about four hours. In this case the seasoning may be added at the second heating. The turkey should be stuffed as usual, then put in the kettle and boiling water poured upon it until it is completely covered. Then take it out and replace the boiling water with tepid water and put the turkey in—heat slowly and when boiling put it in the cooker. When reheating, add one tablespoon of salt and a few peppercorns. When tender, put on a platter, spread all over with butter and put in the oven until butter is melted. Serve with a drawn butter sauce filled with oysters, or with the liver and giblets chopped fine. Caper sauce is delicious with boiled turkey.

DEVILED TURKEY.

Take the drumsticks and chop to bone with a sharp knife; add other dark meat chopped, not too fine. Make a dressing of one-fourth pound of butter, one-half cup of vinegar, one teaspoonful of mustard, one teaspoonful of Worcestershire sauce, one-half teaspoonful of salt, one-fourth teaspoonful of tabasco. Pour this hot over turkey several hours before it is used. Heat and pour over again before serving. Add gravy,

giblets and turkey stuffing to sauce; white meat may also be added, but the dark meat is preferable. This is fine served in a chafing dish.

—Mrs. Viola Ross Reese.

DUCK.

Singe off all the small feathers, cut off neck and wings, which may be used for soup; wash thoroughly and rub well with salt, ginger and a little pepper inside and out. The dressing for the above: Take the liver, gizzard and the heart and chop to a powder in a chopping bowl; grate in a little nutmeg, add a piece of celery root, half an onion and a tomato. Put all this into the chopping bowl. Soak some stale bread, squeeze out all the water, and fry in a spider of hot fat. Throw this soaked bread into the bowl, add one or two eggs, salt and pepper and a speck of ginger, and mix all thoroughly. Fill the duck with this and sew it up. Lay it in a roasting pan with slices of onion, celery and tomatoes, and specks of fat. Put some on top of fowl. Next, cover up tight and roast, basting often. Roast two hours.

DUCKS.

Truss them and stuff as you would a goose. If they are ducklings bake twenty-five or thirty minutes. Full grown ducks will require one hour and should be well basted. Serve them with a gravy and apple sauce, or baked apples. If the ducks are old, parboil them before baking.

WILD DUCKS.

Make a dressing for a pair of ducks and stuff them. Pour hot water in the pan and baste them quite often. Rub the ducks with pepper and salt before putting them to bake. When they are nearly done, rub them with butter and sprinkle them with a little flour and let them brown. Serve currant jelly with them. It will require thirty or thirty-five minutes to bake them.

BAKED GOOSE.

The goose should be young. Green geese are best, that is, when they are about four months old. Beat the breast flat with the rolling-pin, and tie the legs and wings securely to the side. Make a dressing and stuff it as you would a turkey;

rub pepper and salt over the outside. Pour hot water in the pan and baste it often. A young goose will bake in an hour and a half; an old one will require two or three hours. Serve apple sauce with it.

ROAST GOOSE.

Goose-meat tastes better if it is well rubbed with salt, ginger and a very little garlic a day or two previous to using. When ready to use, line a pan with a few slices of onion and celery, and lay the goose upon this, breast downward; fill up half way with water, cover closely, and stew in the oven. When half done, turn the goose on its back, and when tender, remove cover, have a hot fire to brown quickly. Baste frequently.

BRAISED GOOSE.

As a variation upon ordinary methods try roast goose as cooked in Southern France. Singe, clean and truss a young fat goose. Stuff it with four onions parboiled, four ounces of bread soaked in milk, three tablespoonfuls of butter, one tablespoonful of chopped parsley, a little grated nutmeg, and four ounces of chestnuts which have been cooked and blanched, chopped fine and well mixed; add salt and pepper. Put the goose in a sauce-pan with one carrot, a few sticks of celery, one onion all cut up, some chopped parsley, sweet marjoram and a clove. Braise, closely covered, for two hours. Take it out, strain, skim, and reduce the gravy, and mix it with half a pint of tomato puree. Heat the sauce again, and pour it around the goose and serve. This is a French recipe.

STUFFED SQUABS.

Clean and season the squabs thoroughly with salt and pepper. Fill a squab with dressing as follows: Take a little bread soaked in water and squeeze the water out; brown onions in goose fat; put the bread in with the onions and fat; for a short while let it cook, then set it off to cool; add egg, salt, pepper and parsley.

BROILED BIRD WITH BARBECUE SAUCE.

Open bird down back and put in hot spider. When ready to turn, butter, salt and pepper; repeat this until bird is done, then put in sauce to steam until ready to serve.

Sauce: Put in pot big lump of butter, one lemon, tomato catsup, and Worcestershire sauce. Baste bird frequently.

CHAFING DISH BIRDS.

One dozen birds, one can mushrooms (button), one sliced lemon, one cup port wine, one large tablespoonful butter, one spoon Worcestershire sauce, two or three slices of thin bacon cut very fine. Put birds on in dish with just enough water to steam; when tender, add all the seasonings with red pepper and salt to taste. Cook from three to four hours. One hour before serving take a cup of the gravy and thicken with a little flour; return to dish, and baste until ready to serve.

QUAILS BAKED.

Split them at the back; lay thin slices of bacon over the breast of the bird, and pour a little boiling water in the pan; cover closely and set on the top of the stove and let them steam ten minutes to plump them. Then take off the cover and the pork and put them in the oven, basting often with butter until they are brown. Serve hot.



PICKLES, PRESERVES, ETC.

TOMATO CATSUP.

Stew ripe tomatoes and put through colander to remove seeds and chunky portions, until you have six quarts. Simmer this down to one-half, then add two tablespoonfuls of salt, one-half teaspoonful each of black pepper, ginger, cloves and cayenne, one-fourth teaspoonful of cinnamon; these spices to be all ground fine and put in loose, to cook into the tomato. Also add one and one-half teacupfuls of best cider vinegar, one and one-half teacupfuls of granulated sugar. Cook slowly for half an hour or longer; then bottle. As it is of about the right consistency when cooked down as given, the further cooking is but to incorporate the spices, etc. It is much easier to watch the tomato alone than if the spices were put in at first, as there is less danger of burning; then, too, the woody taste coming from the long cooking of ground spices is avoided. In fact, you may put your spices, vinegar, etc., in the boiling tomato, let it boil again and put away in the fireless cooker for two or three hours with the same result.

CORN RELISH.

(Delicious Served With All Meats.)

Twenty ears of corn cut from cobs, four onions, two green peppers, one red pepper, one large white head of cabbage, chop all fine; one-half cupful of salt, one-half cupful of flour, two small cupfuls of sugar, one tablespoonful of ground mustard, one tablespoonful of celery seed, two tablespoonfuls of mustard seed, one-half tablespoonful of turmeric powder. Mix corn and chopped ingredients with three pints of good cider vinegar, let come to a boil. Mix flour, turmeric, sugar, salt, mustard and seeds with one pint of vinegar; pour altogether over pickle; boil for thirty minutes, bottle while hot. In two weeks this is ready for use.

CHILI SAUCE.

Eight quarts skinned tomatoes chopped fine, three cups of peppers cut fine, three cups of sugar, one and one-half cups of onions chopped fine, one-half cup of salt, one and one-half teaspoonfuls of ground cloves, three teaspoonfuls of cinnamon, two teaspoonfuls of ginger, two teaspoonfuls of nutmeg. Boil three hours. Put in jars and seal.

—Mrs. Edith Stetson Coleman.

CHUTNEY (Sauce or Pickle).

Pare and quarter one dozen large sour apples; and chop fine two green peppers from which the seeds have been removed, also one teacup of stoned raisins and two rather large onions. Put mixture into a porcelain kettle with one quart of apple vinegar, simmer two hours; add two teaspoonfuls of sugar and two each of salt, mustard seed and ground ginger. Put up in jars while hot and keep in a cool, dark place.

—Miss Rosalind Davis.

MUSTARD PICKLE No. 1.

Take large yellow cucumbers, peel and seed them, cutting them in eighths, sprinkle salt over them and let remain in ice box over night. Next morning drain and squeeze well; take white wine vinegar, sufficient to cover, let it boil and drop the cucumbers in long enough to get thoroughly hot, adding sufficient mustard seed.

MUSTARD PICKLE No. 2.

One peck each cucumbers, cabbage, onions. Cut cucumbers and onions in small pieces and slice the cabbage. Make a brine with a cup of salt for each peck, and cover ingredients with it. After they have stood in the brine for twenty-four hours, take out and drain off thoroughly all the water. Then scald in vinegar, to which has been added two heaping tablespoonfuls of celery seed, one heaping tablespoonful of ground cinnamon, one heaping tablespoonful of ground mace, one dessertspoonful of cloves. When the ingredients have been thoroughly scalded in this spiced vinegar, set kettle off the fire and dip ingredients out of the vinegar. Then mix one and one-half pounds of dry mustard, three cups of brown sugar,

one cup of flour, one big spoonful of turmeric, and make into a smooth paste with cold vinegar. Set kettle back on the fire and stir in this paste until the vinegar thickens. Return pickle and let it boil up with this thickened mixture. When cold it will be improved by pouring over top of jar one-half teacupful of olive oil.

—Miss Margaret T. Hall.

CHOW CHOW PICKLE.

One large cabbage, six large onions, cut up fine and sprinkle with salt; set over night; next morning press the water out and add eight large cucumbers, a bottle of English mustard, one cup of sugar, one ounce of turmeric, and one-half teaspoonful of cayenne pepper. Nearly cover with apple vinegar, simmer one hour, and bottle while hot.

—Mrs. DuPont Guerry.

CUCUMBER PICKLE.

Wash cucumbers clean, put in a jar, cover with vinegar containing one cup of sugar (brown preferred), one cup of salt to each gallon of vinegar, and one cup of dry mustard. Mix sugar, mustard and salt together dry, add vinegar. Cover pickles with this and cover jar with a plate. Ready for use in ten days. Will keep indefinitely—if the family don't find them. Just a plain, simple, old-fashioned recipe for pickle.

PICKLED PEACHES.

Brush the peaches and peel them; stick each with a few cloves; make syrup of half a pound of sugar to a pound of peaches. Let peaches boil until tender, then lay them in a jar. Let syrup boil until thin, add one-half pint of vinegar to each quart of syrup and pour over the peaches while very hot.

SWEET PICKLED PEACHES.

Seven pounds of peaches pared, four pounds white sugar, one pint strong vinegar, mace, cinnamon and cloves. Pare peaches; put into the kettle with alternate layers of sugar. Heat slowly to a boil, add the vinegar and spice; boil five minutes; take out the peaches with a perforated skimmer and spread upon dishes to cool. Boil the syrup thick; pack the fruit in glass jars and pour the syrup on boiling hot. Examine

every few days for the first month, and should it show signs of fermenting, set the jars (uncovered) in a kettle of water, and heat until the contents are scalding.

—Mrs. Minnie Bass Burden.

BRANDIED PEACHES.

Four pounds fruit, four pounds sugar, one pint best white brandy. Make a syrup of the sugar and enough water to dissolve it. Let this come to a boil; put the fruit in and boil five minutes. Having removed the fruit carefully, let the syrup boil fifteen minutes longer, or until it thickens well; add the brandy and take the kettle at once from the fire; pour the hot syrup over the fruit and seal. If, after the fruit is taken from the fire, a reddish liquor oozes from it, drain this off before adding the clear syrup. Put up in glass jars. Peaches should be peeled for brandying.

TO BRANDY PEACHES.

White English or yellow clingstone peaches are the best for this purpose. Use them ripe, but not sufficiently so to be soft. Make a strong soda water, using two large tablespoonfuls of soda to one gallon of water. Put this into a preserving kettle and let it boil. While it is boiling put in the peaches (first weighing them), only three-fourths at a time, turning them. Let them remain long enough for the skins to rub off easily with a coarse towel; rub off the skin and throw them into cold water; if the soda becomes too weak, add a little more soda. Make a syrup, using a pound of sugar to a pound of fruit and a teacupful of water; put the peaches in and let them scald well; remove them and continue to boil the syrup until it is quite thick. When the peaches are cold put them into jars and cover with the peach brandy, and let them remain until the next day. Pour off the brandy, add the syrup in which the peaches were boiled; mix them well together and pour over the peaches. The juice from the peaches will weaken the brandy, and it may be necessary to add more in a week or two. After the peaches are used the liquor may be spiced, and it will make excellent cordial.

CANNED PEACHES.

Two coffeecupfuls of water, one-half cup of white sugar, twenty half pieces of peach to the jar, one quart jar. Put the

water and sugar on and let come to a boil, add the peaches and let them cook just enough to get transparent. Then fill jars as quickly as possible.

To prepare the jars for the fruit, have a vessel half full of very hot water; fill two or three jars with hot water and put them with the tops into this vessel of water. Let them remain on stove until fruit is ready, then empty the jars of the water and fill with fruit. Fill with syrup until they overflow, and seal immediately.

—Ayres Family Recipes, Miss Mary Pearson.

FIG PRESERVES.

Take bowl of water, add two tablespoonfuls of lime, strain and pour over peeled figs, and let stand over night. Next morning take off figs; make syrup, allowing one pound of sugar to every pound of fruit. Allow small teacupful of water and one lemon to a pound of sugar, let boil for about ten minutes, put in figs and continue boiling for one hour. Take figs out, put on platter and put in sun. Let syrup continue boiling until thick, then fill glass jar three-fourths full with figs. Fill while boiling and cover tightly.

WATERMELON RIND PRESERVES.

Put six pounds of rind in strong salt water over night. The next morning take out of salt water and put in fresh water for an hour, then boil in clear fresh water until tender. After rind is soft take out and drain; make a syrup of five pounds of sugar and eight cupfuls of water, add lemon and green ginger; put in rind and cook until clear and transparent.

PRESERVED MELON RIND.

Pare the melon very thin; do not pare away all the ripened melon, leave about one-fourth of an inch attached to the rind. Cut in pieces and place in a crock over night with salt sprinkled between the layers. In the morning drain, pour boiling water over, leave for one-half hour, and drain again. Now weigh the fruit; to ten pounds of fruit add five pounds of granulated sugar, one-half gallon white vinegar, one ounce stick cinnamon, one ounce white ginger-root and one-half ounce whole cloves. Tie the spice in small muslin bags, place all in a large pan and boil slowly. The longer it boils the nicer it will be.

IMITATION EAST INDIAN PRESERVES.

(An Old Family Recipe.)

Two quarts of apples, one ounce of green ginger-root that has been soaked all night, then boiled slowly for one hour, and cut into tiny bits; two even cupfuls of sugar, one cupful of cold water. Pare the apples, cut into neat dice less than half an inch square, and throw into cold water to preserve their color. Put the sugar and water into a preserving kettle, and when it boils add the ginger and simmer half an hour. Drain the apples out of the water, throw into boiling syrup and boil until tender and transparent, but not broken much. Pour into small jars and seal hot.

Pears are very nice preserved in the same way.

STRAWBERRY PRESERVES.

This recipe is a most valuable one; it admirably keeps the flavor and the lovely color of this perfect fruit.

Take fruit as fresh as possible, wash very carefully, taking pains not to bruise the berries in the least, or to leave a moment longer than necessary in the water. Add three-fourths of a pound of granulated sugar to one pound of fruit. Put immediately on the fire, and cook quickly for twenty-five or thirty minutes. Then take out the strawberries and spread on flat dishes in the sun. Selecting a bright, warm day for making these preserves, the color will be more perfect. Boil the syrup until it is thick and clear. Pour it over the fruit while hot. Put in jars, and serve them often. The secret of success with strawberry preserves is not to cook too long, or to use too much sugar, as their delicious flavor is more easily impaired than that of any other fruit.

STRAWBERRY JAM.

Cap and crush three pounds of ripe strawberries, and allow to this quantity of fruit two and a quarter pounds of sugar. Put the crushed berries with any juice that may have exuded into a porcelain-lined kettle, and bring to the boil, then cook, stirring frequently, for half an hour. Now stir in the sugar, and cook for twenty minutes before turning into jars and sealing.

COOKING STRAWBERRIES BY QUICK PROCESS.

Use select strawberries, wash and drain well. To each pound of berries add a pound of sugar. Cook one pound at a time. Dampen the sugar and cook until almost ready to turn to sugar, add berries and cook five minutes, then remove berries from syrup and put in a large bowl. Put syrup back on fire; add a few drops of lemon juice, cook eight minutes longer. Pour the syrup over the berries and let stand until cold. Bottle when cold.

PINEAPPLE MARMALADE.

Grate one medium-sized pineapple. Take one pound of loaf sugar to one pound of pulp; let it stand over night. In the morning drain off all the juice and bring to a brisk boil. Continue until there is no more scum and the syrup is clear. Let it cool, then add the pineapple, simmer until tender and rich. Put away as you would a jelly or jam for future use.

PLUM JELLY.

Put fruit in covered vessel, cover with water, and let boil until thoroughly done (not, however, until it is of a mushy consistency). Strain the juice, and to three cups of the juice add two cups of sugar. Boil quickly until it drops in flakes from spoon. The smaller the quantity cooked in one vessel, the clearer the jelly.

TOMATO PRESERVES.

Pour boiling water over the tomatoes, let stand until the skin cracks, then peel. Large ones should be quartered. To three pounds of the fruit thus prepared use two and one-half pounds of sugar, let stand over night to toughen, then cook and skim, having the syrup as thick as desired.

BLACKBERRY JAM.

In making jam, fruit should be carefully cleaned and thoroughly bruised. Mashing before cooking prevents its becoming hard. Boil fifteen or twenty minutes before adding sugar. The flavor of fruit is thus preserved. Usually allow three-fourths of pound of sugar to one pound of fruit. Then boil one-half hour longer. Jam requires almost constant stirring.

To tell when jam is done, take out some in a plate and let cool; if no juice or moisture gathers about it, and it looks dry and glistening, it is done thoroughly. It is nice to flavor with ground spices.

GRAPE JELLY.

Grapes may be prepared for jelly by one of the three following methods:

1. Rub grapes through a sieve; to every pound of pulp add one pound of sugar; stir together well and boil slowly twenty minutes.

2. Cover fruit with water, boil twenty minutes and add one pound of sugar to one pound of juice, after reduced by boiling; and boil the syrup ten or fifteen minutes.

3. Cover with water grapes just beginning to turn; boil, place in jelly bag and let drain. To one pint of juice thus prepared, add one pint of sugar, and boil twenty minutes. Just before jelly is done add one teaspoonful of gum arabic.

VIRGINIA SPICED OYSTERS.

Strain the liquor from one gallon of oysters, heat and skim it thoroughly. Add to it one tablespoonful of whole allspice, four blades of mace, one tablespoonful of peppercorns, and three cupfuls of cider vinegar. Boil up once more. Wash and drain the oysters, drop them into the hot liquor, bring to the boiling point and put away in a large stone jar. Do not cover until cold.

CANNED HORSERADISH.

Grate the horseradish, put in fruit cans and cover with good vinegar, seal as any other fruit with air-tight covers, and it will keep for a year.

TOMATO CHEESE.

Tomato cheese is delicious. Take some ripe tomatoes, wipe them dry with a clean cloth; remove the seeds and cut into thin slices, then rub through a sieve, weigh the puree, and to each pound add the strained juice of two lemons and one and one-half pounds of lump sugar, a tablespoonful of good brandy, a pinch of ground cinnamon, color with a few drops of red coloring, then seal, and keep in a cool, dry place.

PICKLED WALNUTS.

One hundred walnuts, salt and water. To each quart of vinegar allow two ounces of whole black pepper, one ounce of allspice, one ounce of bruised ginger. Procure the walnuts while young; be careful they are not woody; and prick well with a fork. Prepare a strong brine of salt and water (four pounds of salt to each gallon of water), into which put the walnuts, letting them remain nine days, and changing the brine every third day; drain them off, put them on a dish, place in the sun until they become perfectly black, which will be in two or three days; have ready dried jars into which place the walnuts, and do not quite fill the jars. Boil for ten minutes sufficient vinegar to cover them, with spices in the above proportion, and pour it hot over the walnuts, which must be quite covered with the pickle; tie down with bladder and keep in dry place. They will be fit for use in a month and will keep good for two years. These are served as a pickle, and they are sometimes cut up for decoration. They may also be sliced and put into forcemeats and sometimes a little bit is used in savories.

PLUM PRESERVES.

Allow equal weights of sugar and plums, add sufficient water to the sugar to make thick syrup, boil and skim and pour over the plums (previously washed, picked and placed in a stone jar), and cover with a plate. Next day drain off syrup, boil, skim, and pour in on plums. Repeat this for three or four days. Place plums and syrup in kettle and boil very slowly for half an hour.

APPLE JELLY.

Wash, core, and chop without peeling, nice, hard, juicy apples; cover with water and boil until juice will flow easily. Let drip for a day or a night. Add three-fourths pint sugar to one pint of juice, and cook until it flakes.

SALADS

PERFECTION SALAD.

One-half package of Knox gelatine, one-half cup of cold water, one-half cup of vinegar, juice of one lemon, one pint of boiling water, one-half cup of sugar, one teaspoonful of salt, two cups of celery cut in small pieces, one cup of finely shredded cabbage, one-fourth can of pimentos finely cut. Soak gelatine in cold water two minutes, add vinegar, lemon juice, boiling water, sugar and salt. Strain, and when beginning to set, add remaining ingredients. Turn into a mold and chill. Serve on lettuce leaves with mayonnaise.

A delicious accompaniment to cold sliced chicken or veal.

—Mrs. Addie Corbin Stone.

RIVERSIDE DRIVE SALAD.

Make a quart of ordinary lemon jelly and when it shows the first signs of thickening, add to it about four hard-boiled eggs cut into slices, some olives sliced thin, and some finely cut celery. Set it to harden in individual molds, and when ready to serve turn out on nests of lettuce leaves. Garnish with olives and minced nuts, and serve with mayonnaise.

TOMATO JELLY SALAD.

In a sauce-pan put one-half of a can of tomatoes, one bay leaf, four cloves, one blade of mace, one-half of a teaspoonful of salt, one-fourth of a teaspoonful of paprika, ten drops of onion juice. Simmer fifteen minutes and press through a fine sieve. Add one-third of a box of gelatine which has been soaked in one-third of a cupful of cold water, and stir until dissolved; add two tablespoonfuls of tarragon vinegar and pour into wetted molds. When firm, serve on lettuce leaves and garnish with mayonnaise.

—Table Talk.

TOMATO JELLY.

Heat, strain and season one can of tomatoes. Mix with one-half box of gelatine which has previously been dissolved. Mold

either in single individual molds or in one large one. Serve on lettuce leaf with a spoonful of mayonnaise on top.

JELLY IN TOMATOES.

This is a very pretty dish for a yellow and green luncheon. A jelly was made with chicken or meat stock and gelatine well seasoned and filled with chicken or meat dice; lamb or veal would be good. Small slices of cucumber pickles and capers are added to the jelly, together with celery dice. The tomatoes are skinned, chilled, scooped out and filled with chicken or meat dice; lamb or veal would be good. Small slices of cucumber pickles and capers are added to the jelly, together with celery dice. The tomatoes are skinned, chilled, scooped out and filled with the stiffened jelly, put in with a teaspoon. A green mayonnaise is piped around the edge, and the center filled with an ordinary yellow mayonnaise. The green is acquired by a bit of coloring paste. When green peppers are sweet and fresh, cook them first in salted boiling water, then mince them very fine and put them in the green mayonnaise.

—Good Housekeeping.

FRUIT SALAD.

One dozen fine oranges pulped and cut in blocks, six bananas cut in squares and one can sliced pineapple cut in squares; sweeten to taste and stir in one wine glass of sherry. Pack and freeze. Serve on lettuce leaves with mayonnaise dressing.

CUCUMBER JELLY SALAD.

Pare and cut fine three large cucumbers. Put in an agate sauce-pan with one small onion cut fine, one teaspoonful of peppercorns, two tablespoonfuls of vinegar, and a pint and a half of cold water. Heat and stew slowly until very tender. Add one-half of a package of granulated gelatine soaked in one-half of a cupful of cold water and stir until dissolved. Strain through wetted cheese-cloth. Add enough leaf-green color paste to color a pale green, and set aside to chill. When beginning to thicken, line small wetted molds with thin slices of fresh cucumbers, pour in the thickening jelly and place on ice until firm. Serve on lettuce leaves with mayonnaise or a French dressing.

—Table Talk.

COLD MEAT SALAD.

Free the meat from skin and bone, and cut it into small dice. For each pint make a French dressing with four tablespoonfuls of olive oil, one tablespoonful of plain or tarragon vinegar, one-half of a teaspoonful of salt and one-quarter of a teaspoonful of white pepper, and with it thoroughly saturate the meat. Set aside in a cold place for an hour or more that it may be thoroughly impregnated with the dressing. If you have any cold vegetables pour boiling water over them to rinse off any previous sauce or dressing, drain and saturate with French dressing. Arrange a bed of lettuce or other green salad on a platter, pour on it the meat and garnish with the vegetables. A few nasturtium leaves will add piquancy to the salad, or a little watercress may be used with the lettuce, the combination depending largely upon the meat on hand and the way in which it was cooked. Boiled meat usually needs more in the way of seasoning than roast meat; a few drops of onion juice or a teaspoonful of finely chopped chives is frequently a decided addition. —Table Talk.

TONGUE SALAD.

Chop contents of a can of tongue and an equal amount of celery. Dress with mayonnaise and garnish with lettuce.

GRAPE-FRUIT SALAD AND DRESSING.

Three eggs, three tablespoonfuls of water, three tablespoonfuls of vinegar (two, if sharp), three tablespoonfuls of creamed butter, one-half pint of cream, pinch of salt. Put the yolks of the eggs, the water, vinegar, and butter in a double boiler and cook to the consistency of mush. When cold, just before serving, mix whites and cream which have been well beaten. Sprinkle the fruit with salt and sugar to taste.

—Miss Emie Hunt.

POTATO SALAD.

Six medium-sized potatoes boiled and cut into cubes, one stalk of celery, three boiled eggs, three bell peppers. Chop all together and cover with mayonnaise or Durkee's dressing.

—Mrs. Lucile Roper Smith.

GREEN PEA AND STRING BEAN SALAD.

Mix together a cup each of cold boiled string beans and cold boiled peas. Season to taste and stir into them two tablespoonfuls of mayonnaise dressing. Arrange lettuce leaves on a dish, put a large spoonful of the vegetables on each leaf, and put a spoonful of mayonnaise on top of each mound. Serve very cold.

STUFFED EGGS.

Boil the eggs hard and throw into cold water. When perfectly cold take off the shells and cut the eggs into halves. Take out the yolks, rub smooth in a bowl, and add an equal quantity of finely chopped ham, chicken or cold fish. Season to taste; rub to a paste with a little butter, make into balls the size and shape of the yolks, and fit the hollowed whites upon these. Run a clean toothpick or straw from end to end to hold the halves in place.

SWEETBREAD SALAD.

As soon as the sweetbreads are brought home, plunge them into scalding water, slightly salted, and allow them to remain there for ten minutes; then lay in iced water to whiten them. When entirely cold cook them for fifteen minutes in salted boiling water, wipe dry and lay them on the ice until they are cold and crisp, when they may be cut with a sharp knife into slices or into dice. Line your salad bowl with lettuce leaves, lay the sliced sweetbreads upon them, and cover thickly with mayonnaise dressing.

SWEETBREAD AND CUCUMBER SALAD.

Prepare and parboil the sweetbreads. Drop into cold water until chilled, then set aside until ready to make the salad. Pare two medium-sized cucumbers and cut into one-half inch dice; break the sweetbreads into tiny bits of dice with a silver knife. Whip one pint of cream to a solid froth, stir in very gradually four tablespoonfuls of lemon juice, one-fourth teaspoonful of salt and two dashes of cayenne pepper. Mix a portion of this with the prepared meat and cucumber, arrange on lettuce leaves, and garnish with the remainder of the dressing.

RICE AND TOMATO SALAD.

Set cold boiled rice on the ice until very cold. Scoop out the inside of large, ripe tomatoes. Make a mixture of equal parts of the tomato pulp and cold rice, and add a tablespoonful of grated Parmesan cheese. Mix thoroughly, season with salt and paprika, and fill the hollowed tomatoes with the mixture. Set on the ice for an hour, then serve with a great spoonful of mayonnaise poured on top and cover each tomato.

AN EMERGENCY SALAD

of little green onions diced, finely shredded cabbage, sliced cucumbers and lettuce hearts, with French dressing, has often been used successfully.

MELON SALAD.

Cut the meaty inside of a ripe cantaloupe in cubes, dust slightly with salt, paprika and cinnamon. Put this in a jar next to the ice for several hours. Add a very little dissolved gelatine to about one-half a cup of whipped cream, and chill. When ready to serve, put a spoonful of the melon on a lettuce leaf, then a small spoonful of the whipped cream in the center and surround with a piping of mayonnaise made with lemon juice. The latter may be colored pink, which would look very pretty with the melon and cream. The cream should be slightly salted.

WATERMELON SALAD.

Have cubes of watermelon ice cold, dust them with salt and mix them with carpels of orange or grape fruit or malagā grapes, seeded and skinned. Serve on lettuce or in grape fruit or orange halves. Cover with a lemon mayonnaise.

NEUFCHATEL CHEESE SALAD.

Run three new cakes of Neufchatel Cheese through a potato masher; to this add a teacupful of rich cream well whipped, a cupful of pimolas cut in halves, and one-half cupful of broken pecans. Season with red pepper, white pepper and salt. Put the mixture into a mold greased with almond oil, and pack in ice and salt for four hours. When ready to serve, turn out

on a bed of lettuce leaves, decorate with halves of pimientos, and serve with mayonnaise dressing.

—Mrs. Alice Culler Cobb.

FROZEN CHEESE SALAD.

Beat one cream cheese to a cream with one-fourth cup of cream and season with paprika, salt and one teaspoonful of Worcestershire sauce. Turn into the freezer and freeze, but not too hard. Take out, put in a brick and pack in salt and ice for at least an hour. Slice and serve on lettuce leaves with French dressing.

CELERY SALAD WITH RED PEPPERS AND CHEESE.

Curl the celery by cutting the stalks in two-inch pieces. With a sharp knife begin at the outside of the stalks making about five cuts parallel with each other, lengthwise, cutting only one-third the length of the pieces. Make six cuts at right angles to those already made. Put the celery in ice water and let stand as long as possible, over night if possible. Take from the water and thoroughly dry. For every cupful of celery take one tablespoonful of red peppers cut in small pieces. Mix with the celery and dress with mayonnaise. When ready to serve, sprinkle with the merest suggestion of grated cheese, put mayonnaise on top and serve.

A FINE SALAD.

Equal parts of celery, apples and canned pineapples, half a cup of almonds chopped, four or five chopped tomatoes (without seeds or juice), shredded green or red peppers may or may not be added, according to taste. Serve on lettuce leaf with mayonnaise or French dressing.

WALDORF SALAD.

One head of celery, one-half cup nuts, three good-sized apples, seasoning, mayonnaise dressing. Choose fresh, crisp celery, cut two-thirds of it into dice, and curl the remainder by cutting it across into pieces about one and one-half inches long, then with a sharp knife cutting lengthwise almost to the center from each end. Let these pieces remain an hour or more in ice water and they will curl prettily. These are to be

used for decorating the salad. Pare, core and cut the apples into dice, mix with the nuts and diced celery, and serve on lettuce leaves with mayonnaise dressing. Garnish with the curled celery, or choose bright red apples, remove center and mix with other ingredients, and serve in the apple cups.

STRAWBERRY SALAD.

Put the strawberries in a glass dish with alternate layers of pulled pineapple. The fresh is better, but the canned pineapple may be used. It should be pulled instead of sliced, because the slices retain too much of the tough fiber. There are no two flavors that combine more perfectly than those of the strawberry and the pineapple. When the pyramid of fruit is completed, the strawberries, of course, on the top, pour over the whole either wine or the strained juice of three lemons and two oranges, sweetened to taste. Keep it on the ice until ready to place on the table.

A DELICIOUS FRUIT SALAD.

One cup of Malaga grapes, three bananas; three oranges, one cup of English walnut kernels, one bunch of celery, one head of lettuce; mayonnaise dressing. This salad must be prepared by the housekeeper herself, as it is such a dainty dish that a hireling would be apt to slight it and make a failure of what might otherwise be a temptation to the most fastidious gourmet. The only tedious part of the operation is skinning the grapes. Line the dish with lettuce leaves, cut the celery into inch lengths and mix with fruits and nuts. Mix in the mayonnaise and set in ice until just before it is served, when heap in the lettuce-lined glass dishes.

FRUIT SALAD.

One can combine oranges, grapes, pineapples and cherries, either all or a few, in any desired proportion to make a salad. Make a syrup of one-half cup of water and one cup of sugar with a little lemon juice, and mix with fruits when cold. A few tablespoonfuls of sherry improve the flavor. The syrup may be thickened slightly with gelatine if desired. For one cup of syrup, use one teaspoonful of Knox gelatine, softened in cold water and dissolved in hot syrup. Serve with mayonnaise quite cold.

MELONS AND FRUIT SALAD.

Cut small melons in halves and take out the seeds; fill each one with bits of grape fruit or orange, and a little banana; do not have these mussy, or use more than two kinds of fruit; over all pour a little sherry, if liked, mixed with a spoonful of powdered sugar.

NUT SALAD.

A delicious salad is a tiny head of Boston lettuce spread partly open, then sprinkled with shredded celery and nuts minced so fine you would scarcely know what kind they were. French dressing is poured over this, topped with two Malaga grapes cut in half and seeded.

WALNUT SALAD No. 1.

Blanch one-half pound of shelled walnuts, cut them in small pieces. Have ready the white meat of cold chicken and celery cut fine; add to each cupful of nuts one cupful of chicken and two cupfuls of celery. Mix well with mayonnaise or boiled dressing. Serve on lettuce leaves with a small piece of lemon on each plate.

WALNUT SALAD No. 2.

Use the best grade of English walnuts, crack carefully and remove the meat in perfect halves. Take an equal quantity of celery cut into small cubes, place a spoonful or so on a lettuce leaf and cover with mayonnaise. It is preferably served with game of any sort.

MINCED CHICKEN.

Grind the meat from a chicken together with a few scraps of cold roast or soup meat. Season highly with mustard, pepper, salt, vinegar, a cupful of stock and a cupful of chopped celery. Serve on lettuce.

SWISS CHICKEN.

Mix one cup cold cooked chicken cut in cubes, one cucumber pared and cut in cubes, one cup of chopped English walnut meat and one cup of French peas. Moisten with French dressing, arrange on lettuce and garnish with mayonnaise.

CHICKEN SALAD.

Two hard-boiled eggs, yolks rubbed smooth; two raw eggs, yolks well beaten; one tablespoonful of made mustard, salad oil, drop by drop until the paste thickens, one lemon (juice), or one-half cup of vinegar, two teaspoonfuls sugar, one teaspoonful salt, one-fourth teaspoonful pepper or dash of cayenne, two tablespoonfuls thick, sweet cream. Make the dressing carefully and slowly, stirring in the cream just before serving. Cut the white meat of chicken into small bits, add to it as much celery cut fine with silver knife, pour over it the dressing and serve. If not moist enough, use some of the chicken broth.

CHICKEN SALAD (New).

One cupful of chopped chicken, one cupful of celery, one cupful of apples, two oranges, two hard-boiled eggs, two tablespoonfuls of chopped nuts. Let stand for one-half an hour, then mix with two tablespoonfuls of chopped red peppers with mayonnaise dressing. Turn on lettuce. This is a delicious salad served after the meat course.

OLD-FASHIONED CHICKEN SALAD.

Equal parts of white meat of chicken, cabbage and celery chopped tolerably fine, one dozen hard-boiled eggs chopped. Season to taste with mustard, salt, black pepper and vinegar; add one-half teacupful of melted butter or olive oil, and mix thoroughly.

TOMATO SALAD.

Peel, chill and slice rather thick, some large tomatoes. On each slice lay one exactly matching of thin, soft American dairy cheese, and spread with mayonnaise; put a second slice of tomato over it and a small spoonful of mayonnaise on that. Serve on individual plates.

TOMATO AND CUCUMBER ASPIC.

Cook down a can of tomato with a slice of onion, salt and pepper and a sprig of parsley, till smooth; strain, measure and set with sufficient gelatine (a level tablespoon to a pint). Take a mold and rub with a little oil, and on this put slices

of very thin cucumber. When the tomato jelly is cold, slowly pour it in; or, stick the cucumbers on the mold with a little dissolved gelatine, dipping each slice in to wet it. When firm turn out on lettuce and put a row of cucumber slices overlapping all around. Serve with stiff mayonnaise.

CHEESE AND PIMENTO SALAD.

Break up four cream cheeses with a fork. Grind one small can of pimentos through the fine blade of the meat chopper, and mix thoroughly with the cheese, adding a very little of the juice from the pimento can, and beating the whole into a light, creamy mass. Heap on lettuce, and surround with mayonnaise dressing. This is one of the most beautiful of salads, as well as one of the most delicious, being a particularly pretty combination of pink, yellow and green.

JELLIED HAM SALAD ("BLISS")

Soak one-quarter of a box of gelatine in one-quarter of a cupful of cold water, add three-quarters of a cupful of boiling chicken stock and strain. Add one cupful of chopped ham which has been highly seasoned with cayenne and a little lemon juice. Let stand until it begins to thicken, then add one cupful of cream whipped to a stiff froth, and turn into a wetted mold. When firm turn out on a bed of blanched lettuce leaves and garnish with mayonnaise.

HAM SALAD.

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

A NEW SALAD.

Wash, then soak in cold water, the inside leaves of tender lettuce, drain it, dry it on a napkin and arrange it tastefully on a flat dish; make a salad by slicing two bananas, twelve white grapes, one stalk of celery and twenty-four peanuts, or any preferred kind of nuts; mix well and spread it on the

leaves, then cover it with mayonnaise or French dressing. Serve with salted wafers and neufchatel cheese, ice cold.

NUT AND OLIVE SALAD.

Put one cupful of shelled English walnuts in a saucepan, add two slices of onion, one-half of a teaspoonful of salt, one bay leaf and one blade of mace; cover with boiling water and boil ten minutes. Throw into ice water until chilled, then drain and dry on a towel. Hard boil four eggs and cut them in quarters lengthwise. Cut two dozen large olives in long strips. Mix together the nuts and olives, and marinate with a French dressing; turn out on a platter which has been lined with lettuce leaves and garnished with eggs.

SARDINE SALAD.

Take twelve boneless sardines, lay in a colander and pour boiling water quickly over them to remove the oil, then place on ice until firm. If the sardines are high grade ones and genuinely imported, the washing may be dispensed with, but if the oil on them tastes at all doubtful it had better be removed. Line a salad bowl with fresh, crisp lettuce leaves, lay in it the sardines, sprinkle over them two chopped hard-boiled eggs, and serve with a French dressing.

PINEAPPLE AND CELERY SALAD.

Cut one-half cup of celery and one tablespoonful of peppers in small pieces and mix with one cup of shredded pineapple. Add one tablespoonful of nuts; mix with mayonnaise and when cold, serve on curly lettuce leaves or in apple, shaddock or orange cups.

ASPARAGUS AND EGG SALAD.

Cook, drain and chill asparagus, whole. Cook hard four eggs and cut in lengthwise quarters; arrange the asparagus on lettuce and surround with the eggs and put spoonfuls of stiff mayonnaise all around the edge. Serve with grated cheese sprinkled the last thing over the asparagus only.

SAUCES AND SALAD DRESSINGS

CREAM DRESSING No. 1.

Yolk of one egg, one-fourth teaspoonful of mustard, one-half teaspoonful of sugar, one teaspoonful of salt, a pinch of cayenne pepper, a heaping teaspoonful of flour; beat together well all the above ingredients. Put on the stove one cup of vinegar (if too strong, dilute with water); when boiling, stir the boiling vinegar into the above mixture, place back on the stove and stir constantly until like a paste. When cold, thin to the desired consistency with whipped cream.

—Mrs. Ellen Tudor Holmes.

—Mrs. Annie Holmes Hardeman.

CREAM DRESSING No. 2.

Three eggs, one tablespoonful of olive oil or melted butter, two tablespoonfuls of mustard, one cup of rich cream, one-half cup of vinegar, one teaspoonful of salt and pepper. Mix mustard and oil, then well beaten eggs, cream, vinegar, salt and pepper. Put mixture in sauce-pan and boil gently till thick as cream. When done put in glass jars and keep in cool place for salads.

—Mrs. Mary Findlay Orr.

CREAM DRESSING No. 3.

Three tablespoonfuls of melted butter, one teaspoonful of mustard, one cup of cream or milk, two teaspoonfuls of salt, one-half cup of hot vinegar, one-fourth saltspoonful of cayenne peppper, two tablespoonfuls of sugar, three eggs, whites beaten stiff. Cook in a double boiler until it thickens like soft custard. Stir well, and if put in a cool place will keep two or three weeks. Best to cover closely if kept.

SALAD DRESSING No. 1.

One cup of vinegar, one cup of water, one cup of butter; boil and then add the yolks of ten well beaten eggs. Place on the fire for one minute, season with mustard, salt and pepper to taste. This will make one quart of dressing.

—Miss Madge Patterson, by Mrs. Madge Roberts Blair.

SALAD DRESSING No. 2.

Beat one egg slightly, stir into it one heaping teaspoonful of mustard and one-half teaspoonful each of salt and sugar, a little black pepper, and one-half teacupful of vinegar. Drop in a lump of butter the size of a hickory nut, and stir over the fire until the consistency of custard.

—Mrs. Eugenia Rogers Ellis.

SALAD DRESSING No. 3.

One egg well beaten, one tablespoonful of sugar, one teaspoonful of corn starch, one-half teacupful of vinegar, one-half teacupful of water, one scant teaspoonful of salt, one-fourth teaspoonful of mustard, butter the size of an egg. Cook until thick, stirring constantly, then remove from stove. Just before using, thin with milk or cream. Splendid for fruit salad.

—Mrs. S. S. Sweet.

MUSTARD DRESSING.

One teaspoonful of best mustard, one level teaspoonful of salt, one level teaspoonful of sugar, one tablespoonful of flour, a pinch of cayenne pepper, one egg, two large tablespoonfuls of gravy that comes from a boiled ham when it is sliced, one teacupful or coffeecupful of vinegar. Mix the mustard, salt, sugar, flour and pepper thoroughly with the ham gravy. Beat egg well and mix in next, then add vinegar, a little at the time to prevent lumps. Cook until it thickens, stirring often, in double boiler or vessel placed in pan of boiling water on hottest part of stove.

—Mrs. Fannie Prescott Ross.

FRENCH DRESSING.

Two tablespoonfuls of olive oil, three tablespoonfuls of vinegar, one teaspoonful of salt, one teaspoonful of black pepper, red pepper to taste. Mix thoroughly.

—Mrs. Madge Roberts Blair.

MAYONNAISE DRESSING No. 1.

Mix one teaspoonful of mustard, one teaspoonful of powdered sugar, one-half teaspoonful of salt, one-fourth teaspoonful of cayenne pepper in a small bowl. Add the yolks of two raw eggs and stir constantly. Measure one pint of olive oil,

two tablespoonfuls of vinegar, and two tablespoonfuls of lemon juice into different vessels at hand ready for use. Add the olive oil to the contents of the bowl, drop by drop, stirring constantly. When too thick, thin with lemon juice or vinegar until all is used. Should it curdle, start with yolk of raw egg in another bowl, and stirring constantly add the curdled mixture a little at a time.

MAYONNAISE DRESSING No. 2.

Beat well the yolks of two eggs, then beat in olive oil and a few drops of lemon juice (using juice of one lemon) until one-half pint of oil has been beaten in. Season with salt and cayenne pepper to taste. Set aside on ice until ready to serve. The quantity may be increased by using more olive oil and lemon juice. Salt and cayenne pepper to taste.

—Mrs. Estelle Stevens Mason.

MAYONNAISE DRESSING No. 3.

If very carefully prepared, the quickest way of making it with good results. Put the yolk of one strictly fresh egg in a mortar and add to this, juice of one lemon, two teaspoonfuls mustard, one teaspoonful of salt, a pinch of cayenne pepper. Stir this until a smooth mixture, then gradually add one pint of best olive oil, keep stirring slowly and in a few minutes your dressing will be thick enough to cut. Have it in cool place.

MAYONNAISE DRESSING (Without Oil).

Mix yolks of three eggs with two teaspoonfuls of salt, one teaspoonful of sugar, one teaspoonful of mustard, and one-half saltspoonful of paprika. Beat well, then add two tablespoonfuls melted butter, one cupful thick cream, one-half cup hot vinegar, and whites of three eggs beaten stiff. Cook over hot water, stirring continually.

MAYONNAISE WITHOUT EGG.

Few people know one can make a perfect-looking and perfect-tasting stiff mayonnaise without any egg at all. Place a teaspoonful of plain mustard, mixed with a few drops of cold water, in a small bowl. Add oil, not necessarily drop by drop,

but still rather slowly; stir vigorously all the while. As it thickens too much to handle comfortably, thin with lemon juice or vinegar. A little tarragon vinegar is always a great addition to any salad. After the mayonnaise is finished, season according to taste and discretion. There is hardly any limit to the quantity of oil that may be used. Less or more mustard may be used, but it must be borne in mind that it is the made mustard that holds the oil together. You can make a large quantity of mayonnaise at once, using a dessertspoonful of mustard and as much oil as you can afford—enough for several meals. It keeps beautifully in a covered jar in a cool place.

MAYONNAISE DRESSING WITH WHIPPED CREAM.

Yolks of two eggs, one and one-half to two gills of olive oil, two lemons, two saltspoonfuls of salt, a pinch of cayenne pepper. Add oil and lemon juice gradually to eggs, beating until very thick and light. Place on ice, and when very cold, add an equal quantity of whipped cream. Cream must be beaten with egg-beater and placed on ice before adding to mayonnaise. Very fine for all fruit and vegetable salads.

—Mrs. Eula F. Willingham Council.

COLD SAUCE.

To one-half pint of mayonnaise sauce, mix in two tablespoonfuls of capers, two cucumber pickles chopped fine, one tablespoonful of chopped parsley, a little onion if liked. Mix all together. It will keep for a long time, and is a delicious sauce for fried fish, cold tongue and ham.

DRESSING FOR LETTUCE.

Three eggs, saltspoonful each of salt, sugar and dry mustard, a dash of red pepper, three tablespoonfuls of olive oil. Hard-boil the eggs, chop the whites fine, mash the yellows and add salt, sugar, mustard and pepper. Stir oil in gradually until smooth. Thin with vinegar to consistency of mayonnaise, and beat in chopped whites.

—Mrs. Lula Brown White.

DRESSING FOR COLD SLAW.

Two eggs beaten light, one teaspoonful of mustard, four heaping tablespoonfuls of sugar, one teaspoonful of salt, two

of celery seed, piece of butter size of a walnut, and one-half pint of vinegar, black pepper to taste. Boil as custard until thick. Pour over shredded cabbage after it is cold. One tablespoonful of salad oil can be added if you omit butter.

TOMATO SAUCE No. 1.

Three-pound can of tomatoes, soup-^{spoon}ful of gelatine, one-fourth teaspoonful of spice, soup-^{spoon}ful of butter, one-fourth teaspoonful of cloves, one-fourth teaspoonful of cinnamon, sugar, one-fourth teaspoonful of salt, one lemon. Boil tomatoes with a cup of water, add all the spices, salt and butter; sweeten to taste. Let boil until tomatoes are thoroughly cooked, strain and while hot add gelatine dissolved in water, and juice of lemon; mix well and set aside to harden.

—Mrs. Maude Massey Ray.

TOMATO SAUCE No. 2.

Two tablespoonfuls of butter, two tablespoonfuls of flour, one-half teaspoonful of onion juice, one cup strained tomato seasoning. (To get the onion juice, cut a small onion in two and either scrape or grate it until you get the required amount of juice.) Blend flour and butter in a sauce-pan, add the onion juice, then the strained tomato very slowly, stir until boiling, season to taste, and cook about three minutes.

TOMATO SAUCE FOR OMELETTE.

One cupful of strained tomatoes, one bay leaf, sprig of parsley, few grains of pepper, one-fourth teaspoonful of salt, one teaspoonful of sugar, few drops lemon juice, one tablespoonful of butter, one tablespoonful of flour. Heat tomatoes and seasoning, then put butter in chafing dish; when bubbling hot, add the flour and then the tomatoes and seasoning.

CANNED MUSHROOM SAUCE.

One-half teacupful of the liquor from the mushrooms, one-half cup of water and one-half tablespoonful of butter; put in a bright sauce-pan and let it simmer a few minutes. Add one-half a can of mushrooms and a teaspoonful of flour. Cook until it thickens, season with pepper and salt. Serve with beef steak or roast beef.

MUSHROOM SAUCE No. 1.

Skin, wash and dry one-half pound mushrooms and chop them finely; put them into a sauce-pan with one-half tablespoonful of Plantene and cook them for ten minutes, then add two tablespoonfuls of bread-crumbs, two tablespoonfuls of water, a little chopped parsley, salt, pepper, grate of nutmeg, and dash of paprika; cook for five minutes. Serve hot.

MUSHROOM SAUCE No. 2.

Put mushrooms in a granite pot with plenty of salt and cook until tender. (This refers, of course, to fresh mushrooms.) Next, put through the press to extract the juice; measure the juice; place on stove, and to each quart add a teaspoonful of small cayenne peppers and a half teaspoonful of celery seed. Cook ten minutes, strain through a cloth and bottle. This will keep a long time in a cool place.

MUSHROOM SAUCE No. 3.

Skin and cut off the stems of four or five mushrooms, lay them in the oyster or steak broiler and sprinkle moderately with salt. Heat one teacupful of fresh cream, one tablespoonful of butter, one saltspoonful each of black cayenne pepper and salt, and stir the mushrooms hot from the broiler into the sauce. Serve immediately with chops or steak.

CHEESE SAUCE.

In serving noodles or any of the forms of macaroni as a lunch dish, the cheese sauce is made by adding to a pint or more of white sauce grated cheese, the exact amount varying according to the strength of the cheese and intensity of flavor desired. The paste is boiled in salted water until tender, drained and mixed with the sauce, then kept hot for at least ten minutes to absorb the desired flavor.

BEARNAISE SAUCE.

Beat two egg yolks slightly, add one tablespoonful of cold water and one tablespoonful of butter. Cook in a double boiler for a moment, then add three tablespoonfuls of butter, one at a time, one-eighth teaspoonful of salt, same of paprika, one of minced parsley, and one tablespoonful of horseradish. If pre-

ferred, the horseradish may be omitted and tarragon vinegar used instead. Tarragon vinegar gives a fine flavor to the sauce. This should be put in a small warm dish and passed after the meat is served, and it should be served as soon as it is made.

CAPER SAUCE No. 1.

Two tablespoonfuls of butter, three tablespoonfuls of flour, one-quarter teaspoonful each of salt and paprika and one-half teaspoonful of onion juice. When this is cooked add one and one-half cups of boiling water, one tablespoonful of butter cut in bits, one tablespoonful of parsley and four tablespoonfuls of capers.

CAPER SAUCE No. 2.

Melt one teacupful of butter and stir in one tablespoonful of flour; when the two are well mixed, add pepper and salt, and not quite a pint of boiling water. Stir the sauce on the fire until it thickens, then add three tablespoonfuls of French capers. After the sauce-pan has been removed from the fire, you may stir in the beaten yolk of one egg and the juice of half a lemon, if you like.

OLIVE SAUCE.

Brown one tablespoonful of butter, add one heaping tablespoonful of flour and brown again. Add one-half of a pint of beef stock and stir until smooth and thick. Season to taste, add one tablespoonful of Worcestershire sauce and one dozen olives chopped fine, and simmer five minutes.

SAUCE FOR ASPARAGUS.

One cupful of asparagus juice, one teaspoonful of sugar, one tablespoonful of vinegar, one-half teaspoonful of salt, two or three lemons, three eggs (whole). Beat eggs lightly, and put other ingredients on stove. After it boils, mix with eggs, stirring constantly; put on stove again to thicken.

CREAM SAUCE.

One light tablespoonful of flour, one large tablespoonful of butter, two teacupfuls of milk, salt and red pepper. Melt butter

in a double boiler, sift in flour, stir until smooth; heat milk, and add salt and pepper. Mix the two and stir until like soft custard.
—Mrs. Eleanor Hall Jaques.

CREAM SAUCE FOR CHICKEN.

Dissolve one tablespoonful of flour in one gill of cold milk (i. e., add a little milk at a time and stir until it is a smooth paste), and add to it a half pint of lukewarm milk. Put a lump of butter the size of an egg into a sauce-pan, melt it a little and add a pinch of salt and pepper; stir the milk into the butter and when it is thick, serve with the chicken.

BECHAMEL SAUCE.

Put a lump of butter the size of a walnut into a sauce-pan with an even tablespoonful of flour, cook thoroughly without allowing it to brown. Mix into this roux a cupful of hot veal stock (made by putting veal into cold water and allowing it to boil two or three hours), a cupful of boiling cream, and pepper and salt to taste. Put a carrot and a sprig of parsley with the veal when you put it on to boil.

MINT SAUCE.

Four tablespoonfuls of fresh mint chopped fine, six tablespoonfuls of vinegar, two tablespoonfuls of sugar dissolved in vinegar; mix it an hour or two before dinner, that the vinegar may be well flavored with the mint. Serve with mutton or lamb.

CURRANT JELLY SAUCE FOR VENISON.

Melt currant jelly with a little warm water, stirring until it is perfectly smooth, using one-half glass of jelly; add one-half glass of sherry wine. Put on the stove and as soon as it is hot serve. The wine may be omitted and more water used. Season with spices.

APPLE SAUCE.

Pare, core and slice tart apples, put them into a sauce-pan with just sufficient water to prevent them from burning, and stew them until soft. Mash them to a paste and make them sweet with granulated sugar, stirring it in while they are hot.

Be careful not to have it thin and watery. Serve with roast pork or any kind of fresh pork. By adding cinnamon or any kind of spice preferred, it makes a nice dish for tea, served in saucers with rich cream.

APPLE ENTREE.

Core apples, leaving skin on bottom to form cup; place in oven until tender; take out, fill cup with cranberry jelly and nuts, make meringue by using to the white of one egg beaten lightly one tablespoonful of sugar. Cover top of apple with meringue and put in oven to brown. Serve cold with any kind of fowl.
—Mrs. Olivia Montfort Pope.

TO COOK CRANBERRIES.

1. Wash them clean, and remove all stems and leaves.
2. Always cook in a porcelain-lined kettle or stew-pan. Never cook in tin or brass.
3. The sooner they are eaten after cooking, the sooner you will know how good they are.

Sauce No. 1.—One quart of berries, one pint of water, one pound of granulated sugar. Boil ten minutes, shake the vessel, do not stir. This means a full, heaped, dry-measure quart, which should weigh fully seventeen ounces.

Sauce No. 2.—One quart of berries, one pint of water, one pound of granulated sugar. Bring sugar and water to boil, add the fruit and boil till clear, fifteen or twenty minutes.

Sauce No. 3.—One pound of berries, one pint (scant) of cold water, one-half pound of granulated sugar. Boil together the berries and water ten minutes; add sugar, and boil five minutes longer.

Strained Sauce.—One and one-half pounds of berries, one pint of water, three-fourths of a pound of sugar. Boil together berries and water ten to twelve minutes; strain through a colander and add sugar.

—American Cranberry Growers' Association.

CRANBERRY JELLY.

Pick over and wash a quart of cranberries; drain off the water and put the wet berries into the inner vessel of a double boiler, filling the outer with lukewarm water. Cover closely.

Bring to a boil, and keep this up until the berries are broken to pieces and scalding hot. Strain and press in a cheese-cloth bag into a clean sauce-pan, and heat to boiling very quickly. Add a cupful of sugar that has been heated in the oven, take from the fire as soon as the sugar is melted, and when almost cold, turn into a mold wet with cold water.

CRANBERRY SAUCE.

Wash a quart of ripe cranberries and pick out all soft or decayed ones; put them into a stew-pan with one-half teacup of water, and stew them slowly, stirring them frequently, particularly after they begin to burst. When they are soft and thick like marmalade, pour them into a colander; take a pint cup and rub the berries with the bottom, pressing all the juice and pulp through the colander. Stir a pound of granulated sugar (or less if you like it tart) to the juice; put it on the stove and cook a few minutes, stirring constantly. Pour into a jelly mold, and as soon as it jellies, turn it on a glass dish. If it stands in the mold, it will be dark and taste of the tin. You can mash and sweeten the berries, and of course there will be no waste, but it is much nicer pressed through the colander. Serve with baked turkey, fowls and ducks.

HOLLAND SAUCE.

Put a piece of butter the size of a pigeon's egg into a sauce-pan, and when it melts, add an even tablespoonful of flour, stir until the flour is cooked, then stir in one-half pint of boiling water; when it boils, take it from the fire and stir into it gradually the beaten yolks of four eggs; return the sauce to the fire for a minute, to set the eggs; do not allow it to boil. Remove it from the fire and stir in the juice of half a small lemon and fresh butter the size of a walnut, stir all together, beating well. This is a nice sauce for boiled salmon or any kind of fish. A little vinegar may be used in place of the lemon. Season with pepper and salt.

SHRIMP SAUCE.

Rub into a tumblerful of butter, one teaspoonful of flour, pepper and salt to taste. Put a tumblerful of hot water into a sauce-pan, and add the butter and seasoning; simmer five minutes. Add one-third of a pint of the meat of boiled or canned shrimps.

WHITE SAUCE FOR FISH.

Take one pint of boiling water, one-half tablespoonful of butter, and flour to thicken it to the consistency of cream, two tablespoonfuls of tomato catsup. Boil all together for a few minutes and serve with boiled or baked fish.

SAUCE TARTARE.

Place the yolks of two eggs in a deep plate and gradually add salad oil, beating all the time until thick as soft butter; thin to cream with lemon juice and vinegar, add more oil to thicken and thin again. When enough is made, season with salt; add two tablespoonfuls finely chopped cucumber pickles. Serve with croquettes or baked fish.

DRAWN BUTTER SAUCE.

Three tablespoonfuls of butter, one of flour, half pint of water, a pinch of salt and pepper. Put two spoonfuls of butter into a stew-pan, and when it bubbles sprinkle in the flour. Stir well with a wire egg-whisk until the flour is well cooked, without taking color, and then mix in well the half pint of water. Take it off the fire and pass it through a colander, and stir in the other ounce of butter cut in pieces. When properly mixed and melted it is ready for use.

VINAIGRETTE SAUCE No. 1.

In a bowl put one tablespoonful of finely chopped shallot or Spanish onion, one tablespoonful each of chopped parsley and chervil, and one teaspoonful of chopped chives. Add one-half teaspoonful of salt, one-third of a teaspoonful of mignonette pepper, and five teaspoonfuls of olive oil, and one scant cupful corn starch. Beat well, add ten drops bitter almond and two tablespoonfuls of orange flower water, then the stiffly whipped whites of six eggs and one teaspoonful of baking powder. Beat hard for five minutes and bake in jelly tins.

VINAIGRETTE SAUCE No. 2.

One-third cup of olive oil, one tablespoonful of chopped pickles, one tablespoonful of chopped pepper, one tablespoonful of chopped parsley, one-half teaspoonful of paprika, one tea-

spoonful of salt, few grains cayenne, one-fourth cup vinegar. Mix ingredients in order given, stir well and serve cold.

TAPIOCA CREAM SAUCE.

Cook in a double boiler for fifteen minutes one quart of hot milk, two heaping tablespoonfuls of Minute Tapioca and a little salt, stirring frequently. Beat together the yolks of two eggs and one-half cup of sugar, and at the end of fifteen minutes stir into the milk and Tapioca. Let all this cook until it begins to thicken like custard. Remove from fire, pour into a dish and whip in the beaten whites of the eggs until no white is to be seen. Add any flavoring desired. It is delicious poured, when cold, over any fresh fruit, as strawberries, raspberries, peaches or oranges.

STRAWBERRY SAUCE.

Cream two tablespoonfuls of butter and add one cup of powdered sugar and one egg yolk. Beat in half a cup of preserved fruit or jam when fresh berries cannot be obtained. Chill well before serving.

HOT CHOCOLATE SAUCE.

Boil together for five minutes a cup of water and a half cup of granulated sugar; then add five tablespoonfuls of grated chocolate that has been rubbed smooth in a gill of milk and a tablespoonful of arrowroot dissolved in a half gill of cold water. Boil all together for five minutes, stirring steadily; add a pinch of cinnamon, a teaspoonful of vanilla, and serve.

HARD SAUCE.

Cream, one cup of butter, three cups of sugar; when light beat in three-fourths teacup of wine, juice of one lemon, two teaspoonfuls of nutmeg. Beat long and hard, until several shades lighter than at first; smooth into shape with a bread knife dipped in cold water, and stamp with a wooden mold first scalded and then dipped in cold water.

APPLE SAUCE.

Cook the apples, which have been peeled and quartered, with a very little water—one-fourth of a cup to three cups of

apples—add one-half cup of sugar and a sprinkling of nutmeg or cinnamon. This is left in the cooker but two hours, and it will come out with each piece of apple perfectly tender and yet not mushy.

FOAMY SAUCE.

Cream well one-quarter of a pound of butter, add one cupful of powdered sugar and cream again. Work in gradually two tablespoonfuls of sherry and one teaspoonful of vanilla. Just before serving, stir in three tablespoonfuls of boiling water and the whipped white of an egg, and beat until light and foamy.

WINE SAUCE.

One-half cupful of butter, one cupful of sugar, one tablespoonful of flour, one and one-half teacupfuls of boiling water, two tablespoonfuls of sherry wine, a pinch of nutmeg if desired.

VEGETABLES

FRIED APPLES.

Quarter five apples and remove the core, leave the skin on. Put in a frying-pan one cup of sugar, two tablespoonfuls of butter, and two tablespoonfuls of water. Let this melt, then lay in the pieces of apple, peel side up. Cover and fry slowly until brown.

ASPARAGUS No. 1.

After experimenting with all sorts of utensils in which to boil asparagus, it was finally discovered that a large tin coffee pot met the requirements, at least for a small family. Its height admits the asparagus standing on end; its narrowness prevents the tips from toppling over; the spout gives an outlet in case of boiling over, the closed lid allows the tips to delicately steam, while the stalks are cooked thoroughly in the deep, rapidly boiling water. As a result one never has broken tips or tough stalks.

ASPARAGUS No. 2.

Have a stew-pan of boiling water salted, lay in the asparagus tied in bunches, boil one-half an hour; lay buttered slices of toast in a dish and pour over them a little water in which the asparagus was boiled; put the asparagus on the toast, and serve hot. Skin the white part or it will be tough.

BOILED ARTICHOKE WITH HOLLANDAISE SAUCE.

Clip off the tips of the outer leaves with scissors, cut the upper ones off straight with a knife and pare the bottoms. Wash well, and place in boiling water. To determine when they are done, run the tip of a knife through the bottom and if tender place them upside down on a cloth to drain, then pull out all the inside small leaves with the fingers, then with a small spoon remove all the choke attached to the bottom. Close the opening thus formed with the leaves that were pulled out and dress the artichokes on a folded napkin. Serve the Hollandaise sauce separately.

STUFFED ARTICHOKE BOTTOMS.

Wash well in boiling water eight artichokes, and drain in a cloth. Season the inside with salt and pepper and duxelle dressing; smooth with a knife, sprinkle with bread-crumbs, and add a little butter. Put this in a buttered baking dish and bake ten minutes. Pour a good gravy over this and serve.

ARTICHOKES STUFFED.

Take out the inside of eight boiled artichokes, carefully prepare a good dressing, adding two dessertspoonfuls of fresh bread-crumbs, stirring over the fire until it thickens well, cool and add the yolks of three eggs and plenty of seasoning. Fill the artichokes with this, cover each with a thin slice of fat pork and tie very firmly to prevent the gravy from leaking while cooking. Place them in a saute-pan with a pint of good gravy, cover and braise in the oven for half an hour, remove to a dish, take the strings off and serve with Madeira sauce.

BURR ARTICHOSES.

The burr or globe artichokes should be well washed, put to boil in plenty of hot water, slightly salted; boil until tender which may be ascertained by drawing a leaf; trim the points and serve with butter. A separate plate should be provided to serve them on. Jerusalem artichokes are sliced and boiled like turnips, or cooked in any way Irish potatoes are; they require longer boiling.

BEETS.

Wash them clean, put them to boil in hot water, cooking from one to two hours according to size. When they are soft, take them up in a pan of cold water, rub off the skin, slice them and dress with butter, pepper and salt, when young and tender, or with salt, pepper and vinegar. Old beets lose their sweetness and are best dressed with hot spiced vinegar and with a little sugar added. They may be eaten cold when dressed with vinegar and also dressed as a salad.

BEANS.

String them carefully, wash them well and boil them in an open vessel for half an hour, or until they are tender. The

water should be boiling and salted when they are put in; a small piece of bacon may be boiled with them. The white wax bean is the best.

CABBAGE.

Try cooking cabbage in this way; it will surprise you: Have a pot half filled with boiling water, add a teaspoonful of salt and a pinch of soda. Quarter the cabbage and remove the heart. Plunge the cabbage into the boiling water; weight it down with a plate or saucer. Do not cover the pot and there will be no odor. Keep at a galloping boil for forty minutes. Remove from the fire, drain through a colander; pour over it a cream dressing. As good as cauliflower.

BOILED CABBAGE.

Strip off the green leaves, examine and wash well; lay in cold water until ready for use. Cut out the center leaving two or three rows of leaves; scald the cabbage well; when the leaves wilt from scalding there will be less danger of their breaking. Chop the center fine, add to it any scraps of cold meat or poultry; season with pepper, salt and onion, if the flavor is liked; bind all together with a raw egg worked in, add a few bread-crumbs. Make this into a large ball and put in the center of the wilted leaves, fold them over carefully and wrap them with thread; over this put a thin piece of muslin and tie securely, and boil until the cabbage is tender. Drain it from the water and remove the cloth and strings. Serve upon a hot dish with melted butter poured over.

SCALLOPED CREAM CABBAGE.

Cut a cabbage coarser than for slaw, sprinkle with salt and boil until tender; pour off the water, rinse with clear, hot water, twice drain; put into a pudding dish with salt, pepper, bits of butter, a few bread-crumbs and cream enough to moisten, then brown in the oven.

CAULIFLOWER No. 1.

Remove the outer leaves. Soak, head down, in strong salt water one hour. Place in a pot of boiling water, head down.

Boil until tender; place it on a hot platter and pour over it a rich cream gravy into which has been grated one-half pound of cheese.

CAULIFLOWER No. 2.

Lay cauliflower in cold water for half an hour, then let it boil, with a little salt added to water. Let boil steadily for fifteen minutes, then put the cauliflower on a hot vegetable dish until following sauce is made: Heat a cupful of cream, beat the yolks of two eggs, dissolve teaspoonful of corn starch with a little milk; add a little grated nutmeg.

Cook cabbage in the same way.

STEWED CELERY.

Select the heart of a head of celery, trim off the leaves and green stalks, tie with cotton twine into a good shape; put it in a pan with cold milk and water in equal proportions and a little salt, boil gently till quite soft and then drain off the liquid. Have ready some long finger-shaped pieces of hot buttered toast, arrange the celery neatly on these and pour over some good egg sauce. Sprinkle over all chopped parsley and serve.

CUCUMBERS.

Put them on ice or in cold water; an hour before they are served, peel and cut in slices; cover them with cold water until a few minutes before sending them to the table; pour off this water and add a few slices of onions; season with pepper, salt and vinegar.

CORN PUDDING No. 1.

One quart of corn, three eggs well beaten, one-half pint of milk, one tablespoonful of butter, pepper and salt. Bake one-half hour. Canned corn may be used in winter. A nice dish for supper.

CORN PUDDING No. 2.

The corn pudding will require sufficient scraped or grated corn to measure one quart, one cupful or more of milk (according to the age and milkness of the corn), and a high seasoning of salt and pepper. To this add three well beaten eggs, three

tablespoonfuls of sifted flour, three tablespoonfuls of butter melted. Pour the batter into a pudding dish and bake for one hour and a half in a slow oven.

CORN FRITTERS.

One teacup of milk, three eggs, one pint of green corn grated, a little salt, and as much flour as will form a batter. Separate eggs and beat them very light; to the yolks add corn, milk and flour, to form a batter. Beat very hard, then stir in the whites and drop the batter, spoonful at a time, in hot lard.

BAKED CORN.

Two cups of canned corn chopped fine, one egg, one-half cup of milk, one tablespoonful of butter, salt and pepper to taste. Beat the egg light and stir this and milk into the corn and bake until firm.

—Miss Madge Patterson, by Mrs. Madge Roberts Blair.

GREEN OR CANNED CORN PUDDING.

One quart milk, five eggs, two tablespoonfuls melted butter, two tablespoonfuls of white sugar, one dozen ears of corn; grate the corn from the cob, but if canned, chop fine; beat the whites and yolks of eggs separately, put in corn and yolks together, stir hard and add butter, then the milk, gradually beating all the while; next the sugar and a little salt; lastly, the whites; bake slowly at first in covered dish for an hour; remove cover and brown fine. Half this quantity will do for four or five persons.

BOILED CORN.

Remove husks and silks. Cook in a small amount of salt water from five to twenty minutes (as the corn is young or old); when tender, pile on a platter and serve hot, after taking a sharp knife and quickly splitting down each row of grains. If this is done, in eating, one gets only the kernel and not the husks of the grains.

GREEN CORN OMELETTE.

Take four good-sized ears of corn, score the rows lengthwise and scrape out the pulp. Mix with five well beaten eggs,

one tablespoonful of cream, one-third of a teaspoonful of salt, and one-quarter of a teaspoonful of pepper. Heat a frying-pan and drop into it a teaspoonful of butter and shake until the bottom is evenly greased. Pour in the mixture, shake and tilt the pan until it is evenly cooked. Roll and serve quickly on a heated platter.

EGG PLANT FRITTERS.

Peel the egg plant and cut it into inch dice. Drop into boiling water to which has been added a teaspoonful of lemon juice; boil until tender, drain and mash. To each pint of pulp, allow one-half of a cupful of flour, one-quarter of a teaspoonful of pepper, one-half of a teaspoonful of salt, and two well beaten eggs. Form into small cakes and fry brown on both sides.

ABOUT MACARONI.

No matter how it is eventually served macaroni and other forms of paste must first be cooked in boiling water until tender. Have the water, at least four quarts, at a rapid boil, add a teaspoonful of salt; drop in the broken macaroni and keep the water at a galloping boil to prevent the pieces from sticking together. When tender on testing—which will be in from thirty to forty-five minutes according to the thickness of the paste—turn into a colander and rinse thoroughly under the cold water tap. This removes the loose starch on the outside and does away with what many people call a slimy tendency. After this, if the macaroni is to be kept a number of hours before using, it is best to drop it into a bowl of cold water; this will in no wise detract from its nutritive properties.

MACARONI.

Soak one-half cupful of macaroni in cold water. One quart of boiling water, one teaspoonful of salt, add macaroni and cook from twenty to thirty minutes. Put on the stove a tablespoonful of butter and one of flour; mix without lumps; put into this one chopped onion or two teaspoonfuls of onion juice and a quart of canned tomatoes. Season with salt, pepper and parsley, and stew for ten minutes. Strain and stir into this three tablespoonfuls of grated cheese and pour this over the macaroni, and serve hot.

MACARONI AND CHEESE.

When macaroni is boiled done, cover with cream sauce, and put a layer in a baking dish, covering with cheese, and continue this until dish is full. Place in the oven and brown, and serve hot.

MACARONI WITH TOMATOES.

One-half pound of macaroni broken into short pieces, put into one quart of boiling water, and let it boil twenty minutes. Chop fine one tablespoonful of onion, one tablespoonful of garlic, one teacupful of cooked or canned tomatoes run through a sieve, and two tablespoonfuls of butter. Put in the macaroni and let it boil ten minutes.

SPAGHETTI—ITALIAN.

Cook spaghetti in salt water for half an hour. Stew tomatoes with a piece of round steak or chicken, and season highly with onion, salt, red pepper, mushrooms and garlic. Put into a platter, first the spaghetti, then the sauce made of the tomatoes, then grated Italian cheese; continue layers until all is used. The mushrooms may be omitted.

—Mrs. Julia Byrom Wimberly..

MUSHROOMS AND CAULIFLOWER.

Pare the mushrooms, cut off the stems, and divide into five or six pieces. Cut the white bloom part of one good-sized cauliflower into pieces, wrap in a cheese-cloth and boil in salted water half an hour; drain thoroughly. Cook four or five mushrooms in boiling, salted water for fifteen minutes; drain and put into a deep dish, the cauliflower and mushrooms in layers. Season each layer with black and cayenne pepper, butter and cream enough to keep them moist. Over the top dredge crumbs and bits of butter, and bake twenty minutes.

DELICATE ONIONS.

Slice two quarts of silver or white or Spanish onions, put them on to boil in cold water, to which has been added salt and a little baking soda. When they come to a boil throw this water off, then add hot water and a little more salt; stew until tender, turn in colander and drain in a warm place.

When thoroughly drained have ready in a pan about a teaspoonful of melted butter; put onions in pan and when hot add a tablespoonful of butter and two or three beaten eggs. This will agree with the most delicate stomach.

BOILED ONIONS.

Cut off the top and skin them, lay in cold water for one-half hour, then put in stew-pan with enough boiling water to cover them. Cook fifteen minutes, drain off the water, cover again with boiling water and boil until a straw will pierce them. Drain off the water and add butter, salt and pepper.

STUFFED PEPPERS.

Cut the stem-ends of large sweet peppers and dig out the seeds, taking care not to have them touch the sides, or they will make the dish too hot. Lay the emptied peppers in ice-cold salt and water for an hour. Have ready a good mince of ham, of chicken, of veal or lamb, with bread-crumbs or cold boiled rice worked up with it to avoid "sogginess." Season with onion juice, salt, butter and gravy, also tomato juice if you have it. Fill the peppers with this and pack, open ends up, in a bake-dish or pan. Fill in between them with a good gravy; strew fine crumbs over the tops and bake, covered, half an hour. Then brown.

GREEN PEAS.

Shell them, wash them and let them stand in the water a few moments to allow the tiny ones to float on top; skim them off and drain off the water. Pour them in boiling water well salted. They should boil fast to retain their color; half an hour will be sufficient for young peas. They will have little dents in them when done. Drain off the water, add a little butter and put them in a covered dish.

DRIED PEAS.

Soak several hours in water, pick all defective ones, put them in hot water and boil until tender. Dress with butter or boil with pork; salt and pepper to taste.

SWEET POTATOES, CANDIED.

Boil until tender, cut in thin slices, put in layers in a baking dish, covering each layer with a generous sprinkling of granulated sugar and melted butter. Over the top put some extra bits of butter and bake in a moderate oven until clear and rich. Keep covered until half done.

TO FRY SWEET POTATOES.

Take large potatoes, peel and slice them one-half an inch thick, either round or long, salt each piece slightly, fry in hot fat, turning often. Cook a few at a time, just covering the bottom of the skillet, and turning each piece separately. A nice dish for breakfast.

IRISH POTATOES FOR DINNER OR LUNCHEON.

Take about six medium-sized Irish potatoes, peel and slice into thin slices. Let them stand in cold water in a white vessel for about an hour, changing the water two or three times in order to have them white and pretty. Let them boil quickly in a white lined boiler (it takes but a short while for them to cook after coming to a boil). When tender, drain off the water, and with a silver fork cream them in the same vessel in which they were cooked. Add a tablespoonful of butter, also a generous dash of salt, and when free from lumps add a teacupful of sweetmilk, and beat thoroughly until perfectly light and creamy. The creaming must be done while they are hot and they must not be allowed to stand in the water in which they were cooked, or they will be strong and not good. After they are thoroughly light, chip into them a little parsley and one or two blades of crisp white celery. Put into a baking-dish and grate over the top a thin layer of cheese. Sprinkle over this a thin layer of cracker-crumbs, and then dot over with bits of butter. Just before serving time run this into a hot oven and allow to brown. Serve hot during the meal. Before sending to the table, garnish with parsley. This is an excellent dish to serve with fish at a course dinner.

—Miss Nora Taylor.

FRENCH IRISH POTATO HASH.

Slice two or three ordinary-sized potatoes thick enough to insure their not boiling to pieces; cover a layer of these pota-

atoes with a little light brown flour, thin slices of bacon, a little onion, pepper, salt, and butter the size of an egg. Continue in this way until all the potatoes are used. Pour over the potatoes enough water to keep them from sticking to the pan (about one-half cupful), and bake slowly.

CANOE (POTATOES).

Select large, smooth potatoes, wash and bake thoroughly. Cut them in two lengthwise, remove the potato from the skins without breaking them. Add to the potato a little milk, season well with butter, pepper and salt; mash and beat very light, then refill the skins. Stand them on the rack of the broiling pan and brown delicately under the gas flame. It is much quicker than browning them in the oven.

CREAMED POTATOES.

Peel white potatoes and cut into small dice of uniform size. Boil until tender, and drain. Make a white sauce of a heaping tablespoonful each of butter and flour, and pour upon these when blended with a pint of milk. Stir until thick and smooth, put in the potatoes, season to taste with salt and pepper, and add a tablespoonful of minced parsley.

FILLED POTATOES.

Take six or eight medium-sized potatoes, or as many as required, even size; bake them in an oven until soft and nice (about an hour); remove from oven and put under a damp cloth until mealy (about five minutes); then cut off the tops of each one (about two inches), and with a small spoon take out the interior of each potato, being careful not to break the outside. After all have been cleaned out, wash them in an earthen bowl, season with salt, pepper and a piece of butter; beat up light with milk that has been previously scalded; then fill the potato shells evenly. After all have been filled, brush the top of each one with a beaten yolk of an egg and place in a pan, to stand erect; put in a quick oven for ten minutes, till a golden brown; when done, are delicious for luncheon served on a bed of cress.

BROWNED POTATOES.

Boil the potatoes for twenty minutes, drain and slip them into the pan in which your beef is browning. Cook twenty minutes, turning once, and adding salt and pepper at the last. Serve them on the platter surrounding the meat.

STUFFED POTATOES.

Thoroughly wash medium-sized potatoes and from one end cut a thin slice so they will stand; from the top cut a thicker slice to be used as a cover. With an apple corer, make a hole nearly to the bottom and fill the cavity with finely chopped bacon, place the "covers" on again, and bake in a hot oven. This makes a dainty and unique dish for luncheon.

LYONNAISE POTATOES.

Cut one pint of cold boiled potatoes into dice and season with salt and pepper. Fry one scant tablespoonful of minced onion in one heaping tablespoonful of butter until yellow. Add the potatoes and stir with a fork until they have absorbed all the butter, being careful not to break them. Add one tablespoonful of chopped parsley and serve hot. One tablespoonful of vinegar heated with butter gives the potatoes a nice flavor.

—Mrs. S. S. Sweet.

POTATO CROQUETTES.

Beat together the yolks of four eggs until light, add to one quart of freshly mashed potatoes, mix well and add four tablespoonfuls of cream, one teaspoonful of onion juice, one-half tablespoonful of butter, two tablespoonfuls of finely chopped parsley, and salt and pepper to taste. When thoroughly mixed stir over the fire in a sauce-pan until the mixture leaves the sides of the sauce-pan. Set aside until cool enough to handle, form into croquettes, dip each into beaten egg, roll in fine bread-crumbs, fry golden brown in a kettle of smoking hot fat and drain on unglazed paper before sending to the table.

IRISH POTATOES AU GRATIN No. 1.

For one and one-half quarts cooked and chopped potatoes make sauce as follows: Melt two tablespoonfuls butter in a sauce-pan, add three tablespoonfuls of flour and pour in grad-

ually one pint of milk, stirring constantly. When thickened and smooth, season with a teaspoonful of salt and paprika or cayenne. Add two-thirds cup grated cheese and mix gently with potatoes. Place in baking-dish, cover with one-third cup of cheese, and brown the top.

IRISH POTATOES AU GRATIN No. 2.

Boil Irish potatoes (four large ones) until done, chop into cubes and pour the following sauce over them: Two tablespoonfuls of butter, one teaspoonful of lemon juice, one teaspoonful of onion juice, one cupful and a half of sweet milk (or cream), one-half teaspoonful of salt, pepper, and two tablespoonfuls of flour. Heat batter, heat part of milk, saving out enough to make a paste with flour stirred in a cup. Dip up hot milk until the mixture in the cup is past all danger of lumping; then pour it with hot butter and seasonings into the hot milk. Drop in a sprig of parsleÿ and stir until thick. Remove parsleÿ and stir this sauce in potatoes, placing a layer of this mixture in a baking-pan. Grate cheese over this plentifully and alternate layers until dish is full. Bake until cheese is brown on top, and serve hot.

IRISH POTATOES AU GRATIN No. 3.

Put on to boil four or five large Irish potatoes; when done chop in pieces the size of the end of your thumb. For the sauce, heat two tablespoonfuls of butter, one-half teaspoonful of salt, a tiny pinch of red pepper, one teaspoonful of onion juice, and one cupful of rich milk. While this is heating stir in a cup two tablespoonfuls of sifted flour with a quarter of a cupful of milk, until a smooth paste, and put into this a spoonful at a time, stirring vigorously some of the heated sauce. When the cup is almost full pour contents into the heated sauce and stir on a good fire until slightly thick. Mix this with the chopped potatoes. Then place a layer of this mixture into a baking-pan. Grate a goodly quantity of cheese over it. Next another layer of potatoes, then another layer of cheese until the pan is full and the cheese on top. Place pan in stove, let it heat through and the top layer of the cheese melt and brown a little. This is ready for serving and is a plenty for six or eight people.

IRISH POTATOES AU GRATIN No. 4.

Wash and boil four large Irish potatoes; when nearly done peel and cream with two tablespoonfuls of butter and one-half pint of cream, or more, to make quite soft. Place a layer of this in a baking dish and a layer of grated cheese, next a layer of the potatoes and sprinkle with a few bits of butter, and bake a light brown. Serve hot.

BAKED POTATOES WITH CHEESE.

Select large Irish potatoes and bake; when done, slice in half, take meat of potato from shell, mix with little salt, pepper and grated American cheese. Put back in shell, putting butter on top, and bake light brown.

MASHED POTATOES WITH CHEESE SAUCE.

Boil the potatoes and mash them; to each half dozen large ones add one tablespoonful of butter, pepper and salt to taste, and half a cup of milk. Form into conical shapes by using an ice cream scoop (or small cups, first rinsed with cold water, will answer), and set on a platter in the oven to keep hot. (Leave the oven door partly open so they will not dry.) While the potatoes are boiling, make the following sauce: Melt one tablespoonful of butter in a double boiler, add one tablespoonful of flour and thoroughly blend. Add a cup of hot milk and season with a dash of paprika and salt to taste. When this is smooth, stir in a cup of good cheese which has been run through the meat chopper. In a short time the cheese will be melted and the sauce may be kept hot in the double boiler until the potatoes are ready. Send the potatoes to the table on the hot platter and the sauce in the gravy boat, that each may use as much or little as he chooses. This dish is particularly good with broiled steak.

BOILED HOMINY.

One cup of hominy (fine), four cups of boiling water, one-half teaspoonful of salt. Cook all ingredients, stirring occasionally, for one hour.

MEXICAN RICE.

Take a pint of any strong vegetable or meat stock, and mix with it four tablespoonfuls of whole rice; add a tablespoonful

of chopped green pepper, a peeled tomato or half a cupful of canned tomatoes, and onion finely shredded, a tablespoonful or butter, a half teaspoonful of salt, and a half teaspoonful of powdered chile pepper or paprika. Put all in a small stone jar, cover with lid and bake in a slow oven for two hours.

TO BOIL RICE.

Pick out all discolored grains and wash it well in two waters. Put one pint of rice in a bright stewpan, pour over two quarts of boiling water, boil uncovered and without stirring, until the water has evaporated; move it back to the back of the stove, toss it up lightly with a silver fork. It should be dry and every grain stand out distinctly. Serve hot with salt and pepper as a vegetable; or put in a mold, serve cold with sugar, spice and cream for tea. It is nice sliced, rolled in flour and fried for breakfast; made into custards, battercakes and waffles. Toasted rice is a nice breakfast dish. Cut in slices one-half inch thick and lay between a double wire toaster and toast. The rice must be cooked the day before for these dishes and put into a dish. Turn it out of the dish when ready to use, and cut into slices.

BOILED RICE.

One cup of rice, two and one-half cups of boiling water, one teaspoonful of salt. Add rice a few grains at a time, so as not to stop the boiling; boil rapidly one-half hour. When grains are tender, drain in colander and pour boiling water over rice to wash starch from grains. Serve immediately.

RICE CROQUETTES.

Cook half cup of rice in milk over boiling water until tender, and the milk is almost all absorbed. Add one tablespoonful of butter, one-half teaspoonful of salt, a little white pepper, one beaten egg and some finely mixed parsley. Spread out on a plate to cool and when it can be handled, roll into shape, dip in bread-crumbs, beaten egg and crumbs again. Fry in hot fat, drain well, garnish and serve.

RICE A LA JAPANESE.

Wash one cup of rice thoroughly. Have ready large kettle of rapidly boiling salted water over a gas burner. Sprinkle

the rice in slowly so as to interfere as little as possible with the boiling. Do not let the water boil away, but add more hot water if necessary. Adjust the flame so that the water will boil steadily. The rice will cook in twenty-five or thirty minutes. Turn it into a colander and stand in the oven for five minutes to dry. Rice cooked in this way will be white and dry and the grains separate from each other.

SUCCOTASH.

Boil butter-beans shelled, in salted water; add as much green corn, cut from the cobs. To one-half gallon of the succotash add a paste made of two tablespoonfuls of flour, season with salt and butter. Succotash may be made with dried beans (soaked several hours before cooking), canned or dried corn.

SPINACH No. 1.

A peck of spinach is needed for a family of six. Pick off all the stems, using only the leaves. Set to boil in boiling water, adding salt; boil for about fifteen minutes, drain thoroughly and chop fine. Heat some butter in sauce-pan, rub a teaspoonful of flour in it, add salt and pepper, grate in a small onion, add some soup stock or meat gravy. Put the spinach in the sauce. Garnish top of spinach with hard-boiled eggs.

SPINACH No. 2.

Wash half a peck of spinach thoroughly and cook in its own moisture fifteen minutes. Drain well, chop fine and season with salt and pepper, a little butter and one or two beaten eggs. Pack closely in a buttered bowl and cook in hot water twenty minutes. Turn out on plate, sprinkle with powdered yolks of hard-cooked eggs, and arrange strips of the white on sides. Garnish with triangles of buttered toast.

CREAMED SPINACH.

Wash the spinach thoroughly and put in a kettle with no water except the moisture that clings to the leaves. Cover and cook until very tender. Drain and chop very, very fine, then whip light with a tablespoonful of butter and three tablespoonfuls of cream. Beat until you have a soft green mass,

return to the sauce-pan, season to taste, stir steadily until very hot, and serve on a hot platter garnished with triangles of thin, dry toast.

TO COOK SALSIFY.

Wash the roots of salsify, or vegetable oyster as it is also called, to remove loose dirt, then scrape thoroughly, throwing into water as quickly as scraped that the white roots may not become discolored. Cut into inch lengths, place in a sauce-pan, cover with boiling water, add a little salt and boil until tender when tested with a fork. Drain and the salsify is ready to be finished in any way.

BUTTERED SALSIFY:

Melt a spoonful of butter in a sauce-pan; add a pint of boiled salsify sliced or cut fine, and heat without browning, adding salt and pepper to taste. Serve as soon as heated.

CREAMED SALSIFY.

In a sauce-pan melt one tablespoonful of butter and one of flour. Add half teaspoonful salt, one-quarter teaspoonful white pepper and one cup of hot milk, stirring until smoothly thickened. Add pint of cooked and diced salsify, cut in half-inch pieces, and simmer for five minutes. For a scallop or au gratin, turn the creamed mixture into a deep buttered dish, sprinkle thickly with stale bread-crumbs moistened with a little melted butter, and brown in a quick oven.

SALSIFY FRITTERS.

Scrape, boil and drain the salsify, then rub through a colander or sieve. Measure, and to one pint add three well beaten eggs, salt and pepper to taste, four tablespoonfuls of milk and four tablespoonfuls of flour. Have ready a deep kettle partly filled with smoking hot fat. Drop a little of the mixture into this, molding it with two spoons. If it breaks or becomes fat-soaked, the mixture is too thin and needs more flour; if tough and stiff, add a little milk. When it puffs into a little light ball that is dry and tender when broken open, the mixture is of the right consistency, and the fritters may be made with small tablespoonfuls of the batter, cooking them until well browned; this will take from three to four minutes.

TURNIPS.

Take off the thick skin from the outside and boil the turnips gently one hour and a half. Try them with a fork, and when quite tender take them up and mash in a colander, pressing out all of the water; season with pepper, salt and a little butter.

STEWED TOMATOES.

Mince a quarter of a small onion and put with the tomatoes over the fire. Cook, after the boil is reached, fifteen minutes. Add then three tablespoonfuls of dry, fine crumbs, a tablespoonful of butter, and salt and pepper to taste. Stew gently for five minutes more, stir in a teaspoonful of sugar and pour into a deep dish.

TOMATOES SURPRISE.

Peel and chill round tomatoes of even size; when firm cut them in halves and scoop out the centers; in each one break a fresh, uncooked egg without breaking the yelk, dust with salt and pepper and cover first with a spoonful of thick white sauce, then with grated cheese; put in a hot oven and cook till the egg is set.

FRIED TOMATOES WITH GREEN PEPPERS.

Put in a saute-pan one tablespoonful of butter; when hot turn in one-half of a green pepper minced fine together with one tablespoonful of onion. When cooked tender, put them on a hot dish; put a little more butter in the pan and saute thick slices of tomato salted slightly and rolled in corn meal or crumbs. Fry on both sides and place on a serving dish. Cover with butter, put under the fire for a moment or in a hot oven, and serve with the pepper and onion dice as a garnish.

BAKED TOMATO TOAST.

Take a pint of tomatoes, with pepper and salt, and cook gently for fifteen minutes. Rub through a colander and return to the fire. In another sauce-pan heat a cupful of milk, with a tiny bit of soda. Add two teaspoonfuls of butter cut up in flour, and stir for one minute. Put a teaspoonful of sugar with the tomato. Take from the fire and mix with the boiling milk. Pour at once upon slices of crustless bread

toasted and dipped into boiling salted water, then buttered and packed into a pudding dish. Cover and bake for ten minutes. It is palatable and wholesome.

TOMATO OMELETTE.

Take one cup of canned tomatoes chopped fine, stew for ten minutes with a teaspoonful of onion juice, one saltspoonful of salt, a dash of red or black pepper, and one thick soda cracker rolled fine. Beat three eggs very light, yolks and whites separately. Remove the tomato from the fire, and when partly cooled add the yolks of the eggs, stir thoroughly, then mix in the whites lightly and quickly. Pour the omelette at once into a frying-pan, in which half a tablespoonful of butter has been heated very hot. Turn the flame down very low, so that the omelette will have time to rise before it is too brown on the bottom. Fold over and serve on a hot dish garnished with triangular-shape pieces of toast.

TOMATOES AND NUTS.

Stew two cups of tomatoes with one cup of chicken stock, or the gravy left from a chicken fricasse, allowing it to simmer for half an hour. Stir a tablespoonful of flour moistened with a little of the stock when first put on to cook. Strain the liquid at the end of half an hour and set aside to cool. When ready to serve, reheat and add half a cup of English walnuts coarsely chopped, a little salt and pepper, a teaspoonful of butter, and one well beaten egg; simmer for a minute and pour over small squares of buttered toast laid upon blanched lettuce leaves; in the middle of each portion add a teaspoonful of salted whipped cream, placed on top, and serve immediately while piping hot.

ENTREES

CREAMED BRAINS.

Take two sets of brains, plunge them in hot water, and remove the thin skin; put them in a white cloth bag and boil until tender, then break them apart, taking care not to mash them too much. Chip up several blades of celery and eight or ten mushrooms into this, then stir in a well beaten egg. Make a cream sauce by allowing a heaping tablespoonful of butter and one of flour to melt together in a double boiler; when thoroughly blended add a pint of sweetmilk and stir constantly over fire until the sauce is the consistency of thick cream. Stir this into the brains, and season to taste with salt and a little cayenne pepper. Put into the baking dish, sprinkle over the top with cracker-crumbs and dot with butter. Bake a light brown and serve hot.

—Mrs. Etta Myers Cubbedge, by Mrs. Lula Taylor Houser.

CREAMED MUSHROOMS.

Pare twenty mushroom buttons and put them in cold water with the juice of one lemon. Take them from the water and put them into a stew-pan with just enough boiling, salted water to prevent burning, and stew until tender. Thicken one teacupful of sweet cream with one teaspoonful of flour, boil, and while boiling add one tablespoonful of butter and one saltspoonful each of black and cayenne pepper. Turn the mushrooms into the hot cream, boil one minute and serve in a hot deep dish. A little more lemon juice may be added the last thing.

BAKED MUSHROOMS.

Cut off the stems and remove the skins of ten large mushrooms. Lay eight of them inside up in a baking tin. Chop the other two, also one silver-skinned onion as finely as possible; add one-half teaspoonful each of salt and black pepper, and one-half saltspoonful of cayenne pepper, and fry in butter until a light brown. Fill the eight mushrooms evenly with

the mixture and dredge the tops thickly with bread-crumbs, dotted over with bits of butter. Bake in a hot oven until the mushrooms are done and tender. Serve hot.

BRAINS WITH MUSHROOMS.

Two sets of brains to one can of mushrooms, two tablespoonfuls of flour, two tablespoonfuls of butter, one pint of cream, cayenne pepper to taste. Make cream sauce. To this add brains, which have been boiled in a sack for about two hours, add mushrooms. If desired, add one-half wine-glass of sherry.

—Miss Sarah Grove Hall.

CHEESE OMELETTE.

One-half tablespoonful of butter, eight eggs, one quart of milk, three cups of grated cheese, two cups of bread-crumbs. Salt, pepper and mustard to taste. One-half teaspoonful of yeast powders. Beat the yolks well. Add the cheese and bread-crumbs and butter, gradually stirring in the milk to prevent lumping. Add mustard, pepper and salt to taste, then add whites of eggs well beaten. Lastly, the yeast powder. Bake in well buttered baking-pan in a quick oven.

TOMATO SAUCE.

One cup strained tomatoes, one bay leaf, sprig of parsley, few grains of pepper, one-fourth teaspoonful of salt, one teaspoonful of sugar, few drops of lemon juice, one tablespoonful of butter, one tablespoonful of flour. Heat tomatoes and seasoning, put butter in chafing-dish; when bubbling hot, add the flour and then the tomatoes and seasoning.

CHEESE ENTREE.

One slice of Roquefort cheese and butter the size of a walnut. Mix thoroughly and make a thin paste with three or four tablespoonfuls of fruit juice. When of a good spreading consistency, spread it over slices of russet, Northern spy, or other tart apples, and serve chilled.

CHEESE SOUFFLE No. 1.

Grate cheese, and crush broken and dried bread and crust into fine crumbs. There should be two cupfuls of these crumbs

to one cupful of cheese. Wet the crumbs with two cupfuls of sweetmilk, in which has been dissolved a bit of soda no larger than a Lima bean. Beat two eggs light, yolks and whites apart; whip the yolks into soaked bread-crumbs with one tablespoonful of melted butter. Season with salt and a dust of cayenne pepper; add the well beaten whites deftly and rapidly. Bake in a greased pudding dish in a brisk oven, keeping the dish covered until the soufflé has puffed high and is crusty on top. Then brown lightly, and serve at once.

—Mrs. Fannie Holt Thomas.

CHEESE SOUFFLE No. 2.

Two tablespoonfuls of butter, one heaping tablespoonful of flour, one-half cupful of milk, one cup of grated cheese, three eggs, one-half teaspoonful of salt, a speck of cayenne. Put the butter in a sauce-pan and when hot, add flour and stir until smooth, but not browned. Add the milk and seasoning. Cook two minutes, then add the yolks of eggs well beaten, and the cheese. Set away to cool; when cold, add the whites, beaten to a stiff froth. Turn into a buttered dish and bake from twenty to twenty-five minutes. Serve the moment it comes from the oven. The dish in which this is baked should hold a quart. An escallop dish is the best. This is a palatable entree, which I have often tried with success.

—Mrs. Emma Wise Hall.

CHEESE SOUFFLE No. 3.

One tablespoonful of butter, one tablespoonful of flour, one-half cup of sweetmilk. Boil until this thickens, then add two tablespoonfuls of grated cheese and a little salt. The mixture is then taken from the fire, and the yolks of two well beaten eggs are added, then the whites, beaten to a stiff froth, are stirred lightly into the mixture. The whole is now poured into a buttered pudding dish and set in a hot oven to brown thoroughly. Serve at once.

PEPPERS AND EGGS.

Select green peppers of uniform size; cut peppers in two, lengthwise, remove the seeds and rinse well. Place in kettle of boiling water ten minutes; remove and drain well. Line each half with buttered crumbs and grated ham. Break an egg carefully

into each half, place a tiny bit of butter on top of each one, and dust with salt and pepper. Bake until the white is set, and serve hot on round, buttered toast.

—Mrs. Mollie McGoolrick Hudson.

EGG CROQUETTES.

Put half a dozen eggs in a sauce-pan, cover them with cold water, heat and simmer for an hour. In the meantime, put one pint of milk over the fire to scald; rub together to a paste two tablespoonfuls of butter and four tablespoonfuls of flour. Drop this paste into the scalded milk and stir slowly until it is dissolved and the mixture thickens. Cover and cook for five minutes, then season with one teaspoonful of salt, one-half teaspoonful of paprika, a dash of cayenne, one teaspoonful of onion juice and a suspicion of mace. Take from the fire, add one heaping tablespoonful of chopped parsley and the hard-boiled eggs cut in small pieces. Spread out on a buttered dish and set away until cold. Dip the hands lightly in flour and shape the mixture into small croquettes; use as little flour as possible, only just enough to keep it from sticking, or the creamy consistency will be lost. When all are shaped, dip them into slightly beaten egg, roll in fine dry bread-crumbs and immerse in smoking hot fat until golden brown. Drain on unglazed paper and serve with cream or tomato sauce.

EGG CUTLET.

Boil half a dozen eggs for at least twenty minutes; shell and cut them into lengthwise slices; when perfectly cold, dip each slice into beaten egg seasoned with salt and pepper; then cover completely with bread-crumbs in which has been mixed a little minced parsley. Fry these cutlets in hot fat, sufficient to float them; arrange on a hot dish with slices of grilled or panned tomatoes, and serve with bechamel sauce.

FRICASSEE EGGS.

Hard-boil six eggs; put two level teaspoonfuls of butter in a sauce-pan; when melted, add two cups of flour, and stir until smooth. Add a cup of gravy or stock. Season with salt and pepper to taste. Add two minced mushrooms; cook for five minutes in the sauce if they are canned, if fresh cook them in

the butter before the flour goes in. When the sauce is made slice the hard-boiled eggs and add them to the sauce. Let the sauce boil up once and serve.

SCALLOPED EGGS.

Moisten a cup of stale bread-crumbs with cream or rich milk; put a layer in the bottom of a buttered dish, cover with a layer of sliced hard-boiled eggs; lay over bits of butter; season with white pepper and salt. Continue until the dish is filled; cover the top with fine bread-crumbs moistened with butter, and set in the oven to brown. Serve with cream sauce.

EGGS WITH CELERY.

Stew two cups of celery, cut into small pieces; drain and with a cup of the water in which it was cooked, two level tablespoonfuls of butter and two of flour, make a white sauce; season to taste with pepper and salt; add the celery and keep hot over boiling water, while you poach six or eight eggs to a "film" in water kept just below the boil. Add half a teaspoonful of salt and a tablespoonful of vinegar to the water; spread the stewed celery on a hot dish, lift out the eggs carefully, drain and place on the celery "mattress." Garnish the dish with pointed bits of toast and parsley.

EGG TERRAPIN.

Boil hard six eggs and cut into bits; add six olives chopped fine. Cook until thick. One cup of cream with beaten yolks of two eggs; drop eggs and olives into this mixture and let it boil gently for a few seconds. Add a large spoonful of sherry. You can serve in green peppers or in individual dishes.

—Miss Sarah Grove Hall.

TERRAPIN CHICKEN.

Prepare chicken same as for salad. Put in a stew-pan with one gill of boiling water, then stir together perfectly smooth one-fourth cup of butter, one teaspoonful of flour, the yolk of one egg, and add to chicken half at a time, stirring all well together. Season with salt and pepper. Let simmer ten minutes; add one gill of Madeira wine. Serve hot.

—Miss Madge Patterson, by Mrs. Madge Roberts Blair.

WALNUTS A LA CREME.

Blanch a pound of English walnuts, keeping the halves as perfect as possible, cook slowly for twenty minutes in a well seasoned white stock, or in water that contains a bay leaf, a small slice of onion, a stalk of celery, a clove, white pepper and salt, celery salt and paprika. When the nuts are tender, drain and cover with a rich cream sauce. Serve in a deep vegetable dish and garnish with parsley.

EGG TIMBALS.

One cup of milk, four eggs beaten together (beat well), pepper and salt to taste. Use timbal molds; grease well and fill nearly to top. Set molds in pan of boiling water inside stove. Moderate oven takes nearly three-quarters of an hour. Serve with thick, hot cream sauce.

CANAPES AND SANDWICHES

HAM SANDWICHES No. 1.

Slice bread very thin and butter the inner sides of each slice. Place between two of the buttered slices, thin slices of cold boiled ham, spread with a quarter of a teaspoonful of mixed mustard, if mustard is desired.

HAM SANDWICHES No. 2.

Grate well-cooked ham fine and mix it to a smooth paste with mustard, celery seed or oil, a very little sugar, pepper, vinegar, melted butter or olive oil. Slice baker's bread very thin and spread this mixture on each slice; roll carefully, trim the ends and tie with ribbons. Cold smoked tongue can be used in the same way.

BEEF SANDWICHES.

Chop rare cold roast beef very fine, taking care to use only the lean portions of the meat. Sprinkle with salt and pepper. Mix and make into sandwiches with thinly sliced graham bread.

TONGUE SANDWICHES.

Make a dressing of one part mustard and five parts butter, and add salt and pepper to taste. Butter the bread with the dressing and lay between the slices thin slices of cold tongue.

CHICKEN SANDWICHES.

One can boned chicken chopped fine, with stuffed olives and seasoned highly; mix in some mayonnaise dressing until mixture is soft like paste. Cut bread any desired shape; put on lettuce leaf; spread some of the chicken on with mayonnaise, a lettuce leaf on top and a slice of bread.

BROWN-BREAD SANDWICHES.

Cream butter until of spreading consistency, with finely chopped onion and a little horseradish and spread on thin slices of brown bread for a tasty sandwich. Much liked by men.

BALTIMORE SANDWICHES.

One tablespoonful of cream, about four tablespoonfuls of mayonnaise sauce, a cucumber, white bread, one teaspoonful of grated horseradish, fresh butter, and tongue, ham or chicken are the ingredients that will be required. Cut the bread into very thin slices, lightly butter them and thin out the crusts. Peel the cucumber and cut some of it into short, thin shreds, and prepare the tongue, ham or chicken in the same way. Whip the cream, then add it and the horseradish to the mayonnaise, and season it carefully. Spread a layer of this mixture on a slice of bread and butter, and lay some of the shredded cucumber and meat over it, then cover it again with the mayonnaise. Lay another slice of bread and butter on the top, and cut the slices any shape that is liked.

SWEETBREAD SANDWICHES.

Put cold boiled sweetbreads through a potato slicer, moisten with half as much whipped cream, season with salt, cayenne pepper and lemon juice. Spread on thin slices of buttered bread, and cut in fancy shapes.

EGG SANDWICHES No. 1.

Mash the yolks of hard-boiled eggs to a powder, moisten with olive oil and a few drops of vinegar. Work to a paste, add salt, pepper and French mustard to taste, with a drop or two of tabasco sauce. Now chop the whites of the eggs as fine as possible (or until they are like a coarse powder), and mix them with the yolk paste. If more seasoning is necessary, add it before spreading the mixture upon sliced graham bread.

EGG SANDWICHES No. 2.

Break a hole in the ends of six eggs, drain off the whites, and set the yolks still in the shells in a hot oven for twenty minutes. Remove from the shells and rub fine with two tablespoonfuls of butter (melted), one teaspoonful of lime juice, salt, white pepper and tabasco to taste. When well mixed, add two tablespoonfuls of grated cheese, work smooth, and spread on thin, well-buttered bread. Either capers or shredded olives may be dotted over the spread surfaces, or dry mustard can be sprinkled on them. With olives, salad oil

may take the place of butter. A variant is to chop a cucumber and onion pickle very fine, and mix them through the eggs before spreading.

CHEESE AND EGG SANDWICHES.

Grate rich soft cheese and to each cupful add the yolks of three hard-boiled eggs; rub to a powder; season with cayenne and salt and mix to a paste that will spread nicely with cream or melted butter. Cut thin slices of bread and make your sandwiches.

CHEESE AND LETTUCE SANDWICHES.

Slice Boston brown bread very thin, butter lightly and spread with Neufchatel or with cottage cheese. Have ready crisp lettuce leaves, dip each in a bowl of French salad dressing, then lay on the buttered brown bread. Press another slice of buttered brown bread on this, and the sandwich is ready. These sandwiches must be kept moist until it is time to serve them.

CHEESE AND NUT SANDWICHES.

Take equal parts of grated cheese and English walnuts, pounded to a meal, and moisten with thick cream. Season to taste, and spread between thin slices of buttered bread.

NUT SANDWICHES.

A dainty nut sandwich is made of grated unsweetened chocolate, moistened with sweet cream, and then stirred thick with chopped walnuts and pecan nuts. Spread between slices of buttered white bread, and after pressing together cut into rounds, using a biscuit cutter, and then roll in powdered sugar.

PEANUT SANDWICHES.

Shell and skin freshly roasted peanuts and roll them to fine crumbs on a pastry board. Add salt to taste, and mix the powdered nuts with enough fresh cream cheese to make a paste that can be easily spread on unbuttered bread. Keep in a cold, damp place until wanted.

OLIVE SQUARES.

Chop fine and pound to a pulp two dozen olives and one-half of a cupful of crisp celery. Add to it one-eighth of a teaspoonful of made mustard, one teaspoonful of tomato catsup, two tablespoonfuls of cracker dust and one cupful of mayonnaise. Cut the crust from a loaf of brown, or entire wheat bread, spread the end of the loaf with a little of the mixture and cut off a thin slice; continue until you have sufficient. Put the slices together as sandwiches and cut in three-inch squares.

COLD FRIED OYSTER SANDWICHES.

Cold fried oysters are the basis of a very appetizing luncheon sandwich. Use slices of rye bread thinly buttered and flatten oysters with broad knife, putting dash of mustard on each. To have them look especially dainty, wrap each finished sandwich in waxed paper. That is the way they are served and sold at noon time in one of the largest office buildings in New York, where the coming of the little old woman with her white-covered basket of freshly made "cold fry sandwiches" is hailed with delight by scores of busy lawyers and others to whom even lunch time is too precious to squander.

SARDINE SANDWICHES No. 1.

Wipe the fish, skin, take out the backbone, and rub to a smooth paste with a little butter and lemon juice. Add a dash of cayenne or a few drops of tabasco sauce, and spread between thin slices of brown bread.

SARDINE SANDWICHES No. 2.

Sardine Sandwiches may be made with bread or crackers. Drain off the oil, lay the sardines on soft paper to absorb all the oil possible. Pick over with silver knife and fork, removing the bones, etc., and mincing fine. For a box of sardines, use the juice of a small lemon, and one or two teaspoonfuls of melted butter, a speck of cayenne pepper and salt. Sometimes the mixture is rubbed through a sieve, but that is not necessary in every case. Spread the bread or crackers with this paste. Oil would be preferred to melted butter by many, and sometimes a slice of ripe tomato is put in each sandwich.

SARDINE CLUB SANDWICHES.

For those who enjoy late suppers after the play, this specialty served at a hotel is good enough to try at home. There are the usual triangles of toast, two of them, between which is the lettuce leaf, the slice of chicken and the slice of bacon, but there is also a boneless and skinless sardine, split open and laid under the upper piece of toast next to the chicken. It has a thin spreading of mayonnaise, but those who find this too rich for the midnight meal may order it without the mayonnaise.

CANAPES.

Reserve canapes for cool weather dinners for a first course. Let the relish they offer appear in no other course of the meal. Use for the foundation bread that is two days old. It may be toasted or fried crouton fashion, though it is best to butter lightly and set in a hot oven to brown delicately. Cut the bread oblong, diamond shape, in rounds, or with a cutter that has a fluted edge.

SARDINE CANAPES No. 1.

For sardine canapes, toast lightly diamond-shaped slices of stale bread. Spread with a sardine mixture made as follows: Skin and bone six large sardines, put them in a bowl and rub to a paste with a silver spoon. Add two tablespoonfuls of lemon juice, a few drops of Worcestershire sauce, a dash of paprika, two teaspoonfuls of chopped parsley and four tablespoonfuls of creamed butter. Garnish with a border of whites of eggs, finely chopped, and on top scatter shredded olives.

SARDINE CANAPES No. 2.

Cut brown bread in circles, spread with butter, and heat in the oven. Pound sardines to a paste, add an equal amount of finely chopped, hard-boiled eggs, season with lemon juice and Worcestershire sauce. Spread on the circles. Garnish each canape in the center with a circle of hard-boiled white of egg, capped with a teaspoonful of hard-boiled yolk.

LOBSTER CANAPES.

Shape the bread with a fluted cutter and toast it. Chop one cup of lobster meat, season with salt, paprika and lemon juice.

Moisten with a thick white sauce. Spread this mixture, rounding it slightly like a meringue on the bread, cover with creamed butter into which a small portion of white off egg has been worked, sprinkle with grated cheese, and brown delicately in the oven. Use crab or shrimp instead, if desired.

CHEESE CANAPES.

For cheese canapes sprinkle the toast thickly with grated cheese, well seasoned with salt and paprika. Set in a hot oven until the cheese melts, and serve immediately.

CRAB CANAPES.

Cut bread in slices one-quarter inch thick, three inches long and one inch and a half wide. Spread with butter and brown in the oven. Mix one cupful of chopped crab meat, one teaspoonful of lemon juice, two drops of tabasco sauce, half a teaspoon of salt, a few drops of onion juice, and two tablespoonfuls of olive oil. Mark the bread diagonally in four sections and spread them alternately with melted cheese and crab mixture. Separate sections with finely chopped pimento olives.

PASTRIES

PASTRY REMARKS.

Pastry should be baked in a quick oven, not however hot enough to blister or scorch. It is best to bake the under crust a little before pouring in the custard or fruit, or brush it with the white of an egg. The upper crust should be rolled out thin, the under one a little thicker; wet the rim of the under crust with cold water before putting on the upper crust. Press the edges together with a common steel fork and prick holes in the upper crust; cut a hole in the center also for fruit pies to let the steam out. Take the pie from the pan as soon as it is done, or it will become soggy.

It is extremely difficult to make puff paste in the summer time. Fruits, custards and puddings are much more easily prepared and make nicer desserts. Always use ice cold water in mixing pastry; never use strong butter or lard, and the salt should be washed from the butter. Use as little water as possible in mixing.

PUFF PASTE No. 1.

One and one-fourth of a pound of flour and one pound of butter; wash the butter and then keep on ice until it is hard and firm. Rub one-fourth of the pound of butter into the pound of flour, until it has a granulated look; wet this into a stiff dough with one tumblerful of ice water, in which has been dissolved a teaspoonful of salt; subdivide the three-fourths of the butter, so as to form six parts. Roll out the dough one-half an inch thick, then put on it one-sixth of the butter in little bits and equal distances, sprinkle this with part of the reserved flour, fold the end next to you to the center, then fold the upper end to meet it. Flour the rolling-pin and pressing evenly upon it, roll from you until it is half an inch thick. Great care is necessary to prevent butter from bursting through. Repeat this process as many times as there are divisions of butter. As the necessary handling will impart warmth to the dough, it is better to put it, for a little while,

on the ice after rolling. Cut off just enough for each pie, roll it from you and put into the pans, handling just as little as possible. In rolling it, use only enough flour to prevent sticking to the pastry board or rolling-pin. A plainer crust will answer for the under crust, using the puff paste for the upper crust.

PUFF PASTE No. 2.

One pound butter, one pound flour, one glass iced water. Work butter well, then work thoroughly with one-third of the flour. After well worked, form into a block and put on ice. Then take the rest of flour with the iced water, make into dough, roll several times, and then take the block of butter from ice and put on dough; fold over and put on ice again until ready for use. Roll and cut in any desirable shape. Bake in hot oven.

PLAIN CHEAP PIE CRUST.

Sift one pint of pastry flour with one-half a teaspoonful of salt and one-half teaspoonful of baking powder. Into this mixture put two heaping tablespoonfuls of butter and lard mixed, and mix with one half cupful of ice cold water. Roll out on board and turn in the ends and sides, and roll once or twice more, or until smooth.

PASTRY.

For pastry use one pint of flour, one tablespoonful of lard well worked but mixed lightly with ice water.

—Miss Carrie Jewett.

ENGLISH PASTRY.

Sift and mix together two heaping cups of flour, a saltspoonful of salt and a rounding teaspoonful of baking powder. Rub in one-half cup of Plantene with the tips of the fingers. When fine, chill for two hours. Then take out one-half a cup, to the remainder add cold water gradually to make a stiff paste. Knead lightly and roll into a long narrow strip. Sprinkle the dough with half of the reserve mixture and fold so as to make three layers. Turn half way round, roll again into a strip, sprinkle with the rest of the mixture and fold as before. Roll and fold twice more, and the pastry is ready to use for cakes or pies.

PLAIN PASTE.

Two cups of flour, three-fourths of a cup of lard, or butter and lard mixed, and one teaspoonful of salt; mix shortening in with a knife; use enough ice water to hold the paste together—too much water makes it tough. Do not knead it but roll out as soon as mixed, if it is to be used; if not, wrap in a napkin and put in a cool place.

SHORT CRUST.

Sift one-half pound of flour into a basin, add one teaspoonful of baking powder, and a pinch of salt, then lightly rub two tablespoonfuls of Plantene into it, then gradually add just enough cold water to form a stiff paste. Roll out once only and bake in a hot oven.

TIME-SAVING PIE-CRUST.

One good full cup of lard, cold, three cups (round) full of flour, one even teaspoonful of salt. Rub together till thoroughly mixed; set away in a cold place till you wish to make a pie. It will keep any length of time cold and dry. When you wish to make a pie take one cup of the mixture and as little cold water as you can possibly get it together with, hardly more than a teaspoonful of water. Add a few drops of water at a time, roll out, and on the top crust sift or sprinkle a very little of the dry mixture to make it flaky. Very good, and always the same and ready for instant use.

NOODLES.

Put one cupful of flour on a meat platter or other flat dish, make a hollow in center and drop in one-half teaspoonful of soft butter, one-quarter teaspoonful of salt and the yolks of four raw eggs. Mix the eggs with the fingers, drawing gradually into them the dry flour until the whole is mixed to a firm stiff paste, which will not stick to the hands. Knead for several minutes, then divide into six or eight pieces; roll each out until as thin as paper, spread out on a board and let rest for fifteen or twenty minutes, so as to dry the surface. Cut each piece into strips about two inches wide, lay several of these strips in a pile and with a sharp knife cut them down

in fine slices. Shake apart and spread on plates to dry. They may be boiled and served in the same manner as macaroni or spaghetti. If thoroughly dried they may be put away in a cool, dry place, and will keep for several weeks.

TIMBALES (Twenty-five Timbales).

One cup of flour, one-half cup of cold water, one tablespoonful of melted butter, a little salt, two eggs. Beat yolks, put in water and butter, pour into flour, and beat. When well beaten, add well beaten whites.

—Mrs. Irene Stevens Stápler.

PUDDINGS, CUSTARDS, PIES, ETC.

MERINGUE.

Whites of three eggs, with small cup of sugar, beaten well. Put in when the pie is done and return to the oven to brown.

DRY MINCE MEAT.

Four pounds of beef, two pounds of seedless raisins, two pounds of currants, one-fourth pound of beef suet, two pounds of brown sugar, scant half peck of tart apples, ground cloves, allspice and cinnamon to suit taste. Boil beef until tender, then chop fine (or use a meat grinder), chop suet also. Peel, core and chop apples fine. Then mix together, with the fruit, sugar and spices. Mix well, so that the ingredients will be thoroughly blended, and pack down into a stone jar. This quantity will make about one gallon of mince meat. When wanted for use, take out desired quantity and moisten with sweet cider, or brandy, or a mixture of both, if the flavor of liquor is liked. Those opposed to these can secure excellent results by moistening with a mixture of vinegar and water, with a little sugar added to it.

OLD-FASHIONED CUSTARD PIE.

One cup of butter well creamed with two cups of sugar, add yolks of six well beaten eggs and white of one; flavor with vanilla or juice of one lemon. A cup of finely chopped nuts or citron may be added if desired. Pour in pie-pans lined with rich pie-crust, and bake in a slow oven to the consistency of jelly. A meringue made of the other whites may be spread over the pies when the custard is nearly done. Then brown. These pies may be kept for days, and are especially fine for picnic and traveling lunches, but for these occasions the custard should be baked in small individual pie-pans and the meringue omitted.

—Mrs. Willa E. Barron.

SYRUP PIE.

One cup of syrup cooked until it ropes, three eggs, a piece of butter the size of a walnut, one tablespoonful of sugar, one

teaspoonful of lemon extract. Line pie-pans with pastry; pour the above ingredients well mixed into pans, and allow to brown.
—Miss Carrie Jewett.

SWEET POTATO CUSTARD.

One pint of milk, three eggs, one-half cup of sugar. Beat yolks until light, add milk and sugar. Press steamed potatoes through a sieve and stir into custard until it is thick; season with cinnamon and a tablespoonful of butter. Bake in an under crust. Make a meringue of the whites and spread over the top and return to the oven and brown. Irish potatoes may be used in the same way.

APPLE PIE No. 1.

Peel and chop (removing core) seven or eight medium-sized apples. Stew till done in water and sugar—from one-half to one teacupful of sugar, according to tartness of apples. Make a crust (by Plain Paste recipe), roll one-eighth inch thick and place in pie-pan in stove till done, but not brown. Pour in stewed apples, place on upper crust, crimp around edges, brown and serve with whipped cream or cheese.

APPLE PIE No. 2.

Crust for two pies, one egg, half cupful sugar, one-third cupful milk, one tablespoonful butter, two cupfuls flour, one-quarter teaspoonful yeast powder. Spread dough in pans and place quartered apples thickly on same. Sprinkle with bits of butter and sugar.

LEMON PIE No. 1.

Crust—One cupful of butter, one and a half cupfuls of flour. Work butter with flour well; mix this together with one egg. Put the above around the pan. While this is baking, prepare custard.

Custard—Take twelve eggs, leaving out six whites for meringue; beat eggs with one cupful of sugar; add the rind of one lemon and the juice of four. Take custard and boil in double boiler until thick. Add custard to crust and placé in stove for five minutes. Beat whites of eggs with three-quarter cupfuls of sugar; put on top of pie and bake light brown.

LEMON PIE No. 2.

While soaking either two crackers or two biscuits in hot water, prepare one cup of sugar, one tablespoonful of butter, juice of one or two lemons with yellow portion of rind grated, a teacup of milk. Mix these ingredients with the softened crackers. Pour on pastry in pans. —Miss Carrie Jewett.

LEMON PIE No. 3.

The rind and juice of two lemons, about a cupful of powdered sugar, five eggs (separated), half cupful of cold water. Stir yolks of eggs and sugar, add lemons and water, then put on in double boiler, and cook until it has the consistency of custard. When cool, add whites of two eggs. Have crust baked, pour in custard on crust; next, the meringue of other three whites; put in oven and bake a delicate brown.

ENGLISH PINEAPPLE PIE.

Fill nappie with cooked, shredded pineapple flavored with cinnamon. There is no under crust, as it is English, but the upper crust is of puff paste, and a tiny pitcher of unwhipped cream is served with it. The pineapple may have been fresh and cooked in syrup, or perhaps it was just canned or preserved fruit cooked down in its own juice. It can be made easily by any cook and will well pay for the trouble. It is quite dainty enough for company, and would be relished by those who are weary of ices and whipped cream flummeries.

CHOCOLATE PIE No. 1.

Most recipes for chocolate pie demand both eggs and milk in quantities. A delicious pie may be made without either. Simply make a corn-starch custard with chocolate using water and a little butter instead of milk. Cook until smooth, though not so thick as when intended for molding, and pour into the baked crust while still warm enough to set smoothly. A meringue may be added or not, as desired.

CHOCOLATE PIE No. 2.

Beat four eggs together, cream one-half cup of butter, add one and one-half cups of sugar; add the beaten eggs and one-half cake of Baker's chocolate, melted. Put on crust and bake.

COCOANUT PIE.

One medium-sized cocoanut, six eggs (beaten separately), one-half cupful of butter, one good cupful of sugar, flavor with vanilla. Cream the butter and sugar; add the beaten yolks of eggs, then the grated cocoanut, with the milk of same, then beaten whites of eggs, and add flavoring.

EGG CUSTARD.

Three eggs, one-half pint of milk, one teaspoonful of butter, one cup sugar, one teaspoonful of vanilla (if desired, or a little grated nutmeg). Beat the eggs (yellows and whites together) until light, put in milk, sugar, butter and flavoring, and bake in a slow oven, or in a pan set in a pan of hot water, if the fire is hot. Be careful not to scorch, as any concoction with milk scorches easily. Bake a light brown on top, and serve hot without sauce. This serves four people.

CARAMEL CUSTARD.

Same ingredients as for egg custard. Take one-half of the cup of sugar and stir in a skillet until a brown liquid, and proceed as in the recipe for egg custard.

LEMON CUSTARD.

One cup of sugar, five eggs, three and one-half tablespoonfuls of butter, juice and grated rind of two lemons. Beat the yolks and sugar together with half the whites; add the lemon and butter. Thin with half a cup of milk. Bake on crust, and when cool, cover with meringue, made as follows: Add the remainder of whites to five tablespoonfuls of sugar and beat well together. Put in oven and let brown.

—Miss Leila C. Birch.

CHOCOLATE CUSTARD.

One-third cake chocolate grated in half cup of milk; set over hot water and dissolve. When thoroughly dissolved, put in nearly a quart of hot milk and let it boil up once. Place on a cooler part of the stove, cover and let simmer ten minutes. Beat up four eggs and pour in; put in a cup of sugar (more, if necessary), and place on a hotter part of stove, and stir until it is thick. Pour in custard cups to cool, and serve with whipped cream.

CHOCOLATE PUDDING No. 1.

Boil one quart of milk, and add to it a teaspoonful of butter, a teaspoonful of sugar, and three ounces of grated chocolate. When cold add the yolks of four eggs. Pour into pudding dish lined with stale cake and bake. Cover with meringue and brown.
—Mrs. Eugenia Rogers Ellis.

CHOCOLATE PUDDING No. 2.

One-half pound of chocolate, dissolve on stove in one-quarter cupful water, one-quarter pound sugar; put in chocolate and let come to boil; six yolks of eggs beaten light; pour in chocolate and stir constantly. Add whites, one-quarter box gelatine, one-half cupful water to soak gelatine. Serve with whipped cream.

CHOCOLATE PUDDING No. 3.

Roll four crackers and beat five yolks of eggs with five tablespoonfuls of sugar and five spoonfuls of chocolate. Add crackers, flavor with vanilla and bake. Serve with whipped cream.

CHOCOLATE PUDDING No. 4.

Cream two tablespoonfuls of butter with one-half cupful of sugar, add one beaten egg, one-half cupful of milk, one cupful of flour, sifted with one teaspoonful of baking powder and a pinch of salt. Add one tablespoonful of cocoa and one square of melted chocolate. Steam two hours and serve with one-half cupful of butter, one cupful of sugar, one-half cupful of boiling water and one teaspoonful of vanilla.

MAY'S PUDDING.

To one cupful of sugar add the juice and rind of one lemon, three eggs beaten light, a pint and a half of milk, and a cupful of grated bread. Bake in a moderate oven about twenty minutes. Serve without sauce or with cream.

BREAD-CRUMB PUDDING (STEAMED).

Three cupfuls of grated bread-crumbs, one cupful of raisins, one cupful of molasses, one cupful of sweetmilk, one teaspoonful of soda, one-half teaspoonful of salt, one teaspoonful of cinnamon.

MOLASSES PUDDING.

Take the left-over crusts of bread, cut in small pieces and butter, place in a stoneware pudding dish, cover with good molasses and bake in a slow oven. Served with a hard sauce or whipped cream, this pudding is very eatable.

OATMEAL PUDDING.

Add one cup of uncooked oatmeal to one quart of milk, one-half cup of sugar and one-half cup of molasses. Add salt to taste, grated nutmeg, and dot the top with bits of butter. Serve with cream, or plain.

GRAHAM PUDDING.

Two and one-half cups of graham flour, one cup of milk, one cup of molasses, one cup of currants, or seeded raisins, one teaspoonful of soda and a little salt. Steam for two hours. Serve with lemon or wine sauce. —Dr. Mary E. McKay.

BATTER PUDDING.

One quart of milk, twelve eggs; to each egg one-half tablespoonful of flour, one-quarter teaspoonful of yeast powder, one teaspoonful of sugar, one teaspoonful of butter. Beat the yolks very light, add the sugar and butter, then add the milk and sifted flour by degrees. Bake in a quick oven. To be used with butter sauce, and served hot.

MARASCHINO PUDDING.

Make a custard of four eggs, four good tablespoonfuls of sugar, one pint of milk, one heaping tablespoonful of corn starch; add to this one tablespoonful of gelatine dissolved in half cupful of water, flavor with maraschino. Wet mold with maraschino, put a few cherries in the bottom, pour on custard and set away to harden. Turn out when cold. Serve with whipped cream.

POOR MAN'S PUDDING.

Two eggs, half cup of butter, one and a half cups of sugar, three cups of flour, a half cup of sweetmilk and a teaspoonful of baking powder. Make this into a small three-layer cake. Between the layers put canned peaches or strawberries mashed and sweetened and serve with a boiled custard sauce.

BERRY PUDDING.

Take two tablespoonfuls of butter and half a cupful of sugar, and stir to a cream; add one cupful of milk, then stir in two and a half cupfuls of flour, into which two heaping teaspoonfuls of baking powder have been sifted; add the beaten whites of three eggs; finally add one quart of berries, pour into a buttered pudding dish and bake in a moderate oven three-quarters of an hour, and serve with a hot sauce.

ORANGE PUDDING

Peel and cut five sweet oranges into thin slices, taking out the seeds. Pour over them a coffee-cup of white sugar. Let a pint of milk get boiling hot by setting it in a pot of boiling water; add the yolks of three eggs well beaten, one tablespoonful of corn starch. Make smooth with a little cold milk, stir all the time; as soon as thickened, pour over the fruit. Beat the whites to a stiff froth, adding a tablespoonful of sugar, and spread over the top for frosting. Set in the oven for a few minutes to harden. Eat cold or hot for dinner or supper. Berries or peaches can be substituted for oranges.

BANANA PUDDING.

Four bananas, one lemon, cracker-crumbs, butter, sugar and milk. In the bottom of a pudding dish slice bananas crosswise until they cover the bottom of the dish. Then sprinkle with cracker-crumbs and pieces of butter. Fix another layer in the same way and have plenty of cracker-crumbs on top. Squeeze a lemon over the top and moisten all with sweetmilk. Bake and serve with wine sauce.

—Mrs. Mary Simms Wheeler Taylor.

APPLE CUSTARD PUDDING.

Put a quart of pared and quartered apples into a stew-pan with half a cupful of water and cook them until they are soft. Remove from the fire and add half a cupful of sugar, two tablespoonfuls of butter and the juice and grated rind of a lemon. Have ready mixed two cupfuls of grated bread-crumbs and two tablespoonfuls of flour; add this to the apple mixture, after which stir in two well beaten eggs. Turn all into

buttered pudding dish, and bake forty-five minutes in a moderate oven. Serve with sugar sauce. —Miss Lillian Holt.

OLD ENGLISH PUDDING.

One pound of suet chopped fine, one pound of grated bread, one pound of raisins, one pound of apples chopped fine, one-quarter pound of citron, ten well beaten eggs, a teacupful of cream. Season with mace and nutmeg and boil three hours.

A FRUIT PUDDING.

One quart of bread-crumbs mixed with one cupful of hot water. If instead of bread-crumbs, the crumbs of sponge cake are used, it will be delicious. Three cupfuls of fruit (any kind of fruit, fresh or dried) rolled in flour, one cupful each of brown sugar, molasses and suet, half a nutmeg, two teaspoonfuls of ground cloves, one egg, one cupful of flour. Sift one teaspoonful of soda in the mixture last of all. Line a vessel with a cloth soaked in hot water and covered with flour. Pour in mixture and boil five hours.

BOILED FRUIT PUDDING.

Three cups of sifted flour, one cup of molasses, two-thirds cup of beef suet chopped very fine, one cup of sour milk, one-half pound of raisins seeded and cut in half, the same of currants, a large piece of citron cut very fine, two teaspoonfuls of cream of tartar rubbed through the flour, half teaspoonful of soda dissolved in the milk. Rub raisins and currants in the flour, then mix in suet, molasses and milk; add a pinch of salt; all to be thoroughly mixed. Steam three or four hours in a buttered cooking dish or mold with well fitting cover. Serve hot with wine or butter sauce.

—Mrs. Kate Oliver Cooper.

PLUM PUDDING No. 1.

One-half pound of chopped suet, one-half pound of stoned raisins, one-half pound of currants, one-half pound of sugar, one-quarter pound of citron, one-half pound of bread-crumbs, two apples cut fine, grated peel of one lemon, a little salt, five eggs, one-quarter of a gill of brandy. Put in form and boil four hours.

PLUM PUDDING No. 2.

Rub together a cup of sugar and a half cup of butter. Stir into this a half pound of chopped and powdered suet, then beat in five eggs, a half pint of milk and a teaspoonful of orange juice. Dredge with flour, a cup each of stoned raisins and cleaned currants, and a half cup of minced citron. Add this fruit to the batter and stir in a quarter teaspoonful each of powdered cinnamon, cloves and nutmeg. Last of all, beat in a quart of flour, turn into a large mold and steam for six hours, then serve.

ENGLISH PLUM PUDDING.

One cup of brown sugar, six eggs beaten very light, one pint of bread-crumbs, one-half pound of suet, one-half cup of molasses, one cup of milk, one-half of a nutmeg, one tablespoonful of ginger, two tablespoonfuls of cinnamon, one-half teaspoonful of mace, one wineglass of brandy, one wineglass of sherry, two pounds of raisins, one pound of currants, and one-fourth pound of citron. Dredge fruit thoroughly with flour. Mix all well together and steam for four hours. Serve with hot or cold sauce.

—Mrs. Josephine Shaw Stetson.

HOT SAUCE FOR ENGLISH PLUM PUDDING.

Mix together a little butter, light brown sugar and a little lemon peel; beat up one egg and put in. Let it come to a boil, take off and season with wine to taste.

—Mrs. Josephine Shaw Stetson.

COLD SAUCE FOR ENGLISH PLUM PUDDING.

Take two-thirds cup of sugar and one-third cup of butter; soften the butter and then add the sugar and stir until it looks thick and white, like ice cream. Season to taste with vanilla, nutmeg and wine.

—Mrs. Josephine Shaw Stetson.

FIG PUDDING No. 1.

One-fourth pound of figs chopped fine, one-fourth pound of suet chopped fine, one cup of brown sugar, two cups of bread-crumbs, two eggs, a rind and juice of one lemon, one-half grated nutmeg, one tablespoonful of flour. Steam three hours and serve with sauce. It is splendid served with whipped cream slightly flavored with vanilla.

—Mrs. Mary Wimberly Robson.

FIG PUDDING No. 2.

One-fourth pound chopped, dried figs, two cups of bread-crumbs, one cup of brown sugar, one-fourth pound of suet chopped fine, two eggs, grated rind and juice of one lemon, dessertspoonful of molasses, one-half grated nutmeg, one table-spoonful of flour. Steam three hours and serve with boiled sauce flavored with lemon.

—Dr. Mary E. McKay.

PRUNE PUDDING No. 1.

One pound of stewed prunes, whites of four eggs, one cup of sugar. After prunes are cooked thoroughly, drain off juice, remove stones, and chop fine. Beat eggs stiff, add sugar, then stir in prunes. Bake twenty minutes. Serve cold with whipped cream flavored with sherry.

—Mrs. Clara Mumford Harwell.

PRUNE PUDDING No. 2.

Boil thirty prunes to a pulp and rub through a sieve, sweeten to taste, and stir in the whites of six well beaten eggs. Bake twenty minutes and serve cold with whipped cream.

—Miss Mattilu Hatcher.

PRUNE PUDDING No. 3.

One-half pound of best prunes, one pint of rich cream, whites of six eggs, and six table-spoonfuls of pulverized sugar. Soak the prunes over night, stew, drain off the syrup, and set aside to get cold. When perfectly cold, chop very fine. Beat the whites of the eggs to a close, firm meringue with the sugar, and whip into the prunes. Bake half an hour in a deep, buttered pan covered for twenty minutes, until the soufflé has risen to its full height. Send to the table immediately with the sauce made of the cream whipped to a standing foam.

—Mrs. Lillian Dunlap Stevens.

SWEET POTATO PUDDING.

Boil the sweet potatoes in their skins until thoroughly tender, peel them while hot and rub through a colander. Then to two pounds of potatoes allow six eggs, one-half pound of butter, one-half pound of sugar, one pint of cream, the juice and rind of a lemon, brandy and nutmeg to taste. First add

the butter and sugar to the warm potatoes and mix well, then stir in the eggs beaten light and frothy, next add the cream, then the lemon, and lastly the nutmeg and brandy. Bake from twenty to thirty minutes in a three-inch deep tin lined with puff paste, but do not put a top crust over it. This pudding must be served cold.

NESSELRODE PUDDING.

One pint rich custard into which stir one dozen lady fingers while the custard is hot, one pint of rich cream whipped very light, to which add the whites of four eggs whipped to a stiff froth; freeze soft and add one pound candied pineapple, one pound candied cherries cut fine, one dozen macaroons crushed fine; blanch two dozen almonds cut fine, stir in the half-frozen cream and freeze hard. Put in mold or small molds, and serve with a sauce of hot chocolate.

RICE PUDDING.

Rice pudding is simple and yet often poorly made. For each pint of milk used allow one teacupful of washed rice, two tablespoonfuls of sugar (more, if liked quite sweet), one tablespoonful of butter and a third of a teaspoonful of salt. When all ingredients are in the baking dish, add two well beaten eggs. Flavor with a little grated nutmeg or a teaspoonful of vanilla, and place in a slow oven. When a brown skin forms over the top turn it under a couple of times, then stir carefully without disturbing the top. Allow two hours or more for the baking until the rice is well swollen and about half of the liquid absorbed or evaporated. Then set aside and serve very cold.

COTTAGE PUDDING.

One cupful of sugar, one cupful of milk, two cupfuls of flour, two eggs, lump of butter size of an egg, two teaspoonfuls yeast powder. Mix sugar and butter then add milk and flour and lastly yeast powder. Bake in moderate oven in biscuit pan. Serve hot with sauce.

WINE PUDDING.

Put into a bowl ten cents worth macaroons and ten cents worth of lady fingers. Can be stale, but not too hard. Split the lady fingers and arrange them in layers, first a layer of

macaroons then a layer of lady fingers, and so on. Make the following sauce: Yolks of four eggs, beat with sugar to taste, one and one-half cupfuls red wine, if very strong add a little water. Let this boil up a few times then pour over the cakes. Beat whites of eggs and spread on top, or whipped cream on top improves it. Prepare this just in time for the meal, as it must not stand too long.

KISS PUDDING.

One quart of milk, three tablespoonfuls of corn starch, yolks of four eggs, one-half cup of sugar and a little salt. Place part of the milk on the fire, stirring in the sugar and salt, and let boil. Dissolve the corn starch in the remainder of the milk and stir into the boiling milk, then add the yolks of the eggs and a little flour. For frosting use the beaten whites of four eggs with one-half cup of sugar flavored with lemon. Cover the pudding and nicely brown. Have a little frosting to moisten the top, then put grated cocoanut over it to give the appearance of snowflake.

BAKED INDIAN PUDDING.

Two quarts sweet skimmed milk, one cup fine Indian meal, one cup molasses, one teaspoonful of salt, one pint or more of sweet apples cut in small pieces. Put one quart of milk in a pan over a kettle of boiling water. While it is heating stir together in a bowl the meal, molasses and salt until smooth, adding a little cold milk to make it thin enough to pour. When the milk in the pan is scalding hot, pour in the mixture slowly, stirring briskly to prevent lumps. When it has thickened, stir in the apples and remove the pan from the fire. Grease an earthen pudding pot that will hold two quarts or more. Pour in the pudding and place in a moderate oven. When it has baked about three-quarters of an hour, pour in very gently one cup of cold milk. If the fire be hot leave the oven door ajar. A pudding of this kind should bake slowly; a bubbling around the sides of the pot indicates sufficient heat. Add one cup of cold milk every hour or two until the quart has been used. The pudding should bake from six to seven hours, and then be taken from the oven and allowed to set awhile, when it can be turned into a dish and will be a dark red with a clean whey.

SPICE PUDDING.

(A Simple Dessert.)

Soak in two-thirds pint of milk a pint of old bread, or crackers, or biscuit, for an hour or two. When soft, mash fine and add one cup of sugar, yolks of three eggs beat light and a teaspoonful of ground allspice. Beat well and just before placing in oven, drop in one-half cup seeded raisins, rolling same in flour to make them stay on top. Meringue: Beat whites of three eggs with a little sugar, spread over pudding and bake a light brown. Sauce: One teaspoonful sifted flour, one teaspoonful of butter, one-half teacupful of sugar, one pinch of spice. Cook and stir while cooking until a little thick, then serve hot with the pudding.

ANGEL PUDDING.

Two ounces of flour, two ounces of sugar, two ounces of butter, one pint of cream and the whites of three eggs. Bake in patty pans, cover with icing and serve without sauce.

—Mrs. Eugenia Rogers Ellis.

SOUFFLE OR HASTY PUDDING.

Four eggs, four tablespoonfuls of flour, one pint of sweet-milk. Beat eggs separately, add flour to yolks, then gradually milk, as it will lump otherwise; lastly add whites well beaten. Put in buttered baking dish and bake quickly. Serve with hot sauce, to be eaten at once.

Test for beating whites of eggs: Invert dish and if whites remain sticking to bottom they are ready to use.

DESSERTS

BLACKBERRY DUMPLING.

One pint of milk, three-fourths pint of flour, four eggs, one quart of berries, one teaspoonful of baking powder. Beat the eggs together, pour in milk after salting. Sift the flour and baking powder very lightly. Flour the berries and mix. Put in a tightly covered bucket and put the bucket into boiling water, and boil two or three hours. Serve hot with hard butter sauce.

—Mrs. Henrietta Nisbet King.

BERRY ROLL.

Take one pint of flour, one teaspoonful of sugar, one and a half teaspoonfuls of baking powder, one-half a teaspoonful of salt, and rub through a sieve; mix thoroughly into this two tablespoonfuls of butter and a small cupful of milk. Place on your molding board and roll out to about one-half inch thickness. Spread berries over the dough, leaving a space of about an inch at the ends, roll up the dough and press the ends together and lay on a buttered pan. Place in a steamer over a kettle of boiling water. Steam two hours. Serve with a sauce. Perhaps some would prefer a baked berry roll. Place in a bowl one quart of flour, mix well into it two teaspoonfuls of butter, one teaspoonful of salt, and two teaspoonfuls of baking powder. Add one and a half cupfuls of milk, roll out to about one-third of an inch in thickness, spread thickly with blackberries, sifting over them some sugar, and roll. Place in a greased pan and bake half an hour.

BLACKBERRY JELLY.

Take one quart of berry juice and add to it a half box of gelatine; soak half an hour, then add one cupful of sugar, and stir over the fire until the gelatine is dissolved, which will take but a few moments. Strain into a mold and set away to harden. Serve with whipped cream.

SHORTCAKE.

Two cups of flour, one-half teaspoonful of salt, three teaspoonfuls of baking powder, three tablespoonfuls of butter, three tablespoonfuls of lard, one cup of milk. Mix and sift the dry ingredients; add butter and lard and chop until thoroughly blended. Add milk; when thoroughly mixed, divide in halves, put each half into a round, buttered cake tin. Flour hand and pat to fit the tin. Bake ten to twelve minutes in hot oven. Separate the upper portions from the lower portions of each cake with a fork—never cut with a knife. Spread with butter, fill with filling and arrange in layers, with filling between.

ORANGE SHORTCAKE.

Peel oranges, cut in slices, sweeten to taste, and use for filling for shortcake.

PEACH SHORTCAKE.

Peel, cut in slices, and sweeten three cups of peaches. Add two tablespoonfuls of lemon juice, spread between layers of shortcake. Garnish top layer with peaches and beaten cream.

STRAWBERRY SHORTCAKE.

Hull, cut in pieces, and sweeten two boxes of strawberries. Let them stand several hours. Arrange between layers of shortcake and garnish top with whole strawberries and beaten and sweetened cream.

Raspberry, blackberry and pineapple shortcake may be made in a similar way.

NEW ENGLAND STRAWBERRY SHORTCAKE.

Step, wash and mash very fine one quart of ripe strawberries, using one and one-half cupfuls of sugar. Make three layers of sponge cake, and when ready to serve place berries between layers and serve with whipped cream.

A delightful sponge cake is made by beating together the yolks of three eggs and one cupful of sugar, and adding the beaten whites. To this mixture add one cupful of sifted flour and five tablespoonfuls of boiling water, then a second cupful of flour with one teaspoonful of baking powder. Flavor with vanilla or lemon.

—Mrs. W. T. Morgan.

STRAWBERRY TRIFLE.

One stale sponge cake sliced, four eggs (whites and yolks beaten separately), four cupfuls of milk, one cupful of sugar, two quarts fresh ripe strawberries. Scald the milk, beat in the sugar and yolks, cook about ten minutes or until it begins to thicken, then set it off the fire and let it get cold. Cover the bottom of a glass dish with sliced cake, wet with the cold custard, and cover with berries; sprinkle with sugar then put on another layer of cake, and proceed as before until the cake is all used; pour the remainder of the custard over the last layer of berries. Beat whites of the eggs to a meringue with a tablespoonful of powdered sugar, and heap on top of the dish, sticking a few choice berries in the white mound. Set on ice till needed, but it should be served soon after the berries go in.

PEACH DELIGHT.

Peel and halve two dozen large, ripe peaches; put the pits in a small saucepan, cover with one and a quarter cupfuls of water and boil for ten minutes, then strain; with one cupful of sugar mix thoroughly two tablespoonfuls of flour. In a deep baking dish put a layer of the peaches, sprinkle with a part of the mixed sugar and drop over this one teaspoonful of butter cut into bits. Add a second and third layer of the fruit, finishing in the same way, and pour over all the water strained from the pits. Make a rich biscuit crust with one and one-half cupfuls of sifted flour, one-half teaspoonful of salt, three tablespoonfuls of flour, one teaspoonful of baking powder, and sufficient milk to mix to a soft dough. Roll out one-half an inch thick, place it over the fruit, make several cuts for steam to escape and bake in a moderate oven. In serving, cut the crust in pieces like pie, lay on it the fruit and pass with it a pitcher of cream.

PEACH COBBLER.

Fresh or canned peaches may be used. If fresh, peel them, cut into halves and sprinkle them with sugar; put them into a deep pan with a little water; and if the canned ones are used put the syrup in the pan with them. Make a nice pastry and put on the top of the pan. When done take the top off carefully, lay it on a dish with the top side down and pour the peaches over it. Serve hot or cold, with rich, sweet cream.

ICED APPLES.

Core six apples; cook them in a syrup of one cup of sugar and two cupfuls of water. Drop the apples into the boiling syrup. When they are tender, lift them out on a platter, and when they are cool cover with a thin layer of meringue. Sift a little sugar over this and brown slightly in the oven. Let the syrup boil until it is reduced to one-half cupful. Pour it out and when it is cold it will form a jelly. Cut it into squares and place over and around the apples. Serve cold with sugar and cream.

WITCH APPLES.

(Hallowe'en Recipe.)

Bake large apples, from which the core has been removed, until soft but not long enough to burst the skin. It is better to prepare half a dozen extra ones for emergency. When cooked insert a marshmallow into the core space, put a cube or two of sugar on top and a few maraschino cherries, and when ready to serve turn over each a tablespoonful of brandy and light just as the table is reached. The brandy will burn with a ghostly blue flame and melt the sugar and marshmallows. Whipped cream served in a bowl is a favorite addition to the dish.

APPLE SNOW.

Put twelve choice apples in cold water and set them over a slow fire; when they become soft, drain them, remove the skins, core them and put them in a deep dish. Beat the whites of twelve eggs to a stiff froth, put half a pound of sugar in the apples, beat them light, then beat in the whites.

BAKED APPLES WITH RAISINS.

Remove the core from eight large apples and fill the space with seedless raisins, sugar and nuts (if latter be desired). Place in a pan, add one cup of water, and baste frequently with water with sugar in it.

APPLE FLOAT.

Stew one teacupful of sugar and ten large apples. When thoroughly done and soft, mash through a big-holed strainer or a potato masher; stir in the beaten whites of four (to eight) eggs. Serve in deep saucers with plain or whipped cream.

BOILED APPLE DUMPLINGS.

After making the paste, divide it into as many pieces as you wish. Roll out each piece of paste; pare and core the apples, fill the cavities with marmalade or jelly; put in the middle of the dough and close the edges of the dough around the apple; tie in muslin bags and stew for an hour. Serve with hard butter sauce.

BAKED APPLE DUMPLINGS.

Pare and core the apples, filling the cavities with sugar, flavored with extract of lemon. Enclose the apples separately in the pieces of paste, put them in a tin pan and bake them. Serve with thick sweet cream.

BAKED APPLES.

Peel the apples, cut slices lengthwise, one inch thick, and remove the core, fill a two-quart baking dish, sprinkle over the apples one-half tablespoonful of sugar and one tablespoonful of butter broken into bits; pour in one-half teacupful of water. Bake until they are soft, about half an hour. Serve hot.

MELON SURPRISE.

Cut a slice across the top of the smaller melons to serve individually, so that this slice will form a lid. Scoop out the inside of the melons and fill with nutmeg or cantaloupe ice, with wine or any ice cream or whipped cream mixture. If the shells are iced some time before, and when filled set at once on ice, they may stand thus for some hours. (Lid replaced.)

PINEAPPLE SPONGE.

One-half can of pineapple cooked up thick with two-thirds cup of sugar, one-fourth box of silver white gelatine soaked in a little cold water, one-half cup of hot water stirred into gelatine. Stir this into cooked pineapple and set aside to cool. Whip one-half pint of cream stiff, then stir all together and pour into mold. Best after three or four days keeping.

PINEAPPLE SOUFFLE.

Shred pineapple very fine, sweeten, drain off juice, fold in well beaten whites of three eggs. Stir in two-thirds teacupful of chopped almonds, and serve with whipped cream.

PINEAPPLE AND NUTS.

Buy pineapple chunks in cans. Cut chunks finer, sweeten (if necessary), and mix with almonds cut coarse.

FRUIT DESSERT.

One can combine oranges, grapes, pineapples and cherries, either all or a few, in any desired proportion to make a salad. Make a syrup of one-half cupful of water and one cupful of sugar with a little lemon juice, and mix with fruits when cold. A few tablespoonfuls of sherry improve the flavor. The syrup may be thickened slightly with gelatine, if desired. For one cup syrup, use one teaspoonful of Knox gelatine, softened in cold water and dissolved in hot syrup. Serve with whipped cream. Serve quite cold.

SPICED PRUNES.

Prunes may be simply spiced by stewing in a syrup. Use the following proportions: To each pint of dried prunes use one cup of vinegar and two cups of sugar with the desired whole spices.

APRICOT FOAM.

Three cups of stewed apricots chopped fine, heat and thicken with a tablespoonful of corn starch dissolved in a little water. Pass through a sieve and when cold add the well beaten whites of three eggs, mix thoroughly but lightly and serve ice cold.

DATE TAPIOCA.

Stir frequently for fifteen minutes in a double boiler one quart of boiling milk, two large tablespoonfuls of Minute Tapioca and one cup of sugar. Add the beaten yolks of three eggs about three minutes before removing from the stove. Then stir in one cup of chopped dates, cover with the well beaten whites of the eggs and brown quickly in a hot oven.

JUNKET WITH PUREE OF BANANA.

Cut two bananas into slices and put over the fire with a quarter cupful of water, cook slowly until tender and press through a sieve. Add one teaspoonful of orange juice, two of sugar and one of gelatine soaked in cold water. Stir until

dissolved and fill into the bottom of the glasses. When chilled fill cups with a plain junket. Serve ice cold with sweetened cream.

AMBROSIA.

To prepare it, slice orange very thin, or pick it apart from the center into shreds with a fork, sprinkle it thickly with sugar and cover the top with grated cocoanut.

ORANGE FLUFF.

One package Lemon Minute Gelatine (flavored), juice and grated rind of one orange and one pint of boiling water. When beginning to set beat in the whites of two eggs which have been beaten stiff. Serve in sherbet cups with lady fingers.

ORANGE CHARLOTTE.

One-third box of gelatine, one cupful of cold water, one cupful of boiling water, one cupful of sugar, juice of one lemon, one cupful of orange juice and pulp, whites of three eggs. Line a mold or bowl with sections of oranges; soak gelatine in cold water, when dissolved pour on boiling water; add sugar and lemon juice; strain and set aside to cool. Beat whites of eggs stiff. When the gelatine begins to harden beat it until light, then add beaten whites; beat together until stiff enough to drop, then add orange juice and pulp and pour in mold for use. Serve with whipped cream.

ORANGE BUTTER.

Lay in a dish eight oranges cut in thin slices, and pour one and one-half cups of sugar over them. Add to one pint of boiling milk the yolks of three eggs and one tablespoonful of corn starch made smooth with cold milk. Stir constantly and when thick, pour over the oranges. Beat the whites, sweeten, pour over the custard and brown in the oven. Serve cold. Fine made Saturday for use Sunday.

LEMON FLOAT.

Mix three tablespoonfuls of sugar with a quart of sweetmilk, let it come to a boil. While boiling, add a tablespoonful of corn starch and the grated peel of one lemon. When the whole has boiled ten minutes add the yolks of three eggs well beaten,

and stir constantly for five minutes. Set the vessel in a pail of cold water, stir a few minutes then strain into a pudding dish. Beat the whites of the eggs to a stiff froth and add the juice of the lemons and two tablespoonfuls of sugar; put them over the pudding and serve cold. If desired, finely grated fresh cocoanut can be added to the eggs.

LEMON CUSTARD CHEESECAKES.

Ingredients: One-half pound of puff paste, four ounces of butter, four ounces of powdered white sugar, four lemons, eight eggs, and one drop of essence of lemon. How to use them: Put the butter, sugar, the juice of four lemons and rubbing of one lemon into a stew-pan; add the eggs, then stand the stew-pan in a pan of boiling water on the fire, and continue stirring until the ingredients become quite a thick custard; take off the fire and stand in a pan of cold water, and stir until quite cold. Roll the puff paste out the thickness of a quarter of an inch; now cut some round pieces and lay them in tartlet pans, press out the paste from the center with the thumb and finger, then place in each a teaspoonful of the mixture. Then put them on a baking tin, in a moderate oven, and bake a pale brown. When baked take out of the pans and let them get cold, then dish them on lace papers in glass or silver dishes.

OMELETTE SOUFFLE.

Take four eggs, the juice of one lemon. The yolks with four teaspoonfuls of sugar must be beaten very lightly; add the beaten whites and the lemon. Butter the pan and bake on one side, then roll.

MARSHMALLOW SOUFFLE No. 1.

Beat to a stiff froth the whites of six eggs, add six tablespoonfuls of sugar, then a quarter of a box of gelatine dissolved in a little water. Flavor with two teaspoonfuls of vanilla and the juice of half a lemon. Serve with whipped cream flavored with wine. —Mrs. Loulie Link Cason.

MARSHMALLOW SOUFFLE No. 2.

Whites of six eggs, six scant tablespoonfuls of sugar, two teaspoonfuls of gelatine dissolved in a teacup of hot water. Add another cup of water and boil until thick. When cold,

pour into eggs and sugar (the eggs, of course, having been whipped and sugar added). Whip all thoroughly, flavor to taste, and serve with whipped cream.

—Mrs. Etta Myers Cubbedge.

Contributed by Mrs. Lula Taylor Houser.

MOUE.

One quart of cream well whipped, one-quarter box of gelatine in a little milk. Add the gelatine when cool to cream; sweeten to taste with maple syrup or one-half teaspoonful of vanilla. Put into a mold and set on ice for ten hours.

AMERICAN CREAM.

One pint of milk, one envelope of Minute Gelatine (plain), yolks of two eggs beaten with two tablespoonfuls of sugar, and a little salt. When the milk is boiling hot, stir in slowly the gelatine, then add the yolks, sugar and salt, and cook only a moment, stirring constantly. Remove from fire, stir in the whites beaten with two tablespoonfuls of sugar, and flavor to taste.

ORANGE BAVARIAN CREAM.

One envelope of Minute Gelatine (plain), one-half cup of boiling water, one cup of orange juice, the juice of half a lemon, the whip from one pint of cream, sections of orange. Line a mold or earthen bowl with sections of orange. Whip a pint of single cream and drain and chill the froth. Dissolve the gelatine in the boiling water; add the lemon juice, orange juice and sugar, and stir until the sugar is dissolved; set the dish in ice and water and stir until the mixture begins to thicken; lastly, fold in gradually the chilled whip from the cream. When the mixture is stiff enough to hold its shape, turn into the orange-lined mold. To serve, immerse the mold to the brim a moment in warm water, loosen the mixture if needed at the top, tipping the bowl from side to side to make sure the cream does not adhere, and invert on a lace paper spread on a serving dish.

BAVARIAN CREAM.

One quart of sweetmilk, six eggs, scant cup of sugar, one-third teaspoonful of salt, one tablespoonful of granulated gelatine, any preferred flavoring. Scald the milk, beat yolks

of eggs, sugar and salt to a cream, pour the hot milk gradually over this mixture, stirring all the time. Return to the boiler and let cook until it thickens, and then strain. While hot stir into the dissolved gelatine. When partly cool stir in slowly the beaten whites of the eggs. Serve in molds.

—Mrs. Maude Massey Ray.

ITALIAN CREAM.

Soak one-half box of gelatine in one quart of milk for two hours, and then put in double boiler to cook, same as custard. Add the yolks of four eggs and one cup of sugar beaten to a light froth. When this is cooked, add it to the whites beaten very light with three tablespoonfuls of sugar. Flavor it with vanilla.

—Mrs. Julia Byrom Wimberly.

ROCK CREAM.

One-half box of gelatine, one quart of sweetmilk, six eggs, one and one-half cups of sugar. Beat yolks with one cup of sugar, beat whites with one-half cup of sugar. Dissolve gelatine in milk and boil; just as the milk comes to the boil, stir in the yolks and stir until thick as custard, then remove from fire and stir in whites rapidly. Pour into molds and keep in warm place an hour, then in a cold place until it congeals. Flavor with vanilla and serve with whipped cream. The gelatine congeals in the bottom of molds. A delightful winter dessert.

—Mrs. Madge Roberts Blair.

TIPSY SQUIRE.

Have ready a sponge cake about three inches thick (baked in either round or square pan). Split in two layers; when cold, saturate top and bottom with sherry wine. On the bottom layer put preserves or marmalade. Make a custard of four or five eggs, as for boiled custard, flavor with wine and add one pint of cream or as much as convenient. Arrange cake on flat dish and pour custard over it. A nice, highly flavored gelatine can be served on plate with this, and almonds blanched and parched used over the cake.

—Mrs. Leila B. Artope.

OLD-FASHIONED CHARLOTTE RUSSE No. 1.

One pint of cream whipped light, one-half ounce of gelatine dissolved in one gill of hot milk, whites of two eggs beaten

to a stiff froth, one small teacupful of powdered sugar; flavor with bitter almond and vanilla. Mix the cream, eggs and sugar; flavor and beat in gelatine and milk last. The gelatine should be quite cold before it is added. Line a mold with slices of sponge cake or with lady fingers, and fill with the mixture. Set upon the ice to cool.

OLD-FASHIONED CHARLOTTE RUSSE No. 2.

Whip one quart of rich cream to a stiff froth and drain well on a nice sieve. To one scant pint of milk add six eggs beaten very light; make very sweet, flavor highly with vanilla. Cook over hot water until it is a thick custard. Soak one ounce of gelatine for three hours in a very little water, and warm over hot water. When the custard is very cold beat the gelatine in lightly and the whipped cream. Line the bottom of a mold with buttered paper, the sides with sponge cake or lady fingers plastered together with the white of an egg; fill with the cream and put on ice. To turn out, dip the mold for a moment in hot water. In draining the whipped cream, all that drips through can be re-whipped. Follow the recipe and you will have the old-fashioned charlotte russe "like mother used to make."

CHARLOTTE RUSSE No. 1.

One pint of cream whipped as stiff as possible, sweeten; whip whites of six eggs stiff and add to cream. Have ready one-half ounce of gelatine dissolved in a little cold water. Bring to boiling point one cup of sweetmilk and pour over dissolved gelatine. When cold add to cream and eggs. Flavor with vanilla or sherry wine. —Mrs. DuPont Guerry.

CHARLOTTE RUSSE No. 2.

One pint of heavy cream, one scant tablespoonful of gelatine, whites of two eggs, two tablespoonfuls of sherry or brandy, six tablespoonfuls of sugar, three teaspoonfuls of vanilla, one dozen lady fingers. Whip cream until stiff through and through, and then add whites of eggs beaten stiff, and a pinch of salt. Dissolve gelatine in wine, placing cup in hot water and stirring gelatine until thoroughly dissolved. Add this while lukewarm to the cream, stirring cream constantly, so as to avoid small lumps. Add to this the sugar and vanilla

and stir gently for five minutes. Line mold with lady fingers, then put in cream and other ingredients. Place on ice for several hours, then turn out on platter to serve.

—Mrs. Lula Johnson Comer.

CHARLOTTE RUSSE No. 3.

One quart of cream, one tumbler of milk, one-third box of Nelson's gelatine, whites of five eggs beaten stiff, two-thirds of cup of sugar. Put gelatine to dissolve in the milk. Whip the cream, adding the sugar gradually, then add the eggs, and lastly add the milk, and flavor with vanilla. When all ingredients have been added, continue to whip the whole for two or three minutes longer. Pour into a bowl lined with lady fingers, and keep on ice for several hours.

—Miss Eunice Whitehead.

CHARLOTTE RUSSE No. 4.

Boil one ounce of gelatine in one pint of water until it is reduced to one-half pint; it should soak before it is boiled for one-half an hour. Yellows of four eggs beaten with four ounces of sugar; boil one-half pint of sweetmilk, pour over the eggs and sugar; return to the fire and let it come to the boil; take it off and let it get cold. Whip one quart of rich cream, drain it as you whip it on a sieve; when cream is all whipped, have a bowl lined with sponge cake. Pour cold custard in a large bowl, flavor that with vanilla or wine, as you choose, then add gelatine (it must be cool), lastly whipped cream. Mix it thoroughly and pour in bowl lined with cake, put slices of cake over the top of charlotte, and when you serve it, whip cream and put over the top. It is such an improvement.

CHOCOLATE CHARLOTTE.

Soak a quarter of a package of gelatine in one-third of a cupful of cold water for two hours. Whip one pint of cream to a froth, and put it in a bowl, which should be placed in a pan of ice water. Put half an ounce of shaved chocolate in a small pan with two tablespoonfuls of sugar and one of boiling water, and stir over the hot fire until smooth and glossy. Add to this a gill of hot milk and the soaked gelatine, and stir until the gelatine is dissolved. Sprinkle a generous half cupful

of powdered sugar over the cream. Now add the chocolate and gelatine mixture, and stir gently until it begins to thicken. Line a quart charlotte mold with lady fingers, and when the cream is so thick that it will just pour, turn it gently into the mold. Place the charlotte in a cold place for an hour or more, and at serving time, turn out on a flat dish.

CHOCOLATE JUNKET.

Sweeten a quart of milk with half cup of sugar. Melt one square of chocolate or two tablespoonfuls of cocoa, add half a cup of the milk and boil one minute. Remove from fire and add the remainder of the milk, which must not be boiled, and a teaspoonful of vanilla. Probably this mixture will be lukewarm; if not, heat until it is. Stir in the solution of the junket tablet as in plain junket. Pour at once into serving dish or dishes and leave undisturbed until firm. Cool and serve. If whipped cream, sweetened and flavored with vanilla, is heaped upon the chocolate junket when serving, a most delicious dessert is obtained.

CHOCOLATE SHAPE.

Take a quart of new milk; with some of it moisten four tablespoonfuls of corn flour; heat the remainder, pour it over the corn flour while stirring quickly to prevent its lumping, return it to the sauce-pan and boil for fifteen minutes; add three tablespoonfuls of sugar, two ounces of dissolved chocolate, a drop or two of vanilla essence. Remove it from the fire; stir in three well beaten eggs and a few drops of caramel. Pour into a wetted mold; set aside till cold. Turn out to serve and pour custard round.

MINUTE CHOCOLATE WALNUT JELLY.

Dissolve one package Chocolate Minute Gelatine (flavored) in one pint of hot milk and set to cool. When beginning to congeal beat to a stiff froth, adding one-half cup of walnut meats and one-half dozen figs cut fine. Serve with whipped cream.

FROZEN DESSERTS

EASY ICE CREAM.

One pint of cream, one pint of new milk, one teacupful of sugar, two eggs, whites and yolks beaten separately and whites added last, half a teaspoonful of vanilla. Stir thoroughly, but do not cook—it is fully as good without. Any quantity desired may be made in the same proportion, but this amount will serve six or seven persons.

FROZEN PUDDING.

Boil one pint of milk. Dissolve one small cup of flour in a little cold milk. Add one cup of sugar and stir into the boiling milk; let it boil ten minutes, then add two beaten eggs, then let it boil two minutes longer. Set away to cool. Add one quart of cream, a cup of sugar and a half cup of wine; beat well; freeze like ice cream for ten minutes, then add half a cup of seedless raisins, half cup of currants, half a cup preserved ginger. Freeze like ice cream.

DIPLOMAT PUDDING.

Whip a quart of cream until stiff, divide same in three parts, sweeten them, put in one some kind of jam, which ever flavor preferred, in another portion put in one dozen macaroons, and the other portion chocolate. Flavor all with vanilla put in form, and pack with salt and ice at least three or four hours.

CONFECTIONER'S ICE CREAM (Excellent).

One gallon sweetmilk, one and one-fourth pounds of white sugar, seven eggs; season to taste. Mix sugar and two quarts milk together, let it come to the boil. Separate eggs and beat each thoroughly, then mix them together; now pour over them the boiling milk and sugar, stirring briskly all the time; return to stove and let boil until custard is thick. After it is cold, just before freezing, add remaining milk (or cream) and seasoning. Substitute as much cream as can be obtained in place of milk—a pint will do.

ICE CREAM FROM CONDENSED MILK.

Palatable ice cream and frozen desserts may be made with condensed milk, if sweet cream is not available. Dissolve one-quarter of a cake of chocolate in two cups of milk, and cook until smooth. Add one can of condensed milk, one tablespoonful of vanilla, and freeze. For a coffee flavor, to one can of condensed milk add two cups of milk and one cup of strong, black coffee (the coffee must be very strong); flavor with a tablespoonful of vanilla. For a peach ice cream, use one can condensed milk, two cups of rich milk and one and one-half quarts of peaches cut and put through a colander. Sweeten to taste and freeze.

VANILLA ICE CREAM.

Scald one and one-half pints of cream. Dissolve one ounce of isinglass in half a pint of milk. Beat the yolks of four eggs and add three-quarters of a pound of sugar, stir the cream, milk and eggs together, add vanilla flavoring to taste; strain and cool, adding a quart of whipped cream. Freeze and pack in salt and ice for four hours.

ANGEL PARFAIT.

One pint of sweet cream, whip till dry, whites of three eggs whipped stiff; one-half cup of white sugar and one cup of water boiled until it will thread; pour over eggs and beat as for icing; when this is cold, beat into the cream. Pour all in molds; pack and let stand four hours or over.

GOLDEN ICE CREAM.

Put one pound of sugar and one pint of water over the fire, stir until the sugar is dissolved; boil for five minutes. Mix a little of this syrup with the yolks of ten eggs beaten until very light, add to the syrup in the sauce-pan and stir until it thickens enough to slightly coat the back of the spoon. Take from the fire, strain and stir and beat until cold. Add one pint of rich cream, one tablespoonful of vanilla and three tablespoonfuls of sherry, and freeze.

VELVET ICE CREAM

Into a double boiler put one-half box of gelatine, the juice and grated rind of one lemon, one and one-half cupfuls of

sherry and the same quantity of sugar. Let stand until the gelatine is soft, then beat until it dissolves; strain and set aside until cold. Just as it begins to thicken, add one cupful and a half of rich cream and beat with an egg-beater until thick enough to drop; turn into wetted molds and set in a cold place until ready to serve.

TUTTI FRUTTI ICE CREAM.

Make a custard of the yolks of six eggs, two pints of fresh milk and sugar to taste. Pour hot on a teacup of raisins, one pound of almonds, blanched and powdered, a teacup of preserved strawberries, and vanilla to taste. Allow to cool, and freeze. When partially frozen stir in three pints of whipped cream, sweetened; continue freezing, stirring often.

MACARON ICE CREAM.

Whip half a gallon of rich cream and quarter of a pound of sugar together, then freeze. Let the juice of three large oranges and a quarter of a pound of sugar soak with a dozen waxy macaroons, and add to the cream when half frozen; then freeze completely.

CARAMEL ICE CREAM No. 1.

One quart of cream, one pint of milk, three-quarters of a pound of sugar, and the white of one egg. Put a quarter of a pound of sugar in a pan over the fire and stir until it becomes liquid and turns a dark brown. Heat the milk and half the cream to the boiling point, pour in the melted sugar and stir a few moments. When this mixture has cooled, add the other half pound of sugar and a teaspoonful of vanilla extract. Mix well and freeze as usual. When half frozen add the remainder of the cream, whipped light, and the white of the egg well beaten, and finish freezing.

CARAMEL ICE CREAM No. 2.

Two pints of brown sugar; put into a kettle and let toast. Boil two quarts of sweetmilk, stir the sugar into the milk while hot; add eight well beaten eggs, then set aside to cool. When it is quite cool, put in the freezer and freeze. When it is half frozen, add one quart of cream.

BURNT ALMOND CREAM.

This requires half a gallon of rich cream, six tablespoonfuls of sugar, and one quarter of a pound of blanched almonds. Stir the almonds and sugar over the fire until the sugar is caramel brown, let cool and then pound to a powder. Sweeten the cream to taste and add gradually to the nuts, put in the freezer and freeze.

FRENCH TEA CREAM.

Scald one quart of cream, take from the fire, add one tablespoonful of any preferred kind of tea; stir for an instant, cover closely for six minutes, then strain. Return to the fire in a double boiler with five eggs and five tablespoonfuls of sugar beaten together and added to it, and stir until as thick as custard. Take from the fire, add one box of gelatine which has been soaked in one cupful of cold water and stir until dissolved. Strain into a wetted mold and set away until firm. Serve with whipped cream.

CAFE PARFAIT No. 1.

To a cup of strong coffee add one cup of sugar and four beaten yolks of eggs. Cook this in a double boiler until it thickens, then strain and cool. Whip one quart of cream until stiff, draining off any liquid that remains. Mix this gently with the coffee and place in a mold. Cover closely, binding the edge of the lid with a buttered cloth. Pack as for ice cream, allowing it to stand for three hours. Remove carefully to a chilled platter surrounded with whipped cream, sweetened and flavored, and garnish with branded cherries. This quantity is enough for twelve persons.

—Mrs. Lillian Dunlap Stevens.

CAFE PARFAIT No. 2.

Set a bowl in a pan of cracked ice, and turn into it one quart of thick cream. Add to this one-half cupful of very strong filtered coffee and one-half cupful of powdered sugar. Mix lightly together, then with an egg-beater whip the cream, skimming off the froth as it rises and putting it on a sieve to drain. Return the drained liquid to the bowl and continue to whip until no more froth will rise. Turn the drained froth into an ice cream mold or freezing can; cover and bind the

lid with a strip of muslin dipped into melted butter. Bury in ice and salt for three to four hours before serving.

CAFE MOUSSE.

Mix well together one pint of thick cream, three tablespoonfuls of powdered sugar, one teaspoonful of vanilla and one-third of a cupful of very strong coffee. Chill thoroughly, then whip, setting the bowl in a pan of ice water. Take off the froth as it rises and lay on a sieve. When no more froth will rise, turn the drained whip carefully into a mold. Cover tightly, binding the edges with a strip of muslin dipped in melted butter; bury in ice and salt as for freezing, let stand for two or three hours, wipe off the mold and turn out on a serving dish.

APRICOT ICE CREAM No. 1.

This takes half a gallon of cream, half a pint of sugar, one can of apricots, one lemon and one tablespoonful of gelatine. Make a syrup of the sugar and add the lemon juice; cool this, put in the cream and place in the freezer. When half frozen, stir in the apricots and freeze quite hard.

APRICOT ICE CREAM No. 2.

Take a can of apricots and strain off juice into a dish. Take as much water and almost as much sugar as you have juice, and make a syrup. Mash apricots through a sieve. Put juice and mashed apricots into the syrup and freeze. This is delicious and does not require any milk, cream or flavoring, but it looks and tastes as if it were all cream.

—Miss Madge Patterson, by Mrs. Madge Roberts Blair.

MILK SHERBET.

Squeeze the juice from four oranges and three lemons, add a little of the grated rind (too much will make it bitter), a pint of sugar and a quart of milk. When partially frozen, beat in the whites of three eggs beaten to a stiff froth.

LEMON MILK SHERBET.

One quart of rich milk, three cups of sugar, juice of four lemons, one teaspoonful of vanilla. Add two cups of sugar

to milk, place in freezer and let stand until cold, add vanilla and lemon juice sweetened with a cup of sugar; then freeze.

—Mrs. Lula Brown White.

LEMON SHERBET.

Take one-half teaspoonful of gelatine and soak in half a cupful of water until soft. Boil two cupfuls of sugar in four cupfuls of water for ten minutes. Add the juice of six large lemons and the gelatine to the hot syrup, and if needed more sugar, strain and cool. Freeze by turning the crank rapidly until creamy and stiff. If the flavor of the rind is preferred, boil thin strips in the syrup, but the addition of a little citric acid or cream of tartar is preferable.

LEMON ICE.

One gallon of water and four pounds of sugar, well boiled and skimmed; when cold, add juice of one dozen lemons and sliced rind of eight, and let them infuse an hour. Strain into the freezer, and after it begins to freeze add whites of four well beaten eggs. It is better if you add milk or cream, after it begins to freeze, in which case use less water.

LEMON ICE CREAM.

Slice five large, unpeeled lemons in small bits, sugar well, let stand over night to extract juice. Pour two quarts of milk into the freezer, let it begin to freeze, in order to prevent curdling, then add the mixture of lemons and sugar.

—Mrs. Adella Lumsden Griffin.

PINEAPPLE SHERBET.

To a pint of grated pineapple add an equal amount of sugar, the juice of two lemons, a pint of water, the juice and grated rind of two oranges, half a box of gelatine dissolved in a little hot water and a cupful of cream whipped stiff with half a cupful of sugar. Mix thoroughly and freeze.

PINEAPPLE FRAPPE.

Peel, eye and shred or grate one good sized fresh pineapple. Make a syrup with one and one-half cupfuls of sugar and one pint of water; boil for five minutes and cool. Add the juice

of three lemons, the prepared pineapple, and one quart of water. Pour into freezer and freeze to a mush. Serve in small glasses.

—Table Talk.

RICE AND ORANGE PUDDING FROZEN.

Take half a cup of rice, a quart of cold water, three oranges, a quart of milk, a pint of cream, two small cups of sugar and one-eighth of a teaspoonful of salt. Wash the rice carefully and put it on the fire with the water in a sauce-pan. As soon as it begins to boil, pour off the water, and add the milk and grated rind of the oranges. Cook for an hour in a double boiler; then add the sugar, and cook half an hour longer. Remove from the fire, and after adding salt, set away to cool. When cold, add the juice of the oranges, and also the cream, whipped to a froth. Freeze the same as ice cream, and serve with iced orange sauce.

ORANGE ICE No. 1.

Divide blood oranges, if obtainable, in halves and press out the pulp and juice, adding the juice of half a lemon to each pint of orange juice. Pour on one quart of water and two or more cupfuls of sugar as desired. When dissolved strain into the freezer, turn slowly, and when stiff, remove the beater. Pack well in salt until ready to serve.

ORANGE ICE No. 2.

Three pints of water, one pound of sugar, five or six oranges (according to size), juice of one lemon if oranges are sweet, and whites of four eggs. Make a thick syrup of sugar and a very little water. Peel half the oranges, separate them into small parts at the natural divisions and drop the pieces into the boiling syrup. Grate the yellow part of the skins of the other three oranges into a bowl, then squeeze in the juice, then pour the syrup from the scalded orange slices into the bowl. Add water and lemon juice, then strain and freeze. When half frozen beat in the whites of eggs, finish freezing and stir in the sugared fruit.

ORANGE SHERBET.

To make orange sherbet, squeeze the juice from six oranges and three lemons, and add a little of the grated rind; let it

stand for about half an hour, then strain through a soft cloth and pour into the freezer. Now add four cupfuls of sugar dissolved in a pint of water; when thoroughly chilled, pour in two quarts of milk and freeze.

ORANGE CREAM ICE.

Take one-half pint of clarified syrup and add to the juice of four oranges, then stir in by degrees one pint of rich custard, flavored with the rind of oranges. Stir this gently and lastly add one-half pint of cream, whipped stiff. Freeze in usual way and serve on plates as dessert.

ORANGE SOUFFLE No. 1.

Put two cups of sugar and one of water in a sauce-pan over the fire, stir until the sugar is dissolved, then let it boil without stirring until the syrup spins a thread. Add one pint of orange juice and the juice of one lemon. Scald one cup of cream, add the beaten yolks of two eggs, stir them in the scalded cream; take from the fire, cool and mix with the syrup. Add the remaining cup of cream whipped, add a half teaspoonful of vanilla. Freeze as sherbet.

ORANGE SOUFFLE No. 2.

Cover a half box of gelatine with a half cupful of cold water and soak for half an hour. Roll and squeeze sufficient orange to make one pint of juice, six large ones will be sufficient. Beat the yolks of six eggs until they are creamy; add to the orange juice one pound of granulated sugar; stir until the sugar is dissolved, then add the yolks. Beat until the whole is thoroughly mixed; stand the gelatine over the tea-kettle until dissolved; now add this to the egg mixture. Turn the whole into a basin in a pan of cracked ice, and stir carefully and slowly until the mixture begins to thicken, then stir in lightly and hastily one pint of whipped cream. Turn this into an ice cream mold, pack in salt and ice and stand away for two hours.

ORANGE SOUFFLE No. 3.

One pint of cream, yolks of three eggs, juice from three and a half oranges, one-half pound of sugar, one-fourth box of gelatine dissolved in one-half cup of cold water. Let stand

one-half an hour, then add one-half cup of boiling water to the gelatine and stir until dissolved. Mix orange juice and sugar, whip the cream, add the well beaten yolks of the eggs to the orange and sugar; stand the bowl in a pan of ice water, stir in lightly and hastily the whipped cream; turn out into an ice cream mold. Pack in salt and ice for two hours. Serve with montrose sauce. This will serve ten people.

Montrose Sauce.—One pint of cream, one-fourth cup of sugar, yolks of three eggs, one teaspoonful of vanilla, a heaping teaspoonful of gelatine. Cover gelatine with two tablespoonfuls of water, and let stand for one-half hour. Put cream to heat, beat yolks and sugar very light and stir into hot cream, stirring until it begins to thicken. When cold add vanilla, two tablespoonfuls of brandy and four of sherry.

—Ayres Family Recipes, by Miss Mary Pearson.

ORANGE PARFAIT.

Whip one quart of cream to a stiff froth, add one cup of granulated sugar to one cup of orange juice and stir until the sugar is dissolved; stir this in carefully with the cream. Turn into a mold. Cover the tops with a sheet of greased paper. Pack in salt and ice for two hours.

MOUSSE WITH CHOPPED NUTS.

Into one pint of cream stir five ounces of powdered sugar; when dissolved add one teaspoonful of vanilla and two tablespoonfuls of sherry and whip well. Take off the froth as it rises and lay on a sieve to drain, returning the liquid cream which drains off to the larger quantity. Continue whipping and skimming until no more froth will rise. Let the whip stand for ten minutes longer, then stir in lightly one cupful of finely chopped nuts—almonds and English walnuts mixed. Turn into a mold, lay over the top a sheet of waxed paper, put on the cover and bind the edge with a strip of muslin dipped in melted butter. Pack in ice and salt for from two to three hours, according to the thickness of the mold. Then take from the ice, wipe carefully with a cloth, dip for an instant in warm water and turn out on a dish. By way of variety, one cupful of finely pounded nougat may be used in place of the nuts.

MAPLE MOUSSE.

Yolks of two eggs and one-half cup of maple syrup cooked in double boiler until it thickens. After syrup is cool, pour it into one pint of thick cream and whip until stiff. Put in mold and pack in ice. Let it stand three or four hours.

—Mrs. Ruby Jones Grace.

MAPLE ICE CREAM.

Put one pint of rich maple syrup in a sauce-pan over the fire and bring quickly to the boiling point. Boil for five minutes, take from the fire and pour slowly over the yolks of six eggs which have been beaten until light and thick. Set over boiling water and stir and beat until the mixture is sufficiently thick to coat the back of a spoon. Strain and set aside until cold, stirring occasionally. Add one pint of rich cream and one teaspoonful of vanilla, and freeze as usual.

MINT SHERBET.

Bruise in a mortar a bunch of mint and add a pint of boiling water; let it steep for twenty minutes and then strain carefully. Boil the mint water with a cup of sugar for ten minutes, then remove from the fire and add the juice of three oranges, a cup of pineapple juice and (this is optional) the milk of a cocoanut. Turn into a freezer; when half frozen add stiffly beaten whites of two eggs and (if you care to) a wineglass of green maraschino. —Good Housekeeping.

MINT ICE.

Strip from the stems sufficient mint leaves to fill one cup, packed measure; pound them to a pulp, add the juice of two lemons and let stand for one-half an hour. Boil together for five minutes one pint of water and one pound of granulated sugar, pour it over the mint, and let it stand until cold. Strain, color it a delicate green, add two tablespoonfuls of creme de menthe and freeze. —Table Talk.

TOMATO WATER ICE.

Put in a sauce-pan one-half can of tomatoes, one pint of water, the juice of one lemon, three sliced apples, three-quarters cupful of granulated sugar, and a pinch of ground ginger. Heat slowly to the boiling point, take from the fire

and rub through a sieve. Color with a little fruit red and mandarin yellow color pastes; add four tablespoonfuls of noyau and two ounces of finely chopped candied ginger, and freeze. A well-known chef also adds four tablespoonfuls of rum.

FROZEN CHERRIES.

The ripest and darkest variety of cherry must be used. Stone, and use one quart of sugar to two quarts of cherries; allow to stand an hour, adding a wineglass of maraschino; place in freezer, pack and let stand in salt and ice six hours.

EGG-NOGG (FROZEN).

Beat the yolks of four eggs until creamy. Put a pint of milk into a double boiler, add to it a cupful of sugar and a teaspoonful of vanilla sugar or the seeds from quarter of a vanilla bean; stir until the sugar is thoroughly dissolved and the milk hot. Now pour this, scalding hot, over the beaten eggs. Be very careful to take out all of the seeds from the vanilla bean, which will settle to the bottom of the boiler. When this mixture is perfectly cold, stir into a freezer and freeze; when frozen stiff, remove the dasher and stir into it one pint of thick cream whipped to a stiff froth. Re-pack and stand aside until ready to use. Just before serving time, add to it four or six tablespoonfuls of brandy. Remember that all frozen mixtures will become liquified after liquor has been added, so the brandy, to have its frothy taste and to keep the punch in a frozen condition, must be added just before serving time. The whipped cream stirred into the frozen mixture makes it light and fluffy.

FROZEN EGG-NOGG.

Make a boiled custard of one pint of milk, the yolks of four eggs, and one cup of sugar; sweeten one pint of thick cream and whip stiff. Freeze the custard and add the whipped cream. Just before serving, add brandy to taste.

FROZEN BANANA WHIP.

Peel half a dozen bananas and run through a sieve; stir into them one-half cupful of orange juice and one-half cupful of powdered sugar. Soak one-quarter of box of gelatine in

one-quarter cupful of cold water; set over the tea-kettle until melted, and strain it over the fruit mixture. When it begins to stiffen, stir in carefully one pint of thick cream which has been whipped to a stiff froth, and turn into a wetted mold. See that the cover fits very tightly; it is well to lay two thicknesses of waxed paper over the top of the mold before putting on the cover; or, when covered, the edge may be bound with a strip of muslin which has been dipped into melted butter. Bury in a mixture of finely cracked ice and rock salt—two parts of the former to one of the latter—and stand away for two hours. By that time the outer portion of the mixture will be well frozen while the center is still soft. If desired thoroughly frozen, it must stand for four hours.

FROZEN BANANA PUDDING.

Cut six large, ripe bananas crosswise in very thin slices, add half a pound of powdered sugar and let them stand an hour. Add a quart of water and the grated peel of a lemon. When the sugar is dissolved; put in a freezer and freeze as you would ice cream. Pineapples and oranges may be treated in the same manner.

BANANA ICE CREAM.

One pint of cream, one pint of milk, one-half pound of sugar, yolks of six eggs, four bananas. Scald the milk; beat yolks and sugar together until light; add to the milk and cook until it thickens, stirring constantly. Add the cream, and when cool the bananas, which should be mashed through a colander. Freeze and pack as directed.

BANANA PUFF.

Cut seven bananas of medium size into slices, sprinkle them with lemon juice and shredded cocoanut, and set the dish containing them on ice for an hour. Then mash the fruit and put it through a fruit press, or an egg-beater can be used if you have not the press. Add a level cupful of sugar, then fold in the stiffly beaten whites of four eggs, and turn the mixture into a freezer. As soon as the crank of the freezer begins to turn hard, open the can and add half a pint of cream beaten to a stiff froth. Freeze until the consistency of mush, and serve in individual glasses.

RASPBERRY ICE.

Boil together for five minutes one cupful of water and one cupful of sugar; strain and cool. Add the strained juice of one lemon and one pint of raspberry juice and freeze.

RASPBERRY WATER ICE.

To a quart of red raspberries add a pound of sugar and the juice of one lemon; stir well and stand aside for one hour. Press through a sieve and add one quart of water. When partly frozen add the beaten whites of two eggs.

WELCH GRAPE WATER ICE.

Welch's Grape Juice, one pint; juice of two lemons; water, one quart; juice of two oranges; granulated sugar, one pound. If the water and sugar are brought to a boil, then allowed to cool, the water ice will be found to have a smoother consistency when frozen. Freeze slowly.

BLACKBERRY SHERBET.

Take three quarts of blackberries, one quart of water, one pint of sugar and the juice of four lemons. Mash fruit and sugar together and let it stand for one hour, then add the water and place on the fire; cook twenty minutes, remove from the fire, add lemon juice, strain, and when cold, freeze like ice cream.

MELON MOUSSE.

Place the pulp of nutmeg, cantaloupe or muskmelon in preserving kettle, with half the quantity of sugar. Stew down until rather thick, rub through sieve and replace on the stove. Have dissolved a half box of gelatine (for each pint of pulp), first softened in a little cold water, then more thoroughly dissolved by pouring on it a half pint of boiling water and placing over steam. Add this to the cooked melon, stirring until it begins to cool and thicken, when place in wetted molds, set on ice until firm, and serve with cream.

PEACH ICE CREAM No. 1.

Pare and mash a dozen ripe, juicy peaches, add two cupfuls of sugar, and let the mixture stand for half an hour, then add a pint of milk, a quart of cream and, just before freezing, the whites of two eggs beaten to a stiff froth.

PEACH ICE CREAM No. 2.

Scald one pint of milk in a double boiler, add two level tablespoonfuls of flour rubbed to a thin paste with a little cold milk; stir until slightly thickened, then cover and cook for twenty minutes, stirring occasionally. Beat together four eggs, two cupfuls of sugar and a pinch of salt, stir in a little of the cooked milk, then turn all into the double boiler, and stir until the custard thickens. Strain and set aside until cold. Pare, mash and rub through a colander sufficient peaches to give a little more than one pint of pulp, and sweeten to taste. Add this to the cold custard with one pint of rich cream, pour the mixture into a freezer and freeze until firm. Remove the dasher, pack down the cream with a long spoon, replace the cover, fill up the tub with ice and salt and set aside for several hours to ripen.

MILK SHERBET WITH PEACH OR STRAWBERRY.

Mix one cupful of fruit juice, two cupfuls of sugar and half a cupful of lemon juice; add very gradually and carefully one quart of cold milk, and when dissolved freeze in the usual way.

PISTACHIO AND STRAWBERRY ICE CREAM.

Put a quarter of a box of dissolved gelatine and a half cupful of sugar with one cupful of strawberry juice and pulp, add one cupful of whipped cream. Scald two ounces of crushed pistachio nuts in one cupful of milk, add the gelatine, sugar and cream, and tint green. Put by spoonfuls alternately in a mold and pack in the freezer.

STRAWBERRY ICE No. 1.

Two quarts of ripe strawberries, one pint of sugar, one pint of water, juice of two lemons. Mash berries, add sugar, and let stand one hour. Freeze. —Mrs. Julia Byrom Wimberly.

STRAWBERRY ICE No. 2.

Three quarts of strawberry juice with one quart of water. Make this mixture very sweet, for everything loses some of its sweetness in the process of freezing. Then add the whites of six eggs beaten light, and freeze.

STRAWBERRY ICE CREAM No. 1.

For each quart of the mixture allow one pint of hulled berries, the juice of a half lemon and a half cupful of sugar. Crush the fruit, add lemon juice and sugar and stand aside for an hour, stirring often; then rub through a fine sieve and add to the mixture when in the freezing can.

STRAWBERRY ICE CREAM No. 2.

Four quarts of strawberries with their caps on, and four cupfuls of granulated sugar. Mash the berries with the sugar and let them stand several hours, then strain the juice. Use four quarts of cream and four cupfuls of white sugar. Add the juice of the strawberries and beat the whole to a stiff froth.

CROCOLATE ICE CREAM No. 1.

Scald one pint of milk in a double boiler, beat together until light five eggs and one cupful of sugar, add a little of the scalded milk; then pour into the double boiler and stir until the custard is thick enough to coat the back of the spoon. Break four squares of chocolate into small pieces, put into a bowl and set over hot water until melted; add a little of the hot custard, rub and mix until smooth, then stir into the custard. Strain and set away until cold, add one scant tablespoonful of vanilla and one pint of cream, and freeze.

CHOCOLATE ICE CREAM No. 2.

Scald one pint of cream in a double boiler, add one cupful of sugar and stir until dissolved. Melt four squares of chocolate by putting in a bowl and setting over hot water until melted; add to the scalded cream and take from the fire. Strain, add one pint of uncooked cream and set aside until cold. Add one tablespoonful of vanilla, and freeze.

CHOCOLATE ICE CREAM No. 3.

Make a syrup of one pint of sugar, add half a cake of melted chocolate and twelve tablespoonfuls of gelatine. Add a teaspoonful of boiling water to the chocolate and place on the fire until perfectly smooth, or it will be lumpy. Cool and stir into one gallon of cream, add a teaspoonful of vanilla, and freeze.

CINNAMON IN CHOCOLATE ICE CREAM.

The spicy flavor which certain caterers give to their chocolate ice cream is obtained by adding to the grated chocolate one-fourth teaspoonful of ground cinnamon. Very few recipes include cinnamon for this special flavored ice cream, but its addition to chocolate is pleasing, either for frozen cream or custard.

PARFAIT d'AMOUR.

A tall glass is filled with peach ice cream, then a spoonful of raspberry syrup is dropped in and it runs down through the parfait. Just as it is served, a spoonful of maraschino is poured in, and on top a sweetened spoonful of whipped cream. It is worth trying.

CHOCOLATE CREAM PUDDING.

Melt one-quarter pound of chocolate in a pint of milk; add sugar to taste; beat one and one-half pints of cream, sweeten; take half and put in chocolate, the other half leave plain and flavor; pack four hours in ice and salt so it can freeze.

VANILLA ICE CREAM WITH HOT CHOCOLATE SAUCE.

Where a rich sauce is used over the ice cream, the raw cream need not be of heavy quality. Scald a pint of cream; split vanilla bean into halves, scrape the seeds out and rub them with ten ounces of sugar, add the sugar to the hot cream and stir constantly until it is dissolved. Take from the fire, and when perfectly cold, add one quart of raw cream. Turn the mixture in the freezer, pack, stir slowly for a moment until it is icy cold, and then freeze. Remove the dasher. Fasten the hole in the lid with a cork, re-pack and stand aside for two hours to ripen.

Hot Chocolate Sauce.—The sauce must be made just before serving time; as the ice cream is served the hot sauce is poured over, which forms a sort of icing. Put four ounces of chocolate with a cup of sugar and a half cupful of milk in a sauce-pan; cook slowly until the chocolate and sugar are melted, and then boil until it slightly hardens when dropped in cold water. Turn at once in a sauce-boat and send to the table.

CAKES

ORDER OF MIXING CAKES.

Cream butter and sugar together, then add the eggs well beaten, sift flour and baking powder together and add alternately with the milk. Beat well and pour into layer pans; bake in a moderately hot oven about twenty-five minutes.

MARSHMALLOW FILLING No. 1.

To make marshmallow filling for cake, dissolve six tablespoonfuls of gum arabic in a large half cup of cold water. When thoroughly dissolved, add a half cup of powdered sugar and boil steadily until a little dropped in cold water can be formed into a soft ball between the thumb and finger. Remove from the fire and pour slowly, beating steadily, over the white of an egg beaten very stiff. Flavor with a little lemon juice. Dip a knife in hot water and spread this mixture between the cake layers. For the top of the cake set marshmallow candies in the oven for a minute, or until they begin to swell, then cover the top of the cake with them, and pour a boiled frosting around them and over the entire cake. This is attractive to look at as well as to eat.

MARSHMALLOW FILLING No. 2.

For a marshmallow filling, dissolve a stick of sweetened chocolate in quarter of a cupful of boiling hot water, add half a cupful of granulated sugar, and cook until it threads. Dissolve half a pound of the marshmallow confections in a steamer with a tablespoonful of hot water in the bottom of the receptacle. When soft, blend with the chocolate syrup, beating it until thick and creamy. The chocolate may be omitted if preferred, and the marshmallows, softened as above, beaten smoothly and spread between layers, and on top of the cake, then cut the cake in two-inch squares and in two diagonally.

MARSHMALLOW FILLING No. 3.

Marshmallows are converted into a cake filling that will be appreciated by the palate that likes the taste of marshmallows. The marshmallows may be mixed with a simple boiled frosting and used in that manner. First put them in the oven for a few moments, however, then add the boiled frosting.

ORANGE FILLING FOR CAKE.

One cup of confectioners' sugar, grated rind of an orange, strained juice of orange to mix. Mix sugar and orange rind and add just enough juice to moisten. Spread between layers and on top of cake.

MOCHA FILLING.

A mocha filling is delicious. Bring to the boil a cupful of milk and pour a little of it over two beaten egg yolks and half a cupful of sugar, whipping well, then add the rest of the milk and half a cupful of strong coffee—mocha. Boil the mixture for a minute, stirring it constantly, remove from the fire and continue the stirring process until it is thick and creamy, of the consistency to spread well, then add two tablespoonfuls of creamed butter, mixing it in well.

MAPLE FILLING.

Maple icing is very quickly made by boiling a cupful of maple syrup five minutes, then stirring in powdered sugar to make a paste that will spread. This icing will not harden. Finely chopped nuts may be mixed in.

COCOANUT FILLING.

For a cocoanut filling and icing, moisten a cupful of confectioners' sugar until it spreads easily, stir in shredded cocoanut, and for the top of the cakes sprinkle the cocoanut over the frosting, thick and snowy.

CHOCOLATE FILLING.

Break one egg into a sauce-pan and beat well, add one tea-cup of sugar, one-half cup of sweetmilk, or, lacking milk, butter the size of a hickory nut, and half a cup of water. Grate in four heaping tablespoonfuls of chocolate and boil until creamy, stirring constantly. —Mrs. Arthur Dasher.

CHOCOLATE ICING.

One and one-half cups of sugar, two-thirds cup of milk, one square of chocolate. Boil till it bubbles hard, and then take off and beat until thick. Flavor with vanilla.

—Miss Carrie Lee Holmes.

CARAMEL FILLING.

Three cups of white sugar, butter the size of an egg, one cup of perfectly sweet cream or milk. Boil together. Take one cup of white sugar, put it into a dry, clean skillet, beat it gradually until it melts, stirring constantly. As soon as it melts, stir the caramelized sugar into the milk just as it comes to the boil. Flavor with vanilla; spread at once on cake. Caution: This filling can easily cook too long and be ruined. It must be watched on account of the milk, which so easily scorches.

ICING.

Put into a granite sauce-pan two gills of sugar and one cup of water and boil until it spins a thread. Take from fire instantly. Do not stir or shake the sugar while it is cooking. (Also best not to use any but a silver spoon with this icing.) Pour the hot syrup in a thin strain into the whites of two eggs that have been beaten to a stiff froth, beating mixture all the time. Continue to beat until the icing is thick enough to use. If chocolate filling is desired, add one ounce of melted chocolate.

EVERY-DAY FROSTING.

Three tablespoonfuls of milk stirred thick with sifted powdered sugar, and flavored to taste. It is best to add the flavoring to the milk before stirring in the sugar. Spread on the cake with a knife wet occasionally in cold water. A little cream with the milk adds much to the delicacy of the frosting.

INGREDIENTS FOR MARSHMALLOW CAKE.

Four cups of sugar, one-half pound of butter, six eggs, four cups of flour, three-quarters of a pound of marshmallows.

—Mrs. Tilla Hodges Merritt.

WHITE CAKE No. 1.

Four and a half cups of sifted flour, three cups of sugar, one cup of butter, twelve eggs, two teaspoonfuls of Royal baking powder, one cup of sweetmilk. Cream butter, then add sugar, next the whites, then the flour, and lastly the milk. Baking powder must be thoroughly mixed with the flour.

WHITE CAKE No. 2.

Whites of eight eggs well beaten, one scant teacupful of butter, one teacupful of water, four teacupfuls of sifted flour, two teacupfuls of sugar, one teaspoonful of baking powder, any flavoring desired. Cream butter and sugar well, then add alternately the flour, water and beaten whites. Lastly, add baking powder mixed with some of the water. Bake slowly.

—Mrs. S. S. Sweet.

Boiled Icing: One cup of sugar, one-half cup of water, white of one egg. Boil the sugar and water until it strings a little from the spoon. Have the white of the egg beaten to a stiff froth and pour the sugar in slowly, beating until cool.

—Mrs. S. S. Sweet.

WHITE CAKE No. 3.

One cup of butter, two light cups of sugar, three and one-half cups of flour, unbeaten whites of four eggs, one cup of cold water, three teaspoonfuls of yeast powder. Cream butter and sugar until very light. Add the white of one egg at a time, and cream in with butter and sugar, then add water and flour.

—Miss Eva Arnold.

WHITE CAKE No. 4.

One cup of butter, two scant cups of sugar, three and one-half cups of flour, one cup of sweetmilk, whites of six eggs, two teaspoonfuls of baking powder. Cream butter and sugar, add milk, then flour with baking powder well sifted through it; lastly, add the whites well beaten.

—Mrs. Fannie Holt Thomas.

SPONGE ROLL.

Four eggs, one and one-half cupfuls of sugar, one and one-third cupfuls of flour, three tablespoonfuls of water. Beat

yolks and sugar lightly, then add flour with just a little baking powder, and lastly, stiffly beaten whites. Bake in a large pan. When done have a piece of brown paper greased and sprinkled with sugar, turn cake out on same and spread with jelly, roll as fast as possible. Cook in paper.

EASY SPONGE CAKE.

A good way of making sponge cake is this: Beat up the yolks of six eggs with two cupfuls of sugar and add one teaspoonful of lemon juice with one-half the grated rind of the lemon. Now add one-half cupful of freshly boiling water. Beat the whites of the eggs to a stiff froth and add them. Add two cupfuls of pastry flour. Mix together quickly and bake in two sheets in a moderate oven.

TWENTY-MINUTE SPONGE CAKE.

The following delicious sponge cake may be tossed together in a few minutes and used in various ways:

Break the yolks of four eggs into the mixing bowl, the whites into a flat or deep vessel, according to the beater used. Stir or beat the yolks until smooth. Measure a teacupful (half a pint) of very fine granulated sugar; powdered sugar will give toughness, while the coarse-grained kind spoils the velvety texture. Put half this sugar in the yolks and beat again until the grains disappear—a minute or two of faithful mixing does this. Next add a large tablespoonful of cold water and the finely grated peel of an orange or lemon. The juice of the orange, if sweet, may be used instead of water, and a wee pinch of baking soda be used instead of baking powder with the lemon juice when that flavor is preferred.

With a good whisk or beater, after a pinch of salt has been added, the egg whites should come up thoroughly stiffened in just one minute. When the whites are stiff add to them by degrees the remaining half cup of sugar—a minute's beating again will cause the grains to disappear. The whites are now like a puff ball, and if oven, pans and everything are in readiness, this may now be added to the yolks in the mixing bowl. A brisk beating is then required, but beware of any such treatment while adding the scant cup of flour, sifted, with a small teaspoonful of baking powder, as this is another sure means of toughness. The flour must lie very lightly in the cup, which

must be barely full. Put a third of the measured flour in the sifter and sprinkle over the "puff ball" (now a golden yellow) and with a large spoon turn over and over gently until well blended. Continue this until the flour is all used. Bake about twenty minutes in any shaped pan liked, and the cake should be broken in appetizing portions to eat with fruit or other desserts. Just before putting in the oven, sift about a tablespoonful of the fine granulated sugar on top. This gives a delicious brown, sugary crust; but a paper is spread over at first to prevent scorching. Mind that the bottom of the oven bakes well. If too quick, put buttered paper in the pan.

This cake may be baked in two small or one large tin pie-plate, split when cold, and filled with sweetened and flavored whipped cream; or in a shallow pan, and used either in strips or sheets, as the foundation for charlotte russe.

COLONIAL SPONGE CAKE.

Ten eggs, one pound of granulated sugar (fine grain), one-half pound of flour, weighed after sifting, the juice of one-half lemon. The success of this cake depends on the beating by two persons (one, the whites; the other, the yolks) for half an hour. Mix sugar with whites and cut into the yolks. Stir flour in very gently, only enough to mix it. The cake will be tough if beaten after the flour is put in. Bake in a moderate oven.

CROTON SPONGE CAKE.

One pound of flour, one pound of sugar, one-half pound of butter, one cup of milk, six eggs, two teaspoonfuls of cream of tartar sifted in the flour, one teaspoonful of soda dissolved in the milk. Beat the butter and sugar together, add the eggs, which have been beaten apart. Bake in a quick oven.

—Mrs. S. S. Sweet.

VELVET SPONGE CAKE.

Two cups of sugar, six eggs, leaving out the whites of three, one cup of boiling water, three cups of flour, one tablespoonful of baking powder. Beat the yolks a little and add the sugar and beat fifteen minutes. Add the three beaten whites and water just before the flour. Flavor to taste, and bake in layers.

—Miss Eva Arnold.

SPONGE CAKE No. 1.

Take one tumbler of flour, one of sugar, five eggs, one teaspoonful of yeast powder. Flavor with one teaspoonful of extract of lemon.

—Mrs. Leila Burke Holmes.

SPONGE CAKE No. 2.

One cupful of sugar, one cupful of flour, five eggs, one teaspoonful of vinegar, one teaspoonful of lemon extract. Break eggs in sugar and beat all together until very light. Put in Vinegar and flavoring, and lastly fold in the flour.

—Mrs. Fannie Holt Thomas.

SPONGE CAKE No. 3.

Five eggs, two and one-half cups of flour, two teaspoonfuls of baking powder, two cups of sugar, one cup of boiling water. Beat eggs separately, add sugar to yolks, then add boiling water. Sift baking powder with flour, and add to the eggs. Lastly, fold in (not beat) the well beaten whites.

—Mrs. Olivia Montford Pope.

BREAD TORTE.

One-half pound of powdered sugar, eight eggs, one tablespoonful of cinnamon, one tablespoonful of cloves, one-quarter pound of cream, one-quarter pound of grated rye-bread, rind and juice of half a lemon, wineglass of brandy. Beat yolks and sugar for half an hour, then add spices and stir a little longer; add almonds, citron and lemon, and if desired add one-quarter pound of grated chocolate. Wet the bread with the brandy, beat whites to a stiff froth and add last. Bake in a moderate oven. Best to use a teaspoonful of baking powder.

LEB KUCHEN.

One cupful of butter, one cupful of milk, one and one-half cupfuls of sugar, one cupful of syrup, one and one-half cupfuls of chopped pecans, one cupful of chocolate, or one-half cupful of cocoa, four cupfuls of flour, five eggs (leave out two whites for icing), one teaspoonful each of cloves, spice, and cinnamon. Cream the butter and sugar, add eggs one by one, then add syrup, cocoa, flour and milk; lastly, nuts and spices and two teaspoonfuls of yeast powder. Bake in biscuit pan

in moderate oven. When cold ice with boiled icing, using the two whites with two cupfuls of sugar. Ice in whole cake and then slice.

SPICE CAKE No. 1.

One cup of sugar, one-half cup of cocoa, one teacup of syrup, three eggs, one quart of ground peanuts, one teaspoonful of soda, one-half teaspoonful each of cinnamon, cloves, allspice; sufficient flour to roll without sticking (nearly a quart). Use white icing.

—Mrs. Geráldine Dessau Wheeler.

SPICE CAKE No. 2.

One cup sugar, scant half cupful of butter or two table-spoonfuls, one and one-half cupfuls of sour milk, one-half teaspoonful of soda, one teaspoonful of cinnamon, one teaspoonful of cloves and nutmeg together, one cupful of raisins and one teaspoonful of baking powder, with flour to make a very stiff dough.

LADY BALTIMORE CAKE No. 1.

One cupful of butter, two cupfuls of sugar, three and one-half cupfuls of flour, one cupful of sweetmilk, the whites of six eggs, two level teaspoonfuls of baking powder, one teaspoonful of rose-water. Cream butter, add sugar gradually, then the milk and flavoring. Now add flour with which the baking powder has been sifted. Lastly, fold in lightly the stiffly beaten whites of the eggs with long, horizontal strokes of the beater. Bake in three-layer cake tins. The oven should be hotter than for layer cake.

Filling: Dissolve three cups of granulated sugar in one of boiling water. Boil until the syrup threads, and pour over the stiffened whites of three eggs, beating constantly. To two-thirds of this icing add one cupful of chopped raisins and one of chopped nut meats, pecans or English walnuts, and five shredded dried figs. Fill between layers and ice the cake with the remainder of the plain icing.

—Mrs. Clara Mumford Harwell.

LADY BALTIMORE CAKE No. 2.

(Sanctioned by Owen Wister).

Take one cupful of butter, two cupfuls of sugar, three and one-half cupfuls of flour, one cupful of sweetmilk, the whites

of six eggs, two level teaspoonfuls of baking powder, and one of rose-water. Bake in three layers.

Filling for the cake: Three cupfuls of granulated sugar dissolved in boiling water, cook until it threads, then pour slowly over the whites of three eggs, beating vigorously. Add to this frosting one cup of chopped raisins, one of pecans, or whatever nut is procurable (pecans are the most delicate), and five dried figs cut in very thin slices. Ice sides and top.

—Mrs. Rosa Guerry Snowden.

WHITE FRUIT CAKE No. 1.

One pound of sugar, one pound of flour, whites of twelve eggs, three-fourths pound of butter, two pounds of citron, two pounds of almonds, one large cocoanut, one wineglass of sherry, one teaspoonful of cream of tartar sifted into the flour, one-half teaspoonful of soda dissolved in a little sweetmilk before adding to the batter. Put the cocoanut in before the fruit and mix it well; flour the almonds and citron before adding them to the batter. Put the wine in last of all. A favorite cake with my entire family.

—Mrs. Lila Ross Willingham.

WHITE FRUIT CAKE No. 2.

One pound of sugar, one pound of flour, three-fourths pound of butter, one pound of Brazil nuts, one-half pound of citron, one-half pound of cocoanut, whites of twelve eggs, one teacupful of sweetmilk, one teaspoonful of soda, two teaspoonfuls of cream of tartar.

—Mrs. Carrie Westcott Rountree.

WHITE FRUIT CAKE No. 3.

Whites of twelve eggs, one-half pound of butter, two cupfuls of sugar, four cupfuls of flour with powders, one-half cupful of sweetmilk, one pound of raisins, one-half pound of citron, one-half pound of almonds, one grated cocoanut. Flavor with lemon and vanilla. Raisins may be omitted if perfectly white cake is preferred.

—Mrs. R. C. Keen, by Miss Emma Danforth.

FRUIT CAKE No. 1.

Three pounds of raisins, three pounds of currants, two pounds of almonds, one pound of citron, one pound of butter,

two pounds of flour, two pounds of sugar, fourteen eggs, one cup of cream, one cup of molasses, two teaspoonfuls of soda in molasses, one tablespoonful each of cinnamon, nutmeg, allspice, cloves. Cream butter and sugar, add well beaten yolks of eggs, then well sifted flour alternately with cream and molasses; lastly, the whites of eggs beaten stiff. Then add the fruit, to which the spices have been added.

—Mrs. Lillian Roberts Solomon.

FRUIT CAKE No. 2.

One pound of butter, one pound of flour, one pound of sugar, one dozen eggs, one pound of citron, one pound of orange peel, one pound of lemon peel, one pound of dried figs, one pound of dates, one pound of blanched almonds, one pound of mixed nuts, two pounds of currants, four pounds of raisins, one grated orange, one grated lemon, glass of sherry, glass of brandy. No spices. —Mrs. Fannie Ayres Conner, by Miss Mary Pearson.

FRUIT CAKE No. 3.

One and one-half pounds of butter, two pounds of sugar, one and one-half pounds of flour, three and one-fourth pounds of raisins, two and one-half pounds of currants, one pound of citron, one dozen eggs, one pint of good wine, one pint of brandy or strong coffee, one-half pint of molasses, two tablespoonfuls each of cloves, cinnamon, ginger, and one tablespoonful of mace. —Mrs. Catherine Brewer Benson.

FRUIT CAKE No. 4.

Two pounds of raisins, two pounds of currants, one pound of citron, one pound of almonds, one-half pound of crystallized cherries, two nutmegs, one tablespoonful of cinnamon, one and one-half pounds of brown sugar, one-half pound of butter, one and one-half pounds of flour, one teacupful of buttermilk, one teacupful of brandy (if opposed to brandy, use two instead of one teacupful of buttermilk), one dozen eggs. Cream sugar and butter together, then add the well beaten yolks of the eggs; next stir in the flour into which the soda has been sifted, then stir in the milk, and beat the mixture thoroughly. Fold in lightly the well beaten whites, and lastly, mix in the fruits after sifting a little flour over them. Bake slowly in a moderate oven. —Mrs. Lula Taylor Houser.

FRUIT CAKE No. 5.

One and one-fourth pounds of the best butter, one and one-fourth pounds of light brown sugar, one pound of flour, thirteen eggs, one level teaspoonful of soda stirred into two tablespoonfuls of syrup, spices to taste or one tablespoonful each of mace, spice, cinnamon, cloves and ginger, six pounds of raisins, one pound of citron, one pound of almonds blanched and chopped fine, one pint best whiskey or brandy. After seeding the raisins pour over them the brandy and let them stand all night; next morning mix them in the cake. How to mix: Beat butter and sugar together until very light. After beating yolks very light, stir them into butter and sugar. Then stir in alternately the well beaten whites and flour. Next mix raisins, citron, almonds and spice in separate bowl. Sift one-fourth pound of flour over the mixed fruit, stirring lightly with a fork. Then stir soda and syrup into the batter, and squeeze the juice of a lemon into it. Now quickly stir fruit into batter and bake slowly.

—Mrs. Emma Bell, by Mrs. Lida Drane Hall.

FRENCH CAKE.

(A Fruit Cake.)

Five cupfuls of sugar, three cupfuls of butter, two cupfuls of sweetmilk, six eggs, ten cupfuls of sifted flour, one wine-glass of wine, one of brandy, three nutmegs, one light teaspoonful of soda, two pounds of raisins, one pound of citron. Stir sugar and butter to a cream, then add part of flour with milk a little warm, then the beaten yolks of eggs, next the remainder of the flour, the whites of the eggs well beaten, the spices, wine, brandy, and soda and fruit last. Bake two hours.

—Mrs. Julia Byrom Wimberly.

POUND CAKE.

One pound of butter, one pound of flour, one pound of sugar, ten eggs, grated rind and juice of one lemon. Beat sugar and butter to a cream, then add yolks beaten light, then the whites beaten to a stiff froth; lastly, the flour. Bake slowly.

EGGLESS CAKE.

Two and a half cupfuls of sugar, three-quarters cupful of butter, one and one-half cupfuls of sour milk, four and a half

cupfuls of flour, two cupfuls of floured raisins, one teaspoonful each of soda, nutmeg, and cinnamon.

SNOW CAKE.

Cream together quarter cupful of butter with one cupful of sugar, and add one and two-thirds cupfuls of flour, sifted with two and a half teaspoonfuls baking powder, alternately with half a cupful of milk, until both are stirred in; lastly, fold in the whites of two eggs beaten to a stiff froth, and flavor with half a teaspoonful of vanilla.

FIVE-MINUTE CAKE.

One cupful of sugar, quarter cupful of butter, two eggs, one and two-thirds cupfuls of flour, two teaspoonfuls baking powder, half cupful milk, one teaspoonful of vanilla. The snow cake, if baked in layers, is excellent with a banana filling, while the five-minute cake is a good loaf cake.

ICING FOR BANANA CAKE.

One cupful of sugar with a little water; let it boil until it ropes. Beat whites of two eggs very stiffly and add the syrup, beating all the while. Flavor with vanilla and spread between the cakes. Put slices of banana on each layer, then ice all over.

MOUNTAIN CAKE.

Stir to a cream one teacupful of butter and two coffeecupfuls of sugar, then put in the beaten yolks of six eggs. Add alternately three and one-half teacupfuls of flour, which has been sifted with three teaspoonfuls of baking powder, and one teacupful of sweetmilk; beat until smooth and then put in two teaspoonfuls of vanilla, and lastly the whites of the eggs. Bake in loaf, layer, or muffin pans.

—Dr. Mary E. McKay.

GOLD CAKE.

Yolks of eight eggs, one and one-fourth cupfuls of sugar, three-fourths cupful of butter, two and one-half cupfuls of flour, two heaping teaspoonfuls of baking powder; flavoring to taste.

—Mrs. Lucille Roper Smith.

CRACKER DUST CAKE.

One-half cupful of cracker dust, three-fourths cupful of sugar, four eggs, one cupful of English walnuts rolled fine, one cupful of currants, one teaspoonful of baking powder, and one teaspoonful of vanilla. Bake in layers or small cake. The filling: One and one-half cupfuls of sugar, one-half cupful of sweetmilk, one tablespoonful of butter, one teaspoonful of vanilla.

—Mrs. Fannie Mangham Hill.

ANGEL CAKE.

Whites of fourteen eggs, one and three-quarter cupfuls of pulverized sugar, one cupful of flour, measure after sifted; half teaspoonful of cream of tartar; sift flour and cream of tartar four or five times. Bake with double burner five minutes, then with one burner half turned, thirty-five minutes. When cold cut in half, fill with one cupful of granulated sugar, white of one egg, three tablespoonfuls of granulated gum arabic.

ANGELS' DELIGHT.

Ten eggs, one and one-half cupfuls of pulverized sugar, one and one-half cupfuls of almonds (not blanched), six soda crackers (rolled and sifted), one teaspoonful of baking powder, one teaspoonful of vanilla. Beat the yolks of eggs five minutes, add the sugar and beat again five minutes; put the baking powder into the cracker dust and sift into the above. Beat the whites to a stiff froth, add the vanilla and beat all until very smooth. Bake in a moderate oven forty minutes in an angel-food pan. Do not open oven door for fifteen minutes.

ANGEL FOOD CAKE No. 1.

One cup of flour after it has been sifted three times, add one teaspoonful of cream of tartar and sift three times more; beat whites of eleven eggs to a stiff froth and add slowly one and one-half cupfuls of granulated sugar after it has been sifted three times; add one teaspoonful of vanilla and one of almond extract, and then add the flour in which the cream of tartar has been mixed. Do not oil pan or paper. Bake in a moderate oven forty minutes. When done turn it upside down and let it cool. —Mrs. May Simms Wheeler Taylor.

ANGEL FOOD CAKE No. 2.

The whites of eleven eggs, one glass or tumbler (a little more than a cup) of flour, one tumbler and one tablespoonful over of sugar, one rounded teaspoonful of cream of tartar, and one teaspoonful of vanilla. First, flour must be sifted four times, then cream of tartar put in and flour sifted again, making five times. Sift sugar; beat eggs until stiff, not too long, then very gradually add sugar, flour, and last of all vanilla. Have a perfectly clean pan free from all grease ready, and put cake immediately into pan and into moderate oven. Do not open oven until cake has been in fifteen minutes. It should be done in forty minutes, and will begin to leave pan at the sides. Turn pan upside down on a marble and let cake come out. It sometimes takes it an hour. A pan about 8x12 inches and two inches deep makes a good size for baking, and will make twenty-four nice, good-sized blocks of cake.

—Mrs. Ruby Jones Grace.

SUNSHINE CAKE No. 1.

One and one-half cupfuls of flour, one and one-half cupfuls of sugar, one and one-half teaspoonfuls of cream of tartar, one and one-half teaspoonfuls of vanilla, eleven whites and eight yolks of eggs. To the yolks add the cream of tartar and beat well. Beat the whites to a stiff froth and add the sugar, then mix the yolks and whites, add the vanilla, and sift the flour which has already been sifted four or five times. Bake for an hour in a steeply pan.

—Miss Emie Hunt.

—Miss Frances Brydie Harris.

CREAM CAKE.

Half pound pulverized sugar, half pound of flour, five eggs (keep out one white for icing), one teaspoonful of butter, two tablespoonfuls of yeast powder; flavor with vanilla. Beat the eggs separately, then together. Add sugar which has had the butter rubbed into it, then add flour, then take out tablespoonful of dough to be used in the filling, then add yeast powder and flavoring. Bake in round pan in moderate oven; bake day previous to filling.

Filling: One pint of milk, one yolk of egg, spoonful of batter that has been saved from cake, sweeten and flavor to taste; cook until thick. If not stiff enough, add a little corn-

starch. When cold add a quarter pound of chopped almonds. Cut the cake across very thin like layers and fill with the cream. It should be cut thin enough to make four or five layers. Ice with the whites of two eggs beaten to a stiff froth; add a cupful of pulverized sugar, and flavor.

ICE CREAM CAKE.

One cupful of granulated sugar, one good half cupful of butter, one full cupful of milk, three cupfuls of flour, whites of three eggs, one and one-half teaspoonfuls of yeast powder, lemon extract. Cream butter and sugar; add milk, then flour, then the beaten whites of eggs, and lastly the extract and yeast powder. Bake in biscuit pan. When cold ice with the yolks of three eggs beaten very light with a cupful of pulverized sugar, flavored with vanilla.

CARAMEL CAKE.

Two cupfuls of sugar, six eggs, one cupful of boiling water, two and one-half cupfuls of flour, one tablespoonful of baking powder in the flour. Beat yolks well, add the sugar and beat fifteen minutes. Add beaten whites and boiling water just before the flour; bake in layers.

Filling: One cupful of butter, three cupfuls of sugar, one cupful of water. Boil together till thick enough to be jelly-like when cool. Beat while cooling till cold. Flavor with vanilla; spread between the layers.

—Mrs. E. D. Hope, by Miss Emma O. Smith.

LEMON FILLED CAKE.

(Lemon Cheese.)

One-half cupful of butter, one and one-half cupfuls of sugar, two-thirds cupful of milk, four eggs, two and one-fourth cupfuls of flour, two level teaspoonfuls of Rumford baking powder. Cream the butter, add gradually the sugar, well beaten yolks of the eggs, and the milk. Mix and sift the baking powder and flour and add, then the egg whites beaten until stiff. Bake in layers and put together with lemon filling.

The Lemon Filling: One cupful of sugar, two and one-half tablespoonfuls of flour, one egg, one teaspoonful of butter, grated rind of two lemons, juice of two lemons. Mix the in-

redients in the order given. Cook, stirring constantly, until the boiling point is reached. —Mrs. W. H. Andrews.

ORANGE CAKE.

Two coffeecupfuls of sugar, two-thirds cupful of butter, three cupfuls of flour with two teaspoonfuls of baking powder sifted in it, small cup of rich milk, five eggs beaten separately. Bake in jelly pans to form layers. It should make four layers. For filling, use only a small quantity of the juice and grated rind of three good-sized oranges with all the pulp carefully freed from membrane. Over each layer spread frosting and over this spread the orange pulp, the juice (not too much), and grated rind well mixed. Frost well all the cake when stacked. Boiled icing, flavored with almond, rose or pineapple, and a little vanilla, is most satisfactory.

—Miss E. May Bonner.

ORANGE LAYER CAKE.

Six eggs, one pound of sugar, one-half pound of butter, one-half cupful of sweetmilk, one pound of flour and one-half teaspoonful of Royal baking powder.

Filling: Two pounds of pulverized sugar, unbeaten white of one egg, pulp of two oranges cut fine, grated rind of one orange. Cake must be cold when filling is put on. The filling must not be cooked.

—Miss Julia E. Greene.

BANANA CAKE.

Six eggs, one cupful of butter, two cupfuls of sugar, three cupfuls of flour. Beat sugar and yolks lightly, add butter, then flour with two teaspoonfuls of baking powder; lastly, the beaten whites. Bake in layers, white icing between.

MACAROONS.

One cupful of almond paste, three egg whites, one cupful of powdered sugar, one-fourth teaspoonful of almond extract. Mix almond paste and sugar until like meal; add one egg white at a time, and mix thoroughly. When well blended, shape on buttered paper in small rounds. Bake on inverted dripping pan in a very slow oven. Remove from paper immediately.

CREAM PUFFS.

Three-quarters cupful of butter, two cupfuls of flour, two cupfuls of boiling water, one teaspoonful of yeast powder. Add butter to boiling water and stir on fire until melted, then add flour and yeast powder, and stir until it leaves the pan. Remove from fire until cold and then add six eggs, one by one, beating each one separately into the dough. Drop on buttered tins, dipping the spoon into cold water each time. Bake in moderate oven about three-quarters of an hour; when cold, fill with the following:

Filling for Cream Puffs: One quart of milk, yolks of six eggs, one cupful of sugar, one tablespoonful of flour or corn-starch; flavor with vanilla and boil until a thick custard.

CHOCOLATE ECLAIRS.

Make the same as cream puffs and frost with a chocolate fudge or stiff chocolate filling.

NEVER-FAIL CAKE

With Chocolate or Marshmallow Filling.

One and one-half cupfuls of flour, one cupful of sugar, one-half cupful of butter, one-half cupful of milk, whites of four eggs, one tablespoonful of baking powder, one teaspoonful of flavoring.

Filling: When the cake is cold, spread white marshmallow on the top, then pour thick chocolate icing over them and put layers together.

Chocolate Icing: One-quarter cake grated chocolate. Put over boiling water to dissolve. Boil one cupful of sugar with half a cupful of milk for ten minutes. After it begins to boil, add the chocolate, stirring until well mixed.

CHOCOLATE CAKE No. 1.

Four eggs, two cups of brown sugar, one-half cup of butter, one-half cup of milk, two cups of flour, one-third cake of chocolate, one (scant) teaspoonful of soda sifted in flour. Cream butter and sugar; add yolks of eggs, flour and milk; melt chocolate and add to batter; then add egg whites beaten very light. Bake in thick layers.

Filling: One pint brown sugar, one tablespoonful of butter,

one-half cupful of milk, one-half cake of chocolate. Boil twenty minutes and beat until smooth.

CHOCOLATE CAKE No. 2.

One cup of butter, two cups of sugar, one scant cup of sweet milk, one and one-half cups of flour, one cup of corn-starch, whites of seven eggs, three teaspoonfuls of baking powder in flour sifted three times. Bake in a long pan.

Filling: Take one-half pound of brown sugar, one-quarter pound of chocolate, one-half cup of sweetmilk, butter the size of an egg, two teaspoonfuls of vanilla, mixing thoroughly and cooking as thick as syrup until thick enough to spread on cake. Set in stove to dry. —Mrs. DuPont Guerry.

CHOCOLATE CAKE No. 3.

One and one-half cups of sugar, one-half cup of butter, one-half cup of milk, one teaspoonful of vanilla, one pint of flour, four eggs, one and one-half teaspoonfuls of baking powder, one-fourth teaspoonful of salt. Cream butter and sugar, and when of proper consistency, add well beaten yolks. Stir thoroughly then add whites beaten to a stiff froth, and then the remaining ingredients. Cook quickly in well buttered layer pans.

Chocolate Filling: Two ounces of chocolate, one-half cup of sugar, two teaspoonfuls of butter, one-half cup of milk, one-half teaspoonful of vanilla. Mix chocolate, add other ingredients, and cook until a soft ball is formed, when the mixture is dropped in water. —Miss Margaret Darragh.

SMALL CHOCOLATE CAKE.

One pound of brown sugar, one-quarter pound of chocolate, grated rind of lemon, four eggs, two teaspoonfuls of cinnamon, one teaspoonful of baking powder, four cupfuls of flour, one handful of grated almonds. Stir sugar and whole eggs until light, then add all the other ingredients. Butter pans.

SOLID CHOCOLATE CAKE.

Three-quarters cupful of butter, one and one-half cupfuls of sugar, five eggs, two cupfuls of flour, one and one-half teaspoonfuls of baking powder, one teaspoonful each of all kinds of spices, one teaspoonful of vanilla, one cupful of grated chocolate, half cupful of cold water.

CHOCOLATE NOUGAT LAYER CAKE.

Beat one-half cupful of butter to a cream, add gradually one and one-half cupfuls of sugar, beat continuously for five minutes; measure two and one-half cupfuls of flour, add to it two teaspoonfuls of baking powder, sift three times; beat the whites of five eggs to a stiff froth and measure one-half cupful of water; now add a little water, then a little flour, and a little white of an egg, and so continue until all of the ingredients have been added. Then grasp the bowl firmly and beat continuously for two minutes. Bake in three layers. While it is baking, put two ounces of chocolate, one tablespoonful of butter, one-quarter cupful of sugar over hot water to melt, then boil until you have a soft ball as you drop it in ice water. Have ready one-half cupful of nuts chopped, stir the nuts into this mixture and stand aside to cool; add one teaspoonful of vanilla, and when the cakes are cold put them together with the filling.

CHOCOLATE NOUGAT CAKE.

One-half cupful of butter, three cupfuls of sugar, two eggs, two cupfuls of milk, four cupfuls of sifted flour, six level teaspoonfuls of baking powder, two squares of melted chocolate, one and one-third cupfuls of shredded almonds. Cream the butter, add gradually sugar and unbeaten eggs. When well mixed, add flour and two-thirds of the milk. To melted chocolate add one-third of the milk, and cook until smooth. Cool slightly and add to cake mixture. Lastly, mix the shredded nuts and bake in layers fifteen to twenty minutes. Any filling may be used for the layers. This is a delicious cake from the Boston Cooking School, and has been successfully made by several Macon housekeepers.

—Mrs. Eugenia Small Steed.

CHOCOLATE ICE CREAM CAKE.

Cream one-half cupful of butter with one cupful of sugar, then add two whole eggs, one-half cupful of milk, two and one-half cupfuls of flour (sifted after being measured), two scant teaspoonfuls of baking powder, flavor with a tablespoonful of vanilla or brandy. Now take one-quarter pound of chocolate (bitter) grated, one-half cupful of milk, one cupful of sugar and the yolk of one egg; put in sauce-pan and boil

until the mass is thick, then pour immediately in cake batter. Mix well and bake in three layers. Put together either with boiled icing or whipped cream and ice on top.

CHOCOLATE CAKE OR DEVILS' FOOD.

Five level tablespoonfuls of butter, one and one-fourth cupfuls of sugar, three and one-half squares of Baker's chocolate melted, three eggs, one teaspoonful of vanilla, three-fourths cupful of milk, three and one-half level teaspoonfuls of baking powder, one and one-half cupfuls of sifted pastry flour. Cream butter, add sugar and chocolate, then the unbeaten eggs and vanilla, and beat together until smooth. Sift the baking powder with one-half cupful of the flour and use first; then alternate the milk and the remaining flour, and make the mixture stiff enough to drop from a spoon. Beat until very smooth, and bake in loaf in moderate oven. Use white icing.

—Mrs. John N. Birch.

DEVILS' FOOD CAKE.

One teaspoonful of vanilla, two cupfuls of sugar, three cupfuls of flour, one cupful of buttermilk, two-thirds cupful of butter, two eggs, one-half cupful of Baker's chocolate, one teaspoonful of soda in chocolate. Fill the cup with boiling water and put in the batter last. Bake in two-inch square attention pan; ice with chocolate icing, and serve in blocks.

—Mrs. Louise Montfort Kilpatrick.

CHOCOLATE WAFERS.

One cupful of brown sugar, one cupful of granulated sugar, one egg, one cupful of butter, one cupful of grated chocolate, two cupfuls of flour, one teaspoonful of vanilla. Cream butter and sugar, add egg, chocolate and then flour; cut with biscuit cutter. Bake as you bake teacakes.

SWEET WAFERS.

One pint of milk, one pint of flour, one heaping tablespoonful of butter, one teaspoonful of yeast powder, one egg, three tablespoonfuls of sugar. Make the batter the consistency of cream; grease the iron well before using.

WALNUT WAFERS.

Break up, but do not chop, one-half pound of walnut meat; beat two eggs, add half a pound of light brown sugar rolled free from lumps, one-third teaspoonful of salt, three even teaspoonfuls of flour, sifted with one-fourth teaspoonful of baking powder. Mix these ingredients together thoroughly, and last of all add the nuts; drop a teaspoonful at a time on a well buttered pan, and bake in a quick oven until brown; remove from the pan as soon as they leave the oven. If desired, they may be rolled in powdered sugar when first taken from the pans before they cool.

PECAN CAKES.

Four eggs, two cupfuls of chopped pecans, two cupfuls of brown sugar, one teaspoonful of cinnamon, one teaspoonful of yeast powder. Flour enough to make dough stiff enough to roll out thin. Bake in quick oven, after cutting with biscuit cutter, or small forms.

NUT CAKE.

One pound of flour, one pound of sugar, one-half pound of butter, one-half dozen eggs, one nutmeg, one wineglass of brandy or milk, two pounds of pecan nuts (in shell, about one quart shelled), two pounds of raisins, one dessertspoonful of Royal baking powder, one dessertspoonful of cinnamon, and any other flavoring desired. Cream butter and sugar together until light; add to this the well beaten yolks of the eggs, then add the brandy or milk. Beat the whites thoroughly and add them to the mixture alternately with the flour, to which the baking powder has been added; lastly, add the fruit and nuts, and bake slowly. This looks like a fruit cake, but is cheaper and just as good.

—Mrs. Lula Taylor Houser.

—Miss Julia Rogers.

LOAF CAKE.

One cupful of butter, two cupfuls of sugar, one cupful of almonds and the whites of eight eggs, milk, flour and baking powder (optional). Cream the butter and add the sugar, sifting it as a first step. Add one-half cupful of milk. Measure three cupfuls of flour after sifting, then sift it again with two tablespoonfuls of baking powder, and add it. Flavor with a little almond extract and

add one cupful of chopped almond meats. Beat very thoroughly, then fold in the beaten whites of eggs. Line a deep cake pan with buttered paper, pour in the mixture and bake very nearly three-quarters of an hour. Forty minutes may be long enough to leave the cake in the oven.

BLITZ CAKE.

One-fourth pound of butter, one-fourth pound of pulverized sugar, one-half pound of flour, three eggs, and one pound of almonds chopped fine. Cream sugar and butter, and beat eggs separately. Add flour and eggs alternately and flavor with almond and rose. Spread batter thinly with a knife on bottom of biscuit pan previously greased. Sprinkle this with almonds well mixed with sugar and cinnamon. Bake quickly, and after cutting in strips about four by two inches, remove quickly from pan. Do not let the sugar stand long on the almonds.

—Mrs. Marie Wilcox Dunlap.

LITTLE NUT CAKES.

Beat two eggs light and frothy; this will be the result if a tablespoonful of cold water is added to the eggs. Add a pound of brown sugar, freed from lumps by rolling it, half a cupful of flour mixed with half a teaspoonful of baking powder, and a pinch of salt; sift the flour again. Any kind of nuts may be used, a mixture or just one kind. Chopped, blanched almonds, walnuts, hickory nuts, and pecans give a good assortment for nut cakes. Stir in the nuts and drop the batter by spoonfuls on buttered tins which have been heated, and bake in a moderate oven ten minutes.

For almond wafers make a white cake batter of half a cupful of butter and one-half cupful sugar creamed together, add two well beaten eggs, a heaping cupful of flour, sifted with a level teaspoonful of baking powder, and flavor with a teaspoonful of vanilla. Beat the batter until it is smooth and velvety in texture, and spread very thin rounds of it on buttered tins. Sprinkle shredded almonds over the wafers.

This cake batter may be made stiff enough to roll out by adding more flour. Cut into rounds with the cooky cutter, and with a smaller size cut out the centers of the cakes. Arrange in shallow greased pans, and place on ice for an hour, when they should at once be put into the oven. After removing from

the oven fill in the centers with meringue made with the whites of two eggs whipped up with two tablespoonfuls of pulverized maple sugar and one tablespoonful of finely chopped nuts. Return to the oven a moment to brown.

FRUIT CUP CAKES.

These are raised cakes and the batter is set to rise over night. A saltspoonful of salt, two tablespoonfuls of sugar, a pinch of nutmeg and two tablespoonfuls of butter, are added to a pint of scalded milk. When the mixture cools to lukewarm, stir in a quart of sifted flour and half a yeast cake that has been dissolved in warm water. This batter should be of the consistency of cake batter, and it should be mixed well to give the best results. Two beaten eggs are added to batter in the morning, and the whole whipped up vigorously. A little more flour may be required. During the beating process mix in the fruit, half a cupful each, of seeded raisins and currants. Allow the cakes to rise in patty pans to double their bulk, and bake in a moderate oven twenty-five minutes. Ice when cold with any preferred flavor.

DOUGHNUTS No. 1.

Beat two eggs, with one-half teaspoonful of salt, until thick. Add gradually one cupful of granulated sugar and beat again. Now add one cupful of mashed potatoes, three tablespoonfuls of melted butter or lard and one-half teaspoonful of cinnamon or nutmeg. Sift three tablespoonfuls of baking powder with two cupfuls of flour, and add, alternating with one cupful of milk until all is used. Beat well and stir in enough flour to make a stiff dough. Take out a part of the dough at a time; roll on a floured mixing board one-half inch thick, cut and fry as usual in deep fat.

DOUGHNUTS No. 2.

One teacupful of sour milk, two teacupfuls of sugar, one teacupful of butter, four eggs well beaten, one grated nutmeg, a pinch of salt, two small teaspoonfuls of soda, flour enough to make a soft dough; roll out about one-third of an inch thick, cut with doughnut cutter, fry in fresh lard, smoking hot, turning constantly till done; when cold roll in powdered sugar.

DOUGHNUTS No. 3.

One cupful of granulated sugar, two eggs, two-thirds cupful of sweetmilk, one tablespoonful of melted butter, one-half teaspoonful (scant) of salt, one-half teaspoonful of cinnamon, one-fourth of a grated nutmeg, one heaping teaspoonful of baking powder, flour enough to make dough stiff enough to be handled. Beat eggs and add to the sugar, then add butter, seasoning and milk, and then sift in the flour (about a pint), into which the salt and baking powder have already been put. Now beat until smooth and fine, adding a little more flour if necessary. Take out upon a board about a third of the dough at a time, putting the scraps back and stirring into the dough each time. Have no flour on the outside of the cakes when put into fat. These will not soak fat if fried properly, and will keep their shape.

—Miss Reunette Westcott.

PERFECTION DOUGHNUTS.

Three eggs, butter size of an egg, one cupful of sugar, one cupful of sweetmilk, a pinch of salt, three teaspoonfuls of baking powder sifted in enough flour to mix stiff. Roll rather thin, fry in hot lard. Be sure to have the lard quite hot before dropping doughnuts in. They will drop to the bottom of kettle and almost instantly rise to the top. Turn when brown, and when done a golden brown on both sides lift out carefully and roll in pulverized sugar while hot.

MARVELS (FINE).

Four eggs, five tablespoonfuls of melted butter or three of melted lard, seven full tablespoonfuls of sugar, one teaspoonful of soda in flour enough to make a stiff dough. Knead well, roll thin and fry.

—Mrs. Mary Wimberly Robson.

OATMEAL CAKES.

One cupful of uncooked oatmeal, two eggs beaten together thoroughly, one-half cupful of sugar, one teaspoonful of baking powder. Cook in well buttered pan in hot oven just long enough to brown. Take out, cool in pan, then put back in oven long enough to heat and they will come out easily. One tablespoonful of batter should be used to a cake. If the oatmeal is run through a meat chopper, the cakes will have a smoother appearance.

—Miss Tatum Pope.

TEA CAKE.

Cream a scant half cupful of Cottolene and beat into it gradually one cupful of sugar; then beat in three eggs singly until the mixture is light and smooth. Add alternately one-half cupful of milk and about two cupfuls of flour sifted with two teaspoonfuls of baking powder. One cupful of floured blueberries or currants may be added last, if desired. Bake in a moderate oven, and serve either as cake or with a hard sauce as a pudding.

TEACAKES.

Three eggs, two cupfuls of sugar, one and one-half cupfuls of butter, a half cupful of sweetmilk, two teaspoonfuls of baking powder. If you would like to use sour milk, one-half teaspoonful of soda. Put in enough sifted flour to roll out into a very soft dough. First cream butter and sugar, then put in eggs one at a time, beating all the time to keep as light as possible. Then put in the sweetmilk and next the flour with the baking powder in it. For a delicate flavoring use either vanilla or (grated) a quarter of a nutmeg. If neither of these flavorings is desired, put in the batter a dash of ground cinnamon, and when the cakes are cooked dust lightly with more cinnamon and sugar. When ready roll out and cut with the biscuit-cutter or any desired shape, and bake in a quick oven.

CAKES FOR TEA.

One box of butter thins, one cupful of English walnuts, eight tablespoonfuls of sugar, whites of three eggs. Beat eggs to a stiff froth, beat in sugar and then nuts; spread on butter thins, and brown delicately in quick oven.

—Mrs. Lula Brown White.

TEA PUFFS.

The yolks of four eggs beaten light, one pint of sifted flour; pour eggs in the flour, mix as biscuit, and make the dough as stiff as possible. Take a small piece the size of a walnut and roll as thin as possible, fold the edges together twice, cut through in several places, from edge to center with a knife, press dough between finger and thumb in center after cutting to prevent the small parts from separating. Now place over fire in a fryer enough lard and butter to nearly cover them,

and let it get hot enough to fry them quick; put pieces in, and when brown on one side turn them over and cook to a light brown. Drain and sprinkle with pulverized sugar.

MIRACLES.

Three eggs, six tablespoonfuls of sugar, three of butter, spice to taste, and flour to roll. Roll very thin, cut in any shape you choose and fry in hot fat.

PANCAKES.

Beat up two eggs with two ounces of creamed butter, two ounces of sugar, two ounces of flour, and about a gill of milk. Pour in a small buttered tin and bake in a quick oven for about twenty minutes. Take out and cut into four squares. Spread two of the squares with jam, cover with other two, sprinkle with sugar and serve.

GOLDEN MARGUERITES.

Cream together two-thirds cupful of powdered sugar with half a cupful of butter, adding the grated rind of a lemon, one well beaten egg, half a cupful of ice water, and one cupful of flour sifted with a teaspoonful of baking powder. Beat the mixture vigorously for ten minutes, and turn into greased, crimped patty pans and bake in hot oven. When the cakes are cold, dip in orange fondant icing, and ornament with daisies of blanched almonds with centers of minced candied orange peel.

VANILLA SNAPS.

Cream well together one and one-quarter cupfuls of butter and the same amount of sugar. Add three eggs well beaten, then stir in alternately one-half cupful of milk and three-quarters cupful of sifted flour. Flavor with two teaspoonfuls of vanilla; beat for a moment, put in a pastry bag and press out in rings on greased baking sheets. Bake in a moderate oven.

HERMITS.

One and one-half cupfuls of sugar, one-half cupful of butter, two eggs. Add to this one-half cupful of sour cream and one level teaspoonful of soda, one cupful of chopped raisins, one cupful of nuts, one-half teaspoonful each of allspice, nutmeg and cinnamon, flour enough to make batter stiff enough to roll and

cut. Put batter on ice for half an hour, roll, cut into small cakes, and bake.

—Mrs. Leila Holmes Ridout.

ROCKS.

One cupful of butter, one and one-half cupfuls of sugar, three eggs, three cupfuls of flour, one and one-half cupfuls of raisins, one pound of pecans cut up, one teaspoonful of cinnamon, one-half teaspoonful of soda dissolved in one-half cupful of hot water, two tablespoonfuls of sherry wine. Beat eggs separately; beat yolks and sugar together and add to them butter. Beat light and then add soda and water, then alternately flour and the whites, and lastly the cinnamon and fruit. Put a teaspoonful of the batter on greased paper and cook not too fast.

—Mrs. DuPont Guerry.

BOSTON COOKIES (Very Nice).

One and one-half cupfuls of brown sugar, one-half cupful of butter, three and one-half or four cupfuls of flour, three eggs, one cupful of raisins, one cupful of currants, one and one-half teaspoonfuls of soda, one teaspoonful of cloves, one teaspoonful of cinnamon.

—Mrs. Villepigue.

SPLENDID JUMBLES.

Four eggs, nine teacupfuls of flour, four teacupfuls of sugar, two teacupfuls of butter, one teaspoonful of baking powder. They will be better the second day, as they are tough when they are first cooked, and will keep for weeks.

RUSKS.

Three eggs, one tumblerful of sugar, one tablespoonful of sweetmilk, three tumblerfuls of flour, and a cake of yeast. Dissolve the yeast in the milk and add the other ingredients. Put it to rise at ten o'clock; at three add enough flour to make a soft dough; knead a little, make into rolls, and put them to rise for tea.

GINGER BALLS.

After creaming three-quarters cupful of butter and lard, equal quantity of each, gradually beat in one cupful of light brown sugar, then three well beaten eggs. Add alternately one cupful of molasses mixed with one cupful of lukewarm water

and three cupfuls of flour with which one level tablespoonful each of ginger and soda and one teaspoonful of salt have been sifted. Bake in well buttered round muffin pan about twenty-five minutes.

GINGER CAKES.

One-half cupful of butter, one cupful of sugar, one cupful of milk, two cupfuls of syrup, four cupfuls of flour, four eggs, two teaspoonfuls yeast powder, two teaspoonfuls of ginger, one teaspoonful each of spice and cinnamon. Beat butter, sugar and eggs very light, add syrup, then milk and flour, then spices and lastly yeast powder. Bake in moderate oven in biscuit pan. Serve hot with sauce.

Sauce: One-half cupful of sugar, one egg, small piece of butter, heaping teaspoonful of flour. Mix together and add a pint of boiling water; stir on fire until it thickens, flavor with vanilla and serve hot.

GINGER SNAPS.

One cupful of molasses, one cupful of brown sugar, one cupful of butter and lard mixed, two tablespoonfuls of soda dissolved in two tablespoonfuls of hot water, one tablespoonful of ginger, one tablespoonful of cinnamon and a pinch of salt; add enough flour to make dough roll thin.

GINGER WAFERS.

Two cupfuls of brown sugar, one cupful of sweetmilk, one cupful of butter, four cupfuls of flour, two teaspoonfuls of ginger. Cream butter and sugar, add ginger, milk and flour; put in a buttered pan and spread as thin as possible. Bake and cut in squares while hot.

—Miss Madge Patterson, by Mrs. Madge Roberts Blair.

SOFT GINGER CAKE.

Stir to a cream one cupful of butter and one-half cupful of brown sugar. Add to this two cupfuls of cooking molasses, a cupful of sour milk, a tablespoonful of ginger, a teaspoonful of ground cinnamon. Beat all together thoroughly, then add three eggs, the whites and yolks beaten separately. Beat into this two cupfuls of sifted flour, then a teaspoonful of soda dissolved in a spoonful of water, and lastly two more cupfuls of sifted flour. Butter and paper two common bread pans, divide

the mixture and pour half into each. Bake in a moderate oven. This cake requires long and slow baking, from forty minutes to an hour.

—Mrs. Alice Lowry Davenport.

SOFT GINGER BREAD No. 1.

Cream together one-half cupful of butter and one-half cupful of sugar. Add to this one cupful of molasses and one teaspoonful each of ginger, cinnamon and cloves. Stir into this two and one-half cupfuls of flour after it has been sifted, and then stir in a cupful of boiling water in which has been dissolved two teaspoonfuls of soda; lastly, add just before baking two well beaten eggs; the eggs are not to be beaten separately. Bake slowly in a cake pan in a moderately heated oven.

—Mrs. Lula Taylor Houser.

SOFT GINGER BREAD No. 2.

One level teaspoonful of soda put into a large cup, with five tablespoonfuls of boiling water, one tablespoonful of melted butter; then fill up with molasses. Pour into a dish and stir in sufficient flour to make a soft batter; season with ginger and cinnamon. Bake in a pan.

GINGER BREAD No. 1.

Ginger bread, the kind that is baked in a large thin sheet and that should be cut into squares the moment it comes from the oven, is made thus: Beat one cupful of butter to a cream and add gradually two cupfuls of sugar; add one tablespoonful of ginger and one cupful of milk in which has been dissolved a generous half teaspoonful of soda; add four cupfuls of flour. Spread this on the bottoms of baking pans, well buttered, and brown in the oven. It should be spread out in wafer-like thinness.

GINGER BREAD No. 2.

Add to two well beaten eggs three-fourths cupful of butter (or butter and lard mixed), two cupfuls of syrup, one cupful of boiling water, four cupfuls of flour, one heaping teaspoonful each of soda and baking powder; ginger and cloves to taste. Beat well and bake in hot oven.

—Mrs. Sallie Shinholser Miller.

DRINKS

MINT JULEP.

Two teaspoonfuls of sugar, several sprigs of fresh mint bruised, a tablespoonful of hot water; put in a glass and stir with a spoon. Three tablespoonfuls of brandy, one-half teacupful crushed ice. If glass isn't full, fill with water almost to brim and stick in a washed spray of mint. Drink through a straw.

RASPBERRY MINT.

To one quart of lemonade add one-half cupful of raspberries and the leaves from a sprig of mint. Chill for two hours and serve in tall glasses, each of which is garnished with a floating sprig of mint.

ENGLISH LEMONADE.

Wash six lemons and rub the "zest" of the peel over six lumps of sugar and then squeeze the juice over them. An orange, while not a necessity, gives additional flavor. Boil a cupful of water and four tablespoonfuls of sugar to a syrup, then add the juice and sugar and when melted three cupfuls of boiling water; cover closely and set aside to cool. When ready to serve, pour on cracked ice.

ITALIAN LEMONADE.

Squeeze a dozen lemons, add a pound of sugar and allow to stand in an earthen bowl over night. Do not on any account use tin or agate ware. Strain in the morning and add three pints of boiling water, and one pint of sherry. Shake or beat well and add with great care one pint of boiling milk, then strain. Chill thoroughly and serve, pouring over chopped ice.

FRUIT PUNCH No. 1.

Pare, eye and chop fine two pineapples; press out as much of the juice as possible, add two quarts of water, heat and simmer for twenty minutes, then strain, pressing hard. Dis-

card the pulp. Boil together for ten minutes two pounds of sugar and two quarts of water, strain and cool. Add this to the pineapple juice and boiled water, then add one quart of syrup drained from canned strawberries, the strained juice of six oranges and four lemons. Measure and add sufficient cold water to bring the amount up to eight quarts. Serve in a punch bowl containing a large piece of ice. Drop in a cupful of quartered fresh strawberries and a cupful of chopped fresh pineapple.

FRUIT PUNCH No. 2.

Dissolve three cupfuls of sugar with a little water, add this to the juice of twelve lemons; cut up into small pieces a large can of pineapple chunks, also four oranges; add half pound of malaga grapes, a large bottle of maraschino cherries, one tumblerful of good whiskey, a wineglassful of orange bitters. When ready to serve, add three quart bottles of Apollinaris, and a large piece of ice.

TEMPERANCE PUNCH.

Boil a pound of sugar and half a pint of water until it spins a thread, taking care not to stir after the sugar is dissolved. After it has cooled, add the juice of six lemons and one quart of unfermented grape juice; cover and stand over night. When ready to serve, pour in a punch bowl with a piece of ice, and add any proportion of carbonated water desired.

GRAPEFRUIT PUNCH.

Remove the pulp from two large grapefruits, add one shredded pineapple, a cupful of sugar and a cupful of water. Let this stand several hours, then strain through a fine sieve and add sufficient water to make a quart, and if not sweet enough add sugar syrup to taste. Just before serving, add a pint of carbonated water and half a pound of white grapes, halved and seeded.

CLARET PUNCH.

Seed three-quarters of a cupful of raisins, put in cold water, bring to the boil and simmer twenty-five minutes. Strain and add a stick of cinnamon, a pound of sugar, a rind of a lemon, taking care not to get in any of the bitter part, and boil together five minutes. Then add one and three-quarters cupful

of orange juice and two-thirds of a cupful of lemon juice. Strain and let stand until it is thoroughly chilled. When ready to serve, put a block of ice in a punch bowl, pour on this a pint of claret, then the mixture, and lastly two quarts of Apollinaris water; throw in slices of orange, pineapple, some preserved cherries and a sprig of mint.

TEA PUNCH.

This requires a quart of tea, a cupful of sugar syrup, half a cupful of lemon juice and a quarter cupful of orange juice. Chill and add a quart of ice water, one lemon and orange sliced, and half cupful of preserved cherries. Pour in punch bowl in which has been placed a block of ice, and when serving, put a slice of fruit and a cherry in each glass.

GRAPEFRUIT COCKTAIL.

Into a glass nearly filled with shaved ice put four tablespoonfuls of fruit juice, one tablespoonful of sugar syrup, two tablespoonfuls of brandy and one tablespoonful of maraschino. Stir well for a moment, then strain off into a cocktail glass, adding a small piece of solid grapefruit pulp.

CHING-A-LING.

Squeeze out and strain the juice of six large oranges. For every orange allow four lumps of sugar. Bring to a boil with one cupful of water, simmer for five minutes without stirring, then set away until ice cold. Pour this on the orange juice, and flavor with three drops of essence of cloves for each orange and an equal amount of essence of peppermint. Fill tall thin glasses two-thirds with pounded ice and pour in the mixture, sticking a sprig of fresh mint, if you can obtain it, in each glass. This is a piquant and odd drink.

GINGER ALE PUNCH.

To the juice of two lemons add one cupful of sugar and about one-half cupful of mint leaves. Let stand for from two to three hours. Strain out the leaves, add a lump of ice and one bottle of ginger ale. Sprigs of mint in the punch bowl will garnish it.

CHAMPAGNE PUNCH.

(For Fifty People.)

Two pounds of powdered sugar, three quarts of champagne and one-half quart of Apollinaris, one quart of whiskey, one-half pint imported brandy, one-half pint of rum, one-half pint of benedictine, one-half pint of maraschino, one-half pint of Chartreuse, one quart of strong black tea, juice of one dozen oranges, juice of one-half dozen lemons, one can pineapple, two pounds of ice, one pint of hot water to dissolve sugar.

WELCH GRAPE LEMONADE.

Make a quart of lemonade, rather sweet; add a tumblerful of Welch's Grape Juice. For a delicious, yet easily made beverage, this recipe is unequalled. It goes right to the thirsty spot.

STRAWBERRY ACID.

This will make a most refreshing drink for the sick as well as for the table. To one quart of good clear vinegar add a quart of berries. A little more or less of the fruit makes no difference. Let them stand twenty-four hours, and strain, taking care not to squeeze the bag. Add more berries to the same vinegar, repeating the process three or four times until the vinegar has fully acquired the color and flavor of the fruit. It is better and has a fresher flavor if it is not cooked nor sweetened until used. Then add sugar, water and crushed ice to taste.

A DELICIOUS BEVERAGE.

Mash a quart of strawberries, add the juice of one lemon, two tablespoonfuls of orange juice, and three pints of water. Let stand three hours, strain, and add three-quarters of pound of powdered sugar and stir until dissolved. Partially fill lemonade glasses with shaved ice and fill with the mixture. Preserved strawberries may be used, but care must be taken in regard to adding sugar, which must be done to suit individual taste.

BLACKBERRY CORDIAL No. 1.

Two quarts of blackberry juice, one pound of loaf sugar; pulverize and tie up in small bags one ounce of mace, one ounce of allspice, one ounce of cinnamon, one ounce of cloves. Boil all together for fifteen minutes. When cold add one pint of good brandy.

—Mrs. Josephine Shaw Stetson.

BLACKBERRY CORDIAL No. 2.

Cook your berries until soft; press out the juice closely. To each quart of juice add one pound of granulated sugar, one pint of pure whiskey, or brandy (best rye whiskey preferred). Add the sugar while the juice is boiling; also add ground cloves, cinnamon and allspice to taste, and let it boil ten or fifteen minutes. Strain and when cold add spirits.

—Mrs. DuPont Guerry.

REFRESHING DRINK.

One-half ounce of prunes, one ounce of cranberries, one-half ounce of stoned raisins, one quart of water. Boil down to one pint, strain, flavor with lemon peel or essence of lemon and keep closely covered.

NECTAR.

Two dozen lemons, one dozen oranges, two boxes of pineapple, one-half gallon of strong tea, four pounds of sugar, one and one-half gallons of water, one quart of ginger ale, one quart of Apollinaris water, ice. Put the juice of lemons and pineapples with a dozen of the lemon peels into the pitcher with the tea leaves. Pour one-half gallon of boiling water over them and let draw for twenty minutes. Strain, add juice of oranges, sugar and water. When ready to serve, put in ice, ginger ale and Apollinaris water.

—Mrs. Maude Massey Ray.

BERRY NECTAR.

Over six pounds of berries pour one quart of water in which two and one-half ounces of tartaric acid have been dissolved. Let stand twenty-four hours, then strain, being careful not to bruise berries. To each quart of the juice add two and one-half pounds of sugar. It is then ready for use. Strawberries, blackberries and cherries may be used in this way.

—Mrs. Mary Westcott Toole.

EGG-NOGG.

Beat the whites of six eggs to a stiff froth, beat the yolks and stir into them one pint of milk, add half pound of sugar, pour in one pint of brandy, then stir in the beaten whites. Mix in china or glass bowl.

MILK PUNCH.

A teaspoonful of sugar in enough water to dissolve it. Pour in two teacupfuls of milk; then in a small stream and stirring constantly two tablespoonfuls of good brandy or rum.

ICED CHOCOLATE.

Allow an even teaspoonful of chocolate to each cupful. Add a cupful of boiling water to six tablespoonfuls of grated chocolate and let boil two minutes, skimming off the oil that rises. Heat six cupfuls of rich milk to the boiling point, put in the chocolate and let boil up once. Cool and when nearly cold, stir in a cupful of whipped cream, put in the freezer and partially freeze. Serve in tall glasses and heap a spoonful of whipped cream on top.

CHOCOLATE FRAPPE.

Use six ounces of granulated sugar, four ounces of grated chocolate and a cupful of boiling water. Cook until a shiny paste, allowing to boil hard, but stirring constantly to prevent burning, then add three cupfuls of water and boil down to a thick syrup; allow to cool, stirring constantly. When cold add a little cinnamon and vanilla, and if it is to be served immediately, a cupful of cream. Beat very light and pour in tall glasses partially filled with cracked ice, and put in a spoonful of whipped cream on top. The chocolate syrup, without the addition of the whipped cream, may be bottled and kept in the refrigerator for some time.

CHOCOLATE.

To a quart of rich sweetmilk allow two large tablespoonfuls of grated chocolate; mix it to a smooth paste with a little cold water, sweeten the milk to taste, and when it comes to the boiling point add the chocolate paste, stirring it with a silver spoon. Let this boil five minutes, and serve it at once, very hot. A little vanilla may be added, and the sugar may be omitted and added to each cup after it is sent to the table. Two or more teaspoonfuls of whipped cream laid on top of each cup of chocolate is a great improvement.

VIENNA CHOCOLATE.

Scald in a double boiler three cupfuls of rich milk and one cupful of cream. Mix together three heaping tablespoonfuls of grated vanilla chocolate, two tablespoonfuls of sugar and one-half of a level teaspoonful of cornstarch. Blend with some of the hot milk, turn into the double boiler and stir until smooth, then cover and cook for five minutes. Whip to a stiff froth the whites of two eggs, take the chocolate from the fire, pour some of it over the eggs, stir, mix all together and send to the table.

MILLED CHOCOLATE.

When the chocolate has boiled twenty minutes and before the milk goes in, take it from the fire and with it more than half fill a glass egg-beater, which has been prepared for the scalding liquid by dipping and rinsing it in hot water. Churn vigorously for five minutes, return to the sauce-pan and set in hot water while you "mill" the rest, if you have too much for the churn. Add the hot milk and cook for five minutes.

ABOUT HOT MILK.

So few of us know the real value of "hot milk," and those who do know it, seldom appreciate it. There are so many people who cannot drink cold milk, and if these same people will try it hot, they will be pleased with the result. It is a relief as well as a positive cure for many ills, and not the least among them may be mentioned sleeplessness.

CAFE AU LAIT.

One-half cupful of ground coffee, two cupfuls of boiling water, one and a half cupfuls of fresh milk. Make the coffee in the usual way. Strain into a coffee-pot or pitcher, add the milk scalding hot, and set for five minutes closely covered in boiling water.

TO MAKE COFFEE FOR FIFTY.

A large kettle or lard can is best to make it in. Two and one-half gallons of boiling water, one and one-half pounds of ground coffee; mix the coffee and cold water and two well beaten eggs, or use shell left from making cake; put in a thin

muslin bag, tie the end securely, put into the water and boil briskly for one-half hour, then place the can on the back of the stove, keeping it well covered. This quantity is sufficient for fifty persons.

BOILED COFFEE.

One cupful of freshly ground coffee, one whole egg or one egg white, one cupful of cold water, six cupfuls of boiling water. Mix coffee, egg and one-half cupful of cold water, add boiling water; boil hard five minutes; set on back part of range, add other half cupful of cold water, let stand five minutes, and serve with hot milk, cream and sugar.

COFFEE.

One cupful of coffee, six cupfuls of cold water. Put coffee in cheesecloth bag, tie, allowing room for coffee to swell; place in scalded coffee-pot, cover with cold water and boil ten minutes. Remove bag, let stand two minutes on back of the range, and serve with hot milk, sugar and cream.

BLACK COFFEE No. 1.

Put four tablespoonfuls of freshly ground mocha coffee into a hot cafetiere. Pour slowly on this one pint of boiling water. Let this filter slowly through, keeping the pot standing in boiling water all the time. Serve in small hot cups without milk. It is advisable to have hot milk and sugar at hand, as some people cannot drink it without.

BLACK COFFEE No. 2.

Allow two tablespoonfuls of coffee for each cupful of boiling water. Always make in French coffee-pot.

AFTER-DINNER COFFEE.

One cupful of coffee, one egg slightly beaten, one-half ounce of chicary, four cupfuls of boiling water, one-fourth cupful of cold water. Mix coffee, chicary, egg and cold water; add boiling water and boil five minutes. Let stand five minutes on back of range where it will keep hot. Serve without sugar or cream. These same ingredients may be used in the French coffee-pot, and the liquid may be poured through the coffee until the required strength is obtained.

TEA.

Freshly boiled water, one teacupful to each teaspoonful of tea. Scald an agateware teapot, put in as many teaspoonfuls of tea as cups required. Pour over the tea the same number of cupfuls of boiling water as there are teaspoonfuls of tea. Let steep (but not boil) just a bit, and serve.

ICED TEA.

Made the same as tea, only sweetened while hot and flavored with lemon (if desired). Glasses half filled with crushed ice and then filled with the tea.

CONFECTIONS

KISSES.

Beat the whites of four eggs to a very stiff froth, add one and one-third cupfuls of granulated sugar gradually; beat together until very light, and flavor with vanilla. Cut from letter paper disks about two inches in diameter, dip them in flour and place in large pans so that they do not touch. Drop batter on disks with a spoon, and bake in a very slow oven for about thirty minutes. Do not remove paper until the kisses are cold.

—Miss Eunice Whitehead.

CREOLE KISSES.

One pound pulverized sugar; beat into the already whipped whites of six eggs; beat together for half an hour; add one scant teaspoonful of cream, flavor with any extract desired, add one teacupful of finely chopped pecans. Drop a teaspoonful at a time on buttered paper. Allow to dry, but not to brown, in a moderate oven.

MERINGUE SHELLS.

Whip the whites of four eggs to a stiff dry froth; sift in one-half pound of sugar, cutting it in lightly. When done the mass should be stiff, snow white froth. Drop by the tablespoonful or press through a pastry bag on stiff writing paper, which is laid on a thick oak plank (if this is not obtainable, put an extra pan underneath, the object being to cook them as slowly as possible). Have them fully two inches apart. Dust with sifted powdered sugar and place in a slow oven with the door partly open, so that they will swell and cook very slowly. When a pale fawn color on top take them out, run a sharp knife under each and lift them from the paper. Scoop out the soft interior and return them to the oven until thoroughly dry.

STUFFED DATES.

To two cupfuls of granulated sugar add one cupful of cold water. Allow this mixture to stand until thoroughly dissolved,

then put on stove and cook slowly, stirring it until it begins to boil. Let it boil hard for fifteen minutes without stirring; then try a small quantity in cold water; if it forms a soft ball and can be easily rolled between the fingers it is done; if not, let it stay on until it can be formed into a soft ball. Remove from the stove, put in a shallow pan, and let it get thoroughly cold, when it can be whipped to a cream. The flavoring can then be added, and small pieces of the fondant stuffed into the dates after the stones have been removed. They can then be wrapped in a brandied cloth, and when well flavored they can be rolled in either pulverized or granulated sugar. The secret of making creamy fondant lies not so much in the cooking as in waiting for the mixture to get thoroughly cold before whipping to a cream. Cook the sugar slowly at first, but when it begins to boil let it boil hard for the last ten minutes, and do not stir when it begins to boil.

SALTED ALMONDS.

Shell the almonds, put them in a bowl and pour boiling water over them. Let stand for ten minutes, then try one or two, and if the skins slip off easily, drain off the hot water and cover with cold. Pressure on the nuts or pulling at one end of the skin will make the latter slip off like a glove. Spread out on a dish and stand in a warm place until dry. If not thoroughly dry they will not be crisp when salted. To one-half pint of the nuts allow one teaspoonful of olive oil or melted butter. Pour this over them, turning them well through with a spoon that each nut may receive its share of the oil. Then spread in a single layer on a shallow pan and place in a moderate oven until they are very faintly colored. Take out at once, dust thickly with fine salt, and when cold shake lightly to remove any extra quantity.

CRYSTALLIZED NUTS.

Boil slowly together two cupfuls of granulated sugar and one cupful of water until on dropping a little in ice water it can be rolled in a ball between the fingers. Pour it into a straight sided pan of such size as to have the syrup one inch deep. Gently drop in the nuts to be crystallized, not allowing one to touch the other. Set aside in a dry, moderately warm

place and leave undisturbed for twenty-four hours. If then sufficiently covered with the crystals, drain off the syrup and put the pan in a cool place until the nuts are dry.

PECAN STICKS.

Dip half a cupful of pecan meats into hot water for two or three seconds; drain, and when cool enough to handle, brush with a clean stiff-bristled vegetable brush to remove the bitter skin. Chop and add with the flour to the following batter: Without separating whites and yolks, beat two eggs very light, adding gradually one-half cupful of sugar, one tablespoonful of melted butter and half a cupful of sifted flour. Bake in a quick oven in buttered pans such as are used for lady fingers, being careful to put a small portion of the batter into each section, as the cakes should be very thin when baked.

MEXICAN PECAN CANDY.

Two cupfuls of dark brown sugar, one cupful of milk, one cupful of chopped nuts, one tablespoonful of butter. When roping, just before done, put in the nuts. Then beat and pour up in a greased dish. Cut in squares.

—Miss Mary C. Whitehead.

CHOCOLATE FUDGE No. 1.

Two cupfuls of sugar, one-half cupful of chocolate, one cupful of rich milk, butter the size of an egg. Let boil three minutes, remove from the fire and beat into it one-fourth pound of marshmallows; continue to stir until thick. Pour into buttered tins and cut in squares.

—Miss Sarah G. Tinsley.

CHOCOLATE FUDGE No. 2.

Three ^{orbits} ~~pounds~~ of light brown sugar, one-half pint of milk, one cake of chocolate, two tablespoonfuls of butter. Boil all together; when done, remove from fire and add one tablespoonful of vanilla extract. Beat candy five or ten minutes, pour it into buttered dishes and when partly cool, cut into small squares. If a nut candy is desired, sprinkle small pieces of nuts over the dishes before pouring the candy in them.

—Miss Mary C. Whitehead.

CHOCOLATE FUDGE No. 3.

Two cupfuls of brown sugar, one cupful of cream, one tablespoonful of butter, four tablespoonfuls of chocolate, one teaspoonful of vanilla, a dash of salt. Cook over a slow fire until it thickens, and then beat for five minutes. Pour on marble slab and cut in squares. —Miss Mildred M. Cannon.

CHOCOLATE PUFFS.

Beat very stiff the whites of two eggs and then beat in gradually half a pound of powdered loaf sugar. Scrape down very fine an ounce and a half of the best chocolate (prepared cocoa is better still), and dredge it with flour to prevent its oiling, mixing the flour well among it. Then add it gradually to the mixture of white of an egg and sugar, and stir the whole very hard. Cover the bottom of a square tin pan with a sheet of fine white paper, cut to fit exactly. Place upon it thin spots of powdered loaf sugar about the size of a half dollar. Pile a portion of the mixture on each spot, smoothing it with the back of a spoon or a broad knife dipped in cold water. Sift white sugar over the top of each. Set the pan into a quick oven and bake them a few minutes. When cold, loosen them from the paper with a broad knife.

CHOCOLATE CREAM CANDY.

One cake of vanilla chocolate, three cupfuls of powdered sugar, one cupful of soft water, two tablespoonfuls of cornstarch or arrowroot, one tablespoonful of butter, two tablespoonfuls of vanilla. Wash from the butter every grain of salt. Stir the sugar and water together, mix in the cornstarch and bring to a boil, stirring constantly to induce granulation. Boil about ten minutes, when add the butter. Take from the fire and beat as you would eggs until it begins to look like granulated cream. Put in the vanilla, butter your hands well, make the cream into balls about the size of a large marble and lay upon a greased dish. Meanwhile, the chocolate should have been melted by putting it (grated fine) into a tin pail or sauce-pan and plunging it into another of boiling water. When it is a black syrup, add about two tablespoonfuls of powdered sugar to it, beat smooth, turn out upon a hot dish and roll the cream balls in it until sufficiently coated. Lay upon a cold dish to dry, taking care that they do not touch one another.

CHOCOLATE CARAMELS.

Melt together in a porcelain-lined sauce-pan two pounds of brown sugar, a half pound of chocolate broken small, with a teacupful of water. Boil until a little dropped in cold water hardens, then add two teaspoonfuls of vanilla and two table-spoonfuls of butter, turn into buttered pans and mark into squares.

CARAMELS.

One cupful of sugar, one of molasses, one of milk, one of grated chocolate, butter the size of an egg. Boil the molasses and sugar, mix the milk and chocolate together and add to the molasses when it boils; add the butter just before taking off; pour into shallow pans and when about half cold mark off into squares.

BUTTER SCOTCH.

Two cupfuls of sugar, two tablespoonfuls of water, piece of butter the size of an egg. Boil without stirring until it hardens on a spoon. Pour out on buttered plates to cool.

MOLASSES CANDY.

One quart of molasses, best quality, one-half cupful of vinegar, one cupful of sugar, butter the size of an egg, one teaspoonful of soda. Dissolve the sugar in the vinegar, mix with the molasses and boil, stirring frequently until it hardens when dropped from the spoon into cold water; then stir in the butter and soda, the latter dissolved in hot water. Flavor to your taste, give one hard final stir and pour into buttered dishes. While still hot pull white into sticks, using only the buttered tips of your fingers. This is the "molasses stew" of Old Virginia frolics.

PEANUT CANDY.

Cook in a shallow pan two cupfuls of New Orleans molasses, two cupfuls of brown sugar, one tablespoonful of butter, one tablespoonful of vinegar. While this is cooking remove the shells and skins from the nuts and lay the nuts on buttered tins. Try the candy from time to time by dropping a little in cold water. When it is hard and crisp, remove from the fire and pour over the nuts and cut into small blocks while it is still warm.

VANILLA CANDY.

Six pounds of best white sugar, three teaspoonfuls of vanilla extract, one teaspoonful of soda, three cupfuls of clear water. Pour the water over the sugar, and when nearly dissolved set it over the fire and bring to the boil. Stew steadily until it hardens in cold water; stir in the vanilla, boil one minute, add the dry soda, stirring in well, and instantly turn out upon broad, shallow dishes. Pull, as soon as you can handle it, into long white ropes, and cut into lengths when brittle.

SUGAR CANDY (Plain).

Six cupfuls of white sugar, one-half cupful of butter, two tablespoonfuls of vinegar, one-half teaspoonful of soda, one cupful of cold water; vanilla flavoring. Pour water and vinegar upon the sugar and let them stand, without stirring, until the sugar is melted. Set over the fire and boil fast until it repes. Put in the butter, boil hard two minutes longer, add the dry soda, stir it in and take at once from the fire. Flavor when it ceases to effervesce. Turn out upon greased dishes, and pull with the tips of your fingers until white.

CREAM CANDY.

One pound of white sugar, three tablespoonfuls of vinegar, one teaspoonful of lemon extract, one teaspoonful of cream of tartar. Add a little water to moisten sugar, boil until brittle, put in extract, then turn out quickly on buttered plates. When cool, pull until white and cut into squares.

LEMON DROPS.

Squeeze the juice of six lemons into a dish, pound some lump sugar very fine and run through a fine sieve, then mix it with the lemon juice, making it very stiff. Put it into a stewpan and stir it over the fire for five minutes, and drop out of a teaspoon on writing paper, and let it get cold.

LEMON BRITTLE.

Two cupfuls of sugar, one pinch of cream of tartar, water to dissolve. Cook until it becomes very hard when dropped or a slab. Before taking it up, put rind and juice of one lemon in it. Must be poured out very thin.

FONDANT.

One pound of confectioners' or pulverized sugar, white of one egg, one tablespoonful of water. Beat white of egg well, then gradually add it and the water alternately to sugar. Use any flavoring desired, and work well until it can be molded into balls. English walnuts may be pressed into these, or almonds inclosed in them, or they can be dipped into melted chocolate and put into a flat dish to harden.

—Miss Louise Thomas.

PEPPERMINT DROPS.

Three cupfuls of sugar and one and one-half cupfuls of water boiled until thick; when almost done, add the following, mixed in a separate vessel and stirred well: One level teaspoonful of cream of tartar, three teaspoonfuls of sugar, three drops of oil of peppermint, and two teaspoonfuls of water. Combine the two mixtures and beat half a cupful at a time until creamy. Drop from the end of the teaspoon on marble or greased paper. Any color can be obtained by using vegetable coloring.

—Mrs. Carrol King Singleton.

SUNSHINE CANDY.

Take two and one-half cupfuls of sugar, one-half cupful of Karo syrup, one-half cupful of water, and mix together and cook as for icing. Beat whites of three eggs to a stiff froth, and into it pour this mixture. Beat until nearly cold, and then add one pound of nuts. When cold, pour on the marble and cut.

—Miss Mary B. Balkcom.

COCOANUT CREAMS.

White of one egg beat stiff, add two tablespoonfuls of cream and one cupful of powdered sugar to one fresh grated cocoanut; when stiff enough to mold, make into squares and put half of an English walnut on each side. They are delicious.

COCOANUT CONES.

One pound of powdered sugar, one half pound of grated cocoanut, whites of five eggs. Whip the eggs as for icing, gradually adding the sugar until the mass will stand alone; then beat in the cocoanut. Mold the mixture with the hands

into small cones, and set them on a buttered paper in a baking pan, but not close enough to touch each other. Bake in a moderate oven.

CRYSTALLIZED ORANGE PEEL.

Keep orange peel in strong brine until ready for use. Wash in several waters and then boil in several waters until tender enough to pierce with a straw. Scrape all the white pulp off the peel. Make a syrup of one pound of sugar to one pint of water. Cut peel into strips and drop into syrup when it is ready to candy. Stir constantly until it crystallizes.

—Mrs. Mamey Hatcher Clark.

PRESERVED LIME PEEL.

During the summer we use so many limes and it seems such a pity to throw away the rinds after the juice has been squeezed out. They are cooked a few at a time any how, so you may carefully save all the rinds each time limes are used, shredding them after they have been boiled tender in water, then cooking in syrup until clear, using, in fact, the recipe for orange peel. Cook them on a gas stove, putting a plate under them to keep from burning, so they require very little attention. By the end of the summer you have a jar of a delicious preserve that proves invaluable when wanted to give a little different flavor or garnish to cake icing or dessert.

AFTER-DINNER FIGS.

Take one pound of fruit, not over-ripe, one pound of sugar, and ginger-root to taste. Boil until clear and tender. Lift the figs separately from the syrup with a fork, and lay on dishes in hot sun. When dry enough to handle (two or three days), roll in sugar and pack dry in jars.

—Mrs. Mary Hammond Washington (Original).

By Mrs. Ellen Washington Bellamy.

FOOD FOR INVALIDS

GRUEL.

Put one quart of hot water into a clean vessel over a brisk fire; when it boils, add a heaping tablespoonful of corn or oat meal, first mixing the meal smooth in enough water to thicken it. Put a small lump of butter into the water and when it is melted add the meal and stir for a half hour, then add a teacupful of sweetmilk, and when it boils again, add the upper crust of hard baked bread cut into small pieces. Let it boil sometime and season with black pepper, salt, a pinch of nutmeg, a little more butter, and a teaspoonful of French brandy. If desired, leave out spices and brandy. This is delicious.

CORN MEAL GRUEL.

Three tablespoonfuls of corn meal moistened with a little cold water; stir into it one pint of boiling water, and cook about ten minutes.

INVALID'S SOUP.

Split a calf foot and cut one pound of good, lean, juicy beef and one pound of mutton into small pieces. Put them together with one-half gallon of water into an earthenware jar and bake in a slow oven for six or seven hours, adding another quart of water, a small teaspoonful of whole allspice and a leaf or two of sage when the mixture has been stewing three or four hours. When the soup is reduced to one-half of its original quantity, strain through a sieve. When cold it will be a jelly, which will keep indefinitely and can be heated with a little pepper and salt and a little water when needed.

VEGETABLE SOUP.

Two tomatoes, two potatoes, two onions, sliced and added to a tablespoonful of rice. Boil the whole in a quart of water for an hour and season with salt. Strain and pour over a piece of dry toast.

BEEF TEA

Cut a pound of thick round steak (perfectly lean) into small pieces; put them into a wide mouthed bottle (a pickle bottle will answer), cork tightly. Put a saucer in a kettle of water and set the bottle in. Heat the water gradually and then boil it two or three hours, when all the juice will be drawn out of the meat. Pour off the juice, season it carefully with salt—it requires very little. When it is cool, skim off the fat and keep it in a cool place. Follow the directions of a physician in giving it to the sick and infants.

CHICKEN BROTH No. 1.

Take half a chicken, remove all the fat. Cut the lean in small pieces and break the bones. Put it into a vessel with three pints of boiling water; boil an hour, season with salt and strain.

CHICKEN BROTH No. 2.

Cut up a fowl and crack the bones; put into a stew-pan with three pints of cold water. Keep it covered and boil slowly two or three hours, or until the meat falls from the bones. Strain it, then add two tablespoonfuls of rice which has been soaked for half an hour in a little warm water. Simmer it for twenty minutes longer, or until the rice is thoroughly cooked. Season with salt and pepper, and serve with crackers.

MUTTON BROTH.

Mutton broth may be made in the same manner, allowing one quart of cold water for each pound of meat.

One pound of good mutton, remove the fat, put the lean in a vessel with three pints of boiling water and simmer for two hours. Cut into slices three carrots, three turnips and three onions (small); boil them in a quart of water for half an hour, strain and add the vegetables to the mutton liquor; season with salt, and simmer slowly for four hours.

MILK PUNCH.

A teaspoonful of sugar in enough water to dissolve it; pour in two teacupfuls of milk; pour in a small stream and stirring constantly two tablespoonfuls of good brandy or rum.

EGG-NOG.

One teaspoonful of sugar beaten well with yellow of an egg, add one-half teacupful of milk and one to two teaspoonfuls of good French brandy. Flavor with grated nutmeg after stirring in the beaten white of egg.

EGG BRANDY.

Beat well the yolks of two eggs, add half an ounce of white sugar and a little cinnamon water or a drop of oil of cinnamon. Mix well and add a wineglass of French brandy.

REFRESHING DRINK.

One-half ounce of prunes, one ounce of cranberries, one-half ounce of stoned raisins, one quart of water; boil down to one pint. Strain and flavor with lemon peel or essence of lemon. Keep closely covered.

APPLE WATER.

Cut two large apples into slices, pour over them a quart of boiling water and let stand three hours. Strain, and it is ready for use.

BREAD JELLY.

Many good jelly preparations were originally intended for the person of feeble digestion. Such is the case with the so-called bread jelly. For this, cut some slices of bread, trim off the crust and toast. Put this toast in a bowl, sprinkling a little salt and a little sugar on each slice. Pour over freshly boiling water, cover the bowl closely and place in a basin of boiling water. Cook until the bread has turned to a jelly-like consistency, and serve warm with sugar and a grating of nutmeg.

EGGS FOR INVALIDS.

Wash fresh eggs very clean, and put them on in cold water. Set the kettle where it will heat very gradually. When it begins to simmer draw it aside, and let it stand where it will keep hot without boiling, for ten minutes. This makes the eggs, white and yolk, the consistency of jelly, and takes away the raw taste without rendering them indigestible.

MISCELLANEOUS

CURRY POWDER.

One ounce of black pepper, one ounce of allspice, one ounce of capsicum, one ounce of cloves, one ounce of ginger, one ounce each of mace, fennel, celery, cardamon and coriander seed. Pound all together and mix well. For ordinary purposes use half of this quantity.

CHESTNUT SOUFFLE.

Boil one pint of shelled chestnuts in salted water until they are tender enough to mash; drain and remove the brown inner skin, then put into boiling salted water and cook for two minutes longer. Press through a sieve and set where they will keep warm. Cream together one-half cupful of sugar and four tablespoonfuls of butter; add to the mashed nuts together with the beaten yolks of four eggs, one cupful of milk and one-third of a cupful of bread-crumbs rolled very fine. Add lemon juice and grated rind to flavor, and last of all add the stiffly beaten whites of the four eggs; turn into a buttered mold and cover closely. Bake in the oven for from fifteen to twenty minutes, and serve with plain cream.

PATE DE FOIE GRAS.

Boil a calf's liver until very tender in water that has been slightly salted, and in another vessel a nice calf's tongue. They should be not only cold, but firm, when used. Cut the liver into smooth paste in a Wedgwood mortar, moistening as you go on with melted butter. Work into this paste, which should be quite soft, a quarter teaspoonful of cayenne pepper, a little cloves, a teaspoonful of worchestershire sauce, salt to taste, a full teaspoonful of made mustard and a tablespoonful of boiling water in which a minced onion has been steeped until the flavor is extracted. Work all thoroughly together and pack in jelly jars with airtight covers. Butter the inside

of the jars well and pack the paste very hard, inserting here and there square and triangular bits of the tongue, which should be cut and pared for this purpose. When the jar is packed and smooth as marble on the surface, cover with melted butter. Let this harden, put on the lid and set away in a cool place.

WELSH RAREBIT.

One cupful of grated cheese, one egg, one teaspoonful of mustard, two tablespoonfuls of butter, one cupful of scalded milk or cream, salt and paprika, toast or crackers. Melt butter, add cheese and seasonings; when nearly melted, pour over them the scalded milk or cream, and just before serving, the egg well beaten. Serve on the toast or crackers.

SAVOURY RAREBIT.

Six slices of bread, minced ham or anchovy paste, four ounces of grated cheese, clarified butter, two tablespoonfuls of ale or thin cream, seasoning. Cut the bread into rounds and saute in the clarified butter, then spread each piece with the ham or anchovy, and keep hot. Melt the cheese, add the ale or cream and seasoning, spread over the ham and serve immediately.

CHEESE SOUFFLE.

One tablespoonful of flour, one tablespoonful of butter, one half cupful of sweetmilk. Boil until it thickens, then add two tablespoonfuls of grated cheese and a little salt. The mixture is then taken from the fire and the yolks of two well beaten eggs are added, then the whites beaten to a stiff froth are stirred lightly into the mixture. The whole is now poured into a buttered pudding dish and set in a hot oven to brown thoroughly. Serve at once.

CHEESE OMELETTE.

Ten ounces of cheese (grated), six eggs, one tablespoonful of butter. Beat eggs well, add cheese and butter. Bake and serve hot. Takes a little longer to bake than biscuits.

CHEESE FONDU.

Melt one tablespoonful of butter, add one cupful of milk, a speck of soda, one cupful of freshly grated bread-crumbs, and two of grated cheese. Season with salt and paprika and when smooth add two beaten eggs, and when thickened serve on toast or wafers.

SCOTCH WOODCOCK.

Six hard-boiled eggs coarsely chopped, two tablespoonfuls of butter, one tablespoonful of flour, one tablespoonful of anchovy paste, half pint of milk, pinch of cayenne. Cook butter and flour together until they bubble, add milk and stir until smooth. Put in the anchovy paste and cayenne and one minute later the eggs. Simmer three minutes and serve on toast.

SOMERSET CROQUETTES.

Melt three tablespoonfuls of butter; rub into it three tablespoonfuls of flour; then add two-thirds of a cup of milk, stirring all the while. When the boiling point is reached add one-half cupful of grated cheese and the yolks of two eggs. When the cheese is melted and the mixture is smooth, take from the fire and add one cupful of mild cheese cut into small cubes. Season with salt and cayenne, and spread on a shallow pan to cool. Shape into round croquettes; dip into egg and then into crumbs. Fry in deep fat until brown. Serve with the lettuce course, on a folded napkin.

BECHAMEL EGGS IN RAMEKINS.

Put in the bottom of each ramekin finely minced ham or other meat (as chicken or veal), then a thin layer of browned bread-crumbs. Next add a very lightly poached egg, then a tablespoonful of bechamel sauce, and last some grated American cheese. Bake in a hot oven a few minutes. This makes an exceedingly pretty and delicious dish for luncheon.

BAKED EGGS.

Butter plentifully a very hot earthen baking dish, break into it half a dozen fresh eggs, sprinkle them liberally with white

pepper and salt, dash lightly with tabasco, dot with bits of butter, and set in a very hot oven. Bake five minutes, then strew thickly with grated cheese; return to the oven and bake five minutes longer. Another way is to line the hot dish with very crisp buttered toast, break an egg on each slice, season it lightly with salt and pepper, bake and serve with tomato catsup.

EGG DUMPLINGS.

Boil half a dozen eggs five minutes, peel them and wrap them still hot an inch thick in forcemeat made thus: One pint of stale bread-crumbs, two tablespoonfuls of drippings or butter, one small onion minced, one teaspoonful of powdered herbs, half saltspoonful of salt, a dash of pepper, and a teacupful of cold meat finely chopped. Add enough stock, hot water or hot milk to soften the mass, and mix it well. As you wrap the eggs in it set them in a baking dish, then bake for fifteen minutes, and serve very hot. Mashed potatoes may take the place of the bread-crumbs. An excellent and appetizing dish for children just home from school.

A CHAFING DISH COMPOUND.

A delicious chafing dish compound is made with eggs prepared in the Italian way. A cupful of milk is heated in the upper pan of the chafing dish, and when it is hot, half a cupful of peeled and diced or sliced mushrooms are added, together with a tablespoonful of butter. Season well with salt and pepper; cook for two minutes and add four well beaten eggs. When the mixture begins to thicken, add a tablespoonful of chopped parsley, reduce the flame, and serve at once.

ORANGE FRITTERS.

Make a nice light batter with one-half pound of flour, one-half ounce of butter, half a teaspoonful of salt, two eggs and sufficient milk to give the proper consistency, which would be about one pint; peel the oranges and divide each into eight pieces without breaking the thin skin; dip each piece into the batter; have ready a pan of boiling lard or clarified dripping, drop the oranges in this and fry them a delicate brown—from

eight to ten minutes. When done lay them on a piece of white blotting paper before the fire to drain away any greasy moisture that may remain; sprinkle them over with white sugar, and serve hot.

HOMINY BREAD.

Take four teacupfuls of cold cooked hominy, two eggs, a tablespoonful of butter and a pint of milk (or water). Break up hominy and pour the eggs beaten light over it. Melt the butter and stir it in; salt, if necessary. Then add milk or water, mix well and bake until a light brown on top. Not good if baked too dry. This serves eight people.

RICE BREAD.

One teacupful of flour, two eggs, one tablespoonful of butter, one-half pint of milk, four teacupfuls of cold cooked rice. Mash rice until no lumps are left. Beat eggs until light and put them in. Next stir in a light sifted teacupful of flour, then pour in the milk. Stir well, and bake until a light brown. Not good if cooked too dry.

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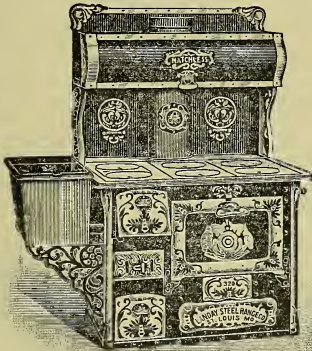
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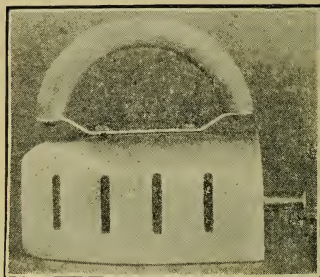
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