

TX  
715  
16575

# ECONOMICAL WAR-TIME COOK BOOK

Wheatless Breads

Victory Breads and Rolls

How to Use Wheat Substitutes

How to Conserve Sugar

How to Save Fats

Salads, Canning, Etc., Etc.

*By*

JANET MCKENZIE HILL

50 cents net

George Sully & Company

NEW YORK



Class TX 715

Book H 6575

Copyright N<sup>o</sup> \_\_\_\_\_

**COPYRIGHT DEPOSIT.**





# ECONOMICAL WAR-TIME COOK BOOK

*by*

JANET MCKENZIE HILL

Author of "Practical Cooking and Serving," "Cooking for Two,"  
"The Up-to-Date Waitress," "Salads, Sandwiches and Chafing-  
Dish Dainties," "Canning, Preserving and Jelly Making,"  
"Book of Entrees," "American Cook Book," Etc.

EDITOR "AMERICAN COOKERY"

All the material in this book "is in strict accordance with the rules and regulations of the Food Administration, and with its requests."

GEORGE SULLY AND COMPANY  
NEW YORK

TX 715  
.H6575

COPYRIGHT, 1918  
BY  
THE BOSTON COOKING SCHOOL MAGAZINE CO.



JUL 11 1918

**The Fort Hill Press**  
SAMUEL USHER  
BOSTON, MASS.

©CL.A501122

# Economical War-Time Cook Book

---

## SEVEN COMMANDMENTS FOR WAR-TIME CONSERVATION

PREPARED AT CORNELL UNIVERSITY, ITHACA, N. Y.

1. Set aside enough money to buy 1 quart of milk a day for each child and  $\frac{1}{3}$  quart of milk a day for each grown person.

The grown person may use some cheese in place of all milk; 11<sup>8</sup>/<sub>16</sub> ounces of cheese will replace  $\frac{1}{3}$  quart of milk.

If there is not enough money to buy this amount of milk, try to buy at least 1 pint a day for each child and  $\frac{1}{3}$  pint a day for each grown person.

The grown person may use skim milk. Half of the daily quart for the child may be skim milk, if necessary; but it is not best to feed the child skim milk.

Children suffer more from lack of milk than do grown persons.

2. Buy 2 to 3 ounces of some fat for each grown person.

Children will not need as much as this if they are getting a quart of whole milk a day.

The best fat is butter, particularly for little children.

3. If money is scarce, buy only enough sugar to make the meals palatable.

One and one-half ounces, or about 3 level tablespoonfuls of sugar, honey, molasses, or sirup a day for each person will do this.

Sugar is not a necessary food; too much money spent for sugar is likely to deprive the family of more needed foods.

4. Buy for each day some potatoes and one other vegetable such as cabbage, onions, carrots, turnips, beets, or other available fresh vegetables.

The children can eat daily 2 to 3 medium-sized potatoes and  $\frac{1}{4}$  to  $\frac{1}{2}$  pound of one of the other vegetables.

The grown persons can eat daily 6 to 8 medium-sized potatoes and  $\frac{1}{2}$  pound or more of the other vegetables.

**5. Buy only as much wheat and wheat products as the Food Administration rulings allow.**

The rest of your need for cereal food may be satisfied by such other cereals as rolled oats, pinhead oatmeal, cornmeal, hominy, barley, rice, and buckwheat.

If possible, buy flours, meals, and breakfast foods made from the entire grain, such as water-ground cornmeal, rolled oats or oatmeal, cracked wheat, graham and whole-wheat flour. They have greater food value than have the refined products.

Less bread and other cereal foods are needed, if some dried beans or peas are eaten and if potatoes are used freely.

One serving of dried beans or peas or one medium-sized potato may replace one serving of cereal or one slice of bread.

**6. If some money still remains, buy a little fruit for each member of your family.**

Apples, fresh or dried, and dried prunes and raisins are among the cheapest fruits.

**7. If there is more than enough money for this necessary food for all members of the family, spend it to increase the variety and flavor of the meals.**

The plain but safe diet resulting from following rules 1 to 6 may be made more palatable by spending more money.

Meat may be added for grown-up members of the family.

Eggs may be added for all members of the family.

The amount of money to be spent for milk, cream, butter, cheese, fruits, vegetables, fats, and sweets may be increased.

This more expensive diet may be more pleasing but not more wholesome than the first one suggested.

**List of foods necessary to use sparingly:**

Meat.

Sugar.

Wheat.

Fat.



List of foods from which we may select as freely as the actual needs of the family demand and our means allow:

Milk.	Poultry.
Cheese.	Eggs.
Butter for the table.	Game.
Vegetable oils for cooking.	Vegetables.
Fish.	Fruit.
Oysters.	Cereals other than wheat.
All sea foods.	Dried peas, beans, etc.

## SUBSTITUTES FOR WHEAT AND HOW TO USE THEM

**Cornmeal and corn flour:** As mush with milk, also fried; as gnocchi (with cheese, eggs); as plain polenta with cheese; in yeast bread and rolls; in gingerbread, pastry, cream puffs, éclairs, small cakes and cookies; in muffins, baking-powder biscuit, waffles, spider corn cake, southern beaten biscuit, Virginia spoon corn bread; baked Indian pudding; custard soufflé; Boston brown bread; for coating fish and tripe to sauté.

**Hominy:** As breakfast cereal; hominy balls, fried, eaten with meat or chicken sauce, or as a dessert with syrup; Virginia spoon corn bread.

**Samp** (broken kernels of corn): As breakfast cereal; in cream sauce with scraped onion and chopped parsley; in cream sauce with cheese, as hearty luncheon or supper dish; in tomato or chicken sauce with cheese.

**Barley flour:** In bread, rolls, muffins, pastry, cake; in bread and pastry, can be used in larger proportion than corn flour, but do not try more than one-third barley to two-thirds wheat in yeast mixtures.

**Rice:** Plain boiled with meat sauce or milk; with curry sauce; with tomato, broth and cheese, flavored with onion, etc.; rice croquettes, cheese sauce; sweet rice croquettes for dessert; plain rice croquettes with rich pudding sauce; plain rice pudding with milk and raisins; baked custard rice pudding; Delmonico rice pudding with meringue; boiled with hard sauce; Turkish pilaf; to thicken soup; to thicken any meat stew; plain boiled with boiled fowl, veal, lamb, pigeons, etc.; rizoletti; griddle-cakes and muffins; yeast bread. Rice flour is used in bread, cake, and pastry.

**Oatmeal:** Breakfast cereal; in yeast bread and biscuit; in baking-powder biscuit, muffins, griddle-cakes, scones; in

macaroons; in cookies; in Scotch bannock; to thicken soup; to thicken fish, nut or bean loaf. Oatmeal may be ground into fine flour in a coffee mill or with the nut cutter of a food chopper. It may be used in cake or pastry as well as in bread.

**Buckwheat flour:** In griddle-cakes, biscuit, muffins, cookies, bread.

**Potato flour:** Has by bulk twice the thickening properties of wheat flour; very little fat in composition; use in sponge and small cakes; to thicken soup and sauces.

### SUBSTITUTES FOR MEAT

Milk, cheese, eggs, fish of all kinds, dried peas and beans, poultry, game, nuts.

### PERMISSIBLE FATS

Drippings from such meat as is cooked.

Fat from poultry.

Vegetable oils.

Nuts.

### SUBSTITUTES FOR SUGAR

Molasses, honey, maple sugar and syrup, raisins, figs, dates, prunes; bananas, grapes, pears, peaches, beets, parsnips, squash, sweet potatoes, etc., supply considerable sugar, and might be used to partially satisfy a desire for sweets. Corn syrup, while having practically no sweet taste, may be used to some extent as a substitute for sugar.

### VICTORY BREAD

Of all the grains, wheat contains the strong, elastic gluten in the best proportion for loaves of light, spongy, yeast bread; rye also contains a goodly proportion of gluten, and will make satisfactory yeast bread. The other grains must be combined with wheat when the lightness of the loaf is secured with yeast. The United States Food Administration allows the name of "Victory Bread" to be applied to any bread containing twenty per cent or more of wheat substitute. Twenty-five per cent of any variety of substitute flour will give good results, and often one-third of the full quantity of flour may be a substitute flour, if the bread is to be eaten within a day or two.

## WHEAT SUBSTITUTES IN QUICK BREADS

In breads made with baking powder, baked as soon as mixed, the proportion of the wheat substitute flours may be materially increased. While many are at their best when made on the 50-50 basis, most of them may be made quite successfully without any wheat flour, and some of them, no matter how much wheat flour be available, are always made without it.

## WHEAT SUBSTITUTES IN CAKE AND PASTRY

Either barley or fine oat flour makes good pastry; a little rice flour with the barley flour is thought by most people an improvement. Sponge cake may be made with most any variety of flour; potato flour gives even better sponge cake than wheat. In recipes calling for one cup of wheat flour, use half a cup of potato flour. Probably good results may be secured with any of one's favorite cake recipes, if rice flour be substituted for one-third of the wheat flour called for; the other two-thirds of wheat flour being retained. In the sponge cake the half cup of potato flour is all the flour that is required.

Barley flour works well in layer cakes with chocolate and soda; barley, buckwheat and oat flours make good cookies and ginger cakes; barley and corn flour good cream cakes and eclairs, though not as puffy as when made of wheat flour.

All measurements are level. Flour is sifted before measuring.

## WHEATLESS BREAKFAST CEREAL DISHES

---

### CORNMEAL-AND-OATMEAL MUSH

Cornmeal mush and oatmeal are good only when well cooked. Many people use too little salt and cook them too short a time. To cook cornmeal mush for five people, use one and one-half cups of cornmeal, two teaspoonfuls of salt, five or six cups of water. Bring salted water to a boil. Stir in the cornmeal slowly. Don't let it lump. Cook it at least thirty minutes. It is better when cooked for three hours, or overnight. Use a double boiler on the back of the stove, or a fireless cooker. Cooked in skim milk instead of water, it is particularly good,

and the food value of the dish is nearly doubled. For oatmeal, use two and one-half cups of rolled oats, two and one-half teaspoonfuls of salt, five or six cups of water. Bring the water to a boil. Stir the rolled oats slowly into the boiling water and cook for one hour, or overnight. Eat the cereal with milk or syrup or butter or butter substitutes.

### **CORNMEAL-AND-OATMEAL MUSH WITH GRATED CHEESE**

(For Adults)

Prepare the mush as above; just before serving stir in from one to two cups of grated cheese, and sprinkle cheese over the mush after it is in the serving dishes.

### **PLUM PORRIDGE**

Sprinkle a cup of large raisins in the water in which oatmeal is to be cooked, then stir in the oatmeal; when the oatmeal is cooked, the raisins will be done. No sugar is needed in serving.

### **OATMEAL WITH DATES**

Cover half a pound of dates with boiling water; let boil once, then skim to an agate plate, set in the oven two or three minutes to dry, then cut in neat lengthwise quarters, discarding the seeds. Serve around or over the oatmeal with milk from the top of the bottle.

## **WHEATLESS QUICK BREADS**

---

### **RHODE ISLAND JOHNNYCAKE**

Into one cup of Rhode Island white cornmeal and half a teaspoonful of salt stir boiling water to make a thick drop batter; let stand until cooled a little, then stir in cold, sweet milk to make a thick pour batter. Drop by tablespoonfuls on a hot griddle and bake as griddle-cakes. Serve with butter or molasses. Yellow cornmeal may be used in the same way.

### **CORNMEAL STICKS**

The above batter may be baked in shallow bread-stick pans. Serve with soup, salad, or cheese.

**OATMEAL BANNOCK**

2½ cups oatmeal	1 to 2 tablespoonfuls fat
½ teaspoonful salt	½ cup lukewarm water

Mix the oatmeal and salt. Melt the fat in the water; add to the oatmeal while mixing it in with a knife. More water may be needed to form a paste that may be worked on the board. Use flour or dry oatmeal while kneading. Knead the paste several minutes; divide in four pieces; knead each piece, and with rolling-pin roll into a round piece about one-fourth inch thick. Bake on a greased tin, in a moderate oven, half an hour. Each cake will be the size of a small plate. Reheat in the oven or toast before eating. They are also good cold.

**SCOTCH FANCIES (Oatmeal Crackers)**

2 cups rolled oats	1½ tablespoonfuls Crisco or vegetable oil
3 tablespoonfuls milk	¼ teaspoonful soda
¼ cup molasses	1 teaspoonful salt

Grind the oats and mix with the other materials. Roll into a thin sheet and cut in squares. Bake 20 minutes in a moderate oven.

**BARLEY POPOVERS**

2 eggs	¼ teaspoonful salt
1 cup barley flour	1 cup milk
1 teaspoonful sugar	

Put all the ingredients into a bowl; beat with a Dover egg beater until very smooth. Bake in a hot, iron muffin pan, well greased, about 40 minutes. One-fourth cup of rice flour may replace the same quantity of barley flour.

**CORNSTICKS**

1 cup cornmeal	½ cup hot, cooked hominy
¾ cup rye, barley, or oat flour	¼ cup Crisco or other vegetable oil
3 teaspoonfuls baking powder	1 egg, beaten light
½ teaspoonful salt	1 cup milk

Sift together the meal, flour, baking powder, and salt. Melt the Crisco in the hominy; add the milk with the egg, and stir into the dry ingredients. Bake in well-greased bread-stick pans about 20 minutes.

**SPONGE CORNMEAL CAKE**

1 tablespoonful butter substitute	1 cup milk
$\frac{1}{4}$ cup sugar	1 cup cornmeal
1 egg beaten light	1 cup wheat, rye, or barley flour
$\frac{1}{2}$ cup sugar	4 teaspoonfuls baking powder
	$\frac{1}{2}$ teaspoonful salt

Cream one-fourth cup sugar into the creamed butter, and one-fourth cup sugar into the egg, then beat the two together. Add the milk, alternately with the flour and other dry ingredients. Bake in a shallow pan about 20 minutes. This is particularly good when made with bolted cornmeal or corn flour.

**CREAM JOHNNYCAKE**

2 cups cornmeal	2 eggs, beaten light
$\frac{1}{2}$ cup wheat or barley flour	1 cup sour cream
$\frac{1}{2}$ teaspoonful salt	1 cup sour milk
1 teaspoonful soda	

Sift the dry ingredients together, add the liquid ingredients and beat thoroughly. Bake in a pan of such size as to have the mixture half an inch deep in the pan. Serve hot. This cuts into 16 pieces, 3 by  $3\frac{1}{2}$  inches each. The recipe is easily halved.

**HOMINY OR RICE PUFFS**

1 cup boiled hominy <i>or</i>	1 tablespoonful melted fat
1 cup boiled rice	2 egg-yolks, beaten thick
$\frac{1}{2}$ teaspoon salt	2 egg-whites, beaten very light

To the cooked ingredients (preferably hot) add the salt, fat, and yolks, and fold in the whites. Drop a tablespoonful in a place on a greased baking pan; bake in a quick oven.

**VIRGINIA SPOON CORN BREAD**

(To serve ten)

$\frac{1}{2}$ cup breakfast hominy	3 eggs
1 quart boiling water	1 cup milk
4 tablespoonfuls shortening	2 cups cornmeal
2 teaspoonfuls salt	$1\frac{1}{2}$ teaspoonfuls baking powder

Add the salt to the water; while directly over the fire stir in the hominy; let boil five minutes, then let cook over boiling water (double boiler) twenty minutes; add the shortening, the eggs, beaten and mixed with the milk, and lastly sift in the cornmeal and baking powder. Mix thoroughly. Bake in a well-greased baking dish about 45 minutes. Serve with a spoon from the dish.

**BOSTON BROWN BREAD**

1 cup cornmeal	1 teaspoonful salt
1 cup rye meal	2 teaspoonfuls soda
1 cup barley flour <i>or</i>	$\frac{2}{3}$ cup molasses
1 cup whole wheat flour	2 cups thick sour milk

Sift together all the dry ingredients; look over and add the bran left in the sieve; add the molasses and milk and stir to a dough; steam 3 hours in a greased mold. The mold should hold two quarts. Two-pound size cocoa cans or 3 baking powder cans may be used.

**BARLEY-AND-OAT BREAD**

1 cup oat flour (fine flour, not meal)	4 tablespoonfuls vegetable oil
2 cups barley flour	6 tablespoonfuls sugar
1 teaspoonful salt	2 eggs, beaten light
6 teaspoonfuls baking powder	1 cup milk

Mix and sift all the dry ingredients together. Add the eggs, oil, and milk, and beat thoroughly. Turn into a greased bread pan. Bake 1 hour in a moderate oven.

**BAKING-POWDER LOAF BREAD**

1 $\frac{1}{2}$ cups barley flour	$\frac{1}{2}$ cup sugar
1 cup rye meal	4 tablespoonfuls shortening
$\frac{1}{2}$ cup rice flour	1 egg, beaten light
6 teaspoonfuls baking powder	1 cup milk
1 teaspoonful salt	

Pass together all the dry ingredients through a sieve into a bowl, and work in the shortening with two knives. Add the milk to the egg and use in mixing the dry ingredients to a dough. Turn into a greased bread pan. Let stand 15 minutes. Bake 45 minutes. One cup of oat flour or very fine meal may replace the rye meal.

**CORNMEAL, BARLEY-AND-RICE FLOUR BREAKFAST CAKE**

$\frac{1}{4}$ cup shortening	1 $\frac{1}{2}$ cups barley flour
$\frac{2}{3}$ cup sugar	$\frac{1}{2}$ cup rice flour
2 eggs, beaten light	1 cup cornmeal
$\frac{1}{2}$ cup milk	4 teaspoonfuls baking powder
1 teaspoonful salt	

Cream the shortening; beat half the sugar into the shortening and half into the eggs, and beat the two mixtures together.

Sift the dry ingredients into a bowl together; add to the first mixture, alternately, with the milk. Bake in a dripping pan. Good reheated.

### GENERAL RULE FOR MUFFINS

1 cup meal (any kind)	$\frac{1}{2}$ teaspoonful salt
1 cup flour (any kind)	1 egg beaten light
2 or 3 tablespoonfuls sugar	1 cup milk (about)
4 teaspoonfuls baking powder	(Varies with the kind of flour
2 tablespoonfuls melted shortening	or meal)

Sift the dry ingredients into a bowl; add the egg, milk, and shortening, and mix thoroughly. Bake in a hot, well-greased, iron muffin pan about 25 minutes.

### BUCKWHEAT MUFFINS

1 cup buckwheat flour	1 egg, beaten light
1 cup cornmeal	1 cup milk
$\frac{1}{2}$ teaspoonful salt	1 tablespoonful melted shortening
5 teaspoonfuls baking powder	

Pass all the dry ingredients through the sieve together. Add the liquid ingredients and mix thoroughly. Bake in a hot, well-greased, iron muffin pan about 25 minutes.

### HOMINY-AND-BARLEY MUFFINS

1 cup cooked hominy	1 egg, beaten light
$\frac{3}{4}$ cup hot milk	$\frac{3}{4}$ cup barley flour
2 tablespoonfuls shortening	$\frac{1}{4}$ cup corn flour
$\frac{1}{2}$ teaspoonful salt	$\frac{1}{4}$ cup cornmeal
2 tablespoonfuls sugar	3 teaspoonfuls baking powder

One half a cup of hominy and two cups of boiling water will make enough hominy to use twice. Cook an hour or longer. The hominy may be hot or cold; mix the milk through it and make smooth; add the other ingredients. Bake about 25 minutes. The cornmeal may be omitted. The muffins are very delicate and soft. Cooked rice may replace the hominy.

### OAT-FLOUR MUFFINS

2 cups oat flour	1 tablespoonful melted fat
5 teaspoonfuls baking powder	$1\frac{1}{3}$ cups milk
1 teaspoonful salt	

Mix one-half of the flour and salt with the milk and fat and beat with an egg beater until full of bubbles. Then add



to this the rest of the flour and the baking powder sifted together. Beat well. Let mixture stand three or four minutes to allow the batter to thicken. If it becomes too stiff, add a little more liquid. Then pour into hot, greased muffin pans and bake in a hot oven for about 20 minutes.

### RYE-MEAL-AND-OAT-FLOUR MUFFINS

1 cup rye meal	4 teaspoonfuls baking powder
1 cup oat flour	1 egg, beaten light
3 tablespoonfuls sugar	1 cup milk (about)
$\frac{1}{2}$ teaspoonful salt	2 tablespoonfuls melted shortening

Mix and bake according to the general rule for muffins.

### CORNMEAL-AND-BARLEY MUFFINS

$\frac{3}{4}$ cup cornmeal	$\frac{1}{2}$ teaspoonful salt
1 cup barley flour	1 egg and 1 yolk
$\frac{1}{2}$ cup wheat flour	1 $\frac{1}{4}$ cups sweet milk
$\frac{1}{3}$ cup sugar	3 tablespoonfuls melted shortening
4 teaspoonfuls baking powder	

Pass all the dry ingredients through the sieve together. Add the eggs, beaten and mixed with the milk, and mix thoroughly; beat in the shortening; bake in a hot, well-greased, iron muffin pan, or in a sheet in a biscuit pan, about 25 minutes. The extra egg-yolk or all of the egg may be omitted. About one cup and a half of thick, sour milk may replace the sweet milk by using half a teaspoonful of soda and three teaspoonfuls of baking powder in place of the four teaspoonfuls of baking powder given above.

### BARLEY-MEAL MUFFINS

1 cup barley meal	$\frac{1}{4}$ cup sugar
1 cup whole wheat flour	1 egg, beaten light
4 teaspoonfuls baking powder	$\frac{2}{3}$ tablespoonful melted shortening
$\frac{1}{2}$ teaspoonful salt	1 $\frac{1}{4}$ cups milk

Sift together the dry ingredients; add the milk and egg and mix thoroughly; beat in the shortening. Bake in a hot, well-greased muffin pan about 25 minutes.

### BARLEY MUFFINS

2 tablespoonfuls shortening	1 $\frac{1}{4}$ cups milk (nearly)
$\frac{1}{3}$ cup sugar	1 cup sifted white flour
$\frac{1}{4}$ teaspoonful salt	1 cup sifted barley flour
1 egg, beaten light	4 teaspoonfuls baking powder

Cream the shortening, gradually beat in the sugar and salt, add the egg, the milk, and the flour sifted with the baking powder. Beat thoroughly. Bake in a hot, well-oiled muffin pan, about 25 minutes.

### BRAN MUFFINS

(About 18 Muffins)

$\frac{1}{2}$ cup corn flour	1 cup bran
$\frac{1}{2}$ cup rye meal	1 egg, beaten light
1 cup wheat flour	$\frac{1}{2}$ cup sour milk or buttermilk
$\frac{3}{4}$ teaspoonful salt	$1\frac{1}{4}$ cups sweet milk
$\frac{1}{2}$ teaspoonful soda	3 tablespoonfuls melted shortening
$2\frac{1}{2}$ teaspoonfuls baking powder	

Stir together the first six ingredients and add the bran. Add the other ingredients and mix. Bake in a hot, well-greased, iron muffin pan or in biscuit pan, about 25 minutes.

### CORNMEAL BREAKFAST CAKE

$\frac{1}{4}$ cup shortening	1 cup buckwheat, rye, or barley flour
$\frac{1}{4}$ cup sugar	1 cup oat flour
$\frac{1}{2}$ cup corn syrup	1 cup cornmeal
2 eggs, beaten light	6 teaspoonfuls baking powder
1 cup milk	$\frac{1}{2}$ teaspoonful salt

Cream the shortening, beat in the sugar, corn syrup, and eggs, then alternately add the milk and the dry ingredients sifted together. Bake in a dripping pan about 25 minutes.

This may also be baked in an iron muffin pan. It makes fifteen muffins. Is good reheated.

### SPIDER CORNCAKE

$\frac{3}{4}$ cup cornmeal	1 egg
$\frac{1}{4}$ cup wheat flour	$\frac{1}{2}$ cup sweet milk
2 tablespoonfuls sugar	$\frac{1}{2}$ cup thick sour milk
$\frac{1}{2}$ teaspoonful salt	2 tablespoonfuls shortening
$\frac{1}{2}$ teaspoonful soda	$\frac{1}{2}$ cup sweet milk

Sift the dry ingredients into a mixing bowl, beat the egg, add the first half-cup of sweet milk and the sour milk and stir into the dry ingredients. Melt the shortening in the spider (or an agate pie plate), turn to coat with the fat; pour in the batter, and the last half-cup of milk. Do not stir it in. Bake about 25 minutes. To serve cut as a pie. This makes a moist cake with a line of custard through it.

**MIDLING MUFFINS**

4 cups white middlings	1 cup sour milk
3 teaspoonfuls baking powder	1 cup sweet milk or water
$\frac{3}{4}$ teaspoonful soda	3 tablespoonfuls shortening, melted
1 teaspoonful salt	and added last
2 or 3 tablespoonfuls sugar	

Bake about 20 minutes in muffin pans. This rule makes eighteen large muffins. Two cups of cornmeal and two cups of middlings may be used instead of all middlings.

**POTATO BISCUIT**

1 $\frac{1}{4}$ cups wheat, rye, or barley flour	$\frac{1}{2}$ cup cooked potato, riced
4 teaspoonfuls baking powder	3 tablespoonfuls shortening
$\frac{1}{2}$ teaspoonful salt	Milk or water for dough

Sift together the dry ingredients; add the potato, cut the shortening in with two knives, add liquid gradually, and mix to a dough. Turn on a floured board, turn to coat with flour, knead slightly; pat and roll into a sheet; cut into rounds; bake in a quick oven about 15 minutes.

**BARLEY-AND-RICE FLOUR BISCUIT**

1 $\frac{1}{2}$ cups barley flour	$\frac{1}{2}$ teaspoonful salt
$\frac{1}{2}$ cup rice flour	2 tablespoonfuls shortening
4 teaspoonfuls baking powder	$\frac{3}{4}$ cup milk (about)

Mix and bake as potato biscuit.

**OAT-FLOUR AND RICE-FLOUR BISCUIT**

Substitute oat flour for barley flour, and proceed as above.

**PLAIN RICE GRIDDLE-CAKES**

1 cup hot boiled rice, grains distinct	2 teaspoonfuls baking powder
1 tablespoonful melted shortening	$\frac{1}{2}$ teaspoonful salt
$\frac{1}{2}$ cup wheat flour (barley flour may be used)	1 egg, beaten light
$\frac{1}{4}$ cup corn or rice flour	1 cup milk

Sift the flour, baking powder, and salt into the rice, shortening, egg, and milk. Mix and bake on a hot griddle.

**BUCKWHEAT GRIDDLE-CAKES**

1 cup buckwheat flour	1 cup cold water
$\frac{1}{8}$ teaspoonful salt	$\frac{1}{4}$ cup sweet milk
3 teaspoonfuls baking powder	

Sift the dry ingredients together. When the griddle is hot, and you are ready to bake the cakes, add all the liquid and at once stir to a smooth batter. Bake at once on a hot, well-oiled griddle. When full of bubbles, turn, to brown the upper side.

### DELICATE CORNMEAL GRIDDLE-CAKES

$\frac{1}{2}$ cup cornmeal	$\frac{3}{4}$ cup cold milk
$\frac{1}{2}$ teaspoonful salt	2 egg-yolks
$\frac{1}{2}$ cup cold water	1 cup barley flour
$1\frac{1}{2}$ cups boiling water	4 teaspoonfuls baking powder
1 tablespoonful shortening	2 egg-whites, beaten very light

Stir the cornmeal with the salt and cold water, then stir into the water, boiling directly over the fire; continue to stir and cook until the mixture thickens; cover and let cook over boiling water 20 minutes, stirring occasionally. Add the shortening, the cold milk, the yolks, the flour sifted again with the baking powder, and lastly the egg-whites. Bake at once by tablespoonfuls on a hot griddle. The recipe makes between thirty and forty small cakes.

### POLENTA DABS

2 cups boiling water	1 tablespoonful butter substitute
$\frac{1}{2}$ teaspoonful salt	1 egg, beaten light
1 cup cornmeal	3 tablespoonfuls cream

Add the salt to the boiling water and gradually stir in the cornmeal; let cook directly over the fire five or six minutes, stirring constantly, then cover and let cook over boiling water about an hour; add the other ingredients; drop from a spoon on a well-greased baking sheet; bake in a moderate oven.

### BARLEY BISCUIT

1 cup sifted barley flour	4 teaspoonfuls baking powder
1 cup sifted white flour	2 tablespoonfuls shortening
$\frac{1}{2}$ teaspoonful salt	1 scant cup milk or water.

**Same quantity of corn or rye flour may be substituted for the barley flour.**

Sift the dry ingredients together twice; work in the shortening; gradually add the liquid and mix with a knife to a soft dough. Turn upon a lightly-floured board, roll with a knife to coat with flour, then knead slightly. Roll into a sheet about three-fourths of an inch thick, cut in rounds and set in a shallow baking pan. Bake about 15 minutes.

## VICTORY BREADS

When less than one cake of compressed yeast is given in a recipe, the bread is to be mixed at night.

In general, most housekeepers prefer to mix bread at night, using a small quantity of yeast. In this way the bread is baked and out of the way in the early morning hours. A coal fire is often regulated more easily in the morning and this is an object in baking. However, many times, better results are secured when making yeast bread with cereals of low, or weak, gluten content, if a sponge be made in the morning with wheat flour, and then, when this is fully risen, adding the weaker flour with such other quantity of wheat flour as is required. Good bread may be made of first quality rye flour without the admixture of any wheat, but for less choice products a little wheat flour is advisable when conditions are favorable for its use.

### RYE BREAD WITH SPONGE

(2 Loaves)

2 cups scalded milk, <i>or</i> half milk, half water	2 tablespoonfuls sugar or molasses
1 cake compressed yeast	3 tablespoonfuls melted shortening
$\frac{1}{2}$ cup lukewarm water	1 teaspoonful salt
3 cups (nearly) wheat flour	$3\frac{1}{2}$ (about) cups rye flour

Make a sponge of the first four ingredients; when light add the others; knead until smooth and elastic; let stand to become light; shape into two loaves; when again light bake nearly one hour.

### OTHER VICTORY BREAD WITH SPONGE

Same as recipe for rye bread except add two cups of the substitute flour to the sponge and finish with the wheat flour necessary to make a dough that may be kneaded.

### WHITE OATMEAL BREAD

$1\frac{1}{2}$ cups rolled oats	1 tablespoonful shortening
2 cups scalded milk or 1 cup milk and 1 cup water	$\frac{1}{2}$ cake compressed yeast
$1\frac{1}{2}$ teaspoonfuls salt	$\frac{1}{2}$ cup lukewarm water
1 tablespoonful sugar	$4\frac{1}{2}$ cups wheat flour (about)

Pour the hot liquid over the oats, add the salt, sugar, and shortening. When lukewarm add the yeast mixed with the half cup of liquid and mix thoroughly. Stir in the flour. Knead until smooth and elastic, cover and set aside overnight. Shape into two loaves. When again light bake 50 to 60 minutes.

### ONE LOAF WAR BREAD

$\frac{1}{2}$ cup cornmeal	$\frac{1}{4}$ cake compressed yeast, mixed with
1 cup boiling water or scalded milk	$\frac{1}{4}$ cup lukewarm water
1 tablespoonful shortening	1 cup rye flour
2 tablespoonfuls molasses	2 cups wheat flour (about)
$\frac{1}{2}$ teaspoonful salt	

Pour the boiling water over the cornmeal and add the shortening, molasses, and salt. When lukewarm, add the yeast and flour. Mix, knead until smooth, and let rise until doubled in bulk. Shape and set in a greased pan to rise. Bake 50 to 60 minutes.

### RICE BREAD

(3 Loaves)

$\frac{3}{4}$ cup rice	2 tablespoonfuls sugar
4 cups hot liquid (part milk, part water)	$\frac{1}{2}$ cup compressed yeast
1 teaspoonful salt	$\frac{1}{2}$ cup lukewarm water
3 tablespoonfuls shortening	$6\frac{1}{2}$ cups bread (wheat) flour (about)

Put the rice over a quick fire in about a quart of cold water; stir constantly while heating to the boiling point; let boil three minutes, drain in a sieve, rinsing meanwhile with cold water. Return to the fire with the hot liquid and salt and let cook until the rice is done; press through a ricer, add the shortening and sugar, and, when cooled to lukewarm, the yeast mixed with the water, and the flour. Knead and set aside out of draughts, overnight. Shape for two brick-loaf pans. When again light bake about 50 minutes.

### ONE LOAF RICE-FLOUR BREAD

1 cup scalded milk	$\frac{1}{4}$ cake compressed yeast
1 tablespoonful shortening	$\frac{1}{4}$ cup lukewarm water
1 tablespoonful sugar	$\frac{3}{4}$ cup rice flour
$\frac{1}{2}$ teaspoonful salt	$2\frac{1}{2}$ cups wheat flour (nearly) or $1\frac{1}{2}$ cups wheat flour and 1 cup barley flour

Mix in the usual manner. Let stand over night. Shape, and when again light bake one hour. To make in the morning use one cake compressed yeast.

### ONE LOAF RICE BREAD

1 cup scalded milk	$\frac{1}{4}$ cake compressed yeast
1 tablespoonful shortening	$\frac{1}{4}$ cup lukewarm water
1 tablespoonful sugar	1 cup rice flour
$\frac{1}{2}$ teaspoonful salt	2 cups wheat flour

### OAT-FLOUR YEAST BREAD

(50 per cent oat flour — 50 per cent wheat)

2 cups liquid	$\frac{1}{2}$ yeast cake
2 tablespoonfuls salt	$\frac{1}{4}$ cup lukewarm water
1 tablespoonful sugar	3 cups wheat flour
3 cups oat flour	

Bring liquid to boiling point. (May use one-half skim milk, one-half water or potato water.) Add salt and sugar; add oat flour gradually to prevent lumping. Beat thoroughly. When lukewarm add the dissolved yeast and enough wheat flour to make a stiff, dry dough. Knead and set to rise until double in bulk. Then cut down and reshape. Let rise and then bake in hot oven.

### POTATO BREAD (1 Loaf)

(Liberty Bread Shop)

1 cup mashed potato	$\frac{1}{2}$ cup milk, scalded
1 tablespoonful shortening	$\frac{1}{4}$ cake compressed yeast
1 tablespoonful sugar	2 tablespoonfuls lukewarm water
$\frac{1}{2}$ teaspoonful salt	2 cups wheat flour (about)

To the potato add the shortening, sugar, salt, and milk. When lukewarm add the yeast mixed with the water and the flour. Mix very stiff with flour, as the dough softens on rising. Let rise until it doubles its bulk. Shape for the pan and when again light bake about 50 minutes.

### TWO LOAVES RYE BREAD

2 cups scalded milk or part water	$\frac{1}{3}$ cake compressed yeast
$\frac{1}{2}$ tablespoonful shortening	$\frac{1}{2}$ cup lukewarm water
$\frac{1}{2}$ tablespoonful molasses or sugar	4 cups rye flour, wheat flour for
1 $\frac{1}{2}$ teaspoonfuls salt	dough that may be kneaded

To the hot liquid add the shortening, molasses, and salt. When lukewarm add the yeast mixed with the water and the flour; knead thoroughly. Set aside out of draughts to double in bulk. Shape into two loaves. When again doubled in bulk, bake 50 to 60 minutes.

**BREAD-CRUST BREAD**

2 cups bread crusts	$\frac{1}{3}$ cup molasses
1 cup scalded milk	$\frac{1}{4}$ cake compressed yeast
2 cups boiling water	$\frac{1}{2}$ cup lukewarm water
2 tablespoonfuls shortening	$1\frac{1}{2}$ cups barley, graham, or oatmeal flour
1 teaspoonful salt	$5\frac{1}{2}$ cups wheat flour

The bread crusts and crumbs must be packed solid for measuring. Over the crusts, etc., pour the milk and water, let stand, covered, until softened; then press through a sieve with a wooden pestle; add the shortening, salt, molasses, yeast mixed with the lukewarm water and the flour, and mix to a stiff dough. The dough must be mixed as stiff as possible, as it softens on rising. When doubled in bulk, shape for two brick-loaf pans. When again light bake 1 hour.

**QUICK RYE-MEAL ROLLS**

1 cup scalded milk	1 cake compressed yeast
$\frac{1}{4}$ cup shortening	$\frac{1}{4}$ cup lukewarm water
$\frac{1}{2}$ teaspoonful salt	$\frac{1}{2}$ cup rye meal
1 tablespoonful sugar	Wheat flour for soft dough

Add the shortening, salt, and sugar to the milk. When lukewarm add the yeast mixed with the water, the rye meal and as much wheat flour as can be stirred in with a spoon. Cover and set aside to become light. When the dough has doubled in bulk, rub the tips of the fingers with fat, and shape the dough into twenty-four balls. Set these on a floured board, cover close, and when light and puffy roll under the fingers into finger shapes, and set into suitable pans. When again light and puffy, bake about 20 minutes.

**QUICK POTATO ROLLS**

Boil pared potatoes in boiling water; press the potato through a ricer into the water. To one cup of this potato and water add half a cup of scalded milk, three tablespoonfuls of shortening, half a teaspoonful of salt, one tablespoonful of sugar and when lukewarm stir in one cake of compressed yeast, mixed through one-fourth a cup of lukewarm milk, half a cup of corn flour and wheat flour for a soft dough (about two and a half cups). Cut the dough through and through and work it into a compact shape. Cover and let double in bulk. With greased finger-tips shape into smooth balls; cover and let stand to become light. Shape for finger pans. When again light bake about 20 minutes.



### CORNMEAL PARKER HOUSE ROLLS

1 cup scalded milk	$\frac{1}{2}$ teaspoonful salt
1 cake compressed yeast	1 tablespoonful sugar
$\frac{1}{4}$ cup lukewarm water	$\frac{3}{4}$ cup white corn flour (yellow flour or meal may be used)
$1\frac{1}{4}$ cups wheat flour (about)	Wheat flour for dough (about 1 cup)
$\frac{1}{4}$ cup shortening	

Cool the milk to lukewarm; add the yeast softened in the water and the first measure of flour. Beat until smooth, cover and set aside to become light. Add the other ingredients and mix to a dough. Knead until smooth and elastic. Wash the mixing bowl and rub it over with fat; put in the dough, cover and set aside to become doubled in bulk. **Without disturbing the dough**, turn it upside down on a board lightly dredged with flour and roll to a sheet half an inch in thickness; cut into rounds; turn each round and with a knife score it lightly across the center, brush with fat and fold at the scoring. Set close together in a baking pan. When again light bake about 25 minutes.

### BARLEY PARKER HOUSE ROLLS

Same as above save use one cup and a half of barley flour in place of the cornmeal, then finish with wheat flour as needed.

### BRAN BREAD STICKS

1 cup scalded milk	1 cake compressed yeast
3 tablespoonfuls shortening	$\frac{1}{4}$ cup lukewarm water
$\frac{1}{2}$ teaspoonful salt	$1\frac{1}{2}$ cups bran (wheat or rye)
1 tablespoonful molasses	Wheat flour for soft dough

To the hot milk add the shortening, salt, and molasses; when lukewarm add the yeast mixed with the lukewarm water, the bran and the flour. The dough should not be mixed stiff enough to knead. Mix, cut, and turn the dough over and over with a spoon or knife; cover and set aside to become light. When the dough has doubled in bulk, with buttered fingers pull off bits of the dough and work into smooth balls. Set the balls on a floured board, cover, and let stand until very light; roll the balls, one by one, under the fingers to lengthen them to fit breadstick pans. When again very light bake about 15 minutes. Brush over with the white of an egg, slightly beaten, and return to the oven a moment to set the glaze.

## **DISHES RICH IN PROTEIN**

---

To be used as Meat Substitutes or to extend and enhance a little Meat Flavor

---

### **CLARIFYING FAT FROM WATER IN WHICH CORNED OR FRESH BEEF OR CHICKEN WAS BOILED**

Skim the fat from the broth. Set the fat in a small saucepan over the fire; let melt and cook very slowly until all the water has evaporated (until the fat is still, no boiling discernable), then strain through a cheesecloth. When cold it is ready for use. Such fat may be used for pastry, biscuits, etc.

### **A SUBSTITUTE FOR MEAT**

When making cornmeal mush add, ten minutes before removal from fire, a cup of chopped walnuts or peanuts and two eggs; when beaten smooth turn into molds, and when cold slice and fry, preferably in bacon fat.

### **SCALLOPED RICE AND CHEESE**

2 cups hot boiled rice	1½ cups milk
3 tablespoonfuls butter substitute	1 to 2 cups grated cheese
3 tablespoonfuls flour	½ cup cracker crumbs
½ teaspoonful salt	2 tablespoonfuls melted fat
½ teaspoonful paprika	

When the rice is done, melt the fat; in it cook the flour, salt, and paprika; add the milk and stir until boiling; stir in the cheese. Set the rice and cheese mixture in a greased baking dish in alternate layers. Mix the cracker crumbs with the melted fat and spread over the top. Bake until the crumbs are browned.

### **BALTIMORE SAMP AU GRATIN**

2 tablespoonfuls Crisco	1¼ cups cooked samp
1 tablespoonful corn flour	½ to 1 whole cup grated cheese
¼ teaspoonful salt	¼ cup cracker crumbs
¼ teaspoonful paprika	⅛ teaspoonful salt
1 cup milk	1½ tablespoonfuls melted Crisco

Melt the Crisco; in it cook the corn flour, salt, and paprika; add the milk and stir until boiling; add the samp and cheese, mix and turn into a Criscoed baking dish. Mix the crumbs

with the salt and melted Crisco, and spread over the samp. Bake until the crumbs are browned. Baltimore samp is coarse, broken white corn. It is good as a breakfast cereal with syrup or molasses and milk. To cook, rinse a cupful in boiling water, drain on a sieve and set to cook in boiling water; boil rapidly ten minutes, then draw to a cooler place to cook at a gentle simmer all day. Add boiling water as needed. It may be cooked in a fireless cooker. Set aside in the refrigerator to use as required. It resembles hulled corn without the flavor of lye.

### CORN CHOWDER

2 slices fat salt pork	1 can corn
1 onion, sliced	1½ teaspoonfuls salt
3 cups boiling water	½ teaspoonful black pepper
1½ cups sliced raw potatoes	½ cup hot milk

Cut the pork in tiny bits, let cook slowly until the fat is withdrawn; add the onion, and let cook, stirring often until yellowed and softened; add the boiling water and let simmer ten minutes. Parboil the potatoes five minutes, then drain; strain over them the water from the pork and onion, pressing out all the liquid possible. Let cook until the potatoes are tender, add the corn, seasonings, and when again boiling, the milk.

### SUCCOTASH

1 cup dried Lima beans	1 can corn
1 teaspoonful salt	3 tablespoonfuls butter substitute
½ teaspoonful black pepper	

Soak the beans over night in cold water; drain, rinse in cold water, drain again, and set to cook in water to cover; let cook, covered, at a quiet simmer two or three hours or until tender, and the water is reduced; replenish with boiling water as needed during the cooking. Add the seasoning and corn, and when hot, the fat. Serve at once.

### DRIED LIMA BEANS, CREOLE STYLE

1 cup dried Lima beans	½ cup tomato purée
½ a green pepper	1 teaspoonful salt
3 tablespoonfuls butter substitute (chicken or bacon fat)	1 teaspoonful grated horse-radish

Soak the beans over night; wash and set to cook in plenty of cold water. Heat to the boiling point, then let simmer three hours, or until tender. Replenish with boiling water as needed,

but let the water dry out at the last. Cut the pepper in shreds, let cook in the hot fat until softened; add to the beans with the tomato, salt, and horse-radish; heat to the boiling point and serve.

### POLENTA WITH SAUSAGE

2 cups boiling water	3 sausages
$\frac{1}{2}$ teaspoonful salt	3 tablespoonfuls butter substitute
$\frac{1}{2}$ cup cornmeal	$\frac{1}{2}$ cup or more grated cheese

Have the water boiling rapidly; add the salt, and gradually stir in the cornmeal; keep the mixture boiling all the time the meal is being added. If the mush seems too thin, add a little more meal. Let cook in a double boiler an hour or longer. Turn into a greased dish to make a layer half an inch thick. When cold cut into pieces an inch long. Cook the sausage as for breakfast; remove the skins and cut them into thin, even slices. Make a layer of the polenta squares in a greased baking dish (suitable for the table), sprinkle with the sausage, butter substitute in bits, and cheese; continue the layers until all the materials are used. Bake in a moderate oven until very hot throughout. Thick tomato purée or a rich meat stock, one or both, may be sprinkled over the layers with the sausage, cheese, etc.

### BOSTON BAKED BEANS

1 pint pea beans	1 teaspoonful salt
1 teaspoonful soda	2 tablespoonfuls molasses or sugar
$\frac{1}{4}$ pound salt pork	1 teaspoonful mustard

Soak the beans in cold water (soft water preferred) over night. In the morning wash and rinse thoroughly, then parboil until they are soft enough to pierce with a pin and no longer. Change the water while parboiling, always using boiling water for cooking and rinsing. During the last boiling add soda. Rinse thoroughly in hot water. Put one half of the beans in the bean pot. Pour scalding hot water over the salt pork and score the rind in half-inch strips. Put into the bean pot above the beans, and pour in the remainder of the beans. Mix the mustard, salt, and molasses, or sugar, with hot water and pour over the beans; add boiling water to cover. Bake about eight hours in a moderate oven. Keep the beans covered with water, and, also, the cover on the pot until the last hour. The pork may be drawn to the surface and browned during the last hour.

**BAKED BEANS, SPANISH FASHION**

1 pint dried beans	1 teaspoonful salt
1 teaspoonful soda	2 slices bacon
Sweet red peppers	Tomato purée

Use yellow-eyed, Lima, or dark kidney beans, as desired. Let soak in cold water overnight. Drain, rinse, and set to cook in cold water; let simmer until the skins are somewhat tender; drain and rinse with cold water. Turn a layer of beans into a baking dish, sprinkle on red peppers, chopped fine, also a few bits of bacon; continue the layers until the beans are used; add the salt and tomato purée to cover the beans. Bake two or three hours, or until the beans are tender. Yellow-eyed or dark kidney beans require longer cooking than Lima beans. More tomato may be added as needed. To secure the purée, press cooked tomatoes through a sieve fine enough to exclude the seeds. The peppers may be omitted.

**BAKED BEAN TIMBALES**

1 cup Boston baked beans	$\frac{1}{2}$ teaspoonful paprika
$\frac{1}{2}$ cup sifted bread crumbs	6 tablespoonfuls tomato purée
1 teaspoonful onion-pulp	1 tablespoonful tomato catsup
1 teaspoonful fine-chopped parsley	2 eggs, beaten light

Press the beans through a sieve; add the other ingredients, mix thoroughly and turn into buttered molds. A pint mold or eight small-sized molds may be used. Let bake on many folds of paper, surrounded with boiling water, until firm in the center. Serve unmolded, with or without tomato sauce.

**BAKED BEAN LOAF**

2 cups baked beans (left over)	$\frac{1}{2}$ teaspoonful paprika
1 cup soft, fine bread crumbs	$\frac{1}{2}$ teaspoonful salt
1 teaspoonful scraped onion-pulp	$\frac{1}{2}$ cup tomato purée
$1\frac{1}{2}$ teaspoonful chopped parsley	2 tablespoonfuls tomato catsup
3 eggs, well beaten	

Press the beans through a sieve, add all the other ingredients, and mix together thoroughly. Turn into a mold thoroughly greased; let bake standing on folds of paper and surrounded by boiling water until firm in the center. Serve turned from the mold, with tomato sauce or stewed tomatoes.

**PEANUT BUTTER LOAF**

$\frac{1}{2}$ cup rice	1 egg, beaten light
2 cups boiling water	$\frac{1}{2}$ cup milk
$\frac{1}{2}$ teaspoonful salt	$\frac{1}{2}$ cup cracker crumbs
1 cup peanut butter	2 tablespoonfuls butter substitute
$\frac{1}{2}$ teaspoonful paprika	

Add the salt to the boiling water, and in it cook the rice until tender, adding more water if needed; add the peanut butter, paprika, egg, and milk, and mix thoroughly. Shape in a mound on a greased baking dish; cover with the cracker crumbs mixed with the melted butter substitute and let bake about half an hour. Serve with tomato sauce or stewed tomato.

**AN ITALIAN CHEESE DISH**

$1\frac{1}{2}$ cups scalded milk	$\frac{1}{2}$ teaspoonful salt
3 tablespoonfuls cornmeal <i>or</i>	$\frac{1}{2}$ teaspoonful paprika
4 tablespoonfuls cornstarch	2 tablespoonfuls butter substitute
$\frac{1}{2}$ cup corn flour <i>or</i>	2 egg-yolks
$\frac{1}{2}$ cup cornmeal	$\frac{3}{4}$ cup grated cheese
$\frac{1}{2}$ cup cold milk	

Stir the dry ingredients with the cold milk to a smooth consistency; then stir and cook in the hot milk until the mixture thickens; cover and let cook half an hour or longer, stirring occasionally. Cream the butter substitute, beat in the salt, paprika, egg yolks, and part of the cheese; stir and cook in the hot mixture until the cheese is melted and the egg cooked. Turn into a greased biscuit pan to make a layer half an inch thick. When cold, cut in squares or other shapes; set these in a greased baking dish, sprinkle with grated cheese; set other shapes above, and sprinkle with cheese. When ready to serve, reheat in the oven.

**LENTIL STEW**

(Mrs. Schirmer)

1 cup lentils	2 stalks celery (or saltspoon celery salt)
$\frac{1}{2}$ cup carrots	1 tablespoonful butter (or substitute)
$\frac{1}{2}$ cup potatoes	1 tablespoonful flour
$\frac{1}{2}$ cup turnips	Salt and pepper
1 onion	

Soak lentils over night. In morning cook until tender. During last hour of cooking add vegetables. Thicken with butter and flour rubbed together. Serve with or without dumplings.

**LIMA BEAN LOAF**

Cook Lima beans as for a salad; press through a sieve while hot, and stir in a cup (or more) of grated cheese, about a cup of soft bread crumbs, a scant teaspoonful of salt and a dash of black pepper. Form into a loaf-shape and bake on a greased dish, basting often with a little melted dripping. Serve with tomato sauce.

**HAMBURG FRITTERS**

To a quarter of a pound of Hamburg steak add 10 tablespoonfuls of water, a small onion chopped fine, salt, pepper, a dash of grated nutmeg and the same of ground cloves (or both of these may be omitted). Stir in 2 tablespoonfuls of flour, not heaping, then drop from a spoon, and fry quickly. This amount makes ten fritters, and are very acceptable, tender, and economical.

**BEEF-AND-OATMEAL SCRAPPLE**

2 pounds beef from best part of hind leg	2 $\frac{3}{4}$ cups oatmeal
2 quarts water	2 teaspoonfuls poultry seasoning
2 teaspoonfuls salt	

Remove the marrow from the bone, to use later on. Pour the water over the meat; heat quickly to the boiling point and let simmer until the meat is very tender. There should be three pints of broth, when the meat is done. If there is much fat on the broth, remove it when cold. Return the broth (three pints; add water if needed) to the fire; add the salt and stir in the oatmeal; stir continuously until after the mush has boiled two or three minutes; cover and let cook over boiling water until done. The time will depend on the kind of oatmeal. Chop the cold meat fine; stir the chopped meat into the oatmeal with the spiced seasoning and let become hot throughout; turn into bread pans to chill. To serve, cut in slices, pat each side in cornmeal, and let fry in hot fat, first on one side and then on the other. The marrow from the bone is particularly good for frying, or it may be chopped with the meat and thus added to the scrapple. Meat from the forequarter of lamb is good in this dish.

**CURRIED CHICKEN WITH RICE**

1 pint cooked chicken (in small pieces)	$\frac{1}{2}$ teaspoonful salt
3 tablespoonfuls fat	1 cup broth
$\frac{1}{2}$ onion, sliced fine	$\frac{1}{2}$ cup milk
2 teaspoonfuls curry powder	2 tablespoonfuls currant jelly
$\frac{1}{4}$ cup flour	

Melt the fat; in it cook the onion, covered close, on a slow fire until softened and yellowed slightly. Stir the onion occasionally; add the curry powder, flour and salt and stir until blended; add the broth and milk and stir until boiling; add the jelly. When the jelly has melted, strain the sauce over the chicken and let stand in a double boiler that the meat may absorb the sauce. Serve with plain boiled rice.

### CREAMED CABBAGE AU GRATIN

Cut half a cabbage in four pieces, remove the hard center, and let stand in a large dish of cold water to become crisp. Set to cook in a large, open kettle, well filled with boiling water, to which a teaspoonful of salt has been added. Let boil about 30 minutes. Drain and chop the cabbage. For  $2\frac{1}{2}$  cups of cabbage, melt 4 tablespoonfuls of fat; add 4 tablespoonfuls of barley or rye flour,  $\frac{1}{2}$  teaspoonful of salt, and  $\frac{1}{4}$  teaspoonful of pepper; stir until blended; add 2 cups of milk and stir until boiling; remove from the fire, add 1 cup of grated cheese (or from  $\frac{1}{4}$  to  $\frac{1}{2}$  pound) and stir until melted. Grease a baking dish, dispose in it alternate layers of cabbage and sauce, having the last layer sauce. Spread  $\frac{1}{2}$  cup of cracker crumbs mixed with 2 tablespoonfuls of melted fat over the top. Set into the oven to reheat the cabbage and brown the crumbs.

### PECAN NUT-MEAT SAUSAGE WITH BANANAS

$\frac{3}{4}$ cup hot cooked oatmeal	$\frac{1}{4}$ teaspoonful pepper
$\frac{1}{4}$ cup soft bread crumbs	$\frac{1}{2}$ teaspoonful powdered thyme or
2 cups nut meats, crushed	poultry seasoning
$\frac{1}{2}$ teaspoonful salt	1 egg, beaten light

Mix all the ingredients together thoroughly (the oatmeal should be quite consistent;) form into ten shapes to resemble sausage links; set these on a pan rubbed over with fat and let bake about 20 minutes. In the meantime, peel 5 bananas, scrape to remove coarse threads, cut in halves crosswise, then in halves lengthwise; roll or pat each piece in cornmeal or flour, then let cook in hot fat until lightly colored on one side; turn, to cook the other side. Serve around the sausage.

### CREAMED SALT CODFISH OR FINNAN HADDIE

Pick the fish in small, thin bits: cover 1 cup with cold water and let stand overnight. Heat in the same water until the fish shrinks a little and the water looks milky. Do not boil. Drain off the water. Melt 2 tablespoonfuls of butter substitute; add



2 tablespoonfuls of flour, and stir until bubbling throughout; add 1 cup of milk and stir until boiling; add the fish; when hot, add one or two eggs beaten light. Stir over the fire without boiling until the egg is cooked. Serve with baked potatoes. The eggs may be omitted, but are needed when the dish is used in place of meat.

### RICE AND BEEF, CREOLE STYLE

1 cup rice	2 cups broth or hot water
4 tablespoonfuls fat	1 teaspoonful salt
$\frac{3}{4}$ cup sliced onion	$\frac{1}{2}$ to 1 pound round of beef, chopped
2 cups canned tomato	$\frac{1}{2}$ cup grated cheese

Put the rice in a quart or more of cold water over a quick fire, stir with a fork until boiling and let boil three minutes; then drain, rinse in cold water, and drain again. To the rice add the fat and onion, and let cook without browning until the fat is absorbed and the vegetables are slightly yellowed. Add the tomato, broth or water, and salt, and let cook until the rice is done. Stir the chopped meat in a hot frying pan until it changes color. Add the rice, cheese, and more salt if needed. Lift with two forks to mix thoroughly. Serve at once.

### POTATO AND ONION HASH

3 cold boiled onions	$\frac{1}{2}$ teaspoonful pepper
4 cold boiled potatoes	3 tablespoonfuls fat
1 teaspoonful salt	

Chop the potatoes and onions. Melt part of the fat in the frying pan. Put in the potatoes and seasoning; mix thoroughly. Push the mixture to one side; put in the rest of the fat, and press into a smooth sheet; let cook until browned on the bottom; fold and turn on a hot dish.

### TRIBE AND ONIONS

Take care to select tender pickled tripe. Wash in cold water and cut in pieces of uniform size and shape. Dry on a cloth, then pat in sifted corn flour or meal. Have ready two or three spoonfuls of fat, hot, in a frying pan. Set in the tripe and let cook until lightly browned on one side, then turn to brown the other side. Have ready small onions, boiled tender and seasoned with salt and a little butter. Serve the tripe and onions on the same dish. Tripe is eighteen cents per pound in the Boston market. There is no waste; every bit is edible and easily digested.

**BAKED MEXICAN RAREBIT**

(Serves four to eight)

1 green pepper	1 pound cheese (sliced thin)
1 slice onion	2 cups fleshy part of tomato
1 tablespoonful fat	2 cups boiled rice( grains distinct)
1 can corn (2 cups)	1 teaspoonful salt
4 eggs, beaten light	$\frac{1}{2}$ teaspoonful paprika

Chop the pepper and onion and cook in the fat until yellowed and softened. Chop the corn. Rub over a baking dish with fat; mix all the ingredients together (preferably, the rice should be hot) and turn into the prepared dish. Let bake on many folds of paper surrounded by boiling water until firm in the center. The water should not boil during the cooking.

**SHIRRED EGGS, CREOLE STYLE**

For three eggs, cut half a green pepper and half an onion in shreds; put in a small saucepan with a tablespoonful of vegetable oil, cover and let cook very slowly, stirring occasionally, until softened; add  $\frac{3}{4}$  cup of cooked-and-strained tomato with  $\frac{1}{4}$  teaspoonful of salt, and when hot turn into three egg dishes; into the tomato in each dish break a fresh egg. Let cook in a moderate oven until the egg is set. Serve at once.

**POACHED EGGS WITH CHEESE SAUCE**

For three eggs and three slices of toast make a cup of cream sauce with 2 tablespoonfuls, each, of butter and flour,  $\frac{1}{4}$  teaspoonful, each, of salt and paprika, and 1 cup of milk. Add  $\frac{1}{2}$  cup or more of grated cheese and stir until the cheese is melted. Break fresh eggs into a frying pan of boiling salted water; draw the pan to a place where the water will not boil; when the eggs are "set" on the bottom, run a spatula between each egg and the pan, then let stand undisturbed until as firm as desired. Dip the edges of the toast in the hot water and dispose on individual plates; pour over it the sauce, and with a skimmer drain the eggs and set above the sauce.

**EGG CROQUETTES, ITALIAN STYLE**

4 hard-cooked eggs	$\frac{1}{4}$ cup cream
$\frac{1}{4}$ cup butter substitute	$\frac{1}{2}$ cup or more grated cheese
$\frac{1}{3}$ cup flour	1 egg, beaten
$\frac{1}{2}$ teaspoonful salt	4 tablespoonfuls milk
$\frac{1}{2}$ teaspoonful paprika	Soft bread crumbs
1 cup milk	

Cut the eggs into half-inch cubes. Melt the fat; in it cook the flour, salt, and pepper; add the milk and cream and stir until boiling; beat in the cheese, then fold in the prepared eggs and turn on a greased plate to chill. Form into croquette shapes. If the croquettes are to be baked, brush them over with the beaten egg, mixed with the four tablespoonfuls of milk, and then coat them with bread crumbs, mixed with a tablespoonful of fat. If they are to be fried, roll in crumbs, then in the egg and milk, and again in crumbs. Serve with or without tomato sauce.

### **FRESH FISH CUTLETS, BREADED AND BAKED**

These cutlets may be made of almost any variety of fresh or canned fish. If fresh fish is used, be careful to remove from the liquid or heat as soon as the flesh flakes easily. Make a sauce of  $\frac{1}{3}$  cup of fat,  $\frac{1}{2}$  cup of barley flour,  $\frac{1}{2}$  teaspoonful of salt, and 1 cup of milk or fish broth, with  $\frac{1}{3}$  cup of cream; fold in nearly 2 cups of flaked fish and turn on a plate to cool. Form into cutlet shapes, coat with beaten egg, diluted with 4 tablespoonfuls of milk. Mix 1 cup of soft, sifted bread crumbs with 2 tablespoonfuls of fat, and use to cover the cutlets. Bake on a greased plate in a hot oven.

### **FRESH FISH SMOTHERED IN TOMATO SAUCE**

Shred a small onion and a green pepper, and let cook in 2 tablespoonfuls of fat, in a covered casserole, very slowly, until the onion is softened and yellowed a little; add  $\frac{1}{2}$  can of tomatoes or tomato soup and 1 tablespoonful of fine-chopped parsley, and when boiling lay in slices or filets of fresh fish freed of all skin and bone; cover and let cook about 10 minutes, or until the fish flakes readily. Stir in 1 or 2 tablespoonfuls of barley flour mixed with cold water, and  $\frac{1}{2}$  teaspoonful of salt, and let simmer 10 minutes longer. Serve from the casserole. The cooking may be done on the top of the stove or in the oven. A double boiler may also be used; in this case the fish is very delicately cooked.

### **ANCHOVY TOAST WITH SPINACH**

Make toast and spread it with anchovy paste in the usual way; upon this place well-cooked and chopped spinach, seasoned with red pepper or tabasco sauce. Set poached eggs on top. Surround with a cream sauce.

**FLOUNDER-AND-OYSTER SANDWICH**

To serve three or four people, buy 2 flounders of a little more than a pound each. This will give four filets weighing one pound. Have the skin and bones sent with the filets of fish; also purchase half a pint of oysters. Put the fish trimmings over the fire with a few celery leaves, half an onion, sliced, and a few slices of carrot and cold water to cover. Let cook half an hour, then strain off the liquid. Rub over a flat piece of tin with fat; on it set one of the filets, seasoned with salt. Pour  $\frac{1}{2}$  cup of cold water over the oysters. Take up an oyster to remove any shell that is present, dip in melted fat, then in cracker crumbs and set on the fish; repeat until the fish is covered; set a second filet of fish over the oysters, cover this with oysters as before; repeat, having a filet of fish above the whole; set strips of pork above the fish; strain the oyster liquid into the fish broth; pour a little of the liquid around the fish. Let cook about 35 minutes. Remove the pork, sprinkle with cracker crumbs, mixed with vegetable oil, and return to the oven to brown the crumbs. Serve with a sauce made of the rest of the fish broth.

**BROILED SALT MACKEREL**

Let the mackerel stand, skin side up, covered with cold water, thirty-six to forty-eight hours. Set over the fire in a fresh supply of cold water, and let heat gradually to just below the boiling point. Drain and set in the same dish under the gas burner, or put the fish between the well-oiled bars of a double broiler, and let brown slightly, first on one side and then on the other, over a bed of coals.

**LEFT-OVER SALT MACKEREL AND POTATO BALLS**

Cut enough pared potatoes into quarters to fill a pint cup. Turn into a saucepan, surround with boiling water, and turn 1 cup of cooked mackerel, picked into fine bits, in the center of the potatoes, above the water. Let cook until the potatoes are done; drain, shake the fish from the potatoes and press the latter through the ricer, over the fish; add  $\frac{1}{2}$  teaspoonful of black pepper, 1 egg, beaten light, and 1 teaspoonful of butter substitute. Beat all together thoroughly; lightly shape into balls. Fry at once, five at a time, in deep fat. Serve with pickles, lettuce, or cabbage salad.

**CREAMED FINNAN HADDIE, MEXICAN STYLE**

The whole fish or canned flakes of fish may be used. The whole fish must be cooked first and should be made ready in advance. Set to cook on the back of the range, flesh side downwards, in cold water; after half an hour draw the saucepan forward and let heat gradually to the simmering point. Let simmer about 6 minutes, then drain and separate the flakes from the skin and bones. For each cup of flakes prepare a cup of cream sauce; stir into the sauce half a teaspoonful of fine-chopped chili pepper, then add the fish. This is particularly good with baked potatoes.

**LITTLE FISH PIES**

These are made of mashed potato and "left-over" fish. Rub over earthen ramekins with vegetable oil, press potatoes, mashed and seasoned as for the table, into them to line with a layer of potato half an inch thick. Make a cream sauce of 2 tablespoonfuls, each, of fat and barley flour,  $\frac{1}{4}$  teaspoonful, each, of salt and pepper, and 1 cup of fish broth or milk; add the beaten yolk of an egg, if at hand, and  $1\frac{1}{4}$  cups of cooked fish, separated into flakes. Use this to fill the prepared ramekins. Cover the fish with cracker crumbs mixed with a teaspoonful of vegetable oil, and let reheat in the oven until the crumbs are browned.

**LEFT-OVER FISH PIE**

Line a greased dish with mashed potato. For each cup and a quarter or half of fish, separated into flakes, make a cup of cream or white sauce of 2 tablespoonfuls of butter substitute, 3 tablespoonfuls of barley flour,  $\frac{1}{4}$  teaspoonful, each, of salt and pepper, and  $\frac{1}{2}$  cup, each, of fish stock and milk. The beaten yolk of an egg may be added to the sauce if convenient, also onion juice and chopped parsley. Mix the fish through the sauce, and turn into the dish. Put cracker crumbs mixed with 1 teaspoonful of fat over the fish, and brush over the edge of the potato with fat. Reheat in a hot oven.

**FRESH MACKEREL, BAKED, CREOLE STYLE**

Split a carefully cleaned mackerel, and set into a greased agate dish. Brush over the flesh side with a little melted fat and let bake about 15 minutes. While the mackerel is cooking, slice fine 1 onion and 1 green pepper, and let cook in 2 table-

spoonfuls of fat, stirring constantly; add 2 tablespoonfuls of barley or whole wheat flour, and stir until absorbed by the fat; add  $1\frac{1}{2}$  cups of cooked tomatoes,  $\frac{1}{2}$  teaspoonful of sugar,  $\frac{1}{2}$  teaspoonful of salt, and 1 teaspoonful of chopped parsley; stir until boiling, then pour over the fish and return to the oven to cook 15 minutes longer.

### CREAMED CODFISH IN POTATO PATTIES

Season hot mashed potato as for the table, but keep it quite firm. Beat very thoroughly, then press into a buttered baking pan to make a sheet a generous half-inch in thickness. When nearly cold cut it into rounds with a French patty cutter. Stamp out the centers from half the rounds to make rings, and score the other half with the same cutter. Take out a little of the potato inside the scoring. Lift the rounds to a buttered baking sheet, and set a ring above each round, thus forming cases. Brush over with the beaten yolk of an egg diluted with a little milk, and set into the oven to become very hot. Prepare a cup of creamed codfish; add to it the rest of the egg-yolk and milk, and when the egg is set, serve in the potato patties.

### CREAMED CODFISH

$1\frac{1}{4}$ cup salt codfish	$\frac{1}{4}$ teaspoonful black pepper
2 tablespoonfuls butter substitute	1 cup milk
2 tablespoonfuls barley flour	1 egg, beaten light

The codfish should be picked in bits and left to stand several hours or overnight in cold water to cover. Let heat to just below the boiling point or until the water looks milky; drain off the water. Melt the fat; in it cook the flour and pepper; add the milk, and stir until boiling; add the fish and beat in the egg.

### FINNAN HADDIE TIMBALES

1 cup finnan haddie (canned or fresh)	$\frac{1}{2}$ teaspoonful paprika
1 unbeaten egg	1 egg, beaten light
$\frac{1}{2}$ teaspoonful salt	1 cup cream

Pound the fish and unbeaten egg in a wooden bowl to a smooth pulp, then with the pestle press it through a coarse strainer. Add the seasoning and fold in the egg and cream. The cream may be beaten or not. Have a mold rubbed over with fat. Put in the mixture. Let cook in a dish of boiling water (as a custard) without boiling the water, until firm in the center. Unmold. Garnish with a cold, boiled egg cut in eighths lengthwise. Serve drawn butter sauce in a bowl.

## HOW TO EXTEND MEAT FLAVOR

We have become very fond of the flavor of meat, especially that of roasted and broiled meats. We may make many bland foods, or those of less characteristic flavor than meat, more appetizing by giving them meat flavor. There are various ways in which this can be done, as,—

First, browning meat in a little fat before setting it to cook with onions, carrots, potatoes, etc., in a close-covered dish (casserole). We may cook the meat with the vegetables without browning it, but browning the meat intensifies the flavor, and, as fat is a good carrier of flavor, a small piece of meat thus treated will serve the purpose of a larger piece of meat not so treated.

Second, water in which bones and trimmings from roast meats, vegetables, seeds, and sweet herbs are simmered (to dissolve into it browned juices of the meat adhering to the bones, etc.) may be used to flavor soups with a foundation of cereals and vegetables.

Third, by cooking with the vegetable forming the body of the soup, a ham bone or a few slices of bacon or salt pork.

Fourth, when roasting a piece of meat serve it the first day with no sauce save that of its own juice (platter gravy) or a cream sauce (made of milk), with onions or some other vegetable. Pour off the fat from the roasting-pan; add a cup of hot water and let simmer to dissolve into the water all the browned juices on the pan,—reserve this for a sauce to use with the meat when cold or for the body of a soup at a later day.

## SOUP FROM BONES OF ROAST FOWL

Remove all bits of meat from the bones for other use. Separate the bones at the joints; add to them all browned skin, also neck and giblets with skinned feet, if not already used. Cover with cold water, and set over the fire. Melt 3 tablespoonfuls of chicken or other fat, slice into it 1 onion, 3 stalks of celery and a scraped carrot; add 3 branches of parsley and a blade of mace, cover and let cook (stirring occasionally) about 20 minutes, or until softened and yellowed slightly. By covering the dish, the vegetables will steam in the fat and their own moisture; add to the bones with a cup of left-over canned corn, if at hand, and let the whole simmer very gently about 1 hour; take out the bones and press the rest through a fine sieve. This broth may be used in making almost any variety of unclarified soup. By

the addition of salt, pepper, and a small can of tomato soup, a particularly good tomato soup results. A little fresh meat with the bones improves the flavor.

### OKRA SOUP

Add 1 cup of boiled rice, 1 can of okra,  $\frac{1}{2}$  can of tomatoes, cut in bits, and the bits of fowl taken from the bones, and a hearty dish of okra soup is produced.

### TAPIOCA SOUP

Add  $\frac{1}{3}$  cup of tapioca cooked in a pint of milk, and finish with 1 or 2 egg-yolks, beaten and mixed with  $\frac{1}{4}$  to  $\frac{1}{2}$  cup of cream from the top of the milk bottle.

### EMERGENCY SOUP

1 cup half-inch cubes of potato	$\frac{1}{2}$ cup half-inch cubes of carrot
4 cups water or broth from left-over meats	$\frac{1}{2}$ cup slices of celery
2 tablespoonfuls meat extract with water	1 onion (medium) cut in shreds
Salt and pepper as needed	$\frac{1}{4}$ cup chicken or bacon fat

Cook the carrot, celery, and onion in the fat, covered, stirring occasionally over a very moderate heat about 15 minutes. Cook the potatoes in boiling water 5 minutes, drain, rinse in cold water and drain again. Add the potato to the other vegetables with the water or broth, and let cook nearly 1 hour; add the meat extract, if used, with salt and pepper to season. There should be four scant cups of soup.

### OATMEAL SOUP

Have 1 quart of broth made from chicken bones, etc., boiling over the fire; sprinkle in 3 tablespoonfuls of quick-cooking oatmeal, stirring constantly meanwhile, and let boil 5 minutes; set into a double-boiler and let cook half an hour or longer. Two stalks of celery, or the equivalent in celery leaves, 3 slices of onion, 6 slices of carrot, and 3 or 4 parsley branches to be cooked in the broth. When ready to serve, strain, and add 3 cups of hot milk with  $1\frac{1}{2}$  teaspoonfuls of salt. Use more oatmeal if a thicker soup is preferred.

### TOMATO BOUILLON

Cook 1 can of tomatoes, 2 cups of water, and  $\frac{1}{2}$  cup, each, of celery leaves, sliced onion and carrot, at a gentle simmer 25 minutes, and strain through a napkin wrung out of hot water; reheat with an equal quantity of broth, 3 tablespoonfuls of tomato catsup, and salt and pepper as needed.



**POTATO PUREE**

(Serve six)

Pour boiling water over  $\frac{1}{4}$  pound of salt pork, and scrape and rinse in cold water. To the pork add 3 potatoes, pared and cut in quarters, 1 onion, peeled and sliced, 4 branches of parsley, and  $\frac{1}{2}$  cup of dried celery leaves or 5 outside celery stalks cut in pieces. Let cook until the potatoes are done (in just enough water to cover the potatoes). Remove the pork for other use. Press as much as possible of the other vegetables and the water through a fine sieve. To the purée add 1 quart of hot milk or white broth, with  $1\frac{1}{2}$  teaspoonfuls of salt and  $\frac{1}{2}$  teaspoonful of pepper. When boiling, add 1 cup of cream, with more salt and pepper if needed. Serve at once with croutons.

**MOCK LOBSTER BISQUE**

(Serve ten to twelve)

Cook 1 quart of milk or white broth with  $\frac{1}{2}$  cup of shredded codfish in a double-boiler 20 minutes, then strain out the fish (use the fish in cream sauce on potatoes next morning). Cook 2 cups of tomatoes, 2 slices of onion, a small piece of bay leaf, a few sprigs, each, of thyme and parsley 10 minutes; strain and add  $\frac{1}{4}$  teaspoonful of soda. Melt 2 tablespoonfuls of butter; add 3 tablespoonfuls of flour and stir until well cooked, then let cool; add a little of the hot milk, stir until smooth, then add the rest of the milk gradually and stir until boiling. When ready to serve, combine the two mixtures. Serve in cups with a spoonful of whipped cream on the top of the soup in each cup. Season the cream with salt and paprika before whipping.

**ONION SOUP**

Peel and wash 6 onions, and cut them into thin slices, then cook them in  $\frac{1}{4}$  cup of hot fat, turning them over and over until they are of an amber shade; sprinkle on 2 tablespoonfuls of flour, and stir and cook until the flour is absorbed, then add about 1 quart of white broth or milk and let cook, stirring constantly until boiling, then let simmer 20 minutes. Add salt and pepper to taste. Serve in cups with a spoonful of croutons sprinkled above the soup. Or, spread rounds of hot toasted roll with grated cheese, let stand in the oven a moment, then serve one on the top of each cup or plate of soup. Do not add croutons or roll until the moment of serving.

## VEGETABLES

---

### PUREE OF RED KIDNEY BEANS

Wash 1 pint of red beans and set them in a stewpan with 2 branches of parsley, 1 leek, 3 slices of bacon and 1 quart or more of water; let simmer 3 or 4 hours, adding boiling water as needed, but letting the water cook out, at the last, until the beans are quite free from superfluous liquid; remove the parsley, leek and bacon, reserving the bacon for hash. Press the beans through a sieve with a wooden pestle; add 3 tablespoonfuls of butter,  $\frac{1}{2}$  teaspoonful, each, of salt and black pepper, and let become very hot. Serve as the hearty dish at luncheon or supper. A green vegetable or a tomato salad and coarse bread should accompany the beans.

### CARROTS

Use freshly cooked or canned carrots. The carrots after scraping may be cut in quarters lengthwise (if small and young) or in thin slices. When tender return to the fire with (for a pint)  $\frac{1}{2}$  teaspoonful of salt, 1 teaspoonful of sugar, 1 tablespoonful of butter substitute, and a little black pepper if wished. Shake the pan over the fire till the carrots have taken up the various ingredients. Serve in a hot dish.

### SUMMER SQUASH, SAUTE

Select young squash about four inches in length (club-shaped are most convenient); cut off a thin paring, then divide into lengthwise slices half an inch or less thick. Roll in cornmeal mixed with salt and pepper and let cook in a little hot fat until browned on one side; turn and brown the other side.

### ONIONS ON TOAST WITH CREAM SAUCE

Peel mild onions; let boil rapidly 1 hour; drain, add fresh water and a little salt and let cook until they are tender and the water is well reduced. Have a slice of well-toasted bread for each onion. Set the onions on the toast and pour over (for 6 onions) sauce made of 3 tablespoonfuls, each, of butter and flour, the liquid left on the onions with cream to make one cup and a half of liquid. Season with salt and pepper. For a heartier dish add grated cheese—2 tablespoonfuls to 1 cup—to the sauce before pouring it over the onions.

### ONIONS STUFFED WITH PEANUT BUTTER

Select mild onions of medium size; peel, and let boil until tender. Cut out the center from each to leave a thin shell of onion. Chop the onion removed, add an equal quantity of soft fine bread-crumbs, and, for a pint of material, about  $\frac{1}{2}$  cup of peanut butter,  $\frac{1}{2}$  teaspoonful of salt, and  $\frac{1}{2}$  teaspoonful of paprika. A chili pepper, chopped fine, may replace the paprika. Mix and use to fill the onions. Let cook in the oven about 15 minutes, basting with a little hot milk when setting into the oven and twice afterwards. Serve with cream sauce, using the milk in the dish as a part of the liquid.

### POTATO-AND-ONION HASH

2 cold boiled onions, chopped	1 tablespoonful fine-chopped parsley
2 cups cold boiled potatoes, chopped	3 tablespoonfuls fat
$\frac{1}{2}$ teaspoonful salt	

Heat the fat in an iron frying pan; put in the onion, potatoes, salt, and parsley; cover and let stand on the top of the range 4 minutes; uncover and mix all together thoroughly. Set the pan into the oven and let cook until browned a little on the bottom; fold in the middle, and turn on a hot platter.

### PUFFED PAPRIKA POTATOES

Bake 5 potatoes — carefully scrubbed — until done. Cut a slice from the top of each and remove the contents to leave the skin intact for cups or cases. Press the potato through a ricer; add  $\frac{1}{2}$  teaspoonful of paprika, 3 tablespoonfuls of butter, about 1 teaspoonful of salt, and 2 or 3 tablespoonfuls of tomato purée. With a slitted wooden spoon or a silver fork, beat the mixture until very light, then fold in the white of one egg (a second white is better) beaten dry. Fill the cases with the mixture, set them on a pan in a hot oven to reheat and puff. Serve at once with roast or broiled meats, with chicken or with fish.

### PAPRIKA BAKED POTATOES

Bake smooth, well-shaped potatoes till just done. Score them twice across one surface at right angles, push or press the pulp upward through the scoring, set on plate and dispose a cube of butter in the center of the opening thus made. Sprinkle lightly with paprika and serve at once.

### SCALLOPED POTATOES

Cut a peeled onion in very thin slices and divide the slices in quarters. Melt 3 tablespoonfuls of fat; add the onion, cover, and let cook very slowly on the back of the range until softened, stirring occasionally. Slice a layer of boiled potatoes into a baking dish holding about one quart, and sprinkle with a little of the onion and with salt, pepper, and chopped parsley; continue the layers until the dish is filled; add milk or broth made from left-over roasts, until it can be seen through the potatoes. Let bake about half an hour. This dish may be made also with raw potatoes or with potatoes sliced and parboiled about five minutes. In either case the time of baking must be increased to one hour or longer.

### POTATO BALLS, SURPRISE

Press hot boiled potatoes through a ricer; add salt, pepper, milk, and fat, and beat thoroughly. Shape into balls. Make a depression in each ball; have ready grated cheese mixed with paprika and melted fat; put a teaspoonful of the cheese mixture in each depression; cover the cheese with the potato. Set the balls on a greased baking dish, pour a few drops of fat on each and set into a hot oven to reheat. Serve in the baking dish.

### CREAMED POTATOES

Pare potatoes and cut them in half-inch cubes. Boil in salted water until tender. For 3 cups of potatoes make a sauce of  $\frac{1}{4}$  cup of butter substitute,  $\frac{1}{3}$  cup of barley flour,  $\frac{1}{2}$  teaspoonful of salt, and 2 cups of milk. Add the drained potatoes and turn into a hot dish; sprinkle with a tablespoonful of fine-chopped parsley.

### GRILLED SWEET POTATOES

Left-over baked or boiled sweet potatoes may be used for this dish, or sweet potatoes may be cooked for the purpose. The potatoes should be cut in lengthwise halves. Rub over the bars of the broiler with a strip of bacon or fat pork, set the potatoes, dipped in melted fat, on the broiler, and cook, turning often, to avoid burning, until hot throughout and slightly browned. Serve on a hot dish.

White potatoes may be cooked in the same way.

### SAVORY POTATOES

1 teaspoonful salt	5 potatoes
$\frac{1}{2}$ teaspoonful paprika	1 onion
4 tablespoonfuls bacon or chicken fat; boiling water	2 tomatoes
	1 green pepper

Pare and slice the potatoes into cold water. Peel and slice the onion exceedingly thin. Peel the tomatoes and cut them in small pieces. Chop or finely shred the pepper. Grease a baking dish; put in a layer of potatoes; add onion, tomatoes, and pepper; sprinkle with salt and pepper, and add a little of the fat. Continue the layers until all the ingredients are used. Have potatoes on the top, sprinkled with only salt, pepper, and fat. Add boiling water just to cover the potato. Bake in a slow oven nearly 3 hours. More water may be added if needed.

### USES FOR COLD MASHED POTATO

If the mashed potato is carefully prepared, well seasoned, light and fluffy, the potato cakes, when reheated, either on a greased dish in the oven, or in the frying pan in a little hot fat, ought to be about as satisfactory as when first served. Any sort of cooked fish may be mixed with the potato. Finnan haddie, salmon, haddock, halibut, mackerel or codfish (fresh or salt) may be used. For frying, pat the cakes in a little barley or corn flour before setting them to cook.

Cold mashed potato may be added to biscuits, doughnuts, or bread. For doughnuts use half a cup to about two cups and a half of flour. Mix the potato with the eggs and sugar. Rather more potato may be used in biscuits and bread. In baking-powder biscuit, use two teaspoonfuls of baking powder for each cup of potato besides the quantity taken for the flour. Mashed potato may be used with onion and celery in a cream soup.

## SALADS AND ACCOMPANIMENTS

---

### DATE-AND-APPLE SALAD

Cut dates into lengthwise pieces, discarding the seeds; add to  $\frac{1}{2}$  pound of dates 1 or 2 apples, pared, cored and cut in short, match-like pieces; at once squeeze over the fruit the juice of 1 lemon. Mix, sprinkle with  $\frac{1}{2}$  teaspoonful of salt, then pour

on 6 tablespoonfuls of oil; mix again, and serve on heart-leaves of lettuce with bread.

### **PEAR SALAD**

Set half a canned pear on two or three heart-leaves of lettuce; above sprinkle eight or ten cubes of Neufchatel cheese and half as many strips of pimiento. To serve eight, take 1 cup of double cream, 2 tablespoonfuls of lemon juice, 4 tablespoonfuls of pear syrup,  $\frac{1}{4}$  teaspoonful of salt, and 4 tablespoonfuls of honey, and beat quite light. Use as a dressing for the salad. Serve as a second or sweet course.

### **POTATO AND SALT-MACKEREL SALAD**

Use about twice the measure of potato cubes as flakes of mackerel. Mix with the grated pulp of half an onion (one pint of potato), 1 tablespoonful of fine-chopped parsley, 1 dill-pickle chopped fine, 1 cup of mayonnaise, and  $\frac{1}{2}$  cup of whipped cream; 1 teaspoonful of grated horse-radish is also good. Serve on lettuce leaves, and garnish with whole canned tomatoes or with slices of canned tomatoes.

### **POTATO SALAD WITH SARDINES AND OLIVES**

Cut cold, boiled potatoes in half-inch cubes. Chop exceedingly fine 2 slices of onion, 1 cucumber pickle,  $\frac{1}{2}$  fresh or pickled red pepper, and  $\frac{1}{4}$  cup of parsley leaves. Add these to 3 cups of potato cubes with 5 or 6 tablespoonfuls of olive oil,  $\frac{1}{2}$  teaspoonful of salt,  $\frac{1}{2}$  teaspoonful of paprika, 3 tablespoonfuls of vinegar, and 1 hard-cooked egg (chopped by itself). Mix all together thoroughly; shape in a mound on a serving dish and finish with 2 slices of egg (cut from the egg before chopping the rest) and heart-leaves of lettuce. Surround with sardines, freed from oil, and olives.

### **LETTUCE, PRUNE AND CREAM-CHEESE SALAD, HONEY DRESSING**

Soak  $\frac{1}{4}$  pound of prunes overnight in cold water; simmer until barely tender and the liquid absorbed. Cut the flesh from the stones in lengthwise strips, keeping the pieces in good shape. Cut 1 cream cheese into half-inch cubes. Wash and dry the heart-leaves of 1 head of lettuce. Mix  $\frac{1}{4}$  teaspoonful, each, of salt and paprika with 6 tablespoonfuls of honey and 3 tablespoonfuls of lemon juice. Make a layer of cheese on a bed

of lettuce and dispose the prepared prunes above; pour the dressing over the whole and serve at once. If the salad seems dry, prepare a little more dressing. This dressing is good on lettuce served without fruit, and is particularly good on a grapefruit or orange salad; use the juice of the fruit with the juice of half a lemon.

### LIMA BEAN SALAD

Soak 1 cup of Lima beans in cold water overnight. Wash and rinse in cold water. Pour on boiling water, and let cook until the beans are tender and the water is evaporated. Use an asbestos mat for the last of the cooking. Add  $\frac{1}{2}$  teaspoonful of salt and  $\frac{1}{2}$  teaspoonful of black pepper, and set aside to chill. Mix 1 tablespoonful, each, of grated onion and fine-chopped parsley,  $\frac{1}{4}$  teaspoonful, each, of salt and paprika, 4 to 6 tablespoonfuls of vegetable oil, 5 olives chopped fine, 2 tablespoonfuls of vinegar, and 3 tablespoonfuls of tomato catsup, and pour over the chilled beans. Lift with a spoon and fork, repeatedly, and set aside for an hour or longer. Serve with lettuce-hearts, or a shredded green pepper, or both.

### CLUB SANDWICHES FOR FISH DAYS

(For use in Tea Rooms, etc.)

Prepare four triangular pieces of toast; let cool, then spread with sauce tartare. On a piece of the toast set one or two heart-leaves of lettuce, holding sauce tartare; above set two to four large fried oysters; above the oysters, lettuce holding salad dressing; above that two slices of broiled bacon and the second piece of toast. At the side of the sandwiches have a lettuce leaf holding additional dressing.

### RED CROSS SANDWICHES

Beat  $\frac{1}{4}$  pound of butter to a cream; gradually beat into it  $\frac{1}{4}$  pound of grated cheese (Young American is good; cream or Neufchatel may be used, ungrated), spread bread prepared for sandwiches with the cheese mixture; above the cheese set two strips of pimiento to simulate a cross.

### SUNDAY-NIGHT CHEESE

2 tablespoonfuls fat	$\frac{1}{4}$ teaspoonful pepper
2 tablespoonfuls flour	1 package snappy cheese
1 cup milk or tomato purée	Biscuits and paprika
$\frac{1}{4}$ teaspoonful salt	

Melt the fat; in it cook the flour, salt, and pepper; add the milk or purée and stir until boiling; add the cheese and stir until evenly mixed. Set aside till ready to use. Cover when cold. To use, have ready any sort of biscuit, cut rather thin, when made, or thicker biscuit may be split. Barley, rye-flour, graham, rye-meal, or oat-flour biscuit are all suitable. Spread cheese mixture generously above the biscuit, dredge lightly with paprika, and let become hot in a quick oven.

## ECONOMICAL DESSERT DISHES

---

### SUGARLESS AND NEAR SUGARLESS

---

#### BARLEY STRAWBERRY SHORTCAKE

1½ cups barley flour	5 tablespoonfuls shortening
½ cup rice or potato flour	Milk for soft dough
½ teaspoonful salt	1 quart strawberries
4 teaspoonfuls baking powder	1 cup sugar, or more

Sift all the dry ingredients together, cut in the shortening, and mix to a soft dough while gradually adding the milk. Grease two straight-sided pans, seven inches in diameter. Spread the dough with a spoon, making the edges a little higher than the center. Bake about 15 minutes. Hull, wash, and drain the berries. Mix with the sugar and use between and above the crusts spread with butter or butter substitute.

#### PEACH, BLACKBERRY, RASPBERRY-AND-COOKED-APRICOT SHORTCAKES

All of the above fruits and berries make choice shortcakes after the recipe given above.

#### CANNED APRICOT SHORTCAKE

Make "fifty-fifty" biscuit dough, using wheat flour with either rye, barley, oatmeal, rice or corn flour. Use a little more milk than usual so that the dough be soft. Spread it in two round layer-cake pans rubbed over with fat. Bake about 15 minutes. Spread with butter and put the two cakes together with the fruit and syrup between and above.



**APPLE CAKE**

1 cup wheat flour	1 egg, beaten light
1 cup rye or barley flour	3 apples
4 teaspoonfuls baking powder	3 tablespoonfuls small raisins
1½ cups milk	2 tablespoonfuls sugar
¼ cup shortening	1 teaspoonful cinnamon

Sift dry ingredients together twice, and work in the shortening; add the milk to the egg and stir into the first mixture. Spread the dough into a buttered pan in a thin sheet. Pare, quarter and core the apples, cut quarters into slices, and press, core side down, in the top of the dough, making rows lengthwise of the cake; sprinkle with the currants, sugar and cinnamon. Bake about half an hour. Serve hot with butter.

**CORNCAKE PUDDING**

1½ cups corncake crumbs	½ teaspoonful ginger
2 egg-yolks or 1 egg	¼ teaspoonful cinnamon
⅓ cup molasses or maple syrup	2 cups milk
½ teaspoonful salt	

The crumbs should be fine; add the other ingredients, mix thoroughly, and let bake in a moderate oven until thick at the center. Serve cooled somewhat.

**BAKED INDIAN PUDDING**

2 cups milk, scalded	½ cup molasses
4 tablespoonfuls (level) Indian meal	½ teaspoonful salt
1 cup cold water	1 teaspoonful cinnamon
½ cup sugar	½ teaspoonful ginger
2 eggs	½ cup cold milk

Mix the meal with the cold water and stir into the hot milk; stir occasionally and let cook until the mixture thickens a little; add the other ingredients except the cold milk. Turn into a buttered pudding dish and let bake half an hour; pour on the cold milk and let bake, without stirring in the milk, in a very moderate oven 2 hours.

**STEAMED PUDDING (No Eggs)**

Mix together 2 cups of soft crumbs, 1 cup of stoned-and-cut raisins, ½ cup of molasses, 1 cup of milk, ½ teaspoonful of salt, ½ teaspoonful of soda and ½ teaspoonful, each, of clove and cinnamon. If a dark pudding be desired, add 2 tablespoonfuls of cocoa. Turn into a buttered mold. Steam 2 hours. Serve with hard or chocolate sauce.

**A SHORT CUT IN RICE PUDDING**

Boil rice after the method approved by yourself, so that it will not be gluey, but each grain separate and light. While it is cooking stew some seedless raisins in a little sugar and water. The raisins must be swelled and soft; then over the cooked rice, on serving it, turn the stewed raisins and some evaporated milk from a can. The milk gives the same creamy, long-cooked flavor that is liked in rice baked a long time in fresh dairy milk, and often called "Poor Man's Pudding."

**BAKED INDIAN PUDDING**

This recipe has been handed down from the days of the early settlement of this country. The recipe was used for puddings baked in the big brick oven of a farmhouse in New Bedford, Mass. The land on which the house stood was purchased of the Indians. The original deed given by the Indians is still in the possession of the family.

1 quart scalded milk	2 cups molasses
1 quart cold milk	Small piece butter
1 pint white Rhode Island meal	1 teaspoonful salt

Stir meal into scalded milk (stir in slowly to keep free from lumps); add molasses, butter, and salt; stir in the cold milk. Bake in a slow oven at least 4 hours. Stir occasionally while in the oven.

**LOGANBERRY SPONGE**

Soften  $\frac{3}{4}$  tablespoonful of granulated gelatine in 3 tablespoonfuls of cold water, and dissolve in  $\frac{1}{4}$  cup of hot Loganberry juice; add  $\frac{2}{3}$  cup of sugar, the juice of half a lemon and  $\frac{1}{2}$  cup of cold Loganberry juice. Stir over cold water until beginning to stiffen. Have ready the whites of 2 eggs, beaten firm, and gradually beat the two mixtures together; continue to beat until the mixture will hold its shape. Put by spoonfuls into glass cups and pipe unsweetened whipped cream above.

**RHUBARB BAKED WITH RAISINS**

Peel the rhubarb or not, as desired, and cut in half-inch slices. For a pound of rhubarb take  $\frac{1}{2}$  a cup of raisins,  $\frac{1}{2}$  cup of sugar, and  $\frac{1}{2}$  cup of corn-syrup or honey. Use seedless, sultana or large plump table raisins. Remove the seeds from the latter if objectionable. Cover the raisins with boiling water and let cook until the pulp is tender and the water is evaporated to

two or three spoonfuls. Sprinkle the rhubarb, raisins, sugar, and syrup in a baking dish in layers, and let cook in the oven or on top of the range until the rhubarb is tender but not broken. For a change, use prunes instead of raisins.

### REBECCA PUDDING

1 quart milk	3 egg-whites
$\frac{1}{2}$ cup cornstarch	1 teaspoonful salt
$\frac{1}{4}$ cup sugar	1 teaspoonful vanilla or orange extract

Mix enough cold milk with the cornstarch to put it into a condition to pour. Scald the rest of the milk, stir in the cornstarch; continue to stir until the mixture thickens; cover and let cook 15 minutes; add the salt and sugar and fold in the eggs beaten very light. Let stand a few minutes to cook the egg, beat in the extract, and turn into a mold. Serve cold with canned fruit or sugar and cream.

### BAKED HONEY CUSTARD

(To serve four)

2 eggs	$\frac{1}{3}$ cup honey
$\frac{1}{2}$ teaspoonful salt	2 cups milk

Beat the eggs; add the salt, honey and milk, and mix thoroughly. Butter four glass or earthen cooking cups and dredge the butter with sugar; pour in the mixture. Set into a tin dish on several folds of paper; surround the cups with boiling water; let bake in a moderate oven until firm in the center. The water should not boil during the baking. Serve, cold, in the cups. For a firmer custard add two additional egg-yolks. Maple syrup or sugar may be used in place of the honey.

### RICE FLOUR FLUMMERY

2 cups milk, scalded	2 tablespoonfuls sugar
$\frac{1}{2}$ cup rice flour	A piece of stick cinnamon <i>or</i>
$\frac{1}{2}$ cup cold milk	Piece of yellow rind of a lemon
$\frac{1}{2}$ teaspoonful salt	1 egg-white, if desired

Stir the rice flour, salt, and sugar with the cold milk; dilute with part of the hot milk, and when evenly mixed return the whole to the rest of the hot milk and stir and cook until thick and smooth. The cinnamon or lemon rind should be put into the milk when it is set over the fire and removed before the flour is stirred in. Let cook 20 minutes. Beat in the egg white, beaten very light, and turn into a mold. Eat cold with fruit jelly, canned fruit, custard, or sugar and top milk.

**MAPLE-SYRUP RICE PUDDING**

Blanch  $\frac{1}{3}$  cup of rice and turn into a pudding dish; add  $\frac{3}{4}$  teaspoonful of salt,  $\frac{1}{2}$  cup of maple syrup, and 3 cups of milk. Let cook in a slow oven 1 hour or longer. When done, the rice should be tender and the milk thickened somewhat. Stir several times during the first of the cooking.

**RICE-AND-TAPIOCA PUDDING**

Mix together  $\frac{1}{2}$  cup each, of rice and tapioca,  $\frac{1}{4}$  teaspoonful, each, of mace and cinnamon, 1 cup of raisins seeded, 1 cup of sugar, and  $\frac{1}{2}$  teaspoonful of salt; add 2 quarts of milk. Bake in a buttered pudding dish in a very moderate oven, until the rice is tender (3 or 4 hours). Stir several times while cooking.

**CONSERVATION CUSTARD**

Scald 2 cups of milk. Mix 1 teaspoonful of cornstarch with 1 or 2 tablespoonfuls of cold milk and stir into the hot milk; continue to stir for two or three minutes, then cover and let cook 15 minutes, stirring occasionally. Beat the yolks of 2 eggs; add  $\frac{1}{2}$  teaspoonful of salt, 3 tablespoonfuls of sugar, and 1 tablespoonful of corn syrup, and beat again; then stir and cook in the hot milk until the egg thickens the mixture. Strain into a cold dish. Flavor, if desired. Serve cold. This will fill five glass sherbet cups. Use the whites of the eggs for Prune Whip (will serve two) or add, beaten light, to cornstarch blancmange, when five may be served.

**APPLES BAKED INDIVIDUALLY**

Select apples of a size suitable for cooking in individual dishes (cups). Glass or earthenware are the most satisfactory. Cut the apples in quarters and remove all the cores. Set the apples in the cups to simulate a whole apple. Fill the open center with pieces of fig, dates or chopped raisins. Add to each cup 1 tablespoonful of water. Do not remove the skin from the apples. Let bake until done. Serve in the baking dish, either hot or cold.

**BAKED BANANAS, BELGIAN STYLE**

Remove the peel from 6 or 8 small bananas; fruit from the top of the bunch as it hangs in the fruit store is the best. Scrape each banana to remove all coarse threads, and lay them, side by side, in a baking dish suitable for the table. Grate over them the rind of an orange and half a lemon; mix together the

juice of the half lemon, the orange, and  $\frac{1}{2}$  cup of sugar, and pour over the bananas; bake in a quick oven until soft throughout. Serve from the baking dish or from individual dishes. One banana constitutes a service.

### BANANA CONES

For each two persons use 2 slices of stale sponge cake, 1 large or 2 small bananas, 4 level teaspoonfuls of cornstarch, 3 level tablespoonfuls of sugar,  $\frac{1}{2}$  cup of boiling water and the grated rind and juice of  $\frac{1}{2}$  a lemon. Shape the slices of cake symmetrically, in rounds, squares or ovals. Set them on serving plates. Peel and scrape the bananas, cut the pulp into cubes, pour on the boiling water, cover and let stand one minute. Skim the pieces of banana to the cake, piling in cone shape. Sift together the cornstarch and sugar; add a few grains of salt, pour on the lemon juice and the liquid in which the bananas were steamed and stir until boiling; let simmer 10 minutes, then use to coat the bananas. Serve hot or cold, but preferably hot.

### BANANA SPONGE

$\frac{1}{4}$ package gelatine	$\frac{3}{4}$ cup sugar
$\frac{1}{4}$ cup cold water	Juice 1 lemon
1 cup banana pulp (3 to 4 bananas)	3 egg-whites

Soften the gelatine in the cold water; peel and scrape ripe bananas and press the pulp through a sieve or ricer; heat the cup of banana pulp to the boiling point, add the softened gelatine, the sugar and lemon juice; stir over ice water until the mixture begins to thicken, then fold in the egg-whites beaten dry. Serve hot or cold. To serve cold, mold in cups. Serve at the same time top milk and sugar or a custard made of the egg-yolks and a pint of milk.

### LEMON JELLY AND SLICED BANANAS

A simple dessert may be made by molding lemon jelly in a thin sheet. Cut the jelly in cubes with a knife wet in hot water. Serve the cubes in the center of a dish with sliced bananas around them. Pour over the whole, conservation custard (page 48) or serve with whole milk and a slight sprinkling of sugar.

### BANANA SAUTE

Peel the bananas, and scrape to remove coarse threads. Cut each pulp in halves crosswise, then lengthwise, to make four

pieces of each banana. Pat both sides of each piece in barley or corn flour, then set to cook in one or two tablespoonfuls of hot fat. When browned delicately on one side, turn and brown the other side. Keep the slices light in color and do not cook too long. Serve at any meal. They are particularly good with bacon, chops, hash, cutlets, or croquettes.

### BANANAS BAKED FOR A VEGETABLE

Pull down a section of a banana skin, and loosen the pulp from the rest of the skin; remove all coarse threads, then replace the pulp in the skin. Bake in an agate pan in a quick oven until soft; remove from the skins and serve at once.

### BAKED BANANAS, SULTANA SAUCE

$\frac{3}{4}$ cup sultana raisins	1 teaspoonful butter
1 cup or more boiling water	1 teaspoonful vanilla
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ cup corn syrup
2 teaspoonfuls or more cornstarch	8 bananas

Pull down a section of a banana skin, then loosen the pulp from the rest of the skin; remove all coarse threads and replace the fruit in its original position in the skin. Set the bananas in an agate pan into the oven to cook until the skin is blackened and the pulp is soft. The length of time needed will depend on the heat of the oven, probably about 20 minutes in a moderate oven. At least an hour before serving set the cleaned raisins to cook in the boiling water, adding water as needed. Mix and sift together the sugar and cornstarch, and stir these through the raisins and water; stir until boiling, then let simmer ten minutes and add the butter and flavoring. Remove the bananas from the skin to a hot plate (they may be coiled in a half circle). Pour over the sauce and serve at once. These may be used as a sweet entrée with meats or as a dessert dish.

### HAWLEY'S MOLASSES CANDY

Boil  $1\frac{1}{2}$  cups of molasses and  $\frac{1}{3}$  cup of brown sugar to about 250° F. (hard ball, or brittle when tested in cold water); add 2 tablespoonfuls of butter and stir and boil to about 260° F., then stir in  $\frac{1}{2}$  teaspoonful of soda dissolved in  $\frac{1}{2}$  tablespoonful of water; stir until the frothing ceases, then pour into a buttered pan. Pull over a hook until light colored, then cut in small pieces with a pair of scissors.

### PEANUT BRITTLE

Boil  $1\frac{1}{2}$  cups of granulated sugar,  $\frac{1}{2}$  cup of Karo and  $\frac{2}{3}$  cup of water to about 270° F., or until brittle in cold water; add 2 tablespoonfuls of butter and  $\frac{1}{2}$  pound of small, raw (Spanish) peanuts (blanched or not, as desired). Stir and cook the peanuts in the syrup until they are thoroughly cooked; add a teaspoonful of soda dissolved in a tablespoonful of cold water, and stir vigorously. When the mixture is through foaming, turn it on an oiled marble or platter, let cool somewhat, then turn with a spatula and pull into as thin a sheet as possible.

### STUFFED DATES

Cover the dates with boiling water, stir with a silver-plated fork, then skim to colander; spread on agate plates, then set into the oven to dry off a little. Watch carefully and remove after one or two minutes, open on one side, remove the seed, fill its place with a blanched almond, browned in the oven, or with a piece of candied ginger, half a marshmallow or one-fourth an English walnut-meat; press the date over the filling, then roll in granulated sugar.

Or, stuff with cream or neufchatel cheese and omit the sugar.

### STUFFED PRUNES

The stones may be removed from carefully cooked (not overcooked) prunes and the prunes stuffed in any of the ways mentioned for dates. Prunes stuffed with ginger and nuts, with top of milk, makes a good dessert.

### CHOCOLATE-COATED ALMONDS

Shave, fine,  $\frac{1}{2}$  pound of "Dot" chocolate, put it into a very small double boiler, and beat constantly while slowly melting the chocolate. The water around the chocolate should be **considerably below** the boiling point. Drop in the almonds, one at a time, press below the surface of the chocolate, then lift out and drop on to a piece of table oilcloth. If the chocolate is of the right temperature, it will not run from the nut and will hold the shape given it by the dipper. If too warm, beat until the right temperature is secured.

**CHOCOLATE-COATED OYSTERETTES**

Brush any stray crumbs from the little crackers and drop, one by one, into "Dot" chocolate, shaved fine and melted at a low temperature; cover completely and lift up and drop on to a piece of table oilcloth.

**CHOCOLATE PEANUT CLUSTERS**

Drop three fresh-roasted peanuts into melted "Dot" chocolate, lift one to a piece of table oilcloth, set the second near the first and the third above and on the other two. When chilled completely, the three nuts will be securely fastened together. Add nothing (neither sugar nor flavoring) to the chocolate.

**CAKE AND PASTRY****WHEATLESS AND NEAR WHEATLESS — SUGARLESS AND NEAR SUGARLESS****WAR CAKE**

(Boston Educational and Industrial Union)

2 cups brown sugar	3 teaspoonfuls cinnamon
2½ cups hot water	½ teaspoonful cloves
2 tablespoonfuls lard, drippings, or butter	½ teaspoonful nutmeg
¾ pound seedless raisins	1½ teaspoonfuls soda
1 teaspoonful salt	2½ cups flour

Boil all ingredients, except the soda and flour, 5 minutes. Let chill. **When cold** add 1½ teaspoonfuls of soda and 2½ cups flour sifted together. Bake in two loaves in moderate size bread pans 1 hour, in a moderate oven.

**LEMON HONEY CAKES**

Heat 1 cup of honey to the boiling point; add 2½ tablespoonfuls of shortening and let cool. When cold stir in 1½ cups of flour and set aside overnight. When ready to bake add the grated rind of a lemon, 1½ tablespoonfuls of lemon juice, ⅓ cup of very fine-chopped blanched almonds and ⅓ teaspoonful of soda dissolved in 1 tablespoonful of water. Beat all together thoroughly. Bake in small, round, cup-cake pans, about 20 minutes.



### CHOCOLATE CAKE, CONSERVATION FROSTING

$\frac{1}{2}$ cup shortening	2 cups barley flour
$1\frac{1}{2}$ cups sifted brown sugar	$\frac{1}{3}$ cup rice flour
2 egg-yolks, beaten light	$\frac{1}{2}$ teaspoonful cinnamon
4 ounces chocolate, melted	$\frac{1}{4}$ teaspoonful cloves
$\frac{1}{2}$ cup sifted brown sugar	$\frac{1}{2}$ teaspoonful salt
$\frac{1}{2}$ cup boiling water	1 teaspoonful soda
$\frac{1}{2}$ cup thick sour milk	1 teaspoonful baking powder
	2 egg-whites, beaten very light

Cream the shortening, beat half the first quantity of sugar into the shortening, the other half into the yolks, and beat the two together; to the melted chocolate add the half cup of sugar and the boiling water and stir until well mixed; add to the first mixture with the sour milk; add the flour sifted with the other dry ingredients; beat in the egg-whites; bake in three layer cake pans; put together with

### CONSERVATION FROSTING

$\frac{3}{4}$ cup maple syrup	1 white of egg
1 tablespoonful corn syrup	

Put the ingredients into a small double boiler. The water should be boiling rapidly; beat with a Dover egg beater 7 minutes.

### AN INEXPENSIVE DARK CHOCOLATE CAKE

1 egg-yolk	2 tablespoonfuls melted shortening
1 cup sugar	$\frac{1}{2}$ cup water
1 rounding teaspoonful baking powder	} stirred in $1\frac{1}{2}$ } cups flour
1 scant teaspoonful soda	

Melt 2 squares of unsweetened chocolate in  $\frac{1}{2}$  cup of water over the teakettle; stir until it thickens like custard. While hot add to the cake mixture. Flavor with  $\frac{1}{2}$  teaspoonful of vanilla.

Bake in loaf, layer, or cup-cake tins.

### QUICK CHOCOLATE CAKES

2 squares chocolate	$\frac{1}{2}$ cup sugar
$\frac{1}{2}$ cup sugar	$\frac{1}{4}$ teaspoonful cinnamon
$\frac{3}{4}$ cup milk	1 teaspoonful soda
2 egg-yolks	$\frac{1}{2}$ teaspoonful salt
$\frac{1}{4}$ cup milk	2 tablespoonfuls chopped nuts
3 tablespoonfuls shortening	1 tablespoonful granulated sugar
$1\frac{1}{2}$ cups barley flour	

Heat the chocolate, first measure of sugar and milk in a double boiler; in this stir and cook the yolks, and milk until the mixture thickens; add the shortening and beat in the other ingredients save the last two. Turn into cup-cake tins and sprinkle the sugar and nuts over the top. Bake in a quick oven. One-fourth a cup of potato or corn flour may replace the half-cup of barley flour; and half a cup of maple or other syrup a half cup of the sugar.

### **CHOU PASTE FOR CREAM CAKES AND ECLAIRS I**

$\frac{1}{2}$ cup butter or substitute	$\frac{1}{4}$ cup corn flour
1 cup boiling water	3 large eggs
$\frac{1}{2}$ cup barley flour	

Crisco or clarified chicken fat are choice substitutes for butter. One fourth cup of rice or potato flour may replace the corn flour. Let the fat and water boil in a saucepan; then quickly sift in the flour, and stir to a smooth paste that leaves the sides of the saucepan. Turn the paste at once into a bowl, break in 1 egg and beat it into the mixture thoroughly; when the paste is smooth beat in another egg, and so continue until all the eggs are added. Vigorous beating throughout the whole time is essential. The finished paste should be warm, light, and soft, but not soft enough to run; it should hold its shape when set into the baking pan with teaspoons or pastry bag and tube.

### **ECLAIRS**

Shape the paste on a buttered baking sheet in strips about four inches long and one inch wide. Bake in an oven hot on the bottom about 25 minutes. Chou paste is baked when it feels light on being lifted in the hand; it often slides on the pan when baked. Open at one side and insert a teaspoonful of English cream. Cover the smooth side with a chocolate frosting.

### **ENGLISH CREAM FOR ECLAIRS, CREAM PIE, ETC.**

2 cups milk	2 eggs or 4 yolks
$\frac{1}{2}$ cup barley flour	$\frac{1}{4}$ cup sugar
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ teaspoonful vanilla or orange extract
$\frac{1}{4}$ teaspoonful salt	

Scald the milk in a double boiler; sift together several times the flour, sugar, and salt; dilute with a little of the hot milk; mix thoroughly, then stir into the rest of the hot milk; continue to stir until the mixture thickens, then cover and let cook ten minutes. Beat the eggs; beat in the sugar and stir into the

hot mixture; stir and cook three or four minutes or until the egg is "set." When cooled somewhat add the flavoring and use.

### CHOCOLATE FROSTING

1 square chocolate	Confectioner's sugar as needed
3 tablespoonfuls honey	$\frac{1}{2}$ teaspoonful vanilla

Melt the chocolate and stir in the other ingredients.

### BUCKWHEAT COOKIES

$\frac{1}{2}$ cup shortening	$1\frac{1}{2}$ cups buckwheat flour
1 cup sugar	1 teaspoonful baking powder
2 eggs, beaten light	

Mix in the order enumerated, knead slightly, roll and cut in shapes. Bake in a quick oven. With vegetable oil cut down the shortening about two tablespoonfuls. The sugar also may be cut down somewhat. A little sugar dredged on the cakes before baking improves the appearance, but is an unnecessary addition.

### PLAIN BUCKWHEAT COOKIES

$\frac{1}{2}$ cup shortening	$2\frac{1}{2}$ cups buckwheat flour
1 cup sugar	5 level teaspoonfuls baking powder
2 eggs, beaten light	$\frac{1}{2}$ teaspoonful salt
$\frac{1}{2}$ cup milk	

Mix as usual, adding the milk, alternately, with the flour, baking powder and salt. The appearance of both varieties of cookies is improved by sifting a few grains of granulated sugar over them after they are set in the tins.

### POTATO COOKIES

1 cup shortening	$\frac{1}{2}$ teaspoonful nutmeg
2 cups sugar	1 teaspoonful soda
2 eggs, beaten light	1 cup sour milk
$\frac{1}{2}$ teaspoonful salt	Barley and rice flour for dough
2 cups hot mashed potatoes	

Mix in the order enumerated, using about half as much rice flour as barley flour. Roll thin, cut in shapes, sprinkle with sugar, and bake in a quick oven.

### POTATO DOUGHNUTS

$2\frac{1}{4}$ cups wheat flour	3 eggs, beaten light
$2\frac{1}{4}$ cups barley flour	1 cup sugar
$\frac{1}{2}$ teaspoonful soda	$\frac{2}{3}$ cup sour milk
1 teaspoonful salt	1 cup mashed potato
4 level teaspoonfuls baking powder	1 tablespoonful butter substitute
$\frac{1}{4}$ teaspoonful mace	

Sift all the dry ingredients into a bowl. To the eggs, add the sugar, sour milk, potato and fat, and mix with the dry ingredients to a soft dough. Roll into a sheet, cut into rounds and fry in deep fat.

### MAPLE-SYRUP DROP COOKIES

$\frac{1}{2}$ cup shortening	$\frac{1}{2}$ cup rice flour
$\frac{3}{4}$ cup maple syrup	$1\frac{1}{2}$ teaspoonfuls baking powder
1 egg, beaten light	$\frac{1}{4}$ teaspoonful soda
2 tablespoonfuls sour cream or buttermilk	$\frac{1}{2}$ teaspoonful salt
$1\frac{1}{4}$ cups barley flour	$\frac{1}{3}$ teaspoonful grated nutmeg

Cream the Crisco; beat in the maple syrup, egg, cream or milk. Sift the flour with the baking powder, soda, salt and nutmeg, and stir into the first mixture. With a teaspoon drop and shape the dough on greased tins. Bake in a quick oven.

### RYE OR BARLEY DROP MOLASSES COOKIES

$\frac{1}{4}$ cup shortening	1 cup rye or barley flour
$\frac{1}{4}$ cup sugar	$\frac{1}{2}$ cup wheat flour
$\frac{1}{2}$ cup molasses	$\frac{1}{2}$ teaspoonful salt
1 egg, beaten light	1 teaspoonful soda
$\frac{1}{2}$ cup thick sour milk	1 teaspoonful ginger
	$\frac{1}{2}$ teaspoonful cinnamon

Cream the shortening, beat in the sugar, molasses, egg, and milk. Add the dry ingredients sifted together. Drop by spoonfuls on a greased pan. Shape into smooth rounds. Bake in a quick oven.

### PEANUT BUTTER COOKIES

$\frac{1}{2}$ cup peanut butter	$\frac{1}{2}$ cup milk
2 tablespoonfuls butter substitute	1 cup rye or barley flour
$\frac{1}{2}$ cup granulated sugar	1 cup wheat flour
$\frac{1}{2}$ cup corn syrup	4 teaspoonfuls baking powder
1 egg, beaten light	$\frac{1}{2}$ teaspoonful salt

Cream the shortening; beat in the sugar and syrup; add the egg and milk, then the flour, salt and baking powder sifted together, and mix to a dough; more flour may be required. Knead part at a time to get into shape; roll into a sheet and cut into rounds. Bake in a quick oven.

### MAPLE-SYRUP NUT CAKE

$\frac{1}{2}$ cup shortening (Crisco is good)	2 cups wheat flour
$\frac{1}{2}$ cup corn syrup	$\frac{1}{2}$ cup rye or barley flour
1 cup maple syrup	$\frac{3}{4}$ teaspoonful soda
2 eggs, beaten light	2 teaspoonfuls baking powder
$\frac{1}{2}$ cup hot water	$\frac{1}{2}$ teaspoonful ginger

Cream the shortening; beat in the syrup gradually, and then the eggs. Sift the dry ingredients into a pan and add them alternately with the water. Bake in a loaf 50 minutes, or 25 minutes in a sheet. Cover with boiled frosting made of  $\frac{3}{4}$  cup of maple syrup, 1 tablespoonful of corn syrup, 1 egg-white,  $\frac{1}{2}$  cup of nut meats.

### CORN-FLAKE WAFERS

Beat 2 eggs light; add  $\frac{1}{2}$  cup sugar,  $\frac{1}{2}$  cup corn syrup,  $2\frac{3}{4}$  cups of corn flakes, and 1 cup of chopped nuts, and mix all together thoroughly. Shape in rounds, a generous teaspoonful in each, on an inverted buttered tin. Bake about 20 minutes in a slow oven. Mapl-flake may also be used.

### OATMEAL FRUIT MACAROONS

$\frac{3}{4}$ cup raisins or dates in bits	$\frac{1}{2}$ cup granulated sugar
$2\frac{1}{2}$ cups rolled oats	2 tablespoonfuls corn syrup
$\frac{1}{2}$ teaspoonful salt	1 tablespoonful melted shortening
2 eggs, beaten light	

Chop or cut fine the fruit, mix with the oats and salt. Beat the sugar, syrup, and shortening into the eggs. Combine the two mixtures. Shape by teaspoonfuls in compact rounds on a greased baking pan. Bake in moderate oven. The recipe makes about thirty-six macaroons.

### GOLDEN DROP CAKES

$\frac{1}{4}$ cup shortening	4 teaspoonfuls baking powder
$\frac{1}{2}$ cup maple or corn syrup	1 cup barley flour
$\frac{1}{2}$ cup sugar	1 cup corn flour (yellow)
2 eggs, well beaten	$\frac{1}{3}$ cup wheat flour
$\frac{1}{4}$ cup sweet milk	$\frac{1}{2}$ teaspoonful mace or nutmeg
$\frac{1}{2}$ teaspoonful salt	

Cream the shortening; gradually add the syrup and sugar, then the eggs and milk, and, lastly, the flour sifted with the salt, baking powder and spice. Mix and drop with a teaspoon on a greased pan. Bake in a quick oven.

### CHOCOLATE COOKIES

$\frac{1}{2}$ cup shortening	2 cups barley flour
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ teaspoonful salt
$\frac{1}{2}$ cup maple or corn syrup	$\frac{1}{2}$ teaspoonful cinnamon
2 ounces chocolate, melted	$\frac{1}{4}$ teaspoonful cloves
1 egg, well beaten	$\frac{1}{3}$ teaspoonful soda
2 tablespoonfuls milk	More flour if needed

Cream the shortening, beat in the sugar, syrup, chocolate, egg, and milk; stir in the dry ingredients, sifted together; chill in the refrigerator; roll in a thin sheet, cut in cakes, bake in a moderate oven.

### BARLEY-AND-WHEAT PASTRY FOR ONE PIE

$\frac{3}{4}$ cup barley flour	$\frac{1}{4}$ teaspoonful baking powder
$\frac{3}{4}$ cup wheat flour	5 tablespoonfuls Crisco
$\frac{1}{2}$ teaspoonful salt	$\frac{1}{3}$ cup cold water (nearly)

Mix and sift together the dry ingredients. Work in the Crisco with the tips of the fingers or two knives; add the water, a few drops at a time, to mix to a stiff paste.

### BARLEY-AND-RICE FLOUR PASTRY

1 cup barley flour	$\frac{1}{2}$ teaspoonful salt
$\frac{1}{2}$ cup rice flour	$\frac{1}{3}$ cup shortening
$\frac{1}{2}$ teaspoonful baking powder	$\frac{1}{4}$ cup cold water (about)

Sift together the flour, baking powder, and salt; cut in the shortening; then adding water, a little at a time, mix with a knife to a paste of a consistency to clean the mixing bowl of all flour or paste. Turn on a board lightly dredged with flour, to coat the surface with flour; then use as desired. This is enough paste for one large pie and two or three tarts. Clarified chicken fat makes good pastry.

This is good tasting pastry. It is handled, or rolled, more easily if left to stand overnight, covered, in a cool place.

### POTATO PASTRY

$\frac{1}{2}$ cup flour	$\frac{1}{2}$ cup mashed potato
$\frac{1}{4}$ teaspoonful salt	4 tablespoonfuls shortening
$\frac{1}{4}$ teaspoonful baking powder	

Sift together the dry ingredients, and combine them with the potato. Cut in the fat in the usual way, and roll out the pastry. This recipe makes enough for a one-crust pie. The crust may be baked before the filling is added.

### COTTAGE CHEESE PIE

1 cup cottage cheese	Yolks of 2 eggs, beaten
$\frac{1}{2}$ cup maple syrup	2 tablespoonfuls melted butter
$\frac{1}{3}$ cup honey	Salt
$\frac{2}{3}$ cup milk	$\frac{1}{2}$ teaspoonful vanilla

Mix the ingredients in the order given. Bake the pie in one crust. Cool it slightly, cover it with meringue, and brown it in a slow oven.

### LEMON CHEESE PIE

1 cup cottage cheese	2 tablespoonfuls butter
$\frac{2}{3}$ cup honey or $\frac{3}{4}$ cup corn syrup	2 tablespoonfuls cornstarch
1 egg-yolk, beaten	Juice and grated rind of 1 lemon
$\frac{2}{3}$ cup milk	

Heat the milk, add the sweetening and the cornstarch mixed together, and cook the mixture until it is thick, stirring it constantly; cover and let cook, stirring occasionally, 15 minutes. Add the egg and cook until the egg thickens. Add the cheese, butter, juice and rind of the lemon. Pour the mixture into a well-baked crust; cover with meringue and let cook in a slow oven about 12 minutes.

### MERINGUE FOR CHEESE PIES

2 egg-whites, beaten very light	1 teaspoonful granulated sugar
4 tablespoonfuls maple syrup or honey	

Gradually beat the syrup or honey into the beaten egg-whites. Spread over the pie; dredge over the granulated sugar.

### SOUR MILK PIE

1 cup buttermilk or thick clabbered milk	$\frac{3}{4}$ cup maple syrup
2 tablespoonfuls cornstarch, mixed with 4 tablespoonfuls cold water	2 egg yolks, beaten
	1 lemon, juice and grated rind
	1 tablespoonful melted butter

Heat the milk in a double boiler. When it is warm, add the cornstarch mixed with cold water. Cook the mixture until it is thick, and add the other ingredients. Cook the mixture until it is clear. Turn it into a baked crust, cover it with meringue, and bake in a slow oven 15 minutes.

### COTTAGE CHEESE

Turn thick, sour milk into a bag and let hang to drain. In about twelve hours, the whey will have drained from the curd. Turn the curd into a bowl. To each pint, add half a teaspoonful of salt and  $\frac{1}{2}$  cup or more of thick, sweet cream. Mix together thoroughly and press into an earthen bowl. Set aside in a cool place. When ready to serve, turn from the bowl.

This cheese is much better when made without heating the milk over hot water. To hasten souring let the milk stand in a warm place, not in refrigerator.

## CANNING

---

### METHODS OF CANNING

For home canning, two distinct methods of procedure are in general use: (1) Cooking in a saucepan and then transferring the article to the sterilized cans, and (2) cooking the product in the jar in which it is to be stored.

Bulky foods, like spinach and beet greens, hard fruits, like apples and quinces, and foods in which there is considerable waste, as beets, are canned more easily, if the process is, at least, begun in a saucepan. Berries, peaches, pears, peas, asparagus, carrots, tomatoes, and string beans retain their flavor better if canned in the receptacle in which they are to be stored. (Cold pack.)

### CANNING WITH A SAUCEPAN

In canning food with a saucepan, the food, prepared as when to be cooked for the table, is cooked until tender. Some time before the food is set to cook, the jars, covers, and all utensils (as spoons, ladle, and funnel) that are to be used, are set into a saucepan of cold water on the bottom of which is a rack or many folds of clean cloth; the jars are filled with water, and the whole is brought slowly to the boiling point and kept at just about this point for ten minutes or longer. When the food is cooked and is actually boiling, turn the water from a jar, set the jar on a cloth, wrung out of hot water and folded, near the saucepan, and fill it with the hot food; dip the rubber ring (which must be new and pliable) in boiling water and set it in place; take a silver knife from the boiling water and move it around in the jar to break up bubbles of air that may be present; add more boiling liquid to fill the jar to overflow; lift the cover from the boiling water without touching the inside of it, set it in place fasten securely, and lift the jar to a board. Do not let a draught of air blow on the hot jar, or it may crack. Store, when cold in a dark place.

### CANNING WITH A WASH-BOILER, STEAM-COOKER, OR CANNER

A canner made for the purpose simplifies the process of canning. As the cooking is done under very high pressure, the



time required is materially shortened. The work is carried out in the same manner with the three utensils mentioned above. Rinse the jars in boiling water, taking care to heat them gradually lest they break; fill the jars with the article to be canned, then set on the rack; put the lids of the jars beside them or in a pan of boiling water on the stove. Cover the large receptacle and let the water heat quickly to a boiling point, then open and fill the jars to overflow with salted, boiling water or boiling syrup, as is required; adjust rubbers and covers, fasten down wire, cover the receptacle and let cook, as required, then seal and remove to a board out of all draughts.

### SELECTION AND PREPARATION OF VEGETABLES FOR CANNING

Only young, tender vegetables may be canned successfully. As vegetables mature, the sugar in composition is changed to starch; and starch is not sterilized as easily as is sugar. Let the vegetables be freshly gathered and crisp. Too much attention cannot be given to the point of having vegetables freshly gathered. No more time than is absolutely necessary for preparation should elapse between the gathering and the cooking. Peas, gathered and shelled the night before, lose much of their original sweetness. All vegetables are prepared for cooking in the same manner as those to be cooked for the table.

### BLANCHING

Strong vegetables are blanched (cooked a few minutes in hot water and rinsed in cold water) before being packed in the jars. By blanching, vegetables that do not pack easily are softened a little and thus fit more closely in a jar. The skins of peaches and tomatoes are easily removed after these articles have been dipped an instant into hot and then into cold water. After these preliminaries are finished, the filled jars are set to cook in wash-boiler, steam-cooker, or canner.

### POINTS FOR SUCCESSFUL CANNING

Success in canning any food depends (1) on the thorough sterilization of all utensils used in the process, and of the food itself at or above the temperature of boiling water, and (2) on the hermetical (air-tight) sealing of the jars or cans.

### JARS PARTIALLY FILLED

If a jar be full of sterilized food when the sterilized cover is set in place, and the jar be closed hermetically so that no organisms from the outside may enter, the food will keep.

### CANNING WITHOUT SUGAR

Fruit may be canned just as successfully without as with sugar. However, it is often a convenience when fruit is to be used as a sauce or relish to add the sugar at time of canning. Peaches and pears are not improved by re-cooking, and should be canned with sugar. Apples and blueberries will give better results both in sauce and pies if canned without sugar, and the sugar be added at time of use.

If fruit juice extracted for jelly be canned boiling hot, jelly may be made up when it is required, a few glasses at a time, and when sugar is more available than when every one is calling for it.

When sugar is used in fruit canning, make a syrup according to the following formulæ:

### SYRUP FOR CANNING FRUIT

(1) Light syrup, for canning raspberries, apples, etc.: 4 cups water, 2 cups sugar, heat just enough to dissolve the sugar.

(2) Medium syrup, for sweet plums and cherries: 4 cups water, 3 cups sugar; heat just enough to dissolve the sugar.

(3) Thick syrup, for peaches and pineapple: 4 cups water, 5 cups sugar; heat just enough to dissolve the sugar.

(4) Rich syrup, for strawberries, currants, sour cherries: 4 cups water, 5 cups sugar; boiled to soft-ball degree.

### CANNED PEACHES, "COLD PACK"

Cut the peaches in halves, pare, and remove stones; drop into cold water as prepared, to keep from discoloring. Have the jars and covers sterilized, fill the jars with peaches, set them in place in the canning receptacle, pour in the hot syrup to fill to overflow, adjust the rubbers and the covers taken from boiling water; partially clamp and let cook from 5 to 16 minutes according to the style of cooker. Using a wash-boiler or similar receptacle let boiling water cover the cans to the depth of an inch and cook 15 minutes after the water boils vigorously. Remove from the water and fasten securely.

**CANNED TOMATO PUREE**

4 quarts tomatoes (in pieces)  
1 large onion

1 sweet red or green pepper  
 $\frac{1}{4}$  cup parsley

Chop the onion, pepper, and parsley; add to the tomato, and let simmer until the tomatoes are tender. Press through a sieve and measure. To each quart of purée add  $\frac{1}{2}$  teaspoonful salt and  $\frac{3}{4}$  teaspoonful of sugar and let simmer to the consistency of catsup, stirring constantly meanwhile. Pour, boiling hot, into sterilized cans, filling each to overflow; adjust the rubber rings dipped in boiling water and the sterilized covers and tighten the covers. Set aside in a cool place when cold.

Use for soups and sauces.

**ORANGE AND DRIED-APRICOT MARMALADE**

Take 3 oranges, 2 lemons and  $\frac{1}{2}$  pound of dried apricots. Cut the oranges and lemons in quarters, and then slice each quarter as thin as possible. Let the apricots soak in cold water about half an hour, then cut with scissors in lengthwise shreds. Measure the fruit and allow 3 pints of cold water for each pint of fruit. Keep the apricots apart from the other fruit, as it will cook more quickly than the oranges and lemons. Let the fruit stand in the water, overnight. Boil the oranges and lemons until the peel is tender, then add the apricots and water, and cook about half an hour. Allow  $\frac{2}{3}$  cup of sugar or honey for each cup of fruit (brown sugar in whole or part may be used). Heat the fruit to the boiling point, add the sugar or honey and let cook until the mixture thickens somewhat (about 218° F. by the sugar thermometer), then store in sterilized glasses. This marmalade will not form a rich jelly, but is attractive in flavor.

**CANNING HARD SWEET CORN**

Sweet corn too hard for eating from the cob may be canned successfully, if only the pulp inside the hard exterior be used. With a sharp knife score the kernels down through each row on the ear, then with the back of the knife, scrape out the pulp and leave **all** the hulls on the cob. Use this pulp in filling jars to three-fourths their height; let cook in wash-boiler, steamer, or canner, until the pulp stops puffing or swelling after being stirred down. Adjust the sterilized rubber rings and covers and let cook about 1 hour. Seal as usual.

**CANNED BEETS**

Wash and cook the beets as for the table; drain, cover with cold water, and slip off the skins; pack the beets in sterile jars, shaking down and pressing in as many as possible. If large, they may be cut in slices; but small beets (two inches or less in diameter) are preferable. Set the filled jars in place in the canner or boiler, fill to overflow with boiling water, adjust the sterile rubber rings and the covers, and let cook 10 to 30 minutes after boiling begins; then fasten the covers.

**CANNED VEGETABLE SOUP**

1 cup small Lima beans (green)	1 green pepper, chopped
1 cup cubes carrot	1 small piece bay leaf
1 cup slices celery	1 small piece mace
1 cup cubes kohlrabi	4 coriander seeds
$\frac{1}{2}$ cup rice	3 branches parsley
1 quart tomatoes	Salt and pepper
1 onion, chopped	

This should make two quarts of soup. Cook the beans, carrot, celery, kohlrabi, and rice separately, until tender. Use only enough water to cover. Cut the tomatoes in bits, add the other ingredients, save salt and pepper, and the water in which the various vegetables were cooked and let simmer 20 minutes. Strain, add the cooked vegetables, and for each quart 1 teaspoonful salt and  $\frac{1}{2}$  teaspoonful or less of pepper, and heat to the boiling point. Turn boiling hot into sterilized jars, filling to overflow. Adjust sterilized rubber ring and the cover, and seal as in all canning. The vegetables must be young and tender.

**CANNED CHICKEN**

Cook the chicken or fowl until tender. Remove meat from bones and skin; pack in sterilized jars. Boil the liquid until reduced about one half, strain and pour over the chicken, filling the jar to overflow; adjust cover according to cold pack method and sterilize (boil) 1 hour in hot-water bath.







LIBRARY OF CONGRESS



0 010 230 512 7

