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PREPARED BY MRS. GEORGE M. HARRIGAN,  
LOWELL, MASS., 1899.

a. 40.

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## POEM BY POPE LEO XIII.

“*Shun greed; be content with sparse and frugal fare.*”

AN EPISTLE TO FABRICUS RUFUS.

## I.

What diet lends the strength to life and frees  
 The flower of health from each malign disease  
 The good Ofellus, pupil from of old  
 And follower of Hippocrates has told  
 Rating base gluttony with anxious air,  
 He thus laid down the laws of frugal fare:

## II.

Neatness comes first. Be thy spare table bright  
 With shining dishes and napkins white.  
 By thy chianti unadulterate  
 To cheer the heart and raise the spirit's weight.  
 Yet trust not much the rosy god; in fine  
 Be sure that you put water to your wine.  
 Picked be thy grain and pure thy home-made bread;  
 Thy meats be delicate and dairy fed.  
 Tender, nor highly spiced thy food; nor tease  
 Thy taste with sauces from Ægean seas.  
 Fresh be thine eggs—hard-boiled or nearly raw,  
 Or deftly poached or simply served *au plat*.  
 “There's wit in poaching eggs,” the proverb says,  
 And you may do them in a hundred ways.

## III.

Nor shun the bowl of foaming milk that feeds  
 The infant and may serve the senior's needs.  
 Next on the board be heaven's gift, honey, placed  
 And sparing of Hyblæan nectar taste,  
 Pulses and salads on thy guests bestow;  
 Even in suburban gardens salads grow.  
 Add chosen fruits—whate'er the times afford—

Let rose-red apples crown the rustic board.  
 Last comes the beverage of the Orient shore,  
 Mocha, far off, the fragrant berries bore.  
 Taste the dark fluid with a dainty lip,  
 Digestion waits on pleasure as you sip.

## IV.

Such are my precepts for a diet sage  
 That leads thee safely to a green old age.  
 But wise Ofellus still would sagely say,  
 "The path of greed lies quite the other way."  
 That cruel, shameless siren only cares  
 To trap men's feet and spread her shining snares.  
 These are her arts—to bid the table shine,  
 With varied ornament and purple fine.  
 Embroidered napkins impudently glow,  
 The cups are odd in a gleaming row.  
 Goblets and beakers, bronze and silver plate,  
 And fragrant flowers the tables decorate.  
 With these and seeming hospitable word,  
 She draws her guests incautious to the board.  
 On couches bids the languid limbs recline,  
 And brings forth beakers of her choicest wine.  
 What Chian vineyards or Falernian yield,  
 And juices of the Amyclæan field.  
 With such liqueurs and anxious art distils  
 From various juices dainty cups she fills,  
 Rivals in greed devour the juicy cates,  
 And guest with gust, in drinking, emulates.  
 In oil and spice a boar Lucanian swims;  
 Geese lend their livers, hares their tender limbs.  
 Midst ortolans and doves as white as snow,  
 Flesh mixed with fish and clams with oysters show.  
 The mighty plate a huge murena fills,  
 Swimming attended by a shoal of squills.  
 The gaping guests adore and, feeding fine,  
 Feast to disgust and soak themselves in wine.  
 Then, blown with wine and food and angry, all  
 Arise and fight like furies in the hall.  
 Of fisticuffs they take their eager fill,  
 At last, with wine and meat o'ercome, are still.

## V.

Greed laughs triumphant in her cruel glee  
And drowns her guests like sailors in the sea.  
Fell indigestion now her work begins,  
The liver finds the sinners in their sins.  
Languid, perspiring, tortured, tumid, they  
With limbs that totter take their devious way.  
With tongues that stammer and with faces pale,  
But greed would yet more potently prevail.  
The broken, battered body is her own,  
What if the soul herself were overthrown  
And bound to earth in greed's unholy snare,  
That we inherit of diviner air.  
Then, if she might, her flood she fain would roll  
E'en o'er the embers of the immortal soul.



## WEIGHTS AND MEASURES.

---

- 4 saltspoonfuls of liquid equals 1 teaspoonful.
- 4 teaspoonfuls of liquid equals 1 tablespoonful.
- 3 teaspoonfuls of dry material equals 1 tablespoonful.
- 4 tablespoonfuls of liquid equals 1 wineglass, or  $\frac{1}{2}$  gill, or  $\frac{1}{4}$  cup.
- 2 gills equals 1 cup, or  $\frac{1}{2}$  pint.
- 16 tablespoonfuls of liquid equals 1 cup.
- 12 tablespoonfuls of dry material equals 1 cup.
- 8 heaping tablespoonfuls of dry material equals 1 cup.
- 4 cups of liquid equals 1 quart.
- 4 cups of flour equals 1 pound, or 1 quart.
- 2 cups of solid butter equal 1 pound.
- $\frac{1}{2}$  cup of butter equals  $\frac{1}{4}$  pound.
- 2 cups of granulated sugar equal 1 pound.
- $2\frac{1}{2}$  cups of powdered sugar equal 1 pound.
- 3 cups of meal equal 1 pound.
- 1 pint of milk or water equals 1 pound.
- 1 pint of chopped meat packed solidly equals 1 pound.
- 9 large eggs or 10 medium eggs equal 1 pound.
- 1 round tablespoonful of butter equals 1 ounce.
- 1 heaping tablespoonful of butter equals 2 ounces, or  $\frac{1}{4}$  cup.
- Butter the size of an egg equals 2 ounces, or  $\frac{1}{4}$  cup.
- 1 heaping tablespoonful of sugar equals 1 ounce.
- 2 round tablespoonfuls of flour equal 1 ounce.
- 2 round tablespoonfuls of coffee equal 1 ounce.
- 2 round tablespoonfuls of powdered sugar equal 1 ounce.
- 1 tablespoonful of liquid equals  $\frac{1}{2}$  ounce.

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**RENEWER**

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**Renews the Hair.**

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# COLONIAL COOK BOOK,

---

## SOUPS.

---

### SOUP STOCK.

Soup stock should be made in a large, tightly covered kettle. To every pound of meat or bone allow one quart of cold water, one even teaspoonful of salt and half a teaspoonful of pepper. The meat should be cut in small pieces, the bone to be broken. Let meat stand in water until water is slightly colored; then let it come slowly to a boil, removing the scum as it rises. Let it boil gently and steadily, allowing one hour to every pound of meat. When done strain and set away in a cold place. Keep covered. When wished for use, remove all the white fat on top and take whatever your receipt calls for of the stock remaining.

MRS. WM. P. LAWLER.

### CARAMEL FOR COLORING SOUP, ETC.

Melt half a pound of brown sugar with one teaspoonful of water. Stir steadily over fire until brown. Add slowly one cup of boiling water and one teaspoonful of salt. Boil one minute; when cool bottle and cork tightly. One tablespoonful will color clear soup.

MRS. WM. P. LAWLER.

**SOUP POWDER.**

Two ounces each of parsley, summer savory, sweet marjoram and thyme; one ounce each of lemon peel and sweet basil. Dry, pound, sift, and keep in a tightly corked bottle. Use to taste in flavoring soups.

ELIZABETH A. SULLIVAN.

**VEGETABLE SOUP.**

Put down a shin of beef weighing five pounds in four quarts of cold water. Set on stove and let boil gently. When scum has all been removed add one generous tablespoonful of salt, a cupful of minced onion, carrot, parsnip, celery, tomato, cabbage, three or four sprigs of parsley, one cup of barley. Cook six hours and serve with slices of toasted bread.

SISTER THERESA, *St. John's Hospital.*

**POTATO SOUP.**

Five medium sized potatoes boiled and mashed, one quart of milk, two teaspoonfuls of onion chopped fine and put in milk, one teaspoonful each of salt and celery salt, one-half saltspoonful of pepper, one tablespoonful of flour in two of melted butter. Boil altogether five minutes.

MRS. CHARLES S. CROSBY.

**FRENCH VEGETABLE SOUP.**

Wash four pounds of lamb; put it down in four quarts of cold water; when scum arises skim carefully, then add a teacupful of chopped carrot; as carrot requires most boiling it should be added first. Then add a teacupful of potato, turnip, tomato, cabbage, chopped fine, salt and pepper to taste. Let boil about three hours, then serve.

MISS ELIZABETH A. SULLIVAN.

**CHICKEN BROTH.**

Cut the chicken into very small pieces and put in a jar filled with water, adding a little salt. Cover tight and let it simmer all day. Strain and season to taste.

MISS ELIZABETH A. SULLIVAN.

**BAKED BEAN SOUP.**

To one pint cold baked beans add two pints of water, two slices of onion and a stalk of celery. Simmer thirty minutes, rub through a sieve. Add one cupful stewed and strained tomatoes, salt and pepper. Bind together with a tablespoonful each of butter and flour.

MRS. GEORGE M. HARRIGAN.

**TOMATO SOUP.**

Two quarts of soup stock, one can of tomatoes, one large onion, one-half cupful of sugar, one teaspoonful each of clove and cinnamon, one tablespoonful of salt, one teaspoonful of curry powder, one-fourth teaspoonful cayenne pepper. Mix all together, put on fire and let cook slowly two hours. Then add one-half cup of flour thoroughly mixed with water enough to make smooth. Strain and serve with thin slices of lemon.

MRS. Z. W. STURTEVANT.

**TOMATO SOUP.**

One quart of soup stock, one can of tomatoes cooked and strained, one-half tablespoonful of salt, a large tablespoonful of sugar, three tablespoonfuls of flour rubbed smooth in one-half cup of cold water. Boil two hours, pour in tureen, add pepper and butter size of a walnut.

MISS ALICE T. CLARK.

**THE FAMOUS WHITE HOUSE BOUILLON.**

Four pounds of juicy beef, one knuckle of veal, two small turnips, two carrots, one soup bunch, one small

pod of red peppers, two small white onions, salt, six quarts of water. Boil six hours, then strain through a sieve. Let stand over night and congeal; skim off the grease, put into a kettle to heat, and add sherry to taste.

J. M. A.

#### ASPARAGUS SOUP.

Remove the heads from two bunches of asparagus after cooking till tender in a little boiling water. Rub the stalks through a sieve and add the pulp to a pint of chicken stock, well seasoned. Heat a pint of cream in the double boiler. Cook together one tablespoonful butter and two of flour, add the chicken stock and the asparagus pulp gradually. Season with salt and pepper and when ready to serve add the asparagus heads and the hot cream. Canned asparagus is just as good.

MRS. GEORGE M. HARRIGAN.

#### CREAM OF SALMON SOUP.

Drain the oil from one-half can of salmon, remove skin and bones and chop very fine. Scald 1 quart of milk with 1 slice of onion; add the fish, with 1 teaspoonful of salt and 1 saltspoonful of pepper. Melt 1 table-spoonful of butter, add 1 tablespoonful of flour, stir into the boiling soup; let cook 2 minutes and serve very hot.

J. M. A.

#### CREAM OF PEA SOUP.

To 1 can marrowfat peas, add 3 cups water. Cook until tender; press through a sieve; scald 1 quart of milk with 1 slice of onion. Add the peas and put together with 1 table-spoonful of butter and 1 table-spoonful flour. Add 1 teaspoonful sugar, and season with salt and pepper.

MISS ELIZABETH C. CLARK.

---

Knox's Gelatine is not like pie, it's healthy.



**CLAM AND FISH CHOWDER.**

Cut fine one good sized onion, put it in spider with two heaping tablespoonfuls of butter, simmer until onions are soft. Put down one quart of cold water and a teaspoonful of salt. When this comes to a boil add the onion and butter; strain one pint of clams, save the liquor. Put clams into soup kettle and let boil ten minutes; then add a pint of potatoes cut in cubes or sliced, and boil ten minutes, or until potatoes are cooked. Turn in clam liquid and let come to a boil. Then add a pint of milk and serve at once with tomato ketchup and browned crackers. In making fish chowder put fish and potatoes in together and let them boil fifteen minutes.

MRS. GEORGE M. HARRIGAN.

**OYSTER SOUP.**

Take forty large oysters for this soup. One quart of milk, and enough of the strained liquor and cold water to make one pint; add this with a little salt and a large piece of butter to the milk, let it come to a boil, add the oysters and let it boil up once. If desired, thicken with a little rolled cracker.

J. M. A.

**TURKEY OR CHICKEN SOUP.**

Take bones and scraps left from roast turkey, chicken or any kind of game. Separate bones, meat and stuffing, keeping each by itself. Break bones and put them in soup-kettle covered with cold water. Add a small onion cut fine, pepper and salt. Simmer three hours; strain and remove all fat. Put liquor on to boil again, adding a cupful of the chopped meat to every quart of the liquor. Thicken with two tablespoonfuls of flour rubbed smooth in two tablespoonfuls of melted butter.

C. F. S.

**DUMPLINGS FOR SOUP.**

Take one pint of flour, two teaspoonfuls of baking powder, one teaspoonful salt; mix very stiff with milk and water. Have a well greased colander over a kettle of boiling water; drop mixture by teaspoonful into colander, cover closely and cook from ten to fifteen minutes. They are very light.

J. M. A.

---

**FISH.**

---

**BAKED HALIBUT STEAKS.**

Wash and dry two halibut steaks; butter a fish sheet, lay thin slices of salt pork upon it. Place a steak upon the pork; pour lemon juice over it and dust with salt and pepper. Dip oysters (one-half pint), in melted butter and then in cracker crumbs and place upon the fish. Place the second steak over the oysters, season as before, laying slices of pork on the top. Bake thirty or forty minutes, basting three or four times with the juice in the pan and lastly with melted butter. Remove pork on the top and cover with buttered crumbs. Serve when the crumbs are browned, garnished with parsley and slices of lemon, with Hollandaise sauce made as follows:

**HOLLANDAISE SAUCE.**

Beat one-half cupful of butter till soft and creamy. Add the yolk of four eggs, one by one, and beat until they are blended with the butter. Add one and one-half tablespoonfuls lemon juice, one saltspoonful salt,

# PNEUMONIA

Is a treacherous foe.

It comes on insidiously, in the form of a cold; the patient says it's "only a cold." It'll be all right in a day or two, and before its true character is suspected, it has made great progress.

The chilly stage having passed, intense fever sets in, the thermometer registering 102 to 104; after a while there comes a deep-seated dull pain, frequent, short cough, with expectoration of viscid matter.

And we have acute inflammation of the lung; if both are involved, it is double pneumonia.

At the commencement, as we have shown, it was but a Cold. At this stage a few doses of Dr. Hilton's specific No. 3 would have cured it and have PREVENTED PNEUMONIA.

Here we illustrate the old saw, "that an ounce of prevention is better than a ton of cures."

Think of the suffering, and the large majority of deaths that might be avoided, if people would cure a cold at its inception.

Pneumonia is a preventable disease. It is the result of criminal carelessness, in letting a cold have its "run."

If people would get a bottle of Dr. Hilton's specific, when they are well, before they take the cold, have it in the house and in the pocket, ready to take on the FIRST indication of a cold, it would require but a few doses of the little pellets to effect a cure.

But the trouble is they delay in getting it until they get the cold, and in many cases a person goes home at night feeling well as usual.

But before retiring for the night, or soon after, they feel chilly, commence to sneeze, and they realize that they have taken a cold.

Like many others you find yourself without any No. 3 in the house, but it is too late to send out after it now, so you have to wait until morning.

But before the morning light makes its appearance, your cold has developed into pneumonia.

In health is the time to prepare for sickness, or what is better, be prepared to prevent it.

Don't trifle with a cold, it is dangerous.

There is no excuse for any one having pneumonia, except carelessness.

Dr. Hilton's Specific No. 3, when taken on the FIRST indication of a cold, will cure it. Cold cured you can't have pneumonia.

Over a million people in New England will vouch for this.

Remember that Dr. Hilton's Specific No. 3 is the FIRST remedy ever offered to the public to cure a cold, the Grip and PREVENT PNEUMONIA, and that it is the ONLY known remedy today that will do this and leave no injurious effect to the Stomach or Heart.

Be warned now. Don't fail to get a bottle of No. 3 today, and you'll be safe.

Guard against the fakes and imitations, the "just as good a remedy" that are offered to you, cheap in name, quality and price, anything to get your 25 cents,

Dr. Hilton's Specific No. 3 has been proved, first during the fatal epidemic of Grip and Pneumonia in 1891, and since, by over a million people in New England who vouch for its good work. It costs you but 50 cents a bottle; you get a good thing, and nearly three times as many doses as any of the fakes and imitations give for 25c.

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few grains cayenne. Beat till smooth. Then beat the mixture with the Dover egg-beater for five minutes, set into a dish of boiling water, add one-third of a cupful of boiling water and cook till thick as a Mayonnaise sauce, beating all the time.

J. M. A.

#### **SMELTS A LA MEMERE.**

Clean six selected smelts and gash several times on each side. Season with salt, pepper, and lemon juice, and let stand ten minutes. Roll in cream, dip in flour and fry in butter. Add to butter in pan two tablespoonfuls flour, one cup stock, one and one-third teaspoonfuls anchovy essence, lemon juice and, at the last, one and one-half tablespoonfuls butter. Just before pouring same around smelts, add one teaspoonful finely chopped parsley.

MISS LAWLER.

#### **BOILED SALMON OR BLUEFISH.**

Take two or three pounds of either above named; rub well with salt and lemon juice, and cover with boiling water. Let boil until flesh parts from bone. Serve with Hollandaise sauce.

MRS. GEORGE M. HARRIGAN.

#### **LITTLE PIGS IN BLANKETS.**

Take as many large oysters as are wished, wash and dry them thoroughly with a clean towel. Have some fat bacon cut in very thin slices, cover each oyster with them, and pin on with wooden toothpicks. Broil or roast them until the bacon is crisp and brown. Do not remove toothpicks. Serve hot.

J. J. K.

#### **COLLARED SALMON.**

Split such a part of the fish as may be sufficient to make a handsome roll, wash and wipe it, and having mixed salt, white pepper, mace, and Jamaica pepper, in



quantities to season it very highly; rub it inside and out with them. Then roll fish tight and bandage it; put as much water and one-third vinegar as will cover it; add a half dozen bay leaves, salt, and both kinds of pepper. Cover close and simmer until done. Serve with any good sauce.

MISS ELIZABETH A. SULLIVAN.

#### FRIED FILLETS OF HERRING.

Fillet and trim the herring, then lay the fillets for two or three hours in a deep dish with one or two spoonfuls of oil, one of vinegar, with pepper and salt, some chopped parsley, and a sliced onion. Lift them out, dry them well, roll in bread crumbs, and fry them. Serve with them some crisp, fresh watercress.

MRS. T. W. HALL.

#### TOMATO SAUCE FOR FISH.

Rub together two tablespoonfuls sifted flour, one tablespoonful of butter; pour over this one cupful of boiling water, two cupfuls of hot strained tomatoes. Add the juice of one small grated onion, a teaspoonful of salt and a speck of cayenne. Strain and pour over fish.

MRS. Z. W. STURTEVANT.

#### FRIED BROOK TROUT.

Cut thin slices of salt pork and place them in a frying pan until the fat is cooked out. Rub trout thoroughly with salt and let them stand for a little while; then dry and roll each one in cracker dust and place them in the smoking hot fat; turn them constantly to prevent burning until thoroughly cooked. They burn easily.

J. M. A.

#### BAKED SALT FISH.

Soak one-half pound of salt fish over night. Spread on earthen dish, butter size of an egg; lay in fish shred-

ded fine, one and one-half crackers rolled fine, a little pepper, one well beaten egg, two cups of scalded milk. Bake twenty-five minutes.

MRS. WOOD.

### **CODFISH ON TOAST.**

Take one teacupful of freshened codfish picked up fine. Fry one sliced onion in a tablespoonful of butter until brown. Add fish, with water enough to cover, and one-half can or one-half dozen raw tomatoes. Cook nearly one hour. Season with pepper and serve on slices of buttered toast.

MRS. WOOD.

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## **MEAT.**

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### **ROAST BEEF.**

Wipe meat with a damp towel. Place a meat rack in the dripping pan and lay meat on it. Dredge with salt, pepper and flour the meat and bottom of pan. Set pan in a very hot oven and watch carefully to prevent flour on bottom of pan from burning. When flour turns a dark brown pour in enough water to cover bottom of the pan. After water has been added let meat cook awhile and then baste it, after which dredge it lightly with salt, pepper and flour. Baste every fifteen minutes. One hour and a half will be sufficient for an eight pound roast if meat is needed rare. Take meat up and place on a warm dish. Gravy—Pour all the fat from the dripping pan and after setting the pan on the range pour into it one-half pint of boiling water. Scrape all the

brown sediment from bottom and sides of pan. Mix one teaspoonful flour with three of cold water and gradually pour mixture into dripping pan, stirring all the while. Stop when gravy is about as thick as cream. Season with salt and pepper, and strain into hot bowl.

MRS. GEORGE M. HARRIGAN.

#### ROAST BEEF DRIPPINGS.

When roast of beef is taken from pan pour all the fat not needed for gravy into an earthen dish. When cool put into refrigerator to keep and use instead of butter or lard for shortening.

MISS ALICE T. CLARK.

#### ROAST LAMB, MUTTON, PORK LIKE BEEF.

Serve mint sauce with lamb; caper sauce with mutton; apple sauce with pork; veal should be stuffed and covered with salt pork, cut into thin slices and served with hot horseradish sauce.

MRS. GEO. M. HARRIGAN.

#### MINT SAUCE.

One teacup of fresh chopped mint, using only leaves and tender tips, one-fourth cup of sugar and one-half cup of vinegar. Mix thoroughly and let stand one hour before serving.

J. J. K.

#### CAPER SAUCE.

Put two tablespoonfuls of butter in stew pan, when hot add two tablespoonfuls of flour, when this mixture becomes smooth draw pan back on stove and add gradually one-half pint of water. Stir until sauce boils, then add one-fourth teaspoonful of salt, one-eighth teaspoonful of pepper, and another tablespoonful of butter; boil one minute. Moisten mutton thoroughly with this sauce, after which add one and one-half tablespoonfuls of capers to what remains and serve.

MISS ELIZABETH SULLIVAN.

**HOLLANDAISE SAUCE.**

Three tablespoonfuls of butter beaten to a cream, then beat in the unbeaten yolks of two eggs, add one tablespoonful of lemon juice; one-fourth teaspoonful of salt, a speck of cayenne; place in double boiler and heat for two minutes; add one gill of boiling water; cook for five minutes stirring all the time.

MISS ELIZABETH C. CLARK.

**HORSERADISH SAUCE.**

Four teabespoonfuls of grated horseradish and four tablespoonfuls of powered cracker crumbs thoroughly mixed and moistened with one-half cup of cream. Add one tablespoonful of sugar, salt and made mustard, very little pepper and two tablespoonfuls of vinegar. Mix in double boiler over hot water when perfectly smooth and hot serve.

K. L. M.

**CURRIED SWEATBREADS.**

Take a pair of veal sweetbreads and cut into two-inch squares. Have in a stewpan about a pint of good white stock, heat it over the fire with the juice of an onion, tablespoonful of curry powder and two or three drops of tarragon vinegar and an ounce of butter rubbed with sufficient flour to thicken the sauce. When it boils stir in the sweatbreads and let them simmer gently for half an hour or perhaps two or three minutes longer.

M. S. C.

**CHICKEN FRICASSEE.**

Singe and cut chicken as you would for serving. Put in pot, cover with boiling water to which add teaspoonful of salt and a little pepper. Let simmer until tender. Take up chicken, dredge with salt, pepper and flour and brown in hot butter. Then put it on a hot platter, strain the liquor and remove the fat, there should be nearly a

pint of liquor to it, add one cup of rich milk and heat again. Melt a large tablespoonful of butter in saucepan and add to it two tablespoonfuls of flour, mix well and pour into the chicken liquor, to this mixture add salt, pepper, half teaspoonful of celery salt and one teaspoonful of lemon juice. Have one egg well beaten and pour sauce slowly on it stirring well. Pour all over chicken and serve at once.

J. M. A.

#### VEAL LOAF.

Chop fine three and one-half pounds of veal, one-fourth pound salt pork and one-fourth pound ham. Season with one tablepoonful salt, teaspoonful pepper, teaspoonful sweet herbs and juice of lemon. Add six soda crackers rolled, three eggs well beaten, butter size of an egg and four tablespoonfuls cream or milk. Mix thoroughly. Shape in a loaf, roll in crumbs. Bake in a moderate oven about two hours, basting as roast meat. Serve cold, sliced very thin.

M. S. C.

#### BEEF LOAF.

Two pounds of hamburg steak, three-fourths of a cupful of cracker crumbs, one scant cupful of milk, one egg well beaten, salt and pepper to taste. Cover top with small pieces of butter and bake in a bread tin two hours.

MRS. GEORGE A. TAYLOR.

#### ESCALLOPED HAM.

Butter a baking dish, wet with milk and melted butter, a cup of bread crumbs and put in, spreading on top some chopped boiled ham, cover pot in the oven until quite hot, then beat two eggs, add a few spoonfuls rich milk, pour over all, set in the oven till the eggs are cooked.

MRS. WOOD.



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**BROILED BEEF STEAK.**

Have it cut thick, trim off any suet that may be left on it and dredge with salt and pepper. Cook in a double broiler over a fire of clear coals from six to ten minutes if liked rare, turning constantly. Have ready a hot platter in which a generous tablespoonful of butter has been melting and serve at once.

MRS. GEORGE M. HARRIGAN.

**MUSHROOMS WITH STEAK.**

Take one-half cupful of butter, place it in a spider, when melted add one can of mushrooms and fry until a light brown. Then remove the mushrooms from the spider and add to the butter two tablespoonfuls of flour which has been rubbed with one tablespoonful of butter, a teaspoonful of salt and a speck of cayenne, the juice of one lemon and a cupful of boiling water. Strain, mix with mushrooms and pour over a slice of broiled steak.

MRS. Z. W. STURTEVANT.

**YORKSHIRE PUDDING.**

Take one pint of milk, four tablespoonfuls of flour, two eggs and a pinch of salt. Mix thoroughly and bake in a quick oven ten minutes, serve with roast beef.

MISS ALICE T. CLARK.

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**VEGETABLES.**

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**BOSTON BAKED BEANS.**

Soak one pint of beans over night; in the morning rinse in two or three waters, and put in your pan to bake without parboiling; if you bake them all day one-half pound of nice mixed pork placed in the middle of the

bean pot; sweeten with molasses or sugar, add a pinch of saleratus, salt and pepper to taste, and fill up the pan with boiling water, cover and bake, not too fast, at least eight or nine hours, adding water as it evaporates, leave off the cover for the last hour or two to let them brown nicely.

J. M. A.

### MACARONI AND CHEESE.

One quarter of a pound of macaroni broken into one inch lengths, boil ten minutes in boiling salted water, butter an earthen dish, drain macaroni and put it in. Strew over the top one-half cupful of grated cheese, and butter the size of a walnut cut into small pieces. Then add one cupful of rich milk or cream and bake one-half hour.

MISS ELIZABETH C. CLARK.

### POTATO PUFF.

One cupful of mashed potato to which one teaspoonful of butter has been added. One egg well beaten, one-half cupful of rich milk, salt and pepper to taste. Beat the mixture until light. Fill greased popover pans and brown in a quick oven.

MISS MARIA A. HICKEY.

### SPINACH.

Pick over and thoroughly wash one-half peck of spinach. Put in pot with a generous teaspoonful of salt and one pint of boiling water, cook one half hour, strain, turn into hot vegetable dish with a generous tablespoonful of butter, salt and pepper to taste and garnish with slices of hard boiled eggs.

K. L. M.

### ASPARAGUS.

Wash and break into inch pieces as far as each stalk can be broken easily. Cook in boiling salted water deep

enough to cover until tender. Turn in hot vegetable dish with butter, salt and pepper to taste.

K. L. M.

#### STRING BEANS.

String the beans and break them into inch pieces. Pour boiling water over them and let them stand until it is cold. This makes them tender. Then cover with boiling water, add one teaspoonful of salt and let cook until tender, strain and season with pepper, add a generous tablespoonful of butter and serve.

MRS. GEO. M. HARRIGAN.

#### CORN FRITTERS.

One quart of grated corn, add two eggs, two table-spoonfuls of flour, two of butter, one teacupful of milk; fry in hot butter and lard mixed, dropping from a spoon.

MRS. WM. P. LAWLER.

#### ESCALLOPED POTATOES.

Peel and slice potatoes same as for frying, butter an earthen dish, put in a layer of potatoes, season with salt and pepper, small pieces of butter and some chopped onion; dredge a little flour over it; another layer of potatoes, continue until dish is full. Just before putting into the oven pour over all a cup of milk and bake three-fourths of an hour.

MISS ELIZABETH C. CLARK.

#### SUMMER SQUASH.

Wash and cut into small pieces, skin and seeds need not be removed. Cook in boiling salted water until tender. Place the squash in a strainer cloth, mash it thoroughly, squeezing cloth until the squash is dry; add a little cream of butter, salt and pepper, and heat again before serving.

MRS. J. J. KELLEY.

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**LYONNAISE POTATOES.**

Cut cold boiled potatoes into dice until you have one pint and season with salt and pepper. Fry a small tablespoonful of mince onion and a heaping tablespoonful of butter until yellow. Add one tablespoonful of vinegar drop by drop, next add potatoes, stir but do not break them, keep stirring them until they have absorbed all the butter, add a tablespoonful of chopped parsley and serve.

K. L. M.

**VEGETABLE HASH.**

Take the vegetables left over from a boiled dinner, chop them separately and coarse, season with salt and pepper, mix them together, put the corned beef fat in a frying pan and set on the fire, when it is melted add the vegetables and cover the pan. Place on moderately hot part of range and cook one-half hour stirring often with a fork. Just before serving draw the pan to a hotter part of the fire and stir for three minutes, serve very hot; two tablespoonfuls of butter may be used instead of the beef fat.

MRS. GEORGE L. HALL.

**BAKED TOMATOES.**

Cut a thin slice from the stem end of six large smooth tomatoes. Remove the seeds and soft pulp, mix the pulp with an equal amount of buttered bread crumbs, season to taste with salt, pepper and onion juice. Fill tomato with this mixture heaping it in the centre, cover laps with buttered crumbs, bake in a granite pan until crumbs are brown, serve very hot.

MISS MARIA A. HICKEY.

**CREAM POTATOES.**

Cut up a quart of cold boiled potatoes in an earthen dish, sprinkle salt over each layer, set in oven to heat through. Cream one pint of milk heated in a double

boiler, when hot add two tablespoonfuls of flour dissolved in a little cold milk, stir until it thickens and pour over potatoes and serve at once.

MRS. ELIZABETH C. CLARK

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## ENTREES.

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### CHEESE SOUFFLE.

Cook together two tablespoonfuls butter and three tablespoonfuls flour, add gradually three-fourths cup scalded milk, also a few grains cayenne pepper, one-half teaspoonful salt and one-half cup grated cheese; remove from the fire and add the well beaten yolks of three eggs, cool and fold in the stiffly beaten whites of three eggs. Turn into a buttered dish and bake in a slow oven twenty minutes. This is only sufficient for four, you can enlarge it if you desire.

MISS LAWLER.

### CLAM FRITTERS.

Two eggs beaten light, pinch of salt, a scant teaspoonful of soda, one and one-half teaspoonfuls of cream of tartar, one cup of sweet or sour milk. If sour milk is used omit the cream of tartar, add flour enough to make a nice light batter that will drop from the spoon, take a spoonful of the batter, put in two or three pieces of chopped clam and fry in deep smoking hot fat, batter is the same for all kinds of fritters.

MISS MARIA A. HICKEY.

### OYSTER RAREBIT.

Melt one tablespoonful of butter, add half a pound of cheese, grated or broken into bits. Parboil half a pint

of oysters, drain, and keep hot. Beat the yolks of two eggs, add half a cup of the oyster liquor, and the oysters, and stir into the melted cheese. Season with pepper and salt, and serve upon bread toasted upon but one side.

K. L. M.

#### WELCH RAREBIT.

Melt a small piece of butter in chafing dish, add one pound of mild fresh cheese broken in pieces. Cover and let melt or with a fork stir until it is the consistency of molasses, then add beaten together one small egg, one-half thimble of mustard, same of salt and a dash of cayenne. Last add about one-third of a cupful of beer warmed a little.

MRS. GEORGE A. TAYLOR.

#### CHICKEN CROQUETTE.

Half a pound of chicken chopped very fine and seasoned with half a teaspoonful of salt, half a teaspoonful of celery salt, a quarter of a saltspoonful of cayenne pepper, one saltspoonful of white pepper, a few drops of onion juice, one teaspoonful of chopped parsley, and one-teaspoonful of lemon juice. Mix with thick cream sauce until soft enough to be handled easily, when cool shape into rolls; roll in fine bread crumbs, then dip in beaten egg, then in crumbs again and fry one minute in smoking hot fat, drain on paper and serve with a thin cream sauce.

K. L. M.

#### THICK CREAM SAUCE.

Scald one pint of cream ; melt two even tablespoonfuls of butter in a sauce pan, when bubbling add two heaping tablespoonfuls of dry corn starch and stir until smooth, add one-third of the cream and stir until it boils, add more cream and boil again. When perfectly smooth add remainder of the cream and one-half teaspoonful salt, one-half saltspoonful white pepper, one-half teaspoonful

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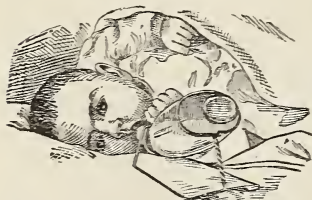
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of celery salt and a speck of cayenne. While sauce is hot mix it with the meat or fish for croquettes or patties, etc.

K. L. M.

#### OMELET.

Beat the yolks of two eggs well, add to them two tablespoonfuls of milk, a little salt and pepper, beat the whites until stiff and dry, cut and fold one-half of them lightly into yolks till just covered, have a clean smooth pan or spider, when hot rub it well with a teaspoonful of butter, when butter is bubbling turn in the omelet quickly and spread it evenly on the pan. Lift pan from hottest part of fire and cook carefully until slightly browned. When nearly cooked add the remaining half of whites spread over top. Fold over and let dry on oven grate, when dry slide it on to a hot platter and serve at once.

MISS KATHARINE WHITE.

#### FRICASSEED LOBSTER.

Put the meat of two lobsters cut into small pieces, with the fat and some coral in a frying pan with a little pepper, salt, one-half cup milk or cream, one cup water, butter size of an egg, and one teaspoonful Worcestershire sauce. Let simmer until liquid has a rich red color. Take a tablespoonful flour rub into it one-half tablespoonful butter, stir this into one-half cup hot milk, then add the beaten yolk of one egg. When ready to serve, stir this into the lobster, and add one tablespoonful sherry wine (Rhienstrom Bros.)

M. C. L.

#### CHEESE CUSTARD.

Butter a baking-dish, put in a layer of bread cut in pieces one inch square with crust removed, sprinkle thinly sliced cheese over the bread, dust with salt and paprika or a few grains of cayenne. Add other layers of bread and cheese, seasoning as before, using in all

half a small loaf of bread, one cup of cheese, and half a teaspoonful of salt. Beat two eggs slightly, add one pint of milk, and pour the mixture over the bread and cheese. Bake about half an hour in a moderate oven.

MISS CORA M. ELA.

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## SALADS.

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### MAYONNAISE DRESSING.

One level tablespoonful of mustard, one scant tablespoonful of sugar, pinch of cayenne, a teaspoonful of salt, yolks of four raw eggs, juice of one-half lemon, one pint of oil and two tablespoonfuls of vinegar, one cupful of whipped cream. Beat the yolks of eggs, mustard, sugar and salt together till light and thick, add small quantities of oil at a time until too thick to use egg beater any longer. Then add oil more rapidly, thin with the vinegar and lemon juice and last add the cream.

MRS. GEORGE A. TAYLOR.

### LOBSTER SALAD.

Cut lobster into small pieces, season with salt, pepper and a very little vinegar, put away for an hour or two. Wash lettuce and put it on ice, make a bed of lettuce, put on lobster and your mayonnaise dressing.

MRS. GEORGE A. TAYLOR

### SWEETBREAD AND CUCUMBER SALAD.

Cook the sweetbread twenty minutes in boiling, salted and acidulated water; cool in cold water; dry and cut in cubes. Cut a cucumber in dice. Marinate the sweet-

bread with one tablespoonful and a half of oil, half a tablespoonful of vinegar, and a dash of salt and pepper. Serve with the cucumber, lettuce, and

#### BOILED DRESSING.

Scald with hot water to mix, one tablespoonful of dry mustard and one teaspoonful each of salt and sugar. Pour in half a cup of butter, melted, and one-third a cup of milk; add two eggs, beaten, and cook over hot water till the mixture thickens, stirring constantly; then add very gradually one-fourth a cup of hot vinegar.

MISS CORA M. ELA.

#### MAYONNAISE DRESSING.

Four eggs well beaten and one-fourth cupful of sugar, one teaspoonful of salt, one teaspoonful of mustard, pinch of cayenne pepper, one-half cupful of vinegar, butter size of an egg. Put in a double boiler and stir constantly until thick. Then remove from stove and beat until smooth. Put away on ice until thoroughly cold, then add juice of two lemons, one-half pint of whipped cream and put away in Mason jars until wanted.

MRS. Z. W. STURTEVANT.

#### LETTUCE SALAD.

Crisp leaves of a head of lettuce and slice up three cucumbers, place around lettuce and six haad boiled eggs, six cold potatoes, cut in dices; one onion chopped fine, place in dish and pour mayonnaise dressing over it. Reserve yolks of two eggs and grate over top and the whites cut up in dice and place around. Set on ice to get thoroughly cold before serving.

MRS. Z. W. STURTEVANT.

#### CHICKEN SALAD.

Have a quart of cold roasted or broiled chicken, cut in dice. Place in an earthen bowl and season two table-

spoonfuls of vinegar, one of oil, one-half teaspoonful of salt and one-quarter teaspoonful of pepper. Set away in cold place for two or three hours. Wash and cut into small pieces enough white celery to make a pint, put on ice until serving time. Then mix celery, chicken and half your salad dressing together, put mixture in salad bowl and pour rest of dressing over it, garnish with white leaves of celery.

MRS. GEORGE M. HARRIGAN.

#### **CABBAGE AND CELERY SALAD.**

Scoop out the inside of a cabbage, mix with an equal quantity of celery, moisten with salad dressing, refill the cabbage, serve on a folded napkin and garnish with celery tips and parsley.

FOR DRESSING.

Mix one-half tablespoonful each of salt and mustard (Stickney's & Poor's), with one tablespoonful of sugar; add one egg slightly beaten, two and one-half tablespoonfuls melted butter and three-fourths cup of cream, add slowly one-fourth cup of vinegar, cook over hot water until it thickens, strain and chill.

MISS ELIZABETH C. CLARK.

#### **RED SALAD.**

Mix together one cup of beets, two cups of cold boiled potatoes, one-half cup of veal, pork or chicken, one apple peeled and one-half cup of celery, all cut into dice. Add one chopped pickle. Marinate with a French dressing, made with two tablespoonsfuls of oil, four tablespoonfuls vinegar, a few grains of cayenne, and mustard, a few drops of onion juice, and salt to taste. Arrange the vegetables on a large plate, and mark out a star with a knife, outline the star with parsley, and fill in between the points with the yolks and whites of eggs, beets, potatoes and cresses or mince sardine.

MISS CORA M. ELA.

**SARDINE SALAD.**

For one large box of sardines, take six hard boiled eggs, drain off the oil from the fish, remove backbone, tail and skin, and mix thoroughly with the eggs, minced fine, season with pepper and salt, serve plain, with vinegar or mayonnaise dressing.

J. M. A.

**POTATO SALAD.**

Take salad dish and cut into it a layer of cold boiled potatoes, sprinkle over them a layer of fine chopped onion and celery, and a layer of hard boiled eggs, continue until dish is full. With layer of eggs on top pour over all the mayonnaise dressing.

**MAYONNAISE DRESSING.**

One egg well beaten, saltspoonful of salt, three-fourths cupful of cream or rich milk, one teaspoonful of mustard, pinch of cayenne, one tablespoonful of sugar, two tablespoonfuls of melted butter; add gradually one-fourth cup of vinegar, put in double boiler and stir until it thickens, chill thoroughly before using.

MISS ELIZABETH C. CLARK.

**TOMATO SALAD.**

Pare ripe tomatoes (which should be thoroughly chilled) in slices and arrange on a flat dish. Put one teaspoonful of mayonnaise dressing in the centre of each slice. Place a border of parsley around and a sprig between the slices of tomato.

MISS ELIZABETH A. SULLIVAN.

**SALMON SALAD.**

One quart of cooked salmon, two heads of lettuce, two tablespoonfuls of lemon juice, one of vinegar, two of capers, one teaspoonful of salt, one-third of a teaspoonful pepper, one cupful mayonnaise dressing. Break the salmon with a silver fork, add to it the salt, pepper,



vinegar and lemon juice. Put in ice chest for two or three hours. Fix lettuce same as for lobster salad, heap salmon lightly on them, cover with the dressing. Sprinkle capers and slices of lemon cut in quarters over top.

J. M. A.

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## PUDDINGS.

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### SWEDISH PUDDING.

One heaping cupful of sugar, boil into a brown syrup, and line pudding dish with it. Then one cup of sugar and a quart of milk, put in pan in which sugar was browned (without washing pan) let it scald and pour it over eight well beaten eggs, flavor with vanilla, pour into a sugar lined pudding mould and set in a pan of hot water and cook on stove one-half hour, then put in oven and bake one-half hour, serve with whipped cream.

MRS. WOOD.

### BRANT ROCK PUDDING.

Pare and cut into small pieces four good sized apples, grate or pulverize four good sized common crackers, beat separately two eggs, to the yolks add one-half cup of sugar, one pint of good milk, saltspoonful of salt, beat well and then add whites of eggs, beat again. Put in an earthen dish, place butter size of an English walnut on top and bake long enough to cook the apple, serve with any good pudding sauce.

MISS ALICE T. CLARK.

### DELMONICO PUDDING.

Put one quart of milk in a double boiler. When the milk has reached the boiling point, add the yolks of four

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eggs, six tablespoonfuls of sugar, and two heaping tablespoonfuls of corn starch beaten to a cream. Cook until it thickens; pour into dish in which it is to be served and flavor with vanilla. When cool, beat whites of eggs to a stiff froth; add one cup of sugar; drop on pudding and brown slightly in the oven.

MRS. CHARLES T. CROSBY.

#### CHOCOLATE PUDDING.

One pint of bread crumbs, one quart of milk (hot), one tablespoonful of butter, one tablespoonful of sugar, one egg and two squares of Baker's chocolate grated.

#### SAUCE.

One tablespoonful of butter and one cupful of powdered sugar beaten together, yolk and white of one egg beaten separately, one teaspoonful of vanilla.

MRS. JOHN W. STOTT.

#### SNOW PUDDING.

Soak one-fourth of a box of gelatine in one-fourth cupful of cold water until soft. Then add one cupful of boiling water, one cupful of sugar and one-fourth cupful of lemon juice. Stir until sugar is dissolved; strain and set in ice water to cool. Beat the whites of three eggs to a stiff froth and when gelatine begins to thicken beat in the whites. Beat until the mixture is white all through. When nearly stiff enough pour into pudding mould and set away on ice for two or three hours. Serve with soft custard,

#### SOFT CUSTARD.

Beat the yolks of the three eggs and two large tablespoonfuls of sugar together for six minutes, and add to them a gill of cold milk. Put the remainder of one pint in a double boiler add set on fire. When milk comes to a boil turn in the other mixture and cook until it coats

the spoon. Stir all the time. It will take about five minutes. When done turn into a cold bowl and stir until mixture is cool.

MISS ELIZABETH A. SULLIVAN.

#### CRACKER PUDDING.

Split eight crackers, breaking each half in two or three pieces. Put in pudding dish crust side up. Sprinkle over them one-third of a cup of raisins. Beat three eggs, reserving the whites of two for sauce, and stir into a quart of milk; add one-half teaspoonful of salt and four tablespoonfuls of sugar. Stir well and strain over the crackers. Let stand half an hour, then bake twenty-five or thirty minutes.

#### SAUCE.

Whites of two eggs beaten stiff; add one cup of sugar. When thick and smooth, stir in a cupful of whipped cream. Flavor slightly.

MRS. CHARLES T. CROSBY.

#### TUTTI FRUTTI PUDDING.

Soak one box of gelatine in a pint of cold water twenty minutes; then add one quart of boiling water and stir until dissolved; to this add the juice of three lemons and one cup of sugar. When mixture begins to thicken, add as many bananas, oranges, dates, strawberries, or slices of pineapple as desired. Set away to harden, and serve with whipped cream.

MISS NELLIE F. HARRIGAN.

#### ENGLISH PLUM PUDDING.

One cupful of molasses, cup of milk, one egg, one-half cup of melted butter, one-fourth teaspoonful of clove, cinnamon, allspice, one teaspoonful of soda in the milk, one cupful of chopped raisins, cupful of currents, one-half teaspoonful of salt, three and one-half cups of flour, steam three hours.

MRS. ROLF BRADBURY.

**ENGLISH PLUM PUDDING.**

One bowlful of bread crumbs, one bowlful of chopped suet, one scant bowlful of flour, one-half bowlful of raisins, one-half cupful of molasses, one teaspoonful of soda, one teaspoonful of salt, one even teaspoonful of nutmeg, cinnamon, a little clove, milk enough to make a stiff dough. Take a pudding cloth and dip in boiling water, rub it over with lard, then sprinkle flour over it. Set cloth in a bowl after tying pudding up tight. Put a pinch of flour and a little lard where the string is tied. Have water boiling before you put pudding in, boil four or five hours, serve with whipped cream.

MRS. CHARLES T. CROSBY.

**INDIAN PUDDING.**

Mix seven tablespoonfuls Indian meal with one-half cup of molasses, pour over it one quart of boiling milk, add one-half cup of brown sugar, a little salt, a small piece of butter. When ready for the oven add one cup of cold water and bake two hours.

MRS. GEORGE A. TAYLOR

**PEACH PUDDING.**

Butter an earthen dish and put into it one pint of sliced peaches. Make a batter with one heaping cup of flour, one heaping teaspoonful of baking powder, one saltspoonful of salt, two-thirds of a cup of sugar, wet with one cup of milk and one egg beaten light, last thing stir in one tablespoonful of melted butter. Beat well, pour mixture over the peaches and bake in a hot oven about half an hour.

MRS. GEORGE BOWER.

**ORANGE PUDDING.**

Take four good sized oranges, peel, seed and cut into small pieces, add a cup of sugar and let them stand, into one quart of nearly boiling milk, stir two tablespoonfuls



of corn starch mixed with a little water; add the yolks of three eggs well beaten, when cool mix with the oranges, make a frosting of the whites of the eggs and one-half cup of sugar, drop by spoonfuls on top of pudding and place in oven to brown.

MISS NELLIE F. HARRIGAN.

#### THANKSGIVING PUDDING.

Two quarts of milk, one dozen common crackers, one coffee cup sugar, one coffee cup of molasses, four eggs, butter size of an egg, cinnamon, nutmeg and allspice to taste. Mix altogether the night before. In the morning put into pudding dish, which has been well buttered, a layer of the mixture, one of raisins and currants and bits of butter, another layer of the mixture, then fruit, until all is used. Bake very slowly six hours. While baking, stir in cold milk two or three times. Serve with hard sauce. This pudding will keep a year.

#### HARD SAUCE.

Rub one-half cup of butter to a cream in a hot bowl, adding gradually one cupful of powdered sugar and a teaspoonful of any extract you wish for flavoring. Keep it on ice until very hard.

MRS. CHARLES T. CROSBY.

#### CABINET PUDDING.

One cup of molasses, one cup of milk, one-half cup of butter, three cups of flour, three cups of fruit salt, and spice to taste. Add one teaspoonful of soda and steam four hours. Serve with hard sauce.

MRS. JOHN W. STOTT.

#### COTTAGE PUDDING.

Mix two heaping cups of flour with two teaspoonfuls of baking powder and one-half teaspoonful of salt. Add one egg well beaten, three-fourths of a cup of sugar and

three tablespoonfuls of melted butter, and a cup of milk, bake in a shallow dish. Serve with lemon sauce.

MRS. WOOD.

#### GRAHAM PUDDING.

One cup of molasses, one cup of milk, one and one-half cups of graham meal, one egg, one teaspoonful of saleratus, one tablespoonful of butter, one cup of raisins chopped fine, one-half teaspoonful of cinnamon and nutmeg, steam two hours. Serve with creamy sauce or whipped cream.

MRS. JOHN W. STOTT.

#### SIR PETER'S PUDDING.

One box of gelatine dissolved in one-half pint of cold water, add one pint of boiling water, two cups of sugar, and the juice of two lemons, two bananas, two oranges, six figs and ten English walnuts. Serve with cream.

J. M. A.

#### NESSELRODE PUDDING.

Shell one pint of chestnuts, remove the skins and put in saucepan covered with boiling water, boil ten minutes and press through a colander, shell, blanch and pound one pint of almonds, cut one pound of candied fruit in small pieces. Put one pint of water and a pound of sugar to boil for fifteen minutes, beat the yolks of six eggs very light, add to the boiling syrup and stir over fire until very hot, take it off and beat with a spoon until cool, add fruit, nuts, a teaspoonful of vanilla and one pint of cream, mix well and freeze. When frozen hard stand away four or five hours before serving.

MRS. WM. P. LAWLER.

#### LEMON PUDDING.

One pint of bread crumbs, pour over them one quart of hot milk, one-half cup of butter. When cool add yolks of four eggs and one cup of sugar beaten together, add grated rind of one lemon, bake one and one-fourth hours.

Cover top with whites of eggs beaten stiff with one-half cup of sugar and the juice of lemon, brown in oven.

MRS. CHARLES T. CROSBY.

#### CARAMEL PUDDING.

One cup of sugar and two tablespoonfuls of water, brown in the griddle; one quart of milk warmed in double boiler. The yolks of six eggs well beaten with a little salt, add eggs to milk and mix thoroughly, then flavor with vanilla, grease a mould and bake in oven fifty minutes. Serve cold with or without whipped cream.

MRS. FREDERICK W. FARNHAM.

#### WHIPPED CREAM SAUCE.

Mix one cup of ice cold cream, one teaspoonful of vanilla and one-half cup of powdered sugar, beat with a Dover egg beater, add the beaten white of an egg and beat all together until stiff.

MISS ELIZABETH A. SULLIVAN.

#### LEMON SAUCE.

Two cups of boiling water and one of sugar boiled together five minutes, add three heaping teaspoonfuls of corn starch, wet with cold water. Cook ten minutes, add the juice and rind of one lemon and a tablespoonful of butter, stir until butter is melted and serve at once.

MISS MARIA A. HICKEY

#### WINE SAUCE.

Stir one tablespoonful of corn starch wet in cold water into one cupful of boiling water and let boil ten minutes, rub one-fourth of a cupful of butter to a cream, add gradually to it one cupful of powdered sugar, one egg well beaten and a little nutmeg, add one-half cupful of wine (Rheinstrom Bros.) to the boiled corn starch and pour over butter, sugar, etc. Stir until thoroughly mixed.

MRS. GEO. M. HARRIGAN.

## FRUIT SALCE.

Cream one-half cup of butter and add gradually one cup of sugar, add one cup of crushed strawberries or blackberries, canned fruit will do.

MRS. CHARLES T. CROSBY.

## PUDDING SALCE.

One cup of butter and one-half cup of butter creamed, one cupful of boiling water and one tablespoonful of flour, when thick stir in sugar and butter and let come to a boil, add the white of one egg beaten stiff and flavor with nutmeg.

MRS. ROLF BRADBURY.

## FOAMING SALCE.

Beat two tablespoonfuls of butter to a cream, gradually one gill of powdered sugar, add the white of an egg beaten stiff and beat for two minutes longer, add three tablespoonfuls of wine, one at a time and continue beating until mixture is smooth. Place bowl in a pan of boiling water and stir for three minutes. Serve in a hot bowl.

MISS ELIZABETH C. CLARK.

## DESSERTS.

## JELLY OF SNOW.

Put four tablespoonfuls of rice in a double boiler with two quarts of boiling water, cook slowly without stirring till the rice is tender. Drain off water and set aside to cool, soak one-fourth of a box of gelatine in water to cover one hour, then pour over it one-half pint of sugar. Stand dish containing the gelatine mixture in a pan of boiling water and stir until both sugar and

# THE UNIVERSITY OF CHICAGO

OFFICE OF THE DEAN OF STUDENTS

Dear Student:

We are pleased to inform you that you have been selected to receive the [Name of Award] for the year [Year]. This award is given to students who have demonstrated exceptional achievement in their field of study and a commitment to community service.

The award will be presented to you at a ceremony on [Date] at [Location]. We encourage you to accept the award on behalf of your fellow students and to share your thoughts on the importance of academic excellence and service.

If you have any questions or need further information, please contact the Office of the Dean of Students at [Phone Number] or [Email Address].

Sincerely,  
[Name of Dean]

**REMARKS:**  
[Detailed description of the student's achievements and the reasons for their selection for the award.]

**RECOMMENDATION:**  
[Recommendation from the faculty or other relevant parties.]

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gelatine are dissolved, then turn it over cooked rice and thoroughly mix. Whip one pint of cream as lightly as possible with the cold rice and gelatine. Flavor with sherry and pour into a mould that has been wet with cold water, stand on ice. Put in a flat dish and place preserved strawberries or cherries about it.

MRS. GEORGE A. TAYLOR.

#### PRUNE WHIP.

Stew prunes in a little water, stone and chop and sweeten, when cold add the whites of two eggs beaten stiff, put into dish in which it is to be served, put in oven and brown, eat with whipped cream or boiled custard.

MRS. CHARLES T. CROSBY.

#### A DAINY DESSERT.

Three eggs, the yolks and whites beaten separately, to yolks add three-fourths of a cup of sugar and beat hard for five minutes. Then stir in whites beaten stiff, add one large cup of flour to which has been added one teaspoonful of cream of tartar and one-half teaspoonful of soda, sift into above and bake in a moderate oven twenty-five minutes. When cold cut cake in two, put half the filling between, reserving the other half for top.

#### FILLING.

Three cups of pulverized sugar and one pint of thick cream beaten stiff, to which add a wineglassful of sherry wine, put between the cake, to the filling reserved for top, add wine jelly made as follows: Soak three-fourths box of gelatine in two cups of cold water one hour, then add one cup of boiling water and one cup of sugar, the juice of two lemons and one-half pint of sherry wine, strain all and set away to cool. When cold cut up fine with a knife and mix with cream filling, cover top of cake and serve, color cream for top pink if desired.

MRS. Z. W. STURTEVANT.



**FRUIT SALAD.**

One-half dozen bananas sliced, one pineapple cut in dice, one box of strawberries or one-half dozen peaches and three oranges. Place in layers in a cut glass dish spreading cocanut and sugar over each, spread top with cocanut and serve with sponge or any other light cake.

MISS ALICE T. CLARK.

**PINEAPPLE MOUSSE.**

Soak one tablespoonful gelatine in one-fourth cup of cold water; add one cup hot pineapple syrup, two tablespoonfuls lemon juice and one cup sugar. Strain and cool; as mixture thickens, fold in the whip from one quart thin cream. Pack in salt and ice four hours.

MISS ROSE DOWD.

**PINEAPPLE CREAM.**

Soak one box of gelatine in one-half cup of cold water. Stew one can of fine pineapple with one-half cup of cold water and one cup of sugar ten minutes. Dissolve the gelatine with one-half cup of boiling water; add to pineapple and stir until it cools; when nearly stiff add one pint of whipped cream. Line a melon mould with sponge fingers and fill with the cream. Very much better if allowed to stand over night.

MRS. CHARLES T. CROSBY.

**SYLLABUB.**

Whip one quart of cream and one cup of powdered sugar until stiff; add to it the whites of four eggs well beaten with another cup of powdered sugar and mix well. Next add one generous half pint of Welch's Grape Juice and pour over sweetened oranges, bananas, or strawberries and pineapples. Serve very cold.

MRS. GEORGE M. HARRIGAN.

**APPLE SNOW.**

Three large tart apples; quarter and core, but do not pare. Steam until soft and rub through a fine sieve.

Beat the whites of three eggs until stiff and dry; add one-half cup of powdered sugar and beat again. Then add the apple and beat until like snow. Put in a glass dish garnished with any kind of jelly and serve with soft custard.

MISS ELIZABETH SULLIVAN.

#### CHARLOTTE RUSSE.

One pint of ice cold cream, flavored with a teaspoonful of vanilla and one tablespoonful wine. Beat the whites of two eggs until stiff and dry, adding gradually one cup of powdered sugar and the whipped cream. Line a dish with sponge cake or lady fingers, pour in cream and set on ice until ready to serve.

J. M. A.

#### FRUIT SALAD.

One-half box of gelatine in one-half cup of cold water. Add scant cup of hot water, juice of one lemon and the rind cut up into the gelatine, one cup of sugar. Mix thoroughly and strain through cheese cloth. Mix oranges, candied cherries, figs, bananas, green grapes, almonds, English walnuts, and a glass of sherry wine. Put in a layer of mixed fruits and nuts, cover with gelatine, and continue until all is used. Set on ice until ice cold and serve.

MISS MARIA A. HICKEY.

#### MAPLE MOUSSE.

Soak one tablespoonful of gelatine in two tablespoonfuls of cold water; add one cup of hot maple syrup and stir the mixture over ice until it thickens; then fold it in one quart of whipped cream. Turn into mould and let stand three hours packed in equal parts of ice and salt.

J. M. A.

#### FLOATING ISLAND.

One pint of rich milk put in a double boiler. When hot add yolks of four eggs well beaten with two cups of sugar and two large tablespoonfuls of sifted flour; beat altogether well and stir into the hot milk.

When thick as cream remove from stove and set away to cool. When cool flavor with any kind of flavoring and pour into glasses. Beat the whites of the eggs to a stiff froth and drop by tablespoonfuls into a spider of boiling water. When puffed up remove from water and place on top of cream in glasses. Set away to cool; when cold serve with a small piece of jelly on top of whites.

MRS. Z. W. STURTEVANT.

#### FROZEN APRICOTS.

Remove the skins from the apricots in a quart can, and cut the flesh into small pieces; add the juice, one quart of cold water, and two cups of sugar, and stir until the sugar is dissolved. Freeze and allow the mixture to stand an hour or two before serving.

MISS CORA M. ELA.

#### GRAPE SHERBET.

Take one and a half pounds of sugar, one quart of water and one and a half pints of Welch's Grape Juice; freeze medium stiff. Take the whites of two eggs beaten stiff with two tablespoonfuls of powdered sugar. Stir this into the sherbet and freeze as hard as possible. Remove dasher and let stand one hour packed well in four parts ice to one of coarse salt.

MRS. GEORGE M. HARRIGAN.

#### PINEAPPLE FRAPPE.

Boil one and a half cups of water and six tablespoonfuls sugar six minutes; add one cup of grated pineapple and two tablespoonfuls of lemon juice. Cool, strain and freeze, using four parts of ice to one of coarse salt.

K. L. M.

#### STRAWBERRY ICE CREAM.

One quart of cream, one quart of strawberries, one pint of sugar, mash strawberries and sugar together and let stand for two hours, add cream, rub through a strainer and let freeze. Raspberry Cream made in same way using less sugar.

K. L. M.

**PEACH ICE CREAM.**

One quart of cream, one very generous pint of peaches, one pint of sugar, the yolks of three eggs and one pint of water, boil sugar and water together twenty minutes. Rub the peaches through a sieve and add to boiling syrup, next add the beaten egg yolks and cook six minutes stirring all the time. Take from fire, put into a pan of ice water and beat the mixture until cold, add the cream and freeze. Banana Ice Cream is made in same way using only one and one-half cups of sugar to six bananas.

J. M. A.

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**PIES,**

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**PASTRY.**

One cup shortening, lard and butter mixed, three cups flour, a little salt. Sift the flour, add the salt, and rub in the shortening. Use enough ice water to hold all together, handling as little as possible, roll from you. One-third the quantity given is enough for one pie.

J. M. A.

**PASTRY.**

One heaping quart of flour, one cup of butter and one of lard, one-half tablespoonful of salt, one tablespoonful of sugar. Chop all together in tray and mix with one and one-eighth cups of ice cold water.

MRS. CHARLES T. CROSBY.

**CRANBERRY PIE.**

One large cup cranberries chopped fine, one cup sugar, one egg, line a deep plate with rich crust, fill with the mixture, cover with top crust or with strips across.

MRS. A. F. SALMON.

**PUMPKIN OR SQUASH PIE.**

One cup of stewed and strained pumpkin or squash, one and one-half cups of boiling milk, one-half cup of sugar, one coffeespoonful of cinnamon and same of salt added to sugar, one egg well beaten, mix thoroughly. Have deep plate lined with pastry, put in filling and bake.

MRS. GEO. A. TAYLOR.

**LIZZIE'S SQUASH PIE.**

One and one-half pint of milk, two cups of sifted squash, two eggs well beaten, one and one-half cups of sugar, salt, cinnamon, and a very little nutmeg. This makes two pies.

MRS. CHARLES T. CROSBY.

**LEMON PIE.**

Juice and rind of one lemon, one cup sugar, one egg, grate in two sour apples, bake with two crusts.

MRS. A. F. SALMON.

**MOCK CHERRY PIE.**

One cup of cranberries cut in halves, one cup of raisins cut and stoned, one cup of sugar, one large spoonful of flour stirred in sugar dry, add one-half cupful of hot water, a little salt, and a teaspoonful of vanilla. Bake with two crusts.

MRS. JOHN W. STOTT.

**MOCK MINCE PIE.**

Two crackers pounded fine, one cup of sugar, one cup of molasses, one cup of cold tea, one cup of chopped raisins, one-half cup of vinegar. Spice same as mince meat pie and a little salt.

MRS. CHARLES T. CROSBY.

**MINCE MEAT.**

The day before mince meat is made, wash three pounds of Turkish prunes and put them to soak, the next day boil them to a pulp in the same water they were soaked in. Run the prunes through a colander to remove the pits, use this pulp (there should be about one quart) as the basis of mince meat, boil a fresh beef tongue and three

pounds of kidney suet until perfectly tender. Remove both tongue and suet from kettle, pare tongue and set water. When the water is cold remove the fat and add to the broiled suet and chop both until very fine. Add tongue and suet to prunes, chop enough good sour apples to make four quarts and stir them in also, add three pounds of brown sugar, two pounds each of stoned and sultana raisins, one tablespoonful each of salt, allspice, cloves, cinnamon, three grated nutmegs, one quart of cider. Cook slowly one hour, stir frequently, one quart of brandy or strong wine, or another quart of cider, boiled cider preferred, may be added when mince meat is cold.

MISS ELIZABETH A. SULLIVAN.

#### MINCE MEAT.

Six pounds of beef, first cut after the neck, broil until tender with one pound of suet, chop fine and to every bowlful of meat and suet, add two apples. Put into boiler and add two pounds of raisins, two of currants, a heaping tablespoonful of all kinds of spice and pepper, handful of salt, the juice of three large lemons, one gallon of boiled cider, the liquor in which meat was boiled, one-half pound of chopped citron, one pint of brandy, one cup of molasses, sweeten to taste with brown sugar.

MRS. GEO. M. HARRIGAN.

#### LEMON CUSTARD PIE.

Juice and rind of one lemon, one cup of sugar, yolks of two eggs, one tablespoonful of corn starch, two-thirds cup of milk. Mix thoroughly, beat whites of eggs to a stiff froth and beat them in quickly and thoroughly, bake without a top crust.

MRS. CHARLES T. CROSBY.

#### CREAM PIE.

One cup of sugar, two eggs, butter the size of an egg, one-half cup of water, one and one-half cups of flour, two teaspoonfuls of baking powder, flavor with vanilla.



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## FILLING.

One pint of milk, two eggs, two tablespoonfuls of flour and two tablespoonfuls of sugar, flavor with vanilla.

MRS. FREDERICK W. FARNHAM.

## SPONGE FOR WASHINGTON PIE.

Two eggs well beaten, one cup of sugar, three tablespoonfuls water, one and one-half cups of flour, one small teaspoonful of cream of tartar, one-half teaspoonful of soda and a little salt.

MRS. WOOD.

## CRACKER PIE.

Nine crackers rolled out fine, six cups of boiling water, six lemons grated, five cups brown sugar, make pie crust and use mixture as filling.

MRS. ELIZABETH J. HARRIGAN.

## CHOCOLATE PIE.

One pint of milk, pour nearly all into double boiler, into the remainder of milk stir a tablespoon rounding full of flour. When milk is scalding hot pour in paste and stir until smooth, remove from fire and while it cools beat two eggs, one-half cup of sugar, one-fourth teaspoonful of salt and stir into thickened milk, add one square of Baker's chocolate melted in a cup placed in hot water to the custard, flavor with a teaspoonful of vanilla, pour into a deep pie plate lined with rich pastry and bake. Frost with whites of eggs and three tablespoonfuls of powdered sugar, brown in oven.

MRS. CHARLES T. CROSBY.

## DATE PIE WITH APPLES.

Wash one cup of soft dates in warm water, stone and cut them in small pieces, add one cup stewed apples sweetened and bake between two crusts the same as plain apple pie.

J. M. A.

## PEACH PIE.

Bake two crusts of rich pastry with a clean piece of cloth between them, pare and slice a pint of fresh peaches

and sprinkle them generously with sugar. When ready to serve put them between the two crusts. J. M. A.

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## CAKE.

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### LEMON CAKE.

Three eggs, whites and yolks beaten separately, one cup of powdered sugar, one-third cup of butter. Cream the butter and sugar together, add yolks well beaten, one-half cup of water, one and one-half cups of pastry flour sifted three times, in the last sifting add two even teaspoonfuls of baking powder mixed well, and last fold in the whites beaten stiff, bake in layers.

### FILLING.

One tablespoonful corn starch dissolved in a little cold milk and stirred into one-half cup boiling water, one-half cup sugar, juice and one-half the grated rind of a lemon. boil all together until quite thick and when cool spread between the layers of your cake. Make frosting for the top with white of one egg beaten stiff, one cup of finest powdered sugar. MISS LAWLER.

### MRS. WOOD'S CAKE.

Whites of three eggs, one cup of sugar, one-half cup of milk, one and one-half cups of flour, one teaspoonful of cream of tartar, one-half teaspoonful of saleratus, two-thirds of a cup (scant) of butter. Frosting—yolks of three eggs, sugar to thicken; flavor with vanilla.

MRS. CHARLES T. CROSBY.

### COFFEE CAKE.

One cupful of butter, one cupful of strong coffee, one cupful of brown sugar, one cupful of molasses, two cup-

fuls of raisins, one pound of currants, one teaspoonful of soda, one teaspoonful of cloves, one teaspoonful of mace, one teaspoonful of allspice, two teaspoonfuls of cinnamon, one nutmeg, two eggs, one-half pound of citron, flour to make quite stiff.

MRS. JOHN T. SEEDE.

#### NUT CAKE.

One and one-third cups of sugar and one-half cup of molasses put with it to make brown sugar, two eggs, one-third cup of butter, two cups of flour, one-half cup of sweet milk with one-fourth teaspoonful of soda in it, one-half teaspoonful of cream of tartar in the flour, one cup of raisins stoned and cut, one cup of walnut meat broken into small pieces, one-half teaspoonful each of cinnamon, clove and allspice.

MRS. GEORGE A. TAYLOR.

#### RIBBON CAKE.

Cream one-half cup butter, add one cup sugar and the yolks of two eggs well beaten, mix and sift one and three-fourths cup of flour with two teaspoonfuls of baking powder; add to sugar mixture with one-half cup milk, lastly add beaten whites of two eggs, divide into three parts, bake two parts as plain cake, to the third add one-fourth cup raisins, seeded and chopped, one-half cup currants, two tablespoonfuls citron, one teaspoonful molasses and one teaspoonful cinnamon and mace, bake in moderate oven about twenty minutes, put layers together with jelly between.

MISS ROSE DOWD.

#### RIBBON CAKE.

Four eggs, yolks and whites beaten separately, one and a half cups of sugar, three-fourth of a cup of butter, one cup of milk, large teaspoonful of cream of tartar, one-half teaspoonful of soda, three large cups of flour. Rub butter and sugar to a cream; add beaten yolks.

then whites, milk to which cream of tartar and soda have been added, last add flour and divide into three parts. Bake two parts light and to the remaining third add two dessertspoonfuls of molasses, one teaspoonful of cinnamon and clove, one-half teaspoonful of allspice, a grated nutmeg, one-half cup of chopped raisins, one tablespoonful of chopped citron and one tablespoonful of currants and one tablespoonful of flour and bake.

## FILLING.

Two cups of sugar, three-fourths cup of rich milk, set on back of stove and cook slowly twenty minutes. Take from fire, add butter the size of a walnut and stir constantly until thick enough to spread. When it begins to thicken add one cup of chopped walnuts. When cake is cold spread on one sheet of the light, put on dark part and spread with jelly of any flavor, add other light sheet and frost or not as desired.

MRS. Z. W. STURTEVANT.

## BANANA CAKE.

One cup of powdered sugar, one-third cup of butter, cream butter and sugar together, one-half cup of milk, one and one-half cups of pastry flour sifted three times, in the last sifting add two even teaspoonfuls of baking powder, and last, when these ingredients are well mixed add the whites of five eggs beaten stiff, flavor with almond, bake in layers.

## FOR THE FILLING.

Slice up some bananas and stir them through a cup of rich cream which has been whipped to a stiff froth, sweeten to taste, or you make this filling of one-half pound of almond nuts chopped fine instead of the banana, use bottle cream.

MISS LAWLER

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Mrs. Rorer uses Knox's Gelatine for its purity.



**FRUIT CAKE.**

One cup of butter, one cup of sugar, one cup of molasses, three cups of flour, four eggs, one-half pound of currants, one-half pound of raisins, one-fourth pound of citron, one-fourth teaspoonful saleratus dissolved in wine, one teaspoon even full of all kinds of spice.

MRS. CHARLES T. CROSBY.

**ANGEL CAKE.**

One coffee cup of flour measured before sifting, then sift five times; sugar, measured and sifted in same way; whites of ten eggs with a pinch of salt; when half beaten add one-half teaspoonful of cream of tartar; fold in sugar and flour and add one-half teaspoonful each of vanilla and almond. Bake in a moderate oven forty to fifty minutes.

**FROSTING.**

One cup of granulated sugar wet with two or three tablespoonfuls of water. Stir until sugar is thoroughly dissolved; boil until it threads; white of one egg beaten lightly; add threaded sugar to beaten white; flavor and beat until cold. Spread on cake.

MISS MARIA A. HICKEY.

**SUNSHINE CAKE.**

One and a half cups of sugar and one-half cup of butter creamed, the yolks of ten eggs well beaten, one-half cup of milk, the grated rind and juice of half a lemon, or one teaspoonful of cream of tartar in the flour if you have no lemon, one-half teaspoonful of saleratus dissolved in a little milk, three cups of flour. Bake in a moderate oven forty minutes.

**FROSTING.**

White of one egg well beaten, add confectioners sugar until stiff enough to spread. Flavor with almond and put on cake. Mark off in squares and put one-half an English walnut in center of each square.

MISS MARIA A. HICKEY.



**SILVER CAKE.**

One-half cup butter, one and one-half cup of sugar, a teaspoonful almond essence, one-half cup milk, one-fourth teaspoonful soda, three-fourths teaspoonful cream of tartar, two and one-fourth cups flour, whites of five eggs. Mix in the order given, putting soda and cream of tartar in the flour, vnd adding milk and flour alternately. Bake in a moderate oven until the loaf shrinks from the pan.

MRS. HUGH F. GILLON.

**RAINBOW CAKE.**

Four eggs, two cups of sugar, one cup of butter, one cup of milk, three cups of flour, two teaspoonfuls of cream of tartar, one teaspoonful of soda and one of lemon. Separate in halves and add a little red coloring to one half.

MRS. FREDERICK W. FARNHAM.

**DATE CAKE.**

One pound of dates, one-half cup (scant) of butter, one cup of sugar, one cup of sour milk, one teaspoonful of soda in a little of the sour milk, one-half teaspoonful clove, a little nutmeg and two cups of flour. Flour dates after stoning and cutting and add them last, bake in a medium oven one hour.

MRS. GEO. A. TAYLOR.

**SPONGE CAKE.**

Five eggs, the whites and yolks beaten separately, to the yolks add gradually one cup of sugar beating all the time, next the grated rind and juice of one lemon, one cupful of flour sifted twice, to which add one-fourth of a teaspoonful of baking powder, fold in one-half the flour, one-half the egg whites, last half of flour and remainder of whites of eggs. Bake in a moderate oven forty minutes, do not grease the pan.

MRS. GEO M. HARRIGAN.

**FIG CAKE.**

Cream one-half cup of butter and one cup of sugar, add the whites of five eggs beaten stiff, one cup of sweet

milk, two and one-half cups of flour and two teaspoonfuls of baking powder, flavor with one teaspoonful of extract of rose, and bake in layers.

FILLING.

Chop one-half pound of figs fine, add to them one-half cup of water and one-half cup of sugar, put in saucepan and cook until soft and smooth. Spread between layers and ice whole cake with boiled icing.

MISS ELIZABETH C. CLARK.

MY FAVORITE CAKE.

Beat one cup of butter and two of sugar to a cream, to them add one-half a wineglass of white wine, beat the whites of seven eggs to a stiff froth and stir them into the butter and sugar, add three cups of flour and two teaspoonfuls of baking powder, a cup of citron chopped fine, one-half pound chopped almonds and a cup of pulverized cocoanut, bake in moderate oven, will keep any length of time.

MRS. JAMES W. MCKENNA.

MARSHMALLOW CAKE.

Cream one-half cup of butter, one and one-half cups of sugar added gradually, then the beaten whites of five eggs, two even cups of flour into which one and one-half teaspoonfuls of baking powder has been sifted, one-half cup of milk and one-half teaspoonful of vanilla, bake in layers and spread between and on top with marshmallow paste.

PASTE.

Boil one and one-half cups of sugar and one-half cup of milk a little longer than six minutes, melt one-half pound of marshmallows, first pulling them apart, add four tablespoonfuls of water and cook in a double boiler until smooth, put mixture together and beat until stiff enough to spread, add one-half teaspoonful of vanilla.

MISS LENA MERRILL.

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**WEDDING CAKE.**

One pound butter, two pounds dark brown sugar, three quarters pound flour, one cup dark mollasses, ten eggs, three pounds raisins, two pounds currants, one pound citron, one pound almonds, after they are blanched, one pound figs, four tablespoonfuls cinnamon, three tablespoonfuls ground mace, three tablespoonfuls ground cloves, one gill of brandy, one gill of sherry wine. Stone the raisins, wash and dry thoroughly the currants, shred the citron, cut up the figs in small pieces, and put all together in a wooden bowl and chop fine. chop and add the almonds, then sprinkle and rub thoroughly with an extra one-half pound of flour that has been browned. The cake is lightly put together in the usual way and the fruit put in last. Line the pans with thick buttered paper and bake slowly in a moderate oven.

MISS ELIZABETH A. SULLIVAN.

**NUT CAKE.**

Cream one-half cup of butter, add gradually one cup of sugar and one-half cup of milk, taking a little of the milk in which to dissolve one-half teaspoonful of saleratus, two cups of flour into which one teaspoonful of cream of tartar has been sifted, one cupful of chopped nut meats, cover top with English walnuts halved and bake in a moderate oven one-half hour.

MISS LEONARD.

**BLUEBERRY CAKE.**

Cream one-half cup of butter and three-fourths cup of sugar, add two eggs well beaten and three-fourths cup of milk, two cups of flour with one and one-half teaspoonful of baking powder, one cup of blueberries.

MISS ELIZABETH C. CLARK.

**CHOCOLATE CAKE.**

Cream one and a half cups of sugar with one-half cup of butter. Melt three squares of Baker's chocolate and add three tablespoonfuls of boiling water and five of

sugar; stir until glossy, then add to butter and sugar. Next, the beaten yolks of three eggs, one-half cup milk, one teaspoonful of cream of tartar, one-half teaspoonful of soda, one and three-fourths cups of flour, and last the well beaten whites of three eggs.

## FROSTING.

Two tablespoonfuls of lemon juice thickened with confectioners sugar. MRS. CHARLES T. CROSBY.

**CHOCOLATE CAKE.**

One cupful of sugar, one-half cup of butter, one-half cup of milk, two cups of flour, two squares of Baker's chocolate, two eggs, one teaspoonful of cream of tartar, one-half teaspoonful of soda. Grate the chocolate fine; add five tablespoonfuls of sugar and three of water; stir over fire until smooth. Then stir into beaten sugar and butter; add to this mixture the eggs well beaten, then milk and flour in which soda and cream of tartar have been thoroughly mixed. Bake in a moderate oven.

## FROSTING.

The well beaten white of one egg and one and a half cups of powdered sugar. MRS. ROLFE BRADBURY.

**DELICATE CAKE.**

Cream one-half cup of butter and one cup of sugar; add one cup of milk, then sift in two and a half cups of flour with two large teaspoonfuls of baking powder and the well beaten whites of four eggs; flavor to taste. Bake in layers.

## ALMOND FILLING.

Whip one cup of cream; stir gradually into one-half cupful of powdered sugar and a few drops of vanilla. One-half pound of almonds blanched and chopped fine; spread between layers. Frost top and sides, and put nuts on top. MRS. JAMES W. MCKENNA.

**PORK CAKE.**

One-fourth pound of pork chopped fine, one-fourth pound of raisins chopped fine, one-half pint of boiling water; let it stand till it cools; one cup of brown sugar, one-half cup molasses, one-half teaspoonful of saleratus, five cups of flour, all kinds of spices to taste.

MRS. ELIZABETH J. HARRIGAN.

**STRAWBERRY SHORTCAKE.**

Beat the yolks of three eggs, add one and one-half cups of sugar, one teaspoonful of lemon juice or extract and one-half cup of water, next add two cups of pastry flour into which one teaspoonful cream of tartar and one-half teaspoonful soda have been sifted, and next the whites of eggs beaten to a stiff froth, bake in shallow pan, when done split and fill with sweetened and crushed strawberries, cover top with whipped cream.

MRS. S. F. HALL.

**CREAM CAKES.**

One-half cup of butter, one cupful of boiling water, put butter in the water and when it boils add one cupful of flour, stir five minutes, remove from stove, then add three eggs and soda size of a pea, bake half an hour.

**CREAM FOR FILLING.**

One-half pint of milk, when boiling add one egg, one-half cup of sugar, one tablespoonful flour, well beaten together, when cool flavor.

MRS. JOHN T. SEEDE.

**LEMON QUEENS.**

Cream one-half cup of butter, add slowly one cup of sugar, the grated rind of a lemon and two tablespoonfuls lemon juice, then add the beaten yolks of four eggs, mix one-fourth teaspoonful salt and one-fourth teaspoonful soda with one-fourth cup flour, add to the first mixture and beat thoroughly, add the whites of four eggs beaten stiff.





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bake in small tins from fifteen to twenty-five minutes.

J. M. A.

#### GINGER SNAPS.

One cup of sugar, one cup of molasses, one cup of butter and lard mixed, three tablespoonfuls of ground ginger, one teaspoonful of soda dissolved in three tablespoonfuls of hot water, flour enough to roll out easily. Roll thin, cut and bake brown in a quick oven.

MISS ELIZABETH C. CLARK.

#### CALIFORNIA COOKIES.

One-half cup of butter, one-half cup of lard creamed with one cup of sugar, two eggs well beaten, pour on cream, one teaspoonful saleratus dissolved in a little of the milk, one cup of milk, one cup of molasses, one teaspoonful each, clove, cinnamon, nutmeg, allspice and salt, one cup of currants, flour enough to make a batter that will drop from the spoon. Drop on greased pan by the teaspoonful and put a raisin in top of each one, bake in a quick oven.

MISS MARIA A. HICKEY.

#### COCOANUT COOKIES.

One cup of butter creamed with two cups of sugar, two eggs well beaten, one scant teaspoonful of vanilla and a saltspoonful of salt, one even teaspoonful of soda dissolved in two even tablespoonfuls of milk, four even cups of flour. Roll thin, spread with cocoanut cut, put in a greased pan and bake in a quick oven, use currants, one cupful instead of cocoanut if desired.

MISS MARIA A. HICKEY.

#### HERMITS.

One-half cup of butter creamed with one cup of sugar, one tablespoonful of milk and two eggs beaten lightly, one heaping spoonful of baking powder mixed into two cups of flour, one-half cupful of stoned and chopped raisins, roll about one-fourth of an inch thick, cut and bake in a greased pan about ten minutes in a quick oven.

MISS ELIZABETH A. SULLIVAN.

**FRUIT COOKIES.**

One and one-half cups of sugar and one cup of butter creamed, three eggs well beaten, one-half cup of molasses, one teaspoonful of soda dissolved in a little cold water, one cup of raisins seeded, one cup of currants, one-half cup of chopped citron, one teaspoonful of all kinds of spice, flour enough to mould with the hands.

MRS. JAMES W. MCKENNA.

**SOFT GINGERBREAD.**

One cup of molasses, one half cup of hot water in which one teaspoonful of soda and a small tablespoonful of butter and a pinch of salt have been dissolved, one teaspoonful of ginger and one of cinnamon, flour enough to make mixture, not quite so stiff as for cake, bake in a slow oven.

MRS. GEORGE A. TAYLOR.

**SOFT GINGERBREAD.**

One small half-cup of butter, one and one-half cups of molasses, two well beaten eggs, three cups of flour, one tablespoonful of ginger, a little nutmeg, allspice and cinnamon, one-half cup of sweet milk and one and one-half teaspoonfuls of baking powder.

M. S. L.

**OATMEAL COOKIES.**

Three cups of outmeal, one cup of flour, one cup of sugar, one cup of lard, one cup of hot water and one teaspoonful of soda, mix flour, oatmeal and one teaspoonful of salt together and work in the lard then add sugar, water with the soda dissolved in it. Roll thin and bake quickly.

MRS. WOOD.

**BOSTON GINGERBREAD.**

Three cups of flour, one cup of butter, one cup of molasses, two eggs, one tablespoonful of dissolved saleratus, two large tablespoonfuls of ginger, one tablespoonful of cinnamon, milk enough to form a soft dough, rub the butter and flour together and add the other ingre-



dients, roll it out in sheets, cut them, butter your tins, place sheets in them, first washing the cake over with molasses and water before they are put in the oven. Bake in a very moderate oven as they scorch easily.

MRS. ELIZABETH J. HARRIGAN.

#### PEANUT COOKIES.

Pound fine in a mortar three-fourths a cup of freshly roasted, finely chopped peanuts. Sift together one cup of flour, two teaspoonfuls of baking powder and one saltspoonful of salt, cream two tablespoonfuls of butter, add gradually one half a cup of sugar and then the pounded nuts, add one egg beaten until light, two tablespoonfuls of milk and the flour, drop the mixture on to buttered tins, a teaspoonful in a place. Garnish each bit of dough with the whole meat of a nut, bake in a moderate oven.

MISS CORA M. ELA.

#### DOUGHNUTS.

Two eggs well beaten, one cup of sugar, one cup of milk, salt and nutmeg to taste, flour enough to make a dough you can handle. Two generous teaspoonfuls of baking powder sifted into the flour. Mould with the hands and fry in deep, hot fat.

MRS. A. J. LOUGHLIN.

#### SOUR MILK DOUGHNUTS.

Two cups sour milk, two eggs, one cup of sugar, two tablespoonfuls of thick cream, one rounding full teaspoon of soda, one of salt, a little nutmeg. Flour enough to roll, no matter if they stick to the hands. Cut and fry in deep, hot fat.

J. M. A.

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## BREAD AND BREAKFAST CAKES.

### WATER BREAD.

Three quarts of flour, sifted; to which add one tablespoonful of sugar and one of salt, one tablespoonful of lard or drippings worked into flour, one quart of lukewarm water from which take enough to dissolve one compressed yeast cake. Make a hole in centre of flour and add water and dissolved yeast cake at same time. Knead until bowl is clean; turn out bread, butter the bowl, put back bread and let rise to twice its size; cut down, let rise again. Shape into loaves, put into pans, let rise to twice its size and bake from forty to fifty minutes. Bread is thoroughly baked if it springs back into its original shape after a dent is made in soft part with the fingers. If the dent remains the bread requires more baking.

MRS. GEORGE M. HARRIGAN.

### MILK BREAD.

Scald one cup of milk, add one tablespoonful of butter, one teaspoonful of sugar, one and a half teaspoonfuls of salt and one cup of water. Dissolve one yeast cake in one-fourth cup lukewarm water and add to milk. Add enough flour to knead, let rise three hours, cut down, rise again and bake.

MISS ROSE DOWD.

### PERFECT BREAD.

Take a scant quart of milk just warm; dissolve in it one-half cake compressed yeast and one teaspoonful of salt. Warm two large quarts of flour, make a hole in the centre and pour in the milk and yeast. Work in gradually the flour with the hand. If not too soft, sprinkle with a little flour and knead well. Set to rise in a warm place well covered, two hours in summer, four in winter. When risen to twice its size knead down again. Let rise and knead thoroughly, then put



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Mrs. Janet McKenzie Hill edits that well known publication, the *Boston Cooking-School Magazine*. In a recent letter to us she said: "I used some of McKinley's American Gelatine this morning, in preparing the "Lettuce and Ham Salad," recipe for which will appear in the July number of the Magazine. It is a particularly appetizing dish for hot weather. I will make use of the Tapioca in the next chafing dish demonstration which I give. The Tapioca is always a convenience for emergency desserts and soups, and is one of the few articles from which satisfactory desserts can be gotten up in a chafing dish."

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in pans. Let loaves rise to twice their size, and bake forty-five minutes. Do not have oven too hot at first.

J. M. A.

#### CREAM OF TARTAR BISCUIT.

One level teaspoon of soda, two slightly rounded teaspoons of cream of tartar, one level teaspoon of salt, one quart of sifted flour, one rounding teaspoon of lard. Put the soda (measured after well pulverized), cream of tartar and salt into a strainer or sieve, and sift them into the flour. Mix all very thoroughly. Rub in the lard until there are no lumps. Mix with sweet milk (about a pint), the amount will depend upon the flour, but be careful to have the dough as soft as can be handled easily. Put it on the moulding board, pat it with the rolling pin till quite thin, not more than half an inch thick; cut the shape you wish and bake quickly in a very hot oven.

MRS. S. F. HALL.

#### MILK BISCUIT.

One quart of sifted flour, three teaspoonfuls of lard, two heaping teaspoonfuls of salt, about one-half pint of sweet milk. Put the sifted flour into a bowl, add to it the lard, rub well together with the hands until the flour is thoroughly greased, add two teaspoonfuls baking powder, salt and sufficient milk to make a soft dough, mix and knead quickly, roll out about one-half inch thick, cut with a small cutter, place in greased pan a little ways apart and bake in a quick oven fifteen or twenty minutes. These biscuits should be a delicate brown top and bottom, light on both sides and snowy white when broken open. Put a little piece of butter on each biscuit.

MISS ELIZABETH A. SULLIVAN.

#### BAKING POWDER BISCUIT.

Sift carefully one quart of flour and two teaspoonfuls of baking powder, one-half teaspoonful of salt, rub in butter and lard the size of an egg, and wet with enough

sweet milk to make a soft dough, handle as little as possible and roll out one inch thick, cut them the desired size and bake twenty minutes. J. M. A.

### SQUASH BISCUIT.

Scald one-half cup of milk, add one-fourth cup each of butter and sugar, one-half cup squash and one-half teaspoonful salt, when luke warm add one-quarter yeast cake dissolved in one-fourth cup luke warm water and two and one-half cups flour, cover and let rise over night. In morning, shape, again rise and bake in a hot oven.

MISS LAWLER.

### BROWN BREAD, Sour Milk.

One cup rye meal, one cup graham flour, one cup corn meal, one teaspoonful salt, one rounding teaspoonful soda, one-half cup molasses, one pint sour milk, one cup raisins. Stone the raisins cut them in quarters, and mix them with some of the wheat flour. Mix the rye, corn meal, and salt, then sift in the soda, add the molasses and milk, then the raisins, and enough water to make the batter thin enough to pour. Steam it three or four hours.

MRS. GEORGE BOWER.

### BROWN BREAD.

Three cups indian meal, two cups rye, one cup molasses, one heaping teaspoonful of soda dissolved in milk, nearly one quart of milk, steam three hours. C. F. L.

### GRAHAM GEMS.

Mix two cups of whole wheat flour with one-half teaspoonful salt and one tablespoonful sugar, add one cup of milk to the well beaten yolks of two eggs, next add one cup of water and stir this into the flour, add the whites of eggs beaten stiff and bake in hissing hot gem pans thirty minutes.

MRS. J. J. KELLEY

**WHOLE WHEAT CRISPS.**

FOR CHILDREN.

One cup of rich cream, sweet or sour, one-fourth cup of sugar, one saltpoonful salt, two cups of fine granulated wheat flour, knead until stiff enough to roll thin as a wafer. Cut with a biscuit cutter, and bake in ungreased tins in a very hot oven. K. L. M.

**OATMEAL BREAD.**

One cup rolled oats add one tablespoonful shortening, one-third teaspoonful soda, one even teaspoonful salt, upon this pour one and one-half cups boiling water, let stand ten minutes then add one-third cup molasses, two cups graham flour, one cup bread flour, when luke warm add one-half yeast cake dissolved in one-half cup of warm water, stir thoroughly, raise over night, in the morning cut down and put at once in baking pans, let it rise to twice its size and bake in slow oven. MRS. WOOD.

**CORN BREAD.**

One pint corn meal sifted, one pint wheat flour, one pint sour milk, two eggs beaten lightly, half a cup sugar, a piece of butter size of an egg, and lastly one teaspoonful of soda in a little milk. MRS. W. M. SMITH.

**GRAHAM BREAD.**

One cup of graham flour, piece of butter size of an egg, one-half cup of molasses, salt. Beat all together; pour over it one cup of boiling water; beat well. When cool stir in one-third yeast cake dissolved in two-thirds cup warm water. Stir in even quantities of white and graham flour. Let rise over night.

MRS. CHARLES T. CROSBY.

**FRENCH ROLLS.**

Sift together three cups of flour, one-half tablespoonful of sugar, one-half teaspoonful of salt; scald one scant cup of milk; add two tablespoonfuls shortening. When

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lukewarm add one egg beaten till light and one yeast cake dissolved in one-half cup lukewarm water. Add the flour, toss onto a board, knead thoroughly, let rise. When light, cut down and let rise again. When it has risen the second time shape, let rise till they double their bulk and bake in a quick oven about thirty minutes.

MRS. S. F. HALL.

#### RYE MUFFINS.

Sift together one cup each of rye meal and flour, one-half teaspoonful of salt, and two teaspoonfuls of baking powder. Add one-fourth cup of molasses, one cup of milk, one beaten egg, and one tablespoonful of melted butter. Bake in hot buttered gem pans.

MRS. L. M. LEONARD.

#### BLUEBERRY GEMS.

One egg, two-thirds of a cup of sugar and molasses, one tablespoonful of butter, one-half cup of milk, three cups of flour, one teaspoonful of cream of tartar, one teaspoonful of soda, and one pint of berries.

MRS. JOHN W. STOTT.

#### RAISED BUCKWHEAT CAKES.

One-half yeast cake, one quart of lukewarm water, buckwheat (plain) enough to make a thin batter; raise over night. Add two tablespoonfuls of shortening mixed in well; fry on hot pan.

MISS ALICE T. CLARK.

#### CEREAL OMELET.

Beat the yolks of three eggs until thick and lemon colored. Add three tablespoonfuls of milk and three tablespoonfuls of hot mush. Beat thoroughly. Fold in the whites of three eggs beaten stiff and dry. Cook slowly in a well buttered frying pan until evenly browned. Place on middle grate in the oven until dry on top. Turn upon a hot platter.

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**ROLLS.**

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MRS. GEORGE A. TAYLOR.

**GRIDDLE CAKES.**

One quart of milk, teaspoonful salt, one egg well beaten, butter size of walnut or roast beef drippings, thicken with flour to light batter, beat well, two teaspoonfuls of baking powder, drop on well greased hot pans.

MISS ALICE T. CLARK.

**WHOLE WHEAT MUFFINS.**

Mix one cup whole wheat meal, one cup white flour, one-fourth cup sugar, one-half teaspoonful salt and two teaspoonfuls baking powder by sifting together. Beat one egg, add one cup milk and stir quickly in other dry mixture. Bake in hot muffin pans about twenty-five minutes.

MRS. W. M. SMITH.

**PARKER HOUSE ROLLS.**

Scald one pint sweet milk, when cool add two table-spoonfuls sugar, two of lard, two of yeast, and a little salt, let rise over night, knead down in morning, let rise again, and at noon knead, roll out thin, cut with large cutter, butter the top, fold over, let rise again and bake. If wanted for tea, mix in the morning instead of night.

K. L. M.

**MUFFINS.**

Scald one pint of milk, add this to one tablespoonful butter, one-fourth cup sugar, one teaspoonful salt, when lukewarm add one-fourth yeast cake, dissolved in one-

fourth cup luke warm water. Beat in four and one-half cups of flour or enough to make a drop batter, add one well beaten egg, let rise until light. Bake in buttered muffin rings on a buttered griddle.

MRS. J. T. RYDER.

#### JOHNNY CAKE.

One cupful of milk, one egg, one-half cup of sugar, one-half cup of lard and butter, teaspoonful of cream of tartar, one-half teaspoonful of soda, one-half teaspoonful of salt, one and one-half cups of indian meal, one-half cup of pastry flour.

MRS. ROLFE BRADBURY.

#### JOHNNY CAKE.

One egg, one cup of milk, one tablespoonful sugar and molasses, butter size of a walnut or roast beef drippings, equal parts of meal and flour to make a light batter, two teaspoonfuls of baking powder, one teaspoonful salt, spread on nice large pan and bake in hot oven.

MISS ALICE T. CLARK.

#### POP OVERS.

Four eggs, four cups of flour, four cups of milk, a small piece of butter, a little salt, bake in gem pans.

K. L. M.

#### STEAMED CORN BREAD.

Two cups each of indian meal and rye flour and sour milk, two-thirds of a cup of molasses, one teaspoonful of soda, mix well and steam two and one-half hours.

MISS ELIZABETH C. CLARK.

#### WHITE MOUNTAIN MUFFINS.

Cream one-fourth cup butter with one of granulated sugar, three-fourths cup milk, one egg or just white of an egg. Beat egg and add gradually. Add two cups sifted flour to which two teaspoonfuls of baking powder have been added, and the milk alternately, one and one-half cups of blueberries in their season. Bake in muffin pans.

MRS. GEORGE M. HARRIGAN.

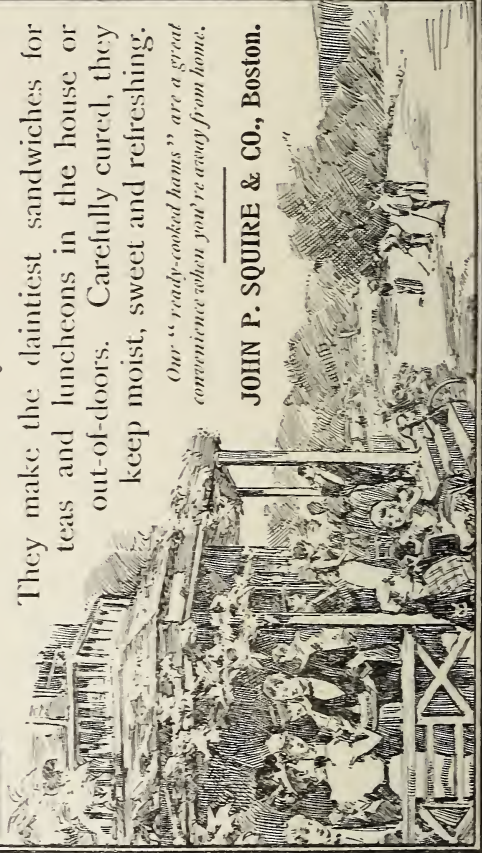
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**RICE MUFFINS.**

Beat together one-half cup of boiled rice, one-half cup of milk, one-fourth teaspoonful of salt, one well beaten egg, and one teaspoonful of melted butter; add four heaping tablespoonfuls of flour, with one teaspoonful of baking powder. Bake in muffin rings on a buttered griddle.

MRS. L. M. LEONARD.

**CREAM TOAST.**

Heat one pint of milk; stir into it one large tablespoonful of flour wet with a little cold milk. Add one large teaspoonful of butter, and one cup of cream if you have it. Place on the back of stove to keep hot, then toast nicely some bread, dip into the cream, put into a dish, and when you have sufficient toast pour the cream over it and serve.

MISS ELIZABETH A. SULLIVAN.

**CORN CAKE.**

Cream one-fourth cup of butter and one-fourth cup of sugar, one egg well beaten, one cup of milk, one cup of cornmeal, one cup of flour, with one and a half teaspoonfuls of baking powder in it, a pinch of salt. Beat well and bake in a quick oven.

MRS. GEORGE A. TAYLOR.

**BROWN BREAD.**

Take two cups of indian meal, one cup of rye meal, and one teaspoonful of salt; add to them three-fourths of a cup of molasses, two cups of sweet and one of sour milk, and one teaspoonful of soda dissolved in a little warm water. Steam.

MRS. GEORGE A. TAYLOR.

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All the prominent teachers of cookery endorse  
Knox's Gelatin.



## PICKLES.

### CHOW CHOW.

One quart of very small cucumbers, one quart of small or button onions, two heads cauliflour picked into small pieces, two green peppers sliced, put in brine for twenty-four hours, then scald in brine, to three quarts of vinegar add six tablespoonfuls of mustard, three tablespoonfuls of flour. one tablespoonful of curry powder and one-half cup of sugar, mix mustard, flour, curry powder and sugar together and stir into the boiling vinegar, first wetting with vinegar to prevent lumps, and cook until it thickens. Then pour it over the pickle, put up scalding hot.

MRS. HUGH F. GILLON.

### CATCHUP.

To one gallon of ripe tomatoes, add two tablespoonfuls of salt, one tablespoonful of pepper, two tablespoonfuls of ground mustard, one dessertspoonful of ground cloves, one pint of good vinegar and one-half teacupful of sugar, boil slowly three hours.

K. L. M.

### PICOLLILLY.

One bushel of green tomatoes, one half peck of onions, slice both in layers and sprinkle four cups of salt over them, let them remain over night. In the morning press dry through a sieve, chop fine and put in a boiler, cover with vinegar, add four cups of sugar, four tablespoonfuls of each kind of spice put in a muslin bag, add three tablespoonfuls of mustard seed, two pounds of green peppers chopped fine. Stew slowly one-half hour or till tomatoes are as soft as desired.

MRS. GEORGE M. HARRIGAN

### PICKLES.

Take one pint of salt to one hundred and twenty-five small cucumbers, pour boiling water over them and let them stand twenty-four hours closely covered. Then





*Freeman*

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pour off the water, wipe the cucumbers carefully and pour over them boiling vinegar enough to cover, spice with clove, allspice and a piece of horse radish.

MRS. CHARLES T. CROSBY.

#### PICKLED ONIONS.

Peel smallest onions to be obtained, place in a strong brine for two days. Put in fresh water for one day. Pack closely in jars and fill with cold vinegar.

MISS NELLIE F. HARRIGAN

#### TOMATO KETCHUP.

One bushel of tomatoes, one quart of salt, one quart of vinegar, four ounces of ground cloves, four ounces of mustard, four ounces of pimento, four ounces of black pepper, twelve red peppers. Boil all together five hours and strain through a sieve.

MRS. HUGH F. GILLON.

#### HODGE PODGE.

Four quarts of green tomatoes, four quarts of onions, one coffeecupful green peppers chopped fine, one cup of salt, put salt on and let stand over night. In the morning drain, cover with cold sharp vinegar and add one cupful of white mustard seed.

K. L. M.

#### PICKLED NASTURTIUMS.

Gather them young, lay them in salt and water one night, drain, then cover with hot vinegar, boiled with a little black and Jamaica pepper. A couple of capsicums put into the jar will be a great improvement.

MRS. S. F. HALL.

#### PICKLED BLUEBERRIES.

Nearly fill a jar with ripe berries and fill up with good molasses. Cover and set away. In a few weeks they are ready for use.

J. M. A.

#### SPICED CURRANTS.

Make a syrup of three pounds of sugar, one pint of vinegar, two tablespoonfuls each of cinnamon and cloves.

one-half teaspoonful of salt. Add six pounds of currants and boil one half hour.

MRS. GEORGE BOWER.

### CHILI SAUCE.

Six ripe tomatoes, four peppers, one onion and a tablespoonful of sugar and a tablespoonful of salt, one and a half cups of vinegar; boil one hour.

K. L. M.

### SWEET PICKLES.

Weigh your fruit and for every pound of fruit allow one-half pound of brown sugar and one gill of good cider vinegar, one teaspoonful of mixed whole spices tied up in a muslin bag. Boil vinegar, sugar, and spices. Skim well, add the fruit and let boil until it is tender. Skim out fruit; put in a stone jar; let syrup boil for five minutes longer and pour over fruit. Pour syrup off next day and boil again. Keep bag of spices in syrup. Boil syrup for three mornings. Cover tight and put away till needed. Peaches—Wipe the wool off and cook them whole. Pears—Cook whole; pare, but leave stems on. Crabapples—Cook whole; prick all over with silver fork to keep skins from bursting. Pineapple—Pick it away from centre in small pieces with a fork. Pour boiling syrup over it. Repeat every morning for three days.

MRS. GEORGE M. HARRIGAN.

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## PRESERVES.

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### ORANGE MARMALADE.

Twelve large or fifteen small oranges, two lemons, slice all very thin and steep in four quarts of cold water twenty-four hours, having first picked out all the seeds. Put the seeds into two quarts of boiling water

and put them where they will keep hot for three hours, then add them to the oranges. Put all in a preserving kettle and boil slowly for two hours, add twelve pounds of sugar and boil very fast for one hour. When ready to take off the stove, add the juice of two lemons, put up in tumblers. This makes about two dozen tumblers, perhaps more.

MRS. GEORGE HOBSON.

#### GREEN TOMATO PRESERVE.

Two quarts of green tomatoes, one quart of sugar, two lemons sliced, cut tomatoes very thick. Put water enough to cover all and boil down thick.

MISS NELLIE F. HARRIGAN.

#### CRANBERRY JELLY.

One quart of cranberries and one pint of water, boil until berries are tender, strain and add one pint of sugar.

MRS. JOHN W. STOTT.

#### CANNING RHUBARB.

I have been canning rhubarb, and I have not seen a receipt just like mine—First, cut the rhubarb just as you would for pies, then pack very closely in pint jars, and fill with cold water, let it remain over night, drain off water, and fill again, put a knife down the sides to remove all the air, when all out put on perfect rubbers and seal cold.

MRS. S. F. HALL.

P. S. This receipt is equally good for blueberries.

#### BRANDIED PEACHES OR PEARS.

Take four pounds of fruit, four pounds of sugar, one pint of best white brandy. Make a syrup of the sugar by adding enough water to dissolve it. When syrup comes to a boil, add fruit which has been peeled, and let it cook five minutes. Remove fruit and let the syrup boil fifteen minutes longer, or until it thickens; add the brandy and take at once from the fire. Pour the hot syrup over the fruit and seal it.

MRS. WILLIAM P. LAWLER.

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**CANNING RASPBERRIES.**

Pick carefully, wash and fill jars with berries, shaking bottle well so that it may be thoroughly filled. Put on cover, set in boiler of cold water, placing something underneath jars to prevent their resting on bottom of boiler and thus breaking. Let water come to a boil and boil ten minutes. Your jars will be at best only three-fourths full; fill each with steamed fruit, and cover to overflowing with boiling hot syrup made in the proportion of one cup of sugar to one of water. Put on rubber bands and seal at once. Blueberries, strawberries, plums, cherries, etc., all may be done in same way. Strawberries, plums, cherries of course require more sugar for the syrup.

MISS ELIZABETH C. CLARK.

**PRESERVED QUINCE.**

Wipe, pare, quarter, and remove all the core and hard part under the core. Weigh and take an equal weight of sugar; cover the quinces with cold water; let them come to a boil slowly. Skim, and when nearly soft, put one quarter of the sugar on top, but do not stir. When this boils add another part of the sugar, and continue until all the sugar is used. Let them boil slowly until color you like.

K. L. M.

**PRESERVED PEACHES.**

Weigh the fruit and for every nine pounds of fruit allow three pounds of sugar and a pint of water, skimming the syrup as soon as it boils up. Have ready a kettle of boiling water and a bowl of cold water. Fill a wire basket with peaches and plunge into the boiling water for two minutes, lift the basket from the water and turn peaches into a bowl. Pare them with a silver knife and drop them into cold water. Drop the peaches a few at a time into the boiling syrup until they are heated through



and are tender, then put in a hot jar as many as it will hold without crowding. Fill to overflowing with hot syrup putting a silver fork down the sides so that syrup surrounds all the fruit. Put on rubbers and seal at once. Make syrup several times if many peaches are to be preserved as long boiling with the fruit juice makes syrup too dark.

#### **PRESERVED PEARS.**

Syrup a quart of water to three pounds of sugar and nine of fruit. Pare fruit with silver fork, drop in cold water to preserve color, cook in boiling syrup until you can pierce with a straw. Put in hot jars, fill with boiling syrup and put two slices of lemon in each jar, seal.

#### **CRAB APPLES.**

Make syrup as for peaches. Prick fruit all over with silver fork to keep skin from bursting. The stems to be left on.

#### **LARGE WHITE PLUMS.**

Just like peaches.

#### **DAMSON PLUMS.**

Treat just as you do the crab apples.

MRS. GEO. M. HARRIGAN.

#### **RASPBERRY JAM.**

Allow equal weight of sugar and berries, mash berries and cook in their own juice one-half hour, stir often, then add one quarter of the sugar, boil five minutes, then add more sugar, boil again and so on until sugar is all used.

MRS. JOHN W. STOTT.

#### **CITRON PRESERVE.**

Cut in small squares, remove all seeds, put in kettle and just cover with cold water. Cook until you can pierce with a straw. Strain to every pint of liquid one pound white sugar, boil until clear and candied. Add four lemons cut in small squares to each citron and put in first.

MISS NELLIE F. HARRIGAN.

**CANNING BLUEBERRIES.**

Pick over your berries and fill your jars full, then take them on your knee and shake them down, then put in more, repeat this a few times until you have your jar as full as you can get it without jamming the berries, then I take my wash boiler and put a grate in the bottom made out of sticks to keep the cans off the bottom, put in your cans and put in cold water in the boiler to come within one-third of the top of the cans, be careful not to get in too much water, so it will boil over into the cans. You want to let the berries stay in till they are heated through on top. I should say the water should boil about one-half an hour, then remove one can at a time and fill up full with boiling water and seal at once.

MRS. S. F. HALL.

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**BEVERAGES.**

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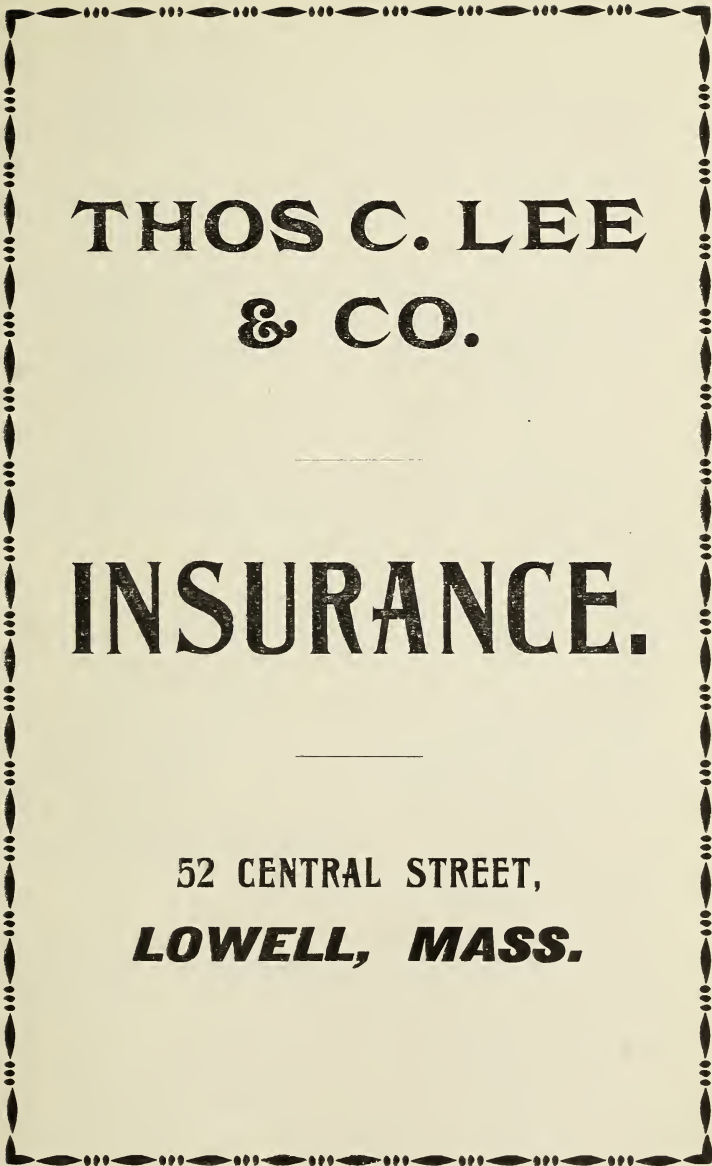
**TEA.**

Use an earthenware or china teapot. Fill with boiling water and let stand five minutes, pour out every drop of water, put dry tea in hot pot, set it where it will keep warm for a few minutes. Then pour boiling water over tea and let steep a few seconds, then send to table. A level teaspoonful of tea for each cup of water and one level teaspoonful for pot.

MISS ELIZABETH A. SULLIVAN.

**COFFEE.**

Scald coffee pot with boiling water, put in two table-spoonfuls of coarsely ground coffee, pour over this one pint of boiling water. Place on stove when it begins to



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boil draw pot back to where it will just bubble for five minutes. At the end of that time add one-eighth teaspoonful of salt and two tablespoonfuls of cold water, set pot back where coffee can not boil and let it stand for two or three minutes, then serve.

MRS. W. L. SMITH.

#### COFFEE.

One small egg, shell and all, break into a cup and beat, take one-third of it and mix thoroughly with two tablespoonfuls of coarsely ground coffee, pour over this one pint of boiling water. When it comes to a boil, draw to back part of stove and let cook five minutes. Serve with cream. The egg remaining may be covered, put away in ice chest and is good for two or three days.

MRS. GEO. M. HARRIGAN.

#### COCOA.

Put one pint of milk in double boiler and set on stove, mix two level teaspoonfuls of Baker's cocoa to a smooth paste with three tablespoonfuls of cold water. When milk boils add cocoa and boil for one minute, serve hot.

J. M. A.

#### CHOCOLATE.

Put one pint of milk in double boiler, shave one ounce of chocolate and put in saucepan with one and one-half tablespoonfuls of sugar and one tablespoonful of hot water, stir until smooth and glossy over a hot fire. Stir into the boiling milk, beat with a whisk to make it froth, serve at once.

MRS. GEO. A. TAYLOR.

#### BLACKBERRY CORDIAL.

To two quarts of blackberry juice, add one pound of white sugar and one-half ounce each of nutmeg, cinnamon and cloves, pulverized, boil all together for a short time, when cold add one pint of brandy (after straining through a cloth, or tie the spices up in a cloth before boiling).

MISS MARIA A. HICKEY.

**ICED OR RUSSIAN TEA.**

Make the tea, strain it and keep it cool. When ready to serve put two cubes of block sugar in a glass half filled with broken ice, add a slice of lemon and fill glass with cold tea.

K. C. F.

**FRUIT PUNCH.**

Take the following amounts of candied fruits, one pound of cherries, three pears, three slices of pineapple, six appricots, cut in small pieces, put in a Mason jar, cover with a wineglassful of brandy, one of Medford rum, one of Angelica and one of sherry, let it stand over night. Take two quarts of sugar and one quart of boiling water, pour over sugar and let it stand on back of stove and cook slowly. When it begins to thicken, strain through a cheese cloth. When cold pour over. Six lemons squeezed, six oranges broken into small pieces, a box of strawberries whole, three bananas cut in thin slices. Pour in the candied fruits, mix all thoroughly and add cold water enough to suit taste. These proportions are enough for two large punch bowls full. A delicious fruit lemonade is made by omitting candied fruit and liquors.

MRS. Z. W. STURTEVANT.

**BEST DRINK FOR A COLD.**

An excellent drink for anyone suffering from a hard cold, or even the cough that comes with the grip, is flaxseed lemon. It is simply made. Take four table-spoonfuls of flaxseed and over them pour a quart of boiling water. Let this steep for three hours, when the top should be poured off, leaving the flaxseed in the bottom of the pitcher. If the liquid is too thich it can be thinned a little with cold water, add the juice of two lemons, and sugar to taste. It is a very pleasant drink, and loosens the cough.

MRS. GEO. M. HARRIGAN.



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**DRINK FOR A WEAK CONSTITUTION.**

Boil as much pearl or Scotch barley in water as will make about three pints, then strain it off, and, having dissolved an ounce of gum arabic in a little water, mix them and boil the whole up together. The barley water need not be thick, as the gum gives it sufficient consistency. When used take it milk warm, and the good effect will generally be soon manifest. J. M. A.

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**CANDY.**

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**FUDGE.**

Two cups of sugar, one-half cup of milk, one-half cup of molasses, one-half cup of butter, mix all together and boil seven minutes, add one-half cup of chocolate and boil 7 minutes longer. Then add two tablespoonfuls of figs, two tablespoonfuls of raisins, one-half cup of English walnuts and one teaspoonful of vanilla.

MISS ABBIE M. SMITH.

**FUDGE.**

Two cups of sugar, one of milk, two squares of chocolate, butter size of a walnut, boil twenty minutes, do not stir while boiling, after taking off fire stir until begins to get thick, pour on a buttered pan and cut into squares. Little vanilla may be added when taken off fire.

MRS. A. J. LOUGHLIN.

**CREAM CHOCOLATES.**

Beat the white of one egg with a tablespoonful of water adding gradually one pound of pulverized sugar, flavor with one-half teaspoonful of vanilla, mould with the hands into balls, drop in melted chocolate and place on a buttered dish to harden.

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**CARAMELS.**

One-fourth pound of chocolate (Baker's), one pound of sugar, one cup of cream, one tablespoonful of butter, boil all together forty minutes, after it begins to boil, stir all the time. When done add one cup of chopped walnut meats, pour into butter dish and mark off in squares.

MRS. GEO. M. HARRIGAN.

**CREAM WALNUTS.**

Two pounds granulated sugar, one teacupful water, two teaspoonfuls extract of pistachio, English walnuts. Boil the sugar and water until it threads, add the flavoring extract, take from the fire and pour on a platter when slightly cool, stir with a wooden spoon until white and creamy. Make the candy into small round cakes and press walnuts into the sides.

MRS. W. M. SMITH.

**BUTTER SCOTCH.**

Three pounds sugar, one-fourth pound butter, one teaspoonful cream tartar, one tablespoonful extract lemon, add sufficient cold water to dissolve the sugar, mix all the ingredients together and boil until brittle. When done butter a large shallow pan and pour in, when partly cold mark off in squares.

MISS ELIZABETH C. CLARK.

**SNOW CANDY.**

Boil until brittle, one pound of moistened sugar, one tablespoonful vinegar, one teaspoonful cream of tartar. When done add one teaspoonful of lemon extract and spread on buttered plates. When cool pull until white.

MRS. S. F. HALL.

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Where recipes call for Gelatine, use Knox's.



## PEPPERMINT DROPS.

One cup sugar, cream of tartar size of pea, one teaspoonful of essence of peppermint, moisten sugar with boiling water and then boil five minutes. Take from the fire and add cream of tartar, mix well and add essence of peppermint. Beat briskly until the mixture whitens, then drop quickly on white paper. If it sugars before it is all dropped, add a little water and boil a minute or two.

MISS ALICE T. CLARK.

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**ST. JOHN'S HOSPITAL, INVALID COOKERY.****CLAMS, OYSTERS, AND CREAM SOUPS.**

**CLAM AND OYSTER JUICE.**—Cut the clams or oysters into several pieces, and heat a few minutes in their juice. Strain through muslin. Serve while hot. Great care must be taken in straining that sand does not pass through the muslin. These juices are sometimes diluted.

**CLAM BROTH.**—Six large clams (in shell), one cup water. Wash the clams thoroughly with a brush and place them with the water, in a kettle over the fire. As soon as the shells open, the broth is done. Strain through muslin and serve.

**CLAM SOUP.**—One-half cup milk, one-half pint clam broth, one-half tablespoonful butter, one-half tablespoonful flour, salt and pepper. Scald the milk. Heat the clam broth. Melt the butter when hot and bubbling, add the flour and pour on slowly the hot clam broth. Cook for five minutes, then add milk, salt and pepper, and if liked, the soft part of the clams may be added.

**OYSTER STEW.**—One cup milk, one pint oysters, salt and pepper, one-half tablespoonful butter, heat the milk. Cook and strain the oyster juice. Add the oysters, and cook until the edges curl. Add seasoning, butter and hot milk, serve at once.

**STEAMED OYSTERS.**—One-half pint oysters, two crisp crackers, one-half tablespoonful butter, one-half salt-spoonful pepper, salt. Wash the oysters, put into a double boiler, and cook until the edges curl and they are plump. Add the butter, salt and pepper, and serve on crisp crackers.

**CREAM OF ASPARAGUS SOUP.**—One quart stock or milk, fifteen stalks of asparagus, one tablespoonful butter, one tablespoonful flour, one-half cup cream, salt and pepper. Cook the asparagus in the stock or milk, saving the heads and cooking them separately to serve in the

soup. When cooked press the asparagus and milk through the seive. Thicken with butter and flour, and finish preparing it in the same manner as the oyster soup.

CREAM OF POTATO SOUP.—Three potatoes, two cups milk or stock, yolks of two eggs, one-half cup cream, salt and pepper. Cook the potatoes, drain them, and add the stock or milk. Press through a sieve, and add the beaten yolks of the eggs, cream and seasoning. Cook in a double boiler for a few minutes, then serve.

CREAM OF CORN SOUP.—One pint corn, one quart hot water, one tablespoonful butter, one tablespoonful flour, salt and pepper, one-half cup cream or more, one teaspoonful chopped parsley. Cook the corn with the water one hour. Then prepare it in the same way as cream of asparagus soup. The yolks of two eggs may be used instead of the cream, and then one-half cup hot milk added. One quart veal stock may be used instead of the water.

BROILED BEEF EXTRACT.—Broil one-half pound round-steak, three-fourths inch thick three or four minutes. Cut into small pieces. Squeeze the juice into a warm bowl, season with salt.

BROILED BEEF TEA.—Prepare the beef extract as in the preceding rule. Add one-half cup warm water. Season with salt.

CHICKEN BROTH.—An old fowl will make a more nutritious broth than a young chicken. Skin, cut it up, and break the bones with a mallet. Cover well with cold water and boil slowly for three or four hours, salt to taste. A little rice may be boiled with it if desired.

BOTTLED BEEF EXTRACT.—Cut one pound lean beef into small pieces. Put it into a large mouthed jar or bottle. Place the jar, covered, in a kettle of cold water and heat slowly until nearly to the boiling point. Keep

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"The Midnight Ride of Paul Revere" by Cyrus Gobb, sculptor. Alto-Relievo Panel in old ivory or bronze. Actual size 22x30 inches.

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it at this temperature for two hours. Strain and press the meat to obtain all the juice, season with salt. The water in the kettle should come nearly as high as the meat in the jar.

**BOTTLED BEEF TEA.**—Prepare the meat as in the preceding rule, add one pint water. Let it stand one-half hour, then cook as for beef extract.

**RAW BEEF SANDWICHES.**—Scrape raw beef fine, season with pepper and salt. Spread it on thin slices of bread. Put them together like a sandwich, and cut into narrow strips or small squares. The bread may be toasted slightly if preferred.

### BROILING.

**GENERAL RULES.**—The meat must be very tender, cleanse it with a damp cloth. The fire for broiling must be clear.

**BROILED OR GRILLED BEEFSTEAK.**—Wipe and trim off extra fat. Grease the broiler with some of the fat. Broil over a clear fire, turning every ten seconds. Cook three or four minutes, if liked rare, longer, if well done. Serve on a hot platter.

**PAN BOILING.**—Remove extra fat from the steak or chop. Heat the pan very hot, place the meat on it, cook one minute, turn and sear the other side, then cook more slowly until done, turning every ten seconds. Cook five minutes if liked rare. If any fat comes from the meat while cooking pour it off.

**CHOP BROILED IN PAPER.**—Prepare a chop for broiling, fold it in a buttered paper and broil over a clear fire from four to six minutes.

**CREAMED SWEETBREADS.**—Break the sweetbreads into small pieces, add cream sauce. A few mushrooms, broken into small pieces added is an improvement.

**SWEETBREADS.**—Put into cold water for ten minutes. Parboil fifteen minutes in hot salted water, then place



in cold water, remove the skin and membranes. The sweetbreads may be served with a cream or milk sauce, or broiled.

**RAW SANDWICHES.**—Scrape the beef very fine. Season with salt (and pepper, if allowed). Spread this mixture on slices of bread. Put the slices together and cut into small squares or triangles, these may be toasted. The meat may be chopped very fine, seasoned, made into small cakes and broiled.

**ROAST OYSTERS.**—Wash the shells with a brush, place in a broiler and cook over the coals. When they are open remove the upper shell, season with salt (and pepper if allowed), then serve on the shells. The round side of the shell should be next the fire, to hold the juice.

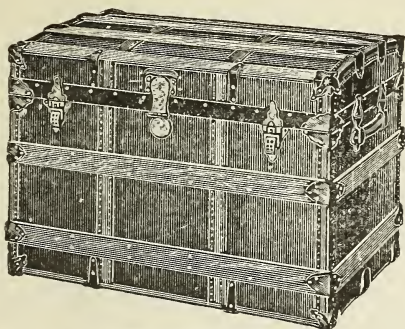
**BROILED FISH.**—Cleanse the fish with a cloth wet in salt and water. Rub a little butter over white fish and season with salt, grease the broiler. The flesh side is broiled first. The time for broiling varies with the thickness of the fish. Remove carefully to a heated platter and serve with a sauce. Garnish with parsley. When fish is cooked it separates from the bone and flakes easily.

**BAKED POTATOES.**—Select potatoes of uniform size. Bake in a hot oven from one-half to one hour. They may be broken when done, that the steam may escape, serve uncovered.

### BROTHS.

**GENERAL RULES.**—The meat should be cleansed with a damp cloth. Remove all extra fat and cut the meat into small pieces. It may also be scraped. Bones must be separated, and if large should be broken. The meat should be soaked in cold water before cooking. A coarse sieve is used in straining. Fat may be removed from hot broth by using tissue paper. When broth is reheated, the temperature must not be high enough to harden the albumen. A weak broth may be made more nutritious by adding one or more eggs just before serving. The





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eggs should be slightly beaten and the hot broth poured very slowly over them, then the two thoroughly blended. The cover of fat which is over a cold broth must not be removed until the broth is used. It prevents decomposition. Every article of fat must be removed before a broth is served. Remove small globules of fat from cold broth with a cloth which has been rung in boiling water. The same amount of meat, bone and water may be used for beef, mutton, veal or chicken broth. One pint of water to one pound solid meat makes a very strong broth. One quart of water to one pound meat makes a good broth. One pint of water may be used with one pound half meat and half bone.

**BEEF BROTH.**—One pound lean beef, one pint cold water. Scrape or cut the meat very fine and put it into cold water. Allow it to soak one hour. Cook over hot water, stirring it to prevent the meat in the lower part of the kettle from hardening too rapidly. When the temperature is 154 degrees Fahr., remove the broth and strain through a coarse sieve. Add salt before serving. If the kettle is surrounded by water, the broth cooks more evenly. A wire rest in the bottom of a pan may be used to hold the kettle.

**MUTTON BROTH.**—Strong broth, two pounds neck of mutton, one quart cold water, a slice of onion may be used. Weak broth, two pounds neck of mutton, two quarts cold water, one slice onion may be used. Cleanse the meat with a damp cloth. Remove the skin and fat. Cut the meat into small pieces. Break or separate the bones. Place the meat and bones in a stew pan, and add the cold water. Let them stand one hour if possible. If onion is used, it may be added at the end of the hour. Heat gradually to 170 degrees Fahr., and keep them at that temperature two hours. Strain through a coarse sieve, that the reddish brown particles of albuminous matter may not be lost.

**FROZEN BEEF TEA.**—Freeze beef tea to the consistency of mush, and serve.

**BEEF JUICE.**—Take a slice of the round of beef, heat it a few seconds over a clear fire, cut the meat into small pieces, and press out the juice, using a lemon squeezer or beef press. This is strong beef juice and good.

### VEGETABLES.

**GENERAL RULE.**—Wash thoroughly. Pare, peel or scrape, according to the vegetable. They should stand in cold water until they are cooked, to keep them crisp and to prevent their being discolored. Vegetables are usually cooked in boiling salted water, the water must be kept at the boiling point. Two teaspoonfuls salt may be used with two quarts boiling water. The salt is put into the water before the vegetables, or when they are partially cooked. Soda is often added to soften the casein. Use one-fourth teaspoonful to two quarts water. The delicate green vegetables require less water than others. All must be drained as soon as they are tender. Season and serve immediately. The water in which they are cooked is called vegetable stock. All vegetables may be served with cream, milk, or stock sauces.

**BAKED POTATOES.**—Select potatoes of uniform size. Bake in a hot oven from one-half to one hour. They should be broken, that the steam may escape. Serve uncovered.

**BOILED POTATOES.**—Pare and cover with cold water, if they are not to be cooked immediately. Cook in boiling salted water. When tender, drain thoroughly, shake gently and dry at the back of the stove with the saucepan uncovered, or with a cloth folded over the top to absorb the moisture.

**MASHED POTATOES.**—Mash in the saucepan in which they were cooked. Use a wire potato-masher or silver fork. Beat until light and creamy. Add a little hot milk in which a small piece of butter has been melted, season with salt and beat again. Pour out lightly on a hot dish. Mashed turnip is prepared in the same manner, without the milk.

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**CREAMED POTATOES.**—One pint potato dice, one cup milk, one tablespoonful butter, one scant tablespoonful flour, one-half teaspoonful salt, one saltspoonful pepper. Cut cold boiled potatoes into dice. Take one pint of the potato dice. Scald the milk. Melt the butter. When bubbling add the flour and pour on slowly the hot milk. Add the salt, pepper and potatoes, and cook five minutes, or until they are hot.

**STEWED ONIONS.**—Peel under cold water. Cook in boiling water, changing the water at the end of five minutes, and again in ten minutes. Then cook until tender. Drain off all the water. Serve with hot milk, butter, salt and pepper. The milk may be omitted. Sometimes a milk or cream sauce is used.

**CABBAGE AND CAULIFLOWER.**—Cut a cabbage in quarters and soak it in cold salted water for one-half hour. Chop the leaves and cook in boiling water until tender, about twenty-five minutes. To avoid the odor, the kettle must not be covered while the cabbage is cooking. Cabbage may be served with vinegar, salt and pepper, or heated milk, butter, salt and pepper, or with a milk sauce. Cauliflower is usually cooked whole and in a bag to keep its shape, and served with a cream or milk sauce. The best sauce is made with white stock.

**SPINACH.**—Pick the spinach leaves from the stems, and wash the leaves several times. The leaves may be placed in a colander, and must be carefully washed to remove the sand and earth. Put the spinach into boiling salted water, and push it under the water. If young and tender, it will cook in about ten minutes. Drain in a colander, and pour cold water over it to keep the color. Press it through a colander with a wooden potato masher. If too much water remains, pour off some of it. Heat it in a pan which has had one tablespoonful of butter melted in it, add salt and pepper. Cream may be used instead of butter.

**STEWED TOMATOES.**—Plunge them into boiling water to remove the skins. Drain and peel. Cut into small



pieces and cook over moderate heat at least one hour. Unless the quantity is very small, a long, slow cooking improves the flavor. Just before removing from the stove, season with butter, salt and pepper. They may be thickened with bread or cracker crumbs or sweetened with sugar.

**STEWED CELERY.**—One bunch celery, one pint sauce. Wash and scrape the celery. Cut into one inch pieces. Keep under cold water until ready to cook. Put into boiling salted water, and when tender drain and serve with the sauce.

**SAUCE.**—One cup hot milk, two tablespoonfuls butter, one and one-half tablespoonfuls flour, salt and pepper, one cup water in which celery was cooked.

**MILK SAUCE.**—Two tablespoonfuls butter, two tablespoonfuls flour, one teaspoonful salt, one pint milk (hot), one-eighth teaspoonful pepper. Heat the butter until it bubbles, add the flour and salt, and gradually the hot milk. If used for vegetables, add the pepper. If it lumps, cook until it thickens, then beat until it is smooth. It may be beaten off the stove. A thinner sauce may be made by adding more milk. A thicker sauce by using less milk. A richer sauce by using cream or white stock. A brown sauce by browning the flour and butter.

**MACARONI.**—Twelve sticks macaroni, one and one-half cups thin white sauce, one-half cup stale bread crumbs, with one-half tablespoonful butter, one cup grated cheese, Break the macaroni into two inch pieces. Cook in boiling salted water about twenty minutes, or until soft. Pour into a colander and run cold water through it. Place in a buttered cooking dish, and add the sauce with one-half the cheese in it. Put the crumbs into the melted butter, add the remaining cheese to them, and spread over the top.

**SECOND METHOD.**—Put the macaroni into the baking dish, add one tablespoonful butter in small pieces and

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one-half cup grated cheese. Pour milk over it, and season with salt and white pepper. Put one-half cup grated cheese over the top.

### EGGS.

GENERAL RULES.—Wash them as soon as brought from the store. They are fresh if they sink to the bottom of a pan of water, a stale egg rises in the water. They should be kept in a cool place. The yolk of an egg may be kept from hardening by putting it into a cup of cold water. The water in which eggs are cooked must not be at the boiling point, but from 160 degrees to 180 degrees Fahr., while they are cooking. The water must cover the eggs. Eggs may be cooked soft in two ways:

FIRST METHOD.—Put them into boiling water and cover them for from five to ten minutes. This is done on the breakfast table, or by putting the pan on the shelf of the range. They must not be cooked on the range, as the temperature will be too high.

SECOND METHOD.—Put them into cold water, and when the water bubbles they are cooked.

DROPPED EGGS.—Fill a pan with boiling water and put it where it cannot reach boiling point again. Add one teaspoonful salt to the water. Break each egg into a saucer and slip it into the water. Dip the water over the egg with a spoon. When the white is firm, and a film has formed over the yolk, they are cooked. Take them up with a skimmer, drain, trim off all the rough edges, and serve on slices of toast. Season each egg with salt.

BAKED EGG.—Butter a small dish, break the egg into it, sprinkle one-eighth teaspoonful salt over it. Cook in an oven until the yolk is covered with a film. Serve in the dish in which it was baked.

A CREAMED EGG.—One-fourth cup hot milk, one egg, one teaspoonful butter, one-eighth teaspoonful salt, pepper. Beat the egg slightly, add the butter, salt and

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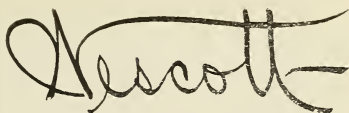
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pepper. Add the hot milk gradually, stirring until smooth and creamy. This is prepared in a double boiler. Serve on a slice of toast. An egg may be beaten and added to a cup of tea or coffee.

OMELET.—Two eggs, two tablespoonfuls milk, one-eighth teaspoonful salt, pepper, one tablespoonful butter. Beat yolks till light and creamy, add milk and seasoning. Beat whites till stiff, cut them into yolks. Heat the omelet pan, rub it all over with butter, using a knife for this purpose. Turn in omelet, spread it evenly on the pan. When the omelet is set, place it in the oven to dry slightly on top for a few minutes, fold and turn on a heated dish, serve immediately.

#### EGGS AND MILK.

CUP CUSTARDS.—One quart of milk, four to six eggs, three-fourths cup of sugar or less, one-half teaspoonful salt. Heat the milk, add the sugar and salt, beat the eggs and pour the milk over them, strain. Divide the custard into three parts. Flavor one with caramel, one with lemon, and one with rose water. Fill custard cups. Steam over water which is boiling gently. When the custards are firm they are cooked.

SOFT CUSTARD, No 1.—One egg, one tablespoonful sugar, one cup milk, a pinch of salt, four drops lemon, vanilla and a little nutmeg, one tablespoonful of sherry wine. Beat the egg, add the sugar, salt and milk. Heat in a glass or other dish over warm water, stirring to prevent cooking unevenly. As soon as the mixture thickens remove from the heat, and when cool add wine and flavoring. The dish used to cook it in must be separated from the bottom of the pan by a ring or tin cover.

SOFT CUSTARD, No. 2.—One pint milk, two eggs or three yolks, one-eighth teaspoonful salt, two tablespoonfuls sugar, flavoring. Heat the milk in a double boiler. Beat the yolks of the eggs slightly, add the sugar and salt. Pour the hot milk over this mixture, stirring until



the egg is all removed from the sides of the bowl. Return to the double boiler and stir until the custard thickens, three eggs must be used, if the custard is not to be used as a sauce. Strain the custard, and when cool add flavoring. If caramel is used, add it before straining. If a custard is curdled, place the upper part of the boiler in a pan of cold water and beat until it is smooth, then strain.

OMELET, No. 1.—Four eggs, one-half teaspoonful salt, four tablespoonfuls milk, one teaspoonful butter. Beat the eggs till well mixed, but not very light, add the salt and milk. Heat an omelet pan and rub the butter over the bottom and sides. When hot, turn in the egg. As it cooks, lift it and allow the softer part above to run under. Roll the omelet from you and allow it to stand for one minute to brown, serve immediately.

OMELET, No. 2.—Two eggs, two tablespoonfuls milk, one-eighth teaspoonful salt, pinch of red or white pepper. Beat the yolks of the eggs until light and creamy. Add the milk and seasoning. Beat the whites until stiff, cut them into the yolks. Heat an omelet pan and rub it all over with one teaspoonful butter, using a knife. Turn in the omelet, spread it evenly on the pan. When the omelet is set, put it into the oven for a few minutes to dry. Fold it and turn upon a heated dish, serve immediately. Chopped parsley, cheese, meat or jelly may be placed in the centre before it is folded, or before the whites are cut in. An omelet must be cooked by moderate heat.

### BEVERAGES.

SHELLS.—One-half cup shells, three cups boiling water. Boil gently for several hours. Add hot water if needed. Strain and serve with hot milk and sugar.

COCOA.—One-half teaspoonful powdered cocoa, cold milk, one cup hot milk. Mix a small quantity of cold milk with the powdered cocoa until a paste is made. Add the hot milk and stir until thoroughly mixed. Cook one-half hour and serve.



**CRUST COFFEE.**—Break slices of toasted bread into small pieces. Cover them with hot water, using one cup crumbs to two cups water, cook fifteen minutes. Strain and serve with milk and sugar. Brown bread makes a better beverage.

**BOILED COFFEE.**—One heaping tablespoonful coffee to one cup boiling water. Grind the coffee, using two-thirds Java and one-third Mocha. Measure the ground coffee, mix with a little cold water to moisten, also the shell of an egg, and a small quantity of the white. Put the mixture in a heated coffee pot and pour in the freshly boiled water. When it boils remove to the back of the stove. It is sometimes allowed to boil five minutes. Add one-fourth cup cold water. After standing a few minutes it is ready to serve. Coffee is improved by heating slightly just before using. It should be served with cut loaf sugar, hot milk and cream.

**FILTERED COFFEE.**—One heaping tablespoonful coffee to one cup boiling water. The coffee should be ground fine. Put it into the upper part of a French coffee pot, which has been heated, and pour the boiling water through it. The coffee pot must be kept in a warm place while the coffee is being made.

**TEA.**—One teaspoonful tea, one cup boiling water, heat the teapot. Place the tea in the teapot and pour freshly boiled water over it, steep a few minutes. It may be served hot, or cooled and iced. A slice of lemon is sometimes served in each cup. Russian tea is made by putting a slice of lemon in each cup and pouring on the hot tea.

**CHOCOLATE.**—Two cups milk (heated), two cups water (heated), two ounces (or squares) of chocolate, three tablespoonfuls sugar. Cut the chocolate into small pieces and put it, with the sugar and four tablespoonfuls of the water into a saucepan. Stir over the fire until smooth and glossy. Add the remainder of the water

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gradually, then the milk, serve at once. A thicker drink may be made by using four ounces chocolate. If the chocolate is sweet, omit the sugar. It may be served with whipped cream. Baker's and Maillard's chocolate are both used.

#### ACID DRINKS.

LEMONADE, No. 1.—One lemon, four lumps sugar, one or two cups cold water, one-half teaspoonful soda. Rub the lumps of sugar on the rind of the lemon to extract some of the oil. Squeeze the juice over the sugar, add cold water and serve. If an effervescing drink is to be prepared, the soda is dissolved in the lemonade and served immediately.

IMPERIAL DRINK.—One glass cold lemonade, one-half teaspoonful cream of tartar. Dissolve the cream of tartar in a little hot water and add it to the lemonade.

LEMONADE, No. 2.—Juice of one lemon, one cup cold water, one or two tablespoonfuls sugar. Roll the lemon, squeeze the juice from it, add the water and sugar. Serve with or without shaved ice. One and one-half cups of water may be used, but it makes a less acid drink. Hot lemonade is made with boiling water.

FLAXSEED LEMONADE.—Two tablespoonfuls whole flaxseed, one pint boiling water, lemon juice and sugar. Wash the flaxseed, add the boiling water, let it stand on the stove where it will keep hot, but not boil for two hours. Strain, add lemon juice, and sugar to taste.

ORANGEADE.—Rind of one sour orange, one cup boiling water, one-half tablespoonful sugar, juice of one orange. Cut the rind carefully from the orange and pour the boiling water over it. When cool, add the sugar and juice of the orange and strain into a glass, lemon-juice may be added if desired. Use shaved ice or cool in the refrigerator.

CURRANT JUICE.—One-fourth cup juice or two teaspoonfuls currant jelly, one cup cold water, sugar. Mix the juice and water and sweeten to taste, or dissolve the jelly in the water and sweeten if sugar is needed.

GRAPE JUICE.—One-pint water, three pints grapes. Cook for five minutes, stir occasionally. Strain through a flannel bag. Serve cold, with or without sugar.

APPLE WATER, No. 1.—One sour apple, one cup boiling water, sugar, lemon juice. Cut the apple into small pieces, pour the water over the apple, allow it to stand one hour or more, then strain and sweeten to taste. If not acid, add a few drops of lemon juice.

APPLE WATER, No. 2.—Pour boiling water over baked apples, strain, sweeten and serve.

TAMARIND WATER.—One cup boiling water, one tablespoonful preserved tamarinds. Pour the water over tamarinds. Allow them to stand one-half hour, strain and serve.

BARLEY WATER.—One tablespoonful pearl barley, one quart boiling water, salt, lemon juice and sugar. Pick over and wash the barley. Pour the water over the barley, cook in a double boiler for three hours or more. Strain and add salt, sugar and lemon juice to taste. It may be first soaked in cold water and then cooked until soft.

RICE WATER.—One tablespoonful rice, one pint cold water, salt, sugar. Put the rice and water into a double boiler, cook until the rice is soft. Strain and season with salt, sugar may be added if desired. Lemon rind or cinnamon may be cooked with it to flavor it.

### MILK.

Milk should be kept covered with a paper or thin muslin, to prevent it from absorbing impurities. It is sterilized to destroy germs. Arnold's sterilizer is a good one to use. Milk is safer to use if it has been heated to 212 degrees Fahr. It is sometimes served hot, but not boiled. Many flavors may be added to a glass of hot or cold milk, to change its flavor. Coffee, tea, beef juice, brandy, wine, lemon, vanilla, salt, sugar and rose water.

Limewater or bicarbonate of soda are sometimes used in milk. Fermented milk is called kumyss. Milk may also be pre-digested or peptonized.

PREPARATION OF LIME WATER.—Put a piece of unslacked lime, the size of a walnut, into an earthen vessel. Cover it with two quarts of filtered water, stirring it thoroughly, allow it to settle, and pour off the clear solution into a bottle. More water may be added.

LEMON WHEY.—One cup hot milk, one small lemon, one teaspoonful sugar. Heat the milk in a small saucepan or double boiler. Add the juice of the lemon. Cook until the curds separates. If strained by pressing the whey from the curd, a larger amount passes through. When strained, add one teaspoonful sugar. Serve hot or cold.

RENNET OR JUNKET.—One quart warm milk, one-half tablespoonful sugar, one tablespoonful rennet, one-half glass wine or brandy. Dissolve the sugar in the milk, when luke warm stir in the rennet and add flavoring. Cool in moderate heat, and when firm place it near the ice. It is not necessary to use any flavoring. Nutmeg is sometimes used.

ALBUMENIZED MILK.—White of one egg, one cup milk. Place the egg and milk in a covered glass jar. Shake until these ingredients are thoroughly blended. It may be sweetened and flavored, serve immediately.

ALBUMENIZED WATER.—One cup cold water, white of one egg, two teaspoonfuls lemon juice, one teaspoonful sugar. Put the water, egg, lemon juice, and sugar into a covered jar and shake until thoroughly blended. If it is cooled near the ice it must be shaken again, as it separates. If filtered ice water is used it may be served immediately.

KUMYSS.—One quart milk, two tablespoonfuls sugar, one-third cake compressed yeast or two tablespoonfuls liquid yeast. Warm the milk slightly, add the sugar, stir until dissolved, add the yeast and place it near the range. When bubbles begin to rise, fill lager beer bottles

not quite full. Keep it in a temperature of 65 degrees Fahr., not higher. Open the bottle carefully. It may be used in three days.

BLANC MANGE, No. 1.—One-half cup Irish moss, one quart milk, one-fourth teaspoonful salt, flavoring. Soak the moss in cold water until soft, pick over, wash, and put it into a double boiler with the milk. Cook until it thickens when dropped on a cold plate. Add the salt, strain, and add flavoring. Turn it into a mould which has been wet with cold water. Vanilla, almond, lemon, or wine may be used to flavor it.

BLANC MANGE, No. 2.—One-half ounce gelatine, cold water, one pint milk, inch stick cinnamon, one whole clove, one-eighth teaspoonful salt, two tablespoonfuls sugar, one tablespoonful brandy, two tablespoonfuls sherry wine, one-half teaspoonful vanilla, one-half teaspoonful lemon. Soak the gelatine in enough cold water to cover it. Heat the milk with the cinnamon, clove and salt. Add the hot milk to the softened gelatine, then the sugar. When partially cooled, add the remaining ingredients and strain into glasses. This quantity will fill three glasses.

BAKED LEMON.—Bake a lemon twenty minutes, squeeze out the juice and sweeten.

CARAMEL.—One cup granulated sugar, one cup boiling water. Melt one cup granulated sugar. Stir over the fire until it becomes a deep dark brown in color. Add the cup of boiling water slowly and cook until the hardened sugar is dissolved. Bottle and keep tightly corked. Use to color and flavor custards.

APPLE WHIP.—Two apples, white of one egg, one tablespoonful sugar. Cook two small apples until soft. Drain and rub them through a hair sieve. Beat the white of the egg, add the sugar, and beat in the strained apple gradually. The apple should be cool, serve with cream.

RICE PUDDING.—One tablespoonful rice, salt, three cups milk, one tablespoonful sugar, one-half teaspoonful lemon juice. Butter a small bakiug dish or cup. Wash



the rice and put it with salt into the dish. Heat the milk and pour half of it over the rice. When it has cooked in the oven about one-half hour, add the sugar and stir carefully, also add more of the hot milk. Cook from one and one-half to two hours, and add the milk as it is needed. Use more milk if necessary. The lemon may be added with the sugar or later. The dish should be kept filled with milk.

**BAKED APPLES.**—Wipe and core sour apples. Place them in an earthen or agate ware baking dish and fill each centre with sugar. Measure one tablespoonful water for each apple, and pour it around, not over them. Bake until the apples are soft, from twenty to forty-five minutes, basting them once in ten minutes. Place them on a dish and strain the juice, measure it and add one-third cup sugar for each one-half cup juice. Cook the syrup five minutes at boiling temperature, skim it, and pour it over the apples. When cold they may be served with or without milk or cream.

**STEWED PRUNES.**—Wash one-half pound prunes, then soak them in one quart cold water for several hours. Cook slowly until tender, in the water in which they were soaked. Add two tablespoonfuls sugar for each two cups of prunes, and also a little lemon juice. Cook five minutes longer and set away to cool.

#### **DRINKS WITH STIMULANTS.**

**LEMON WHEY.**—One cup milk, one lemon. Boil the milk, add juice of lemon, let it stand for five minutes, strain and sweeten.

**WINE WHEY.**—One cup boiling milk, one-half cup sherry wine, one teaspoonful sugar. Pour the wine into the hot milk and allow it to stand about five minutes, or until the curd separates from the whey. Strain and sweeten to taste, serve hot or cold.

**BRANDY MIXTURE.**—Yolks of two eggs, one-half tablespoonful sugar, cinnamon water, brandy. Beat the yolks, add the sugar and gradually the cinnamon water, then the brandy.



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## MEAT,

## FISH,

## GROCERIES.

**COLD EGG NOGG.**—One egg, one-half cup milk, sugar, brandy or wine. Beat the egg, add the milk, sweeten to taste, and add one tablespoonful brandy.

**HOT EGG NOGG.**—Yolk of one egg, one teaspoonful sugar, one cup hot milk, nutmeg, brandy or wine. Beat the yolk of the egg, add the sugar, pour the hot milk over them, and flavor as desired. If wine or brandy, use one tablespoonful.

**EGG BROTH.**—One egg, one-half teaspoonful sugar, pinch salt, two cups hot milk. Beat the egg, add the sugar and salt, and pour slowly over them the hot milk, serve immediately. One cup of milk may be used.

**EGG CORDIAL.**—White of one egg, one tablespoonful cream, one tablespoonful brandy, one teaspoonful sugar. Beat the egg, but not to a stiff froth, add the cream and beat them together, then add the brandy and sugar. Sugar syrup may be used to sweeten it.

**MULLED WINE.**—One-half cup hot water, one inch stick cinnamon, three whole cloves, one-eighth teaspoonful nutmeg, one cup port wine, two tablespoonfuls sugar. Cook for ten minutes all the ingredients except the port wine and sugar, then add the wine and sugar, and serve while hot. Heat the wine slightly before adding it to the other ingredients.

**MILK PUNCH, No. 1.**—One cup milk, one teaspoonful sugar, one tablespoonful rum. Milk which has been heated and cooled, or sterilized milk may be used. Shake in a jar or in tumblers until frothy.

**MILK PUNCH, No. 2.**—One and one-half cups milk, one or two tablespoonfuls sugar, two tablespoonfuls rum. Use a glass jar or two tumblers. Shake until thoroughly blended and frothy. Whiskey or brandy may be used.

**CINNAMON WATER.**—One ounce stick cinnamon, one pint boiling water. Boil fifteen minutes. Strain and use for mixtures requiring cinnamon water.

**TOAST.**

**GENERAL RULES.**—Use stale bread, either brown or white. Cut the slices one-fourth inch thick. The crusts are often removed. Dry the slices of bread on an iron sheet in the oven before browning them. Brown over a clear fire, in a fine wire toaster or on a fork. Toast may be moistened by quickly dipping it into salted hot water, or by pouring hot water over it. Bread may be cut into rounds, squares, or other shapes before drying. Dropped eggs, prepared meat, or small birds may be served on toast. Toast may be prepared as dry toast, toast with cream sauce, water toast, brown bread toast, milk toast, egg toast, toast with milk sauce, sippets.

**TOAST WATER.**—Two slices toast, one pint water. Break the toast into small pieces, and while hot, pour the cold water over it. At the end of one hour, strain and serve.

**WATER TOAST.**—Pour hot water over toast, first spreading it with butter if it is allowed. A little salt may be added to the water, if butter is not used. Place it covered into the oven for a few minutes to absorb the water. Milk toast may be prepared in the same manner, using hot milk.

**MILK SAUCE FOR TOAST.**—Two cups milk or cream, one teaspoonful butter, one tablespoonful flour, one teaspoonful salt. Heat the milk or cream in a double boiler. Melt the butter in a small saucepan, add the flour and salt, and when the mixture is smooth, add the hot milk gradually. If the sauce is lumpy, cook it until quite thick, then beat it until smooth, more milk must be added if it is too thick. Add more salt if needed. Pour this sauce over the slices of toast.

**SIPPETS.**—Cut bread into thin slices and then into strips, dry them, and brown like a plaid. Butter, and arrange in layers of three each.

**CRISP CRACKERS.**—Split crackers having a soft centre. Place them on a thin sheet. Brown in a hot oven.

Oysters may be served on these browned crackers. Place one oyster on each crisp half of the cracker and return to the oven, when the juice of the oyster is heated, it seasons the cracker. When the edges of the oysters curl, they are ready to serve.

ZWIEBACK.—Cut baker's or other light bread into one-half inch slices. Place them on a tin sheet and bake in a hot oven until they are a delicate brown on both sides.

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## THINGS WORTH KNOWING.

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To remove grease from coat collars and the glossy look from elbows and seams, rub with a cloth dipped in ammonia.

To polish a piano when the wood looks dingy and seems to be in need of cleaning, take the finest white soap and lukewarm water and wash a little of the piano at a time, using a soft cloth, such as canton flannel, working on a space not larger than your hand. Wipe it off with clear water and rub well with clean canton flannel until perfectly dry and well polished.

Use soapy water for making starch. The linen will be glossier and the iron will not be so apt to stick.

A simple test-paper—A very good and homely substitute for the litmus paper used by the chemist in testing whether solutions are acid or alkaline, is made by boiling one pound of red cabbage leaves in a pint of water for some time, then straining. The infusion is to be evaporated to half its original bulk, and sheets of thin blotting paper are then to be steeped in it and hung up to dry. On dipping a slip of this paper into an acid liquid its color is changed from blue to red; and when the liquid is alkaline the color changes from blue to green.

The unsightly white marks on tables, caused by standing too hot dishes upon them, may be removed by the application of a little parafine, rubbed on with a piece of flannel. Afterward polish with alcohol.

If you boil suet before chopping, it can be done in one quarter of the time. Boil the suet and allow it to become cold in the water in which it was boiled. Collect all the fat and chop.

# .. EAGLE LIQUEURS ..

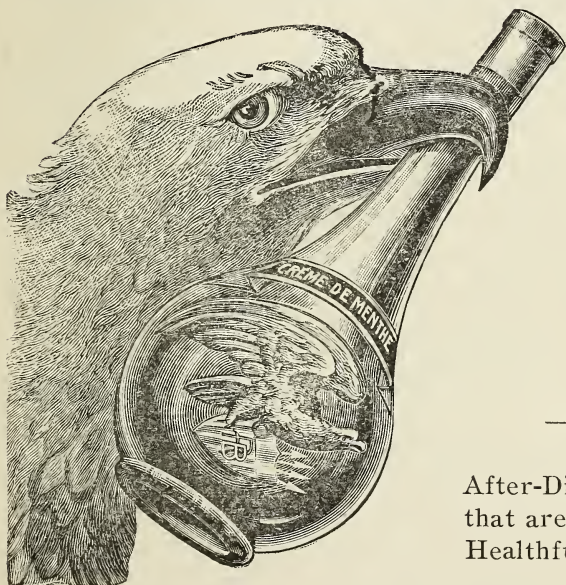
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A handful of tacks in a bottle of vinegar cruet will clean the stains out nicely.

To replenish the fire in invalid's room—Take into the room a basket with paper bags filled with coal and lay them gently on the fire.

To remove mildew—Rub common yellow soap on the spots and sift starch on that; rub it in well and lay out in the sun.

To sweep invalid's room—A bare floor or matting should be swept with a broom covered with a damp coarse linen bag. For a carpet, have a pail filled with coarse towels wrung out in water and wipe the carpet rapidly.

To clean the bean-pot—Put in a generous tablespoonful of some good soap powder, fill with cold water, put on cover and bake for three hours in the oven. Throw away contents and wash pot. It will be like new.

Rice absorbs three times its bulk of water, and more of milk or stock.

That in cutting warm bread or cake a warm knife should be used.

That a damp cloth will remove dust from furniture far better than a dry duster.

That a tablespoonful of vinegar put into the water in which tough meat or a fowl is boiled will make them tender.

That for ink stains nothing is better than a liberal use of tomatoes.

That strong tea rubbed in well with a nail brush will remove all kinds of fruit or vegetable stains from the fingers, if the hands are then washed in warm water.

That canned goods are wholesome if ends of cans are sunk in; if bulged out, the contents are fermented.

That onions peeled under water do not disturb the eyes.

That a dash of black pepper greatly improves vanilla ice cream.

That the smaller the eye, the better the potato.

That dusting flour over a cake before frosting it keeps the frosting from running.

Furniture polish—Half a pound of white beeswax and two 5-cent pieces of castile soap and a pint of turpentine. Melt the wax and soap together, then stir in the turpentine, and you can make all the hard wood in the house shine like a mirror.



To rid the house of cockroaches and water-bugs—Mix a little pulverized sugar with borax, and place it about in little saucers or plates.

To renew tea or coffee pots—Boil a spoonful of borax about once a week.

**That no cough or sore throat can resist the Cough Medicine prepared by the Sisters of Charity. For sale at St. John's Hospital. Price 25c., 50c. and \$1.00 per bottle.**

For a bruise, a dampened bag of salt.

To remove black grease stains from clothing—Wash with soap and cold water. Hot water will only set the marks.

Sandpaper will whiten ivory handled knives which have become yellow from age or usage.

To make lime-water—Put about half a pound of unslacked lime in an earthen bowl and pour over it three pints of boiling water. Stir with a stick and put away in a cool place for eight or ten hours. At the end of that time pour off the clear lime-water, letting the sediment remain in the bowl. Bottle the water until wanted and put a stopper in.

To prevent hydrophobia—A correspondent writes that about six years ago he saw an item in a newspaper stating that a German physician was going to die, and he wished to make known the discovery he had made in relation to the treatment of a mad dog bite. The prescription he never knew to fail, and he had tried it many times with men, cattle and horses. It is this: Simply wash the wound as soon as possible in a little warm vinegar and water, and put a few drops of muriatic acid into the wound. This will neutralize the poison and prevent the disease which usually proves fatal.

Cure for whooping cough—A large yellow rutabaga turnip; scoop out inside pulp and fill with granulated sugar. Let it stand over night. Take a teaspoonful as often as a desire to cough is felt. This is a tried and true receipt.

Salt in whitewash makes it stick.

Salt puts out a fire in the chimney.

Salt used in sweeping carpets keeps out moths.

Salt thrown on a coal fire which is low will revive it.

Salt and vinegar will remove stains from discolored teacups.

Salt in water is the best thing to clean willowware and matting.

Salt thrown on soot which has fallen on the carpet will prevent stain.

Salt on the fingers when cleaning fowls, meat or fish will prevent slipping.

Salt put on ink when freshly spilled on a carpet will help in removing the spot.

Salt in the oven under baking tins will prevent their scorching on the bottom.

Salt thrown on a coal fire when broiling steak will prevent blazing from the dripping fat.

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## HELP IN CASE OF ACCIDENTS.

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**Drowning:** 1. Loosen clothing, if any. 2. Empty lungs of water by laying body on its stomach and lifting it by the middle so that the heads hangs down. Jerk the body a few times. 3. Pull tongue forward, using handkerchief, or pin with string, if necessary. 4. Imitate motion of respiration by alternately compressing and expanding the lower ribs, about twenty times a minute. Alternately raising and lowering the arms from the sides up above the head will stimulate the action of the lungs. Let it be done gently but persistently. 5. Apply warmth and friction to extremities. 6. By holding tongue forward, closing the nostrils and pressing the "Adam's apple" back (so as to close entrance to stomach), direct inflation may be tried. Take a deep breath and breathe it forcibly into the mouth of patient, compress the chest to expel the air, and repeat the operation. 7. Don't give up! People have been saved after hours of patient, vigorous effort. 8. When breathing begins, get patient into a warm bed, give warm drinks, or spirits in teaspoonfuls, fresh air and quiet.

**Burns and Scalds:** Cover with cooking soda and lay wet cloths over it. Whites of eggs and olive oil, olive or linseed oil, plain or mixed with chalk or whiting.

**Lightning:** Dash cold water over a person struck.

**Sunstroke:** Loosen clothing. Get patient into shade and apply ice cold water to head.

**Mad Dog or Snake Bite:** Tie cord tight above wound. Suck the wound and cauterize with caustic or white-hot iron at once, or cut out adjoining parts with a sharp knife.

**Venomous Insects Stings, &c.:** Apply weak ammonia, oil, salt water or iodine.

**Fanting:** Place flat on back, allow fresh air and sprinkle with water.

**Tests of Death:** Holding mirror to mouth. If living, moisture will gather. Push pin into flesh. If dead the hole will remain, if alive it will close up.

**Cinders in the Eye:** Roll soft paper up like a lamp lighter and wet the tip to remove, or use a medicine dropper to draw out it out. Rub the other eye.

**Fire in one's Clothing:** Don't run, especially not down stairs or out of doors. Roll on carpet, or wrap in woolen rag or blanket. Keep the head down so as not to inhale flame.

**Fire in a Building:** Crawl on the floor. The clearest air is the lowest in the room. Cover head with a woolen wrap, wet if possible. Cut holes for the eyes. Don't get excited.

**Fire in Kerosene:** Don't use water, it will spread the flames. Dirt, salt or flour is the best extinguisher, or smother with woolen rug, table cloth or carpet.

**Suffocation from inhaling Burning Gas:** Get into fresh air as soon as possible and lie down. Keep warm. Take ammonia, twenty drops to a tumbler of water at frequent intervals.

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## ANTIDOTES FOR POISONS.

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**First.** Send for a physician.

**Second.** Induce vomiting, by tickling throat with feather or finger. Drinking hot water, or strong mustard and water. Swallow sweet oil or whites of eggs.

Acids are antidotes for Alkalies, and *vice versa*.

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## SPECIAL POISONS AND ANTIDOTES.

**Acids:** Muriatic, Oxalic, Acetic, Sulphuric (Oil of Vitriol), Nitric (Aqua Fortis). **Antidotes:** Soapsuds, magnesia, lime-water.

**Prussic Acid.** **Antidotes:** Ammonia in water. Dash water in face.

**Carbolic Acid.** **Antidotes:** Flour and water, mucilaginous drinks.

Alkalies: Potash, Lye, Hartshorn, Ammonia. Antidotes: Vinegar or lemon juice in water.

Arsenic, Rat Poison, Paris Green. Antidotes: Milk, raw eggs, sweet oil, lime-water, flour and water.

Bug Poison, Lead, Saltpetre, Corrosive Sublimate, Sugar of Lead. Blue Vitriol. Antidotes: Whites of eggs or milk in large doses.

Chloroform, Chloral, Ether. Antidotes: Dash cold water on head and chest. Artificial respiration. Piece of ice in rectum.

Carbonate of Soda, Copperas, Cobalt. Antidotes: Soap suds and mucilaginous drinks.

Iodine, Antimony, Tartar Emetic. Antidotes: Starch and water. Astringent infusions, strong tea.

Mercury and its Salts. Antidotes: Whites of eggs, milk, mucilages.

Nitrate of Silver, Lunar Caustic. Antidotes: Salt and water.

Opium, Morphine, Laudanum, Paregoric, Soothing Powders or Syrups. Strong coffee, hot bath. Keep awake and moving at any cost.

Strychnine, Tinct. of Nux Vomica. Antidotes: Mustard and water, Sulphate of Zinc, absolute quiet, plug the ears.









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Oct. 31, 1892, Deposits were	\$49,024.10
“ 1893, “	\$169,031.64
“ 1894, “	\$226,813.49
“ 1895, “	\$303,249.18
“ 1896, “	\$355,190.34
“ 1897, “	\$415,234.63
“ 1898, “	\$458,431.01
Aug. 1, 1899,	<b>\$540,000.00</b>

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