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Woman's World Cook Book



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Woman's World Cook Book

Containing
Hundreds of Invaluable
Recipes

By MARION R. HOWLAND

Illustrations by
Mary Woloben Sackett

Currier Publishing Co.
CHICAGO
1909

Woman's World

Cook Book

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Announcement

IN presenting the Woman's World Cook Book to its readers no effort has been spared to make this book the most helpful, practical and economical book of its kind ever published.

Recipes which many housekeepers have sought for in vain in other cook books will be found between its covers. Every recipe given has been thoroughly tested and prepared with an idea of both being attractive looking when served and economical to make.

Many recipes are given, too, for things which, being in daily use, the mode of preparing them may be supposed to be too well known. But, in my capacity as editor of a number of prominent woman publications in this country I know home makers are interested and want such recipes in their cook books. In this book will be noticed attractive dishes for the sick room, favorite fruit dishes, chafing dish recipes and many other new departments. These cannot fail but to appeal to practical housekeepers everywhere. If there is any particular recipe that you wish to understand about write me freely. Address Marion Howland, Household Dept. of Woman's World, Chicago, Ill. If you wish a personal answer, enclose a self addressed stamped envelope. Letters which do not comply with this requirement cannot be answered. Notice also that the Woman's World is offering in its household department a prize of \$1 each for the best helpful hints published and contributed by its readers.

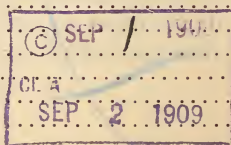
MARION HOWLAND

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Some Things All Housekeepers Should Know

HOW TO MAKE AND BAKE A MERINGUE.

Almost everyone makes use of meringues constantly on puddings, pies, and various forms of desserts, yet there are very few women who know how to make and bake them with any surety of success.

The whites of the eggs must be beaten to a stiff, dry froth. Measure one tablespoonful of powdered sugar for each white of an egg. Remove the egg beater, sprinkle a little of the sugar on the egg and beat it in with a silver spoon, with long upward strokes. Sprinkle on more sugar, and beat it in the same way, and continue until all the sugar is used. Now add the desired flavoring and beat it in the same fashion.

The meringue may now be put on the pie and pudding and it is ready for baking. See that the oven is cool. Let the meringue bake slowly for as much as twenty minutes, leaving the oven door open all the while. At the end of this time, if the meringue is not brown enough, close the oven door for a few minutes, but watch very closely. Should you desire a sugary crust, sift powdered sugar over the meringue just before it is put into the oven. When the meringue is done and properly brown, let it cool slowly, and it will be firm and fine grained.

TO REMOVE SEEDS FROM SMALL FRUITS WHEN MAKING MARMALADE.

The seeds in small fruits are often a great nuisance when making marmalade, and the quickest and easiest way to remove them is to put the partially cooked marmalade through a flour sieve with rather coarse mesh, but not so coarse that the seeds can get through. Raspberries, currants, blackberries, grapes and so on may be separated from their seeds with the greatest ease.

THE WAY TO MAKE A SMOOTH CREAM SAUCE.

For one cup of sauce take two tablespoonfuls of butter, two tablespoonfuls of flour, one-fourth teaspoonful of salt, one-fourth teaspoonful of pepper, and one cup of milk or stock.

Melt the butter in a little saucepan—not a double boiler—add the flour, salt and pepper, and stir until frothy, then add the milk or stock, which is cold, and stir constantly and well with an egg whip or a fork until the mixture is smooth, thick and boiling.

The points in making this sauce, as you see, are that one uses the same amount of butter as flour, and cooks them together before adding the liquid.

Should one desire to add egg yolks to this sauce to make it richer, the yolks must be well beaten, then when the sauce is finished stand it in very hot water, but so that it will not boil, put a few spoonfuls of it into the egg, mix thoroughly, then stir into the rest of the sauce. Continue to stir until the sauce thickens, which will show that the egg is cooked. Serve at once.

If the egg is stirred into the sauce while it is boiling it will curdle.

HOW TO MAKE PASTRY FOR JUST ONE PIE.

Sift together one and one-fourth cups of pastry flour, one-fourth of a teaspoonful of salt and one-fourth teaspoonful of baking powder. Work into this with the fingers one-third of a cupful of lard, then add cold water, a few drops at a time, and stir the mixture with a knife until it is a stiff paste. Remove to a floured pastry board and roll out.

HOW TO TEST THE HEAT OF FAT FOR FRYING.

When frying in deep fat, prepare beforehand some inch cubes of stale bread. When the fat seems to be getting hot, drop in a cube of bread. If it takes sixty seconds—keep a watch in your hand—to brown the bread a golden brown, the fat is ready for frying doughnuts, fritters, and other mixtures of raw ingredients. If the bread browns in forty seconds, the fat is ready to fry croquettes, fishballs, small fish and oysters.

WHEN COOKING VEGETABLES.

All water for cooking vegetables should be salted before the vegetables are put in and should also be boiling.

Potatoes should be cooked in rapidly—but not furiously—boiling water. If cooked in simmering water they will be soggy.

Rice and macaroni should be cooked in very rapidly boiling water, in order that the grain or pieces are kept moving and do not get a chance to stick together in a mass.

Onions, cabbage, cauliflower, brussels sprouts and turnips will all be more delicate in flavor if cooked in a large quantity of water.

Green corn should be cooked in rapidly boiling water. If it is suspected of being deficient in sweetness, add a little sugar to the water, as well as salt.

Asparagus and green peas should be cooked in gently simmering water and as little water used as possible. The water that clings to the leaves of spinach is sufficient for its cooking.

Parsnips, carrots and turnips should have a prolonged cooking in water just at the boiling point.

TO PREPARE CRUMBS QUICKLY FOR FRYING.

Let all the pieces of stale bread lie in a cool oven until perfectly dried out, crumbling under the fingers. Put into a stout bag and pound with a hammer or place on a bread board and roll with a rolling pin until fine. Run through a bread sieve, and they are ready for use.

HOW TO TELL A FRESH EGG.

To test eggs, have ready a bowl of water. A perfectly fresh egg will remain resting at the bottom of the bowl. If not quite fresh, the big end of the egg will be raised, and the higher the big end of the egg is raised the older is the egg. An egg that floats is bad—at least, the farmers' wives say so.

Breads

BREAD SPONGE.

To make bread sponge, sift the flour, and in the middle of it pour the yeast, mix thoroughly, adding lukewarm water from time to time, as needed, so the whole will be like thick batter. Pour this slowly on flour. If made at night, work the first time in the morning, using flour enough to make the dough of the proper consistency. Some persons mould once and bake, and others work the dough the second time. When risen, put in the oven at once and bake an hour for ordinary loaves.

POTATO BREAD.

Take six good-sized potatoes, boil and mash very fine. Add three pints of boiling water. Stir flour in till it makes a stiff batter. When lukewarm, add yeast; set it in a moderately warm place. In the morning add the salt and knead in flour as stiff as you can. Set in a warm place to rise; knead again, adding as little flour as possible. Let it rise again, and then put it into your pans, making them half full. When the loaves have risen to the top of the pans, bake them to a nice brown.

BROWN BREAD.

Two cupfuls of graham flour, one cupful of white flour, one-half cupful of the best New Orleans molasses, two cupfuls sour milk, pinch of salt, one teaspoonful of soda dissolved in the milk. Bake one hour in a moderately hot oven.

STEAMED BROWN BREAD.

Two cupfuls sour milk, one egg, one-half cupful molasses, one tablespoonful of soda, one teaspoonful of salt, one-half cupful of white flour, one-half cupful of cornmeal, three cupfuls of graham flour.

A few raisins may be added.

Steam one and one-half hours or bake three-quarters of an hour.

NUT LOAF.

Four cupfuls of flour, four teaspoonfuls of baking powder, one cupful of English walnuts, one-fourth cupful of sugar, two eggs, two cupfuls of sweet milk, pinch of salt.

Beat the eggs, then add milk; mix all the other ingredients together dry. Pour into them the milk and eggs. Pour into a greased pan and let raise twenty minutes, then bake fifteen minutes in a moderate oven.

When cold, slice thin, butter lightly, and spread with jelly.

ENGLISH WALNUT BREAD.

Make dough same as for white bread, then add one cupful of English walnuts, breaking each nut in five or six pieces; one tablespoonful white sugar, one tablespoonful of caraway seeds for each loaf required. Knead well, let rise in warm place, place in bread pans and let rise again; put in oven; bake forty-five minutes.

WHOLE WHEAT BREAD.

Four cupfuls of whole wheat flour, two cupfuls white wheat flour, one-half cupful sugar, one teaspoonful salt, one yeast cake dissolved in warm water, to make a stiff batter.

Let rise until light, mold into two loaves, let rise again, and bake in a moderate oven. One tablespoonful of shortening adds to the richness.

RYE BREAD.

One cake of compressed yeast, two pints of milk or milk and water, two teaspoonfuls of salt, one teaspoonful of soda, dissolved in hot water.

Make a sponge with white flour and let rise. When light stir in rye flour with a spoon until stiff. Let rise. Put in pans with a spoon. Let rise and when light bake from three-quarters to one hour.

GRAHAM BREAD.

Soften one-third cake of compressed yeast in one-half cupful of water. Add a second half cupful of water, a cupful of scalded and cooled milk, with two tablespoonfuls of butter, a teaspoonful of salt, and three tablespoonfuls of molasses. Stir in two cupfuls of one-half of graham flour and one cup and a half of white flour. Mix thoroughly, but do not mold. Let stand over night. In the morning cut down with a knife, and turn into bread pans. Shape with the knife and when again light bake one hour.

DATE BREAD.

One quart of sour milk, four cups graham flour, two cups wheat flour, one cup molasses, two teaspoonfuls soda, two teaspoonfuls salt, one and one-half pounds dates. Steam two hours in little tins.

DELICIOUS BROWN BREAD.

One-third cup of molasses, one-third cup of sugar, one and one-third cups of buttermilk, one level teaspoon of salt, three-fourths cup of white flour, one and one-half cups of graham flour, one heaping teaspoon soda dissolved in a little water. Stir well together and add one-half cup of raisins and a few English walnuts. Turn quickly into bake-tin and let stand one-half hour before baking. Bake in moderate oven thirty-five minutes.

SCOTCH SHORTBREAD.

To make two good sized cakes: One pound butter, one-half pound powdered sugar, one and one-half pounds flour. Knead sugar and butter together, then knead in the flour gradually. The longer kneaded the better. Shape in round or square cakes, nick around the edges with the forefinger and thumb, and jab over the top with a fork. Put it on buttered paper, then on tin, and bake in moderate oven twenty minutes.

TIP TOP GINGERBREAD.

Half cupful of butter half cupful of sugar, half cupful molasses, half cupful of sour milk, two cupfuls flour, two eggs (not beaten), two teaspoonfuls of ginger, one of cinnamon, one teaspoonful of soda. Put soda in molasses and beat thoroughly. This makes it light and tender.

JOHNNIE CAKE.

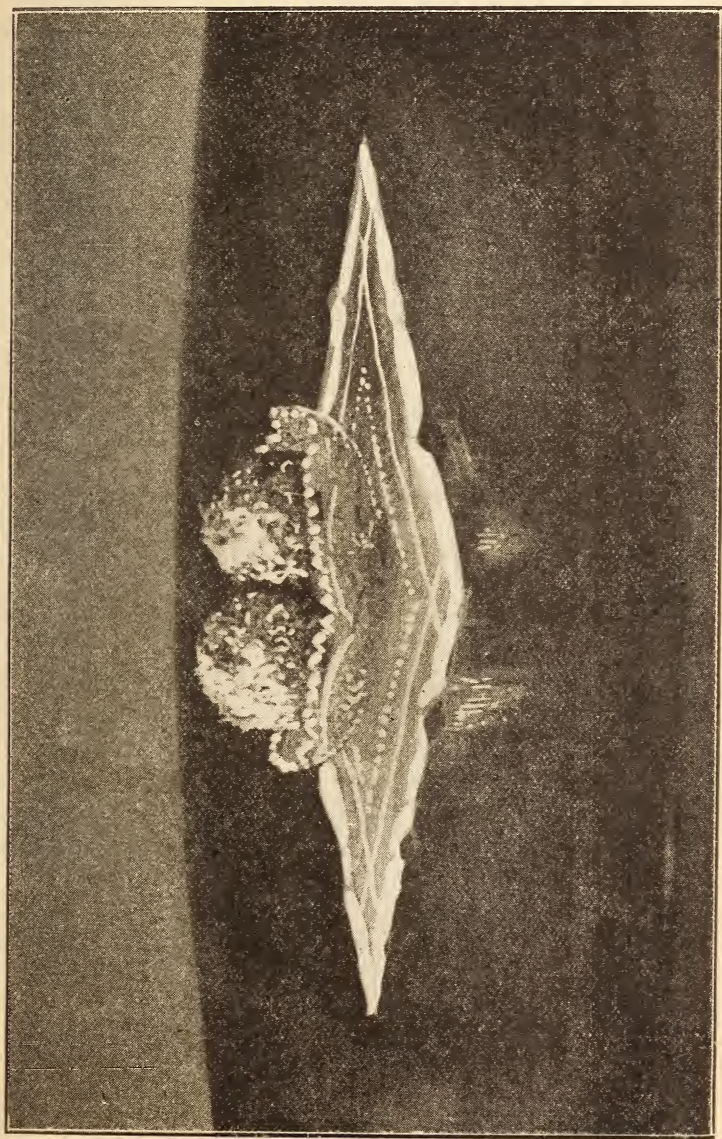
One-half cupful sugar, two tablespoonfuls of cream, or three tablespoonfuls of butter, pinch of salt, one egg, one small cupful of corn-meal, one large cupful of flour, one-fourth teaspoonful of ginger, one-half teaspoonful of soda, one-fourth spoonful of cream tartar, enough buttermilk or sour milk to make a batter like for cake.

CORN BREAD.

Beat one egg until light. Dissolve one teaspoonful of soda in one cupful of sour milk. Sift one cupful of corn meal and three dessert spoonfuls of flour into milk and egg. Add three dessert spoonfuls of sugar, and lastly, one tablespoonful of melted butter; stir evenly. Pour into a greased baking pan. Have the oven hot at first and bake twenty minutes, or until nicely browned.

COFFEE CAKE.

Soak one cake compressed Fleischmann's yeast in one cupful lukewarm milk. When dissolved put in a bowl, and stir in one teaspoon



SNOWBALLS

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sugar and one-fourth teaspoon salt. Then beat in a heaping cupful of sifted flour. Mix thoroughly and put in a warm place, covered, to rise for two or three hours. When well risen: In a large bowl, cream well one large cup of sugar and three-fourths cup of butter, add the grated rind of an orange or lemon. Then add three eggs and beat until light, then add a large cup of milk, one teaspoonful salt, and next beat in five or six cupfuls of flour. When this batter is smooth and light, stir in the risen yeast dough, and with a strong handled spoon work well for ten minutes. Then set aside well covered to rise for five or six hours, or all night. The dough should not be stiff. Though it should not be sticky, either. When well risen, roll small portions on baking board of desired size, and put in buttered pans. When light spread melted butter evenly on top, sprinkle with sugar and cinnamon and finely chopped English walnuts or almonds, and bake until a light brown.

This amount of dough makes five coffee cakes and two pies, that can be filled with fruit or cheese, if desired.

GERMAN APPLE CAKE.

Into one quart of flour put two teaspoonfuls of baking powder, one tablespoonful of sugar, a little salt and sift. Add one tablespoonful of lard or butter and enough milk or cold water to make a dough that can be handled without sticking.

Roll out one-half inch thick. Peel, core and cut apples in eighths and stick in the dough closely together. Sprinkle with cinnamon and sugar, and bake until apples are soft.

If preferred, a custard made with one egg and tablespoonful of sugar and one cup of milk may be poured over it just before putting in the oven.

SALT-RISING BREAD.

This receipt is unfailing:

Slice two medium potatoes thin, add to them two tablespoonfuls of corn meal, one teaspoonful of sugar, one-half teaspoonful of salt; pour over this two teacupfuls of boiling water and place in warm place over night.

In the morning stir and strain out potatoes, and to one pint of the liquid add one teaspoonful of salt. Thicken with flour and place in warm water to raise, then proceed as in any salt rising bread and the result will be most gratifying.

CINNAMON ROLLS.

Make ordinary biscuit dough, roll out about half an inch thick, moisten all over with milk, sprinkle with sugar and cinnamon, roll tightly like a jelly roll, then cut in one-inch cakes; place closely together in a well-larded pan. Bake in a moderate oven about twenty minutes. They are most delicious, and cannot be told from yeast rolls.

TEA BISCUITS.

One quart of flour, one teaspoonful of salt, one teaspoonful sugar, three teaspoonfuls baking powder, one tablespoonful of lard, one pint of sweet milk or water. Water makes more tender than milk. Sift together flour, salt, sugar and baking powder. Rub in the lard cold, add milk or water to form into a soft dough as can be handled. Flour the board and roll out, cut with a small tin cutter, and bake in a good hot oven about twenty minutes.

BAKER'S BUNS.

One pint light bread sponge, one-half pint warm water, one-half pint butter, one-half teacupful of sugar, one-half teaspoonful of salt, one egg. Add water to light bread sponge. Beat egg light and stir rapidly. Add butter, sugar and salt. Add enough flour to make a soft dough. Knead well and let rise, then knead light again. Cut off pieces the size of a small egg, make round and place in pans two inches

apart. Let rise then mash down lightly with the fingers, let rise again, and then bake in a moderate oven.

This will make thirty buns.

QUICK WAFFLES.

Two pints sweet milk, one cupful of melted butter, sifted flour to make a soft batter. Add the well beaten yolks of six eggs, then the beaten whites, and lastly just before baking, four teaspoonfuls of baking powder. Beating hard and fast for a few minutes. These are good with four or five eggs, but much better with more.

PULLED BREAD.

As soon as the loaf is baked and can be handled, remove the crust on all sides. Cut through the firm exterior at the ends and with the tips of the fingers pull or tear the loaf into halves. In the same way cut through the firm exterior and pull the halves into quarters, pull the quarters into smaller pieces and these pieces into others, until the whole loaf is in pieces less than an inch thick and of a convenient length to store. Place on a rack in a pan and dry out the moisture in a slow oven, then increase the heat and let the bread assume an amber color. Eat at once or reheat before serving.

Breakfast Breads

PANCAKES.

Two cups of prepared flour; six eggs; one saltspoonful of salt; milk to make a thin batter. Beat the eggs light; add salt, two cupfuls of milk, then the whites and flour alternately with milk, until the batter is of the right consistency. Run a teaspoonful of lard over the bottom of a hot frying pan, pour in a large ladleful of batter and fry quickly. Roll the pancake up like a sheet of paper; lay upon a hot dish; put in more lard, and fry another pancake. Keep hot over boiling water, sending half a dozen to the table at a time.

BREAD FRITTERS.

One quart milk, boiling hot; two cupfuls of fine bread crumbs; three eggs; one teaspoonful nutmeg; one tablespoonful butter, melted; one saltspoonful of salt, and the same of soda, dissolved in hot water. Soak the bread in the boiling milk ten minutes, in a covered bowl. Beat to a smooth paste; add the whipped yolks, the butter, salt, soda, and finally the whites, whipped stiff.

QUICK SALLY LUNN.

One cupful of sugar, half cupful of butter; stir well together, and then add one or two eggs; put in one good pint of sweet milk, and with sufficient flour to make a batter about as stiff as cake; put in three teaspoonfuls of baking powder; bake and eat hot with butter for tea or breakfast.

BREAKFAST CAKE.

One pint of flour, three tablespoonfuls of butter, three tablespoonfuls of sugar, one egg, one cup sweet milk, one teaspoonful cream tartar, half teaspoonful soda, to be eaten with butter.

QUICK WAFFLES.

Two pints sweet milk, one cup butter (melted), sifted flour to make a soft batter; add the well-beaten yolks of six eggs, then the beaten whites, and lastly (just before baking) four teaspoonfuls baking powder, beating very hard and fast for a few minutes. These are very good with four or five eggs, but much better with more.

JOHNNY CAKE.

Two-thirds teaspoonful soda, three tablespoonfuls sugar, one teaspoonful cream tartar, one egg, one cup sweet milk, six tablespoonfuls Indian meal, three tablespoonfuls flour, and a little salt. This makes a thin batter.

Soups

The best foundation for soup is lean uncooked meat. A quart of water to a pound of meat is the usual quantity. When soup is made from fresh meat, it should always be put to cook in cold water. Beef is more generally used as soup meat; to this may be added mutton and veal bones broken up; also bits of chicken, turkey and ham make a well flavored soup, much better than any one meat.

Grease should always be skimmed from all soups, and slow boiling is very important, in order to extract the strength from the meat. When meat is boiled very fast over a hot fire it retains its juice and becomes tough and hard. A soup pot should always be kept on hand for soups, into which bits of meat, bones from a rib roast, gravies left from roast meats, and all fragments, may be thrown. Put on the fire and cook until done, strain, and put in an earthen vessel for use. If kept in cold place, it will be good for several days; remove all fat that may rise. Vegetables should not be cooked in stock, as they will cause it to sour.

POTATO SOUP.

Boil a quart of potatoes and mash fine in the water in which they were boiled. Take a generous tablespoonful of butter, not melted, and mix with a teaspoonful of flour; mix with the potatoes, season with salt and very little pepper, add one cupful of milk and a little hot water, if too thick.

CREAM OF ASPARAGUS.

Take one pint of the hard rejected portions of asparagus; cover them with a pint of water or stock. Cook slowly one-half hour, press through a colander, add pint of milk and pint of cream mixed. Thicken with tablespoonful flour, season with salt and pepper. Stir well until mixture reaches the boiling point, then add large tablespoonful butter and strain through a sieve; add parsley before serving.

CHICKEN SOUP.

Put on two gallons of water and a slice or two of bacon, with a fat hen. Let it boil until very tender. Remove the fowl, mincing all the white meat and a small portion of the dark. Yolks of two hard-boiled eggs, a tablespoonful of butter, pepper, salt and celery seed to taste. Mix these ingredients into the meat and return to the liquor at which time it should have boiled down to about two quarts. Stir all together and as soon as it comes to a boil add one pint of milk and a teaspoonful of flour made into a batter. When it comes to a boil remove from the fire, as the milk is apt to curdle if allowed to boil too long.

ECONOMICAL SOUP.

Take bits of beef or mutton left over, also bones of same, broken. Put in a kettle with a few nice Irish potatoes; to this add four pints of cold water, two small onions cut up fine, one dessertspoonful of rice. Boil the ingredients one and a half hours; strain and add one and a half pints of milk when boiling, into which a lump of butter, size of an egg, and a tablespoonful of flour has been stirred. Season with salt, pepper and bits of celery finely chopped; also small squares of bread or cracker fried brown in butter.

FRENCH GUMBO.

Fry one nice chicken. While this is frying, slice three quarts of okra with a little green pepper (or red, if no green is to be had). Salt and flour as you would the chicken. When chicken is brown, take out and throw okra into the same lard; fry until

brown. Have ready one gallon of boiling water; pour over okra. Let it boil one-half hour, then put in chicken, and set back to simmer until it is cooked down enough for use.

PIMENTO BISQUE.

Cook one-half cup rice in three pints chicken stock (in double boiler) until tender. Rub through a sieve and add the pulp of six canned red peppers rubbed through a sieve. Add two teaspoonful salt and one-half teaspoonful tobasco sauce. Bring to the boiling point and add one-half cup cream or rich milk.

CROUTONS.

Cut stale bread into one-fourth inch slices and remove crusts. Spread sparingly with melted butter, using a butter brush, and cut in cubes. Put in a pan and bake until delicately browned.

GREEN PEA SOUP.

Wash a small quarter of lamb in cold water, and put it into a soup-pot with six quarts of cold water, add to it two tablespoonfuls of salt, and set it over a moderate fire; let it boil gently for two hours, then skim it clear, add a quart of shelled peas, and a teaspoonful of pepper, cover it and let it boil for half an hour, then having scraped the skin from a quart of small young potatoes, add them to the soup, cover the pot and let it boil for half an hour longer; work quarter of a pound of butter and a dessertspoonful of flour together, and add them to the soup ten or twelve minutes before taking it off the fire.

Serve the meat on a dish with parsley sauce over it, and the soup in a tureen.

POTATO SOUP.

Potato soup is suitable for a cold day. Make it in the following manner: Get as many beef or ham bones as you can, and smash them into fragments. Add a little bit of lean ham to give flavor. Boil the bone and ham for two hours and a half at least. The bone of a roast beef is excellent. Strain off the liquor carefully, empty out the bones and debris of the ham, restore the liquor to the pot and place again on the fire. Having selected, washed and pared some nice potatoes, cut them into small pieces and boil them in the stock till they melt away. An onion or two may also be boiled among the bones to help the flavor. I do not like the thick potato soup, and I usually strain it through a hair sieve, after doing so placing it again on the fire, seasoning it with pepper and salt to taste. A stick of celery boiled with the bones is an improvement. Make only the quantity required for the day, as potato soup is best when it is newly made.

GLAZE.

Is simply clear stock boiled to one-fourth of its original amount. Put two quarts of rich, strong stock into a saucepan and boil it uncovered until reduced to one pint. It should have a gluey consistency, and will keep a month if put in a closely covered jar in a cool place. It is useful in browning meats which have not been colored by cooking, but which we wish to have the appearance of having been roasted or browned.

CHICKEN CREAM SOUP.

Boil an old fowl, with an onion, in four quarts of cold water, until there remain but two quarts. Take it out and let it get cold. Cut off the whole of the breast and chop very fine. Mix with the pounded yolks of two hard-boiled eggs, and rub through a colander. Cool, skim and strain the soup into a soup-pot. Season, add to the chicken-and-egg mixture, simmer ten minutes, and pour into the tureen. Then add a small cupful of boiling milk.

EGG BALLS FOR SOUP.

Boil four eggs, put into cold water, mash yolks with yolk of one raw egg, and one teaspoonful of flour, pepper, salt and parsley; make into balls and boil two minutes.

VERMICELLI SOUP.

Swell quarter of a pound of vermicelli in a quart of warm water, then add it to a good beef, veal, lamb or chicken soup or broth with quarter of a pound of sweet butter; let the soup boil for fifteen minutes after it is added.

CONSOMME.

Two pounds beef, the remainder of a roast chicken, three quarts of cold water, one tablespoonful of salt, one carrot, two onions, two stalks celery, two bay-leaves, two sprigs thyme, white of two eggs.

NOODLES FOR SOUP.

Rub into two eggs as much sifted flour as they will absorb, then roll out until thin as a wafer; dust over a little flour and then roll over and over into a roll, cut off thin slices from the edge of the roll and shake out into long strips; put then into the soup lightly and boil for ten minutes; salt should be added while mixing with the flour—about a saltspoonful.

VEAL SOUP.

To about three pounds of a joint of veal, which must be well broken up, put four quarts of water and set it over to boil. Prepare one fourth pound of macaroni by boiling it by itself, with sufficient water to cover it; add a little butter to the macaroni when it is tender, strain the soup and season to taste with salt and pepper, then add the macaroni in the water in which it is boiled. The addition of a pint of rich milk or cream and celery flavor is relished by many.

CREAM OF CAULIFLOWER SOUP.

Heat one pint of chicken or veal stock, one pint of milk, and half a cup of sweet cream. When boiling thicken with one tablespoonful of fine whole wheat flour, add salt and white pepper to taste. Cook half a cauliflower in boiling salted water about twenty minutes. Cut off the little flowerlets, using none of the stalk, put in enough to thicken the broth.

Meats

Pork should have a thin rind; and when it is fresh, the meat is smooth and cool; but, when it looks flabby, and is clammy to the touch, it is not good; and pork, above all meat, is disagreeable when it is stale. If you perceive many enlarged glands, or, as they are usually termed, kernels, in the fat of the pork, you may conclude that the pork cannot be wholesome.

Veal is generally preferred of a delicate whiteness, but it is more juicy and well-flavored when of a deeper color. Butchers bleed calves profusely in order to produce this white meat; but this practice must certainly deprive the meat of some of its nourishment and flavor. When you choose veal, endeavor to look at the loin, which affords the best means of judging of the veal generally, for if the kidney, which may be found on the under side of one end of the loin, be deeply enveloped in white and firm-looking fat, the meat will certainly be good; and the same appearance will enable you to judge if it has been recently killed. The kidney is the part which changes the first, and then the suet around it becomes soft, and the meat flabby and spotted.

Bacon, like pork, should have a thin rind; the fat should be firm, and inclined to a reddish color; and the lean should firmly adhere to the bone, and have no yellow streaks in it. When you are purchasing a ham, have a knife stuck into it to the bone, which, if the ham be well cured, may be drawn out again without having any of the meat adhering to it, and without your perceiving any disagreeable smell. A short ham is reckoned the best.

BAKED VEAL LOAF.

Use two pounds of veal, roast and stew for two hours, salting a little. Remove from fire and make flour gravy. Cut meat into pieces, putting through food chopper. Then add salt, white pepper, celery seed, mustard seed, a little onion shredded fine, and ten or twelve crackers, crumbed and powdered. Grease a deep granite pan with butter. Mix all ingredients well and pour into buttered pan. Stir in gravy till all is smooth and even. Cover with water one-half inch deep and bake till water is absorbed and meat is a light brown. Delicious served on rosette crisps for parties.

POTATO CHICKEN POT PIE WITH RICE.

Peel, boil and pass through the sieve six medium sized potatoes. Add half a gill of cream, two heaping teaspoonfuls of butter, a teaspoonful of salt, a teaspoonful of baking powder and enough flour to form a paste.

Let the crust form the bottom and sides of the dish. Cut up the chicken into small pieces, pour over it the gravy or melted butter and fill in spaces with boiled rice. Cover with crust. Bake three-quarters of an hour.

BROWNEO HAM.

Take slice of raw ham, place in rather shallow pan. Cover with hot water and allow to simmer in the oven for forty minutes. Now take out of water and brown on both sides in frying pan before serving. This dish will be found more delicious than fried ham and as tender as boiled ham.

BOILED CUTLETS.

Cut the remains of cold loin or neck of mutton into cutlets, trim them, and take away portion of the fat. Should there be too

much dip in beaten egg, roll in cracker crumbs, and fry in hot drippings. Serve with tomato sauce. Cut six tomatoes in two, put tomato sauce into stew pan with two small onions, one clover, one blade of mace, one cup of gravy or starch, one pinch of salt, and cayenne to taste, simmer until the tomatoes are tender, rub the whole through a sieve, boil a few minutes and serve.

BAKED HAM.

Have either a whole or a half ham, and put it in water for eight or ten hours to draw the salt. Then make a stiff dough of flour and water, put in around the ham on the under side and front, leaving rind uncovered. Then take a cloth and sew the ham up in it quite tight. Bake in a moderate oven about thirty minutes to the pound.

MEAT PUDDING.

Chop two pounds of round veal steak into pieces as small as dice and season with salt and pepper to suit taste. Then take one quart of flour, one teaspoonful salt, two teaspoons of baking powder, one-half cup lard and enough water to form a smooth dough. Be careful not to get the dough too soft as it will break. Roll out to thickness of one-half inch. With the dough rolled out, wet edges and fill with meat, adding one teaspoonful of butter and three of water. Draw edges together and put in cloth; tie cloth, allowing a little room to swell. Drop in kettle of boiling water with saucer in bottom to prevent scorching and boil one and one-half hours, not letting the water boil too hard, as it will be likely to burst.

TO ROAST A BEEF HEART.

Open the heart sufficiently to remove the ventricles, then soak it in water until the blood is discharged. Parboil the heart until nearly tender. Prepare a force-meat of bread crumbs and salt fat pork chopped fine; season the force-meat with pepper, sweet marjoram, parsley, salt and a little chopped onion; stuff the heart with the force-meat, and secure the opening with small skewers; cut thin slices of fat ham and lay in the pan with about two table-spoonfuls of hot water; then put the heart in the pan and baste with the gravy until done. Serve with currant jelly or horse-radish, grated, and a few slices of lemon.

BROILED LAMB.

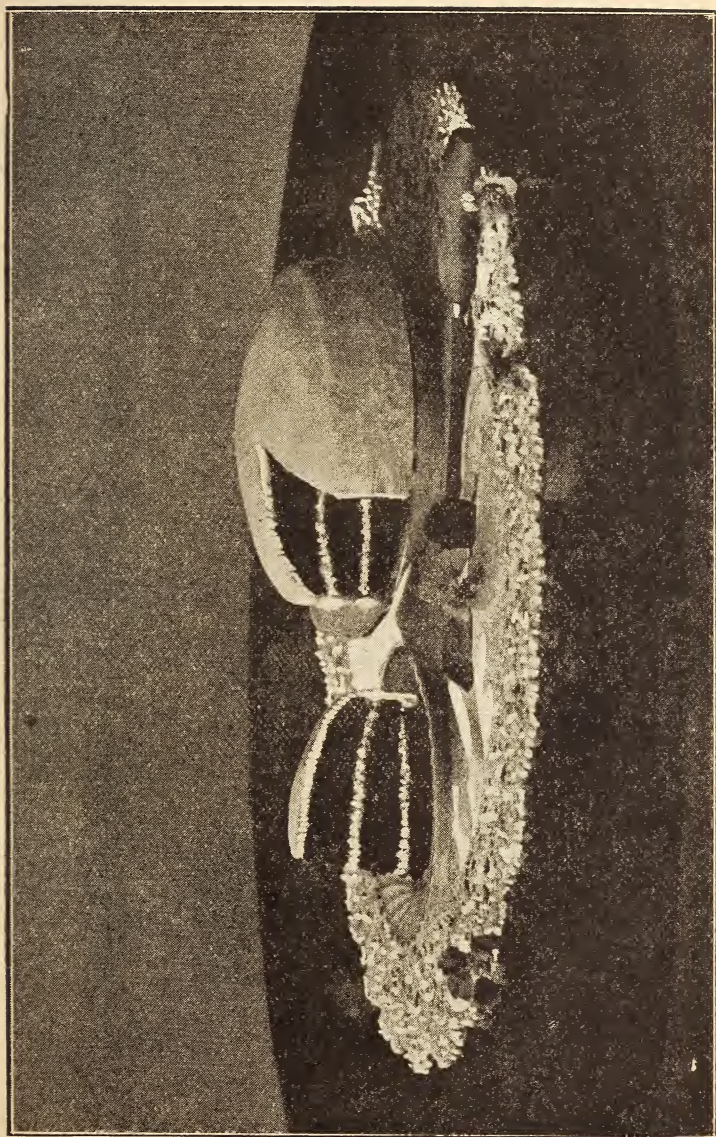
A shoulder of lamb, one large carrot, a turnip and an onion, three sticks of celery and a bunch of parsley and herbs, one quart of stock and one ounce of glaze.

Wipe the joint and turn neatly, wash and slice the vegetables. Butter the inside of the stew pan, put in the vegetables and herbs, tied in a bunch and a dust of salt and pepper.

Lay the joint on the vegetable and put over the stock. Lay a piece of buttered paper over the joint, put the lid on the pan, and let its contents simmer gently, for about an hour and a half, or until the meat feels tender.

Then lift on to a dish and keep it hot, strain the stock into another pot and add the glaze and let it boil until thick as cream.

Cut the vegetables into dices and run the gravy over the dish; garnish with little heaps of vegetables and serve with mint.



HOT WATER SPICE CAKE

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TO FRIZZLE BEEF.

Shave off very thin pieces of beef, put them into a spider and pour a little warm water over them, stir up and turn off the water, add a piece of butter the size of an egg, to a pound of beef, then put the whole over the fire; beat up two eggs with three tablespoonfuls of cream, dredge the flour, pour over the beaten eggs and cream; season with parsley, pepper and salt to taste.

BOILED TONGUE WITH TOMATO SAUCE.

Half boil a tongue, then stew it with a sauce made of a little broth, flour, parsley, one small onion, one small carrot, salt and pepper and one can of tomatoes cooked and strained. Lay the tongue on a dish and strain the sauce over it.

STAFFORDSHIRE BEEFSTEAK.

Beat them a little with rolling pin, flour and season, then fry with a sliced onion to a fine light brown; lay the steak into a stew pan and pour as much boiling water over them as will serve for sauce; stew them very gently half an hour and add a spoonful of catsup before serving.

DELICIOUS VEAL.

Take a veal steak from the round bone, cut off all the fat and cut out the bone. Cut into pieces the desired size, then dip first in crumbs, then eggs, crumbs again, and then into the egg again. Fry in an iron spider till a light brown, cover and turn a low flame for about ten minutes; then pour in enough milk to cover the meat and place in the oven for one hour. The milk will all be absorbed by the meat and the meat will be so tender only a fork will be needed in cutting it. I always season my bread crumbs before breading any meat.

SMOTHERED CHICKEN.

When the chicken is dressed ready for cooking, split it down the back and place flatly in a covered pan, dredge with salt, pepper and flour and spread with softened butter. Have only enough water in the pan to produce steam. When closely covered it soon becomes tender. Then remove cover and brown. Serve it with rice cream gravy. The best way to cook a spring chicken—far superior to frying.

FRIED CHICKEN.

Dice and fry one-half pound of salt pork until it is well rendered. Prepare a young chicken; cut into pieces for frying; soak well in salt and water; wipe dry; season with pepper; dredge well with flour and fry in hot lard until a rich golden color. Take up and keep warm. Pour into the gravy one cup of milk—it is better to use half cream if convenient; thicken with little flour, adding a spoonful of butter and chopped parsley, pour over chicken as soon as it comes to a boil, or if preferred serve without the cream gravy, with bunches of parsley fried.

ROAST BEEF.

Prepare for the oven by dredging lightly with flour, and seasoning with salt and pepper; place in the oven, and baste frequently while roasting. Allow a quarter of an hour for a pound of meat, if you like it rare; longer if you like it well done. Serve with a sauce made from the drippings in the pan, to which has been added a tablespoonful of Harvey or Worcestershire sauce, and a tablespoonful of tomato catsup.

TO BOIL CORNED BEEF.

Put the beef in water enough to cover it, and let it heat slowly, and be careful to take off the grease. Many think it much improved by boiling potatoes, turnips and cabbage with it. In this case the vegetables must be peeled and all the grease carefully skimmed as fast as it rises. Allow about twenty minutes of boiling for each pound of meat.

A NICE WAY TO SERVE COLD BEEF.

Cut cold roast beef in slices, put gravy enough to cover them, and a wineglassful of catsup or wine, or a lemon sliced thin; if you have not gravy, put hot water and a good bit of butter, with a teaspoonful or more of browned flour; put in a closely covered stew-pan, and let it simmer gently for half an hour. If you choose, when the meat is done, cut a leek in thin slices, and chop a bunch of parsley small, and add it; serve boiled or mashed potatoes with it. This is equal to beef a la mode.

Or, cold beef may be served cut in neat slices, garnished with sprigs of parsley, and made mustard, and tomato catsup in the castor; serve mashed, if not new potatoes, with it, and ripe fruit, or pie, or both, for dessert, for a small family dinner.

SPICED BEEF.

Four pounds of round of beef chopped fine; take from it all fat; add to it three dozen small crackers rolled fine, four eggs, one cup of milk, one tablespoonful ground mace, two tablespoonfuls of black pepper, one tablespoonful melted butter; mix well and put in any tin pan that it will just fill, packing it well; baste with butter and water, and bake two hours in a slow oven.

BROILED BEEFSTEAK.

Lay a thick, tender steak upon a gridiron over hot coals, having greased the bars with butter before the steak has been put on it; (a steel gridiron with slender bars is to be preferred, the broad flat iron bars of gridirons commonly used fry and scorch the meat, imparting a disagreeable flavor). When done on one side, have ready, your platter warmed, with a little butter on it; lay the steak upon the platter with the cooked side down, that the juices which have gathered may run on the platter, but do not press the meat; then lay your beefsteak again upon the gridiron quickly and cook the other side. When done to your liking, put again on the platter, spread lightly with butter, place where it will keep warm for a few moments, but do not let the batter become oily (over boiling steam is best); and then serve on hot plates. Beefsteak should never be seasoned with salt and pepper while cooking. If your meat is tough, pound well with a steak mallet on both sides.

FRIED BEEFSTEAKS.

Cut some of the fat from the steak and put it in a frying pan and set it over the fire; if the steaks are not very tender, beat them with a rolling pin, and when the fat is boiling hot, put the steak evenly in, cover the pan and let it fry briskly until one side is done, sprinkle a little pepper and salt over and turn the other; let it be rare or well-done as may be liked; take the steak on a hot dish, add a wineglass or less of boiling water or catsup to the gravy; let it boil up once, and pour it in the dish with the steak.

BEEFSTEAK PIE.

Take some fine tender steaks, beat them a little, season with a saltspoonful of pepper and a teaspoonful of salt to a two-pound steak; put bits of butter, the size of a hickory nut, over the surface, dredge a teaspoonful of flour over, then roll it up and cut it in pieces, two inches long; put a rich pie paste around the sides and bottom of a tin basin; put in the pieces of steak, nearly fill the

basin with water, add a piece of butter, the size of a large egg, cut small, dredge in a teaspoonful of flour, add a little pepper and salt, lay skewers across the basin, roll a top crust to half an inch thickness, cut a slit in the center; dip your fingers in flour and neatly pinch the top and side crust together all around the edge. Bake one hour in quick oven.

CHICKEN PIE.

Singe the chicken, cut as for a fricassee, remove the crop, entrails and larger bones. Clean the gizzard, heart and liver. Melt enough butter in a granite pan to cover the bottom. Dredge the chicken with salt, pepper and flour; lay the pieces in the butter, and let them warm through. Add one minced onion, if you prefer. Cover with cold water, and simmer one hour, or until the chicken is nearly done. Make a crust with one pint of flour, two teaspoonfuls baking powder, half a teaspoonful salt; wet with milk just stiff enough to roll out. Lay it over the chicken. Butter the inside of the cover, cover tightly, and cook half an hour. Serve in the same dish, or cut the crust in sections and serve all on a platter.

SCALLOPED CHICKEN.

Cut some raw potatoes into balls, or, if you have no French vegetable knife, cut them into uniform rectangular pieces. Parboil for ten minutes in salted water. Take about the same quantity of cold chicken, cut in small pieces. Make a sauce by thickening the chicken water (obtained by stewing the bones and remnants) with corn-starch mixed smoothly with hot butter. Use milk if you have not sufficient liquor. To one pint of liquor add one egg, beaten, and season to taste. Put a layer of meat in a baking-dish, then a layer of potatoes, then sauce to cover them, another layer of each, and cover with cracker crumbs, moistened in melted butter. Bake half an hour.

MINCED CHICKEN.

Cut up the remainder of a cold roast chicken, lay aside any nice meat. Put the bones, skin and any hard, dry meat into a stew pan with cold water to cover; add one small onion, a teaspoonful of mixed herbs, a little salt and pepper and simmer one hour, or until the bones are clean. Strain and remove the fat. Chop the reserved meat and mix with it four mushrooms and the whites of four hard-boiled eggs, chopped fine. Mash the yolks of the eggs, add a table-spoonful of melted butter and mix them gradually with the hot chicken stock. Add the minced meat, and, when hot, pour it over hot buttered toast.

VEAL LOAF.

Chop three pounds and a half of uncooked veal and half a pound of uncooked ham. Put through the meat grinder. Add to them a cupful of dry bread crumbs, level teaspoonful of salt, one table-spoonful of grated onion, half a teaspoonful of pepper, half a teaspoonful of powdered sage. Mix thoroughly and add two eggs, un-beaten. Press the mixture into a square bread pan that has been dipped in cold water. When nicely moulded, turn it out on a greased newspaper in the bottom of a baking pan. Beat one egg, without separating, brush the outside of the loaf with it and then bake in a slow oven for about three hours. Baste once or twice with a little melted butter. This is to be served cold, cut in thin slices.

BAKED HAM.

Soak a ham in cold water over night. Trim it neatly, and cover

it all over with a thick crust of flour and water. Bake slowly eight hours. Remove the crust and skin; cover the top with fine cracker crumbs slightly sweetened. Place in the oven till the crumbs are brown. When cold, cut in very thin slices.

BREAKFAST BACON.

Slice the bacon very thin, cut off the rind and hard part before slicing. Fill a shallow pan with cold sweet potatoes sliced. Cover the potatoes with the bacon and bake until the pork is crisp.

ROAST TURKEY.

Clean carefully, and wipe dry. Stuff with soft bread or cracker crumbs highly seasoned with sage, thyme, salt and pepper; moisten the stuffing with half a cupful of melted butter, and hot water enough to make it quite moist. Add one beaten egg. Some use salt pork chopped fine, but stuffing is more wholesome without it. Oysters, chestnuts, chopped celery, stoned raisins may be added. Fill the breast with dressing, and sew the neck over to the back. Be particular that the turkey is firmly trussed. Dredge it lightly with flour, and put a piece of butter into the basting-ladle; as the butter melts, baste the bird with it. When of a nice brown and well-frothed, serve with a tureen of good brown gravy and one of bread sauce. The liver should be put under one pinion, and the gizzard under the other. Fried sausages are a favorite addition to roast turkey; they make a pretty garnish, besides adding much to the flavor. When these are not at hand, a few force-meat balls should be placed around the dish as a garnish. Turkey may also be stuffed with sausage meat, and a chestnut forcemeat with the same sauce is, by many persons, much esteemed as an accompaniment to this favorite dish.

ROAST SPARE-RIB.

Trim off the rough ends neatly, crack the ribs across the middle, rub with salt and sprinkle with pepper, fold over, stuff with turkey dressing, sew up tightly, place in dripping pan with pint of water, baste frequently, turning over once so as to bake both sides equally until a rich brown.

TO ROAST VEAL.

Rinse the meat in cold water; if any part is bloody, wash it off; make a mixture of pepper and salt; allowing a large teaspoonful of salt, add a saltspoonful of pepper for each pound of meat; wipe the meat dry; then rub the seasoning into every part, shape it neatly, and fasten it with skewers, and put it on a spit, or set it on a trivet or muffin rings, in a pan; stick bits of butter over the whole upper surface; dredge a little flour over, put a pint of water in the pan to baste with, and roast it before the fire in a Dutch oven or reflector, or put it into a hot oven; baste it occasionally, turn it if necessary, that every part may be done; if the water wastes, add more, that the gravy may not burn; allow fifteen minutes for each pound of meat; a piece weighing four or five pounds will, then, require one hour, or an hour and a quarter.

VEAL CUTLETS.

Two or three pounds of veal cutlets, egg and bread crumbs, two tablespoonfuls of minced savory herbs, salt and pepper to taste, a little grated nutmeg. Cut the cutlets about three-quarters of an inch in thickness, flatten them, and brush them over with the yolk of an egg; dip them into bread crumbs and minced herbs, season with pepper and salt and grated nutmeg, and fold each cutlet in a piece of buttered paper. Broil them, and send them to table with melted butter or a good gravy.

TO ROAST A GOOSE.

Having drawn and singed the goose, wipe out the inside with a cloth, and sprinkle in some pepper and salt. Make a stuffing of four good sized onions, minced fine, and half their quantity of green sage leaves, minced also, a large teacupful of grated bread crumbs, a piece of butter the size of a walnut, and the beaten yolks of two eggs, with a little pepper and salt. Mix the whole together, and incorporate them well. Put the stuffing into the goose, and press it in hard; but do not entirely fill up the cavity, as the mixture will swell in cooking. Tie the goose securely round with a greased or wetted string; and paper the breast to prevent it from scorching. The fire must be brisk and well kept up. It will require from two hours to two and a half to roast. Baste it first with a little salt and water, and then with its own gravy. Take off the paper when the goose is about half done, and dredge it with a little flour towards the last. Having parboiled the liver and heart, chop them and put them into the gravy, which must be skimmed well and thickened with a little browned flour. Send apple sauce to table with the goose; also mashed potatoes.

ROAST DUCK.

Wash and dry the duck carefully. Make a dressing of sage and onion; insert, and sew up completely that the seasoning may not escape. If tender, ducks do not require more than an hour to roast. Keep them well basted and a few minutes before serving dredge lightly with flour, to make them froth and look plump. Send to table hot, with a good brown gravy poured, not around, but over them. Accompany with currant jelly, and, if in season, green peas.

ROAST TURKEY.

Carefully pluck the bird, singe it with white paper, and wipe it thoroughly with a cloth; draw it, preserve the liver and gizzard, and be particular not to break the gall bag, as no washing will remove the bitter taste it imparts where it once touches. Wash it inside well, and wipe thoroughly with a dry cloth; the outside merely requires wiping nicely. Cut off the neck close to the back, but leave enough of the crop skin to turn over; break the leg bones close below the knee; draw out the strings from the thighs, and flatten the breast bone to make it look plump. Have ready your dressing prepared of chopped sausage and bread crumbs, mixing in butter, pepper, salt and thyme to flavor. Fill the craw and the body of the turkey with this, and sew up carefully. Dredge with flour and put in the oven to roast, basting freely first with butter and water, then with the gravy from the pan. The time it takes to roast will depend both on the age and the weight of the turkey. If you have a good fire, you will be safe to allow ten minutes or so to the pound. Roast to a fine brown, and serve with the chopped giblets, which should be well stewed; add cranberry sauce.

TO ROAST A FOWL OR CHICKEN.

Have a bright, clear and steady fire, for roasting poultry; prepare it as directed; spit it, put a pint of hot water in the dripping pan, add to it a small tablespoonful of salt, and a small teaspoonful of pepper, baste frequently and let it roast quickly, without scorching; when nearly done, put a piece of butter the size of a large egg to the water in the pan; when it melts, baste with it, dredge a little flour over, baste again, and let it finish; half an hour will roast a

full-grown chicken, if the fire is right. When done take it up, let the giblets (heart, liver, and gizzard) boil tender, and chop them very fine, and put them in the gravy; add a tablespoonful of browned flour, and a bit of butter, stir it over the fire for a few minutes, then serve in a gravy tureen. Or put the giblets in the pan and let them roast.

BROILED CHICKEN.

Prepare in the same way as for boiling, cut them in two through the back, and flatten them; place on a cold gridiron over a nice red fire. After a little time, when they have become thoroughly hot, set them on a plate or other dish, and lard them well with a piece of butter; pepper and salt them to taste, chiefly on the inside, then place them on the brander and continue turning till done—they will take fully twenty minutes. Serve hot, with a little dab of butter and plenty of stewed mushrooms. A delightful dish.

FRIED CHICKEN.

Cut the chicken in pieces, lay it in salt and water, which change several times; roll each piece in flour; fry it in very hot lard or butter, season with salt and pepper; fry parsley with them also. Make a gravy of cream seasoned with salt, pepper and a little mace, thickened with a little flour in the pan in which the chickens were fried, pouring off the lard.

TO CURRY CHICKEN.

Slice an onion and brown in a little butter; add a spoonful of curry powder; allow it to remain covered for a few minutes to cook; add a little more butter and put in chicken, veal, etc., etc., cut up small, thicken with a little flour. This is excellent.

PRESSED CHICKEN.

Cut up the fowls and place in a kettle with a tight cover, so as to retain the steam; put about two teacupfuls of water and plenty of salt and pepper over the chicken, then let it cook until the meat cleaves easily from the bones; cut or chop all the meat (freed from skin, bone and gristle) about as for chicken salad; season well, put into a dish and pour the remnant of the juice in which it was cooked over it. This will jelly when cold, and can then be sliced or set on the table in shape. Nice for tea or lunch. The knack of making this simple dish is not having too much water; it will not jelly if too weak, or if the water is allowed to boil away entirely while cooking.

PORK AND BEANS.

Pick over carefully a quart of beans and let them soak over night; in the morning wash and drain in another water, put on to boil in cold water with half a teaspoonful of soda; boil about thirty minutes (when done the skin of a bean will crack if taken out and blown upon), drain, and put in an earthen pot first a slice of pork and then the beans, with two or three tablespoonfuls of molasses. When the beans are in the pot, put in the center half or three-fourths of a pound of well-washed salt pork with the rind scored in slices or squares, and uppermost; season with pepper and salt if needed; they cannot be baked too long. Keep covered so that they will not burn on the top, but remove cover an hour or two before serving, to brown the top and crisp the pork.

POT ROAST.

Four to six pounds from the middle or face of the rump, the vein, or the round. Wipe with a clean wet cloth. Sear all over

by placing in a hot frying pan and turning till all the surface is browned. Put in a kettle with one cup of water, and place it where it will keep just below the boiling point. Do not let the water boil entirely away, but add only enough to keep the meat from burning. Have the cover fitting closely to keep in the steam. Cook until very tender, but do not let it break. Serve hot or cold. The meat when cold is delicious, cut in quarter-inch slices, and sauted in hot butter.

TO BROIL HAM.

Cut some slices of ham, quarter of an inch thick, lay them in hot water for half an hour, or give them a scalding in a pan over the fire; then take them up, and lay them on a gridiron, over bright coals; when the outside is browned, turn the other; then take the slices on a hot dish, butter them freely, sprinkle pepper over and serve. Or, after scalding them, wipe them dry, dip each slice in beaten egg, and then into rolled crackers, and fry or broil.

FRIED HAM AND EGGS (A BREAKFAST DISH).

Cut the ham into slices, and take care that they are of the same thickness in every part. Cut off the rind, and if the ham should be particularly hard and salt, it will be found an improvement to soak it for about ten minutes in hot water, and then dry it in a cloth. Put it into a cold frying pan, set it over the fire, and turn the slices three or four times whilst they are cooking. When done, place them on a dish, which should be kept hot in front of the fire during the time the eggs are being poached. Poach the eggs, slip them onto the slices of ham, and serve quickly.

SPICED TONGUE OR CALF'S HEART.

Boil a fresh tongue until the skin will peel. Trim off the roots and rub the tongue all over with a mixture of one teaspoonful of allspice, half a teaspoonful each of pepper and ginger, then dredge with flour. Fry one minced onion in two tablespoonfuls butter, then brown the tongue all over. Put it in a stew pan, add flour to the butter left in the pan, and about a pint of water, or enough to make a thin gravy. Pour it over the tongue, add half a cup of raisins and half a cup of Madeira wine or vinegar. Stew till very tender. Pour the gravy, without straining, over the tongue. Prepare a calf's heart in a similar way, without parboiling, and stuff the cavity with raisins, rolled in the spice.

STEWED KIDNEYS.

Soak in cold water, scald, and remove the outside membrane. Cut them through the edge to the center, and remove the hard part. Put them in a stew pan with two bay leaves, four cloves, four peppercorns, teaspoonful of salt, one onion, two tablespoonfuls of vinegar, add water to cover. Simmer until tender. Brown one tablespoonful of butter, add one tablespoonful of flour, and when mixed add one cup of the liquor; season with salt, pepper and lemon juice. Pour this over the kidneys, and serve very hot.

ROAST PORK.

The chine, or loin, and the spare-ribs, are the best pieces for roasting. Rub well with pepper, or sage, salt and flour, and bake twenty minutes for each pound. Baste often, and do not have the oven as hot as for other meat. Roast pork is more wholesome when eaten cold.

MEAT AND POTATO PIE.

Chop any kind of cold meat very fine; season it highly, and moisten with gravy, stock, or butter and hot water. Put it in a dish, cover with mashed and seasoned potato. Brush over with cream or beaten



CINNAMON ROLLS

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egg, and bake about half an hour. Unless the meat be very tender it is best to cook again in water to cover until tender; then cut (not chop) into small pieces, and use the liquor in which it was boiled for the gravy.

BEEF SMOTHERED IN TOMATO.

Cut an onion fine, and fry it slowly in one tablespoonful of butter in a stew pan. Add one pint of strained tomatoes, one teaspoonful salt, one saltspoonful pepper, and one pound of beef, cooked or uncooked, cut in small pieces. Simmer very slowly until the meat is tender.

BEEF HEART BAKED OR ROASTED.

Cut a beef heart in two, take out the strings from the inside; wash it with warm water, rub the inside with pepper and salt, and fill it with a stuffing made of bread and butter moistened with water, and seasoned with pepper and salt, and, if liked, a sprig of thyme made fine; put it together and tie a string around it, rub the outside with pepper and salt; stick bits of butter on, then dredge flour over, and set it on a rivet, or muffin rings, in a dripping pan; put a pint of water in to baste with, then roast it before a hot fire, or in a hot oven; turn it around and baste frequently. One hour will roast or bake it; when done, take it up, cut a lemon in thin slices, and put it in the pan with a bit of butter dredged in a teaspoonful of flour; let it brown; add a small teacup of boiling water, stir it smooth, and serve in a gravy tureen.

BEEF KIDNEY.

Cut the kidney into thin slices, flour them, and fry to a nice brown. When done, make a gravy in the pan by pouring away the fat, putting in a small piece of butter, one-quarter of a pint of boiling water, pepper, and salt, and a tablespoonful of mushroom catsup. Let the gravy just boil up, pour over the kidney, and serve.

POTTED BEEF.

Two pounds of lean beef, one tablespoonful of water, one quarter pound of butter, a seasoning to taste of salt, cayenne, pounded mace, and black pepper. Procure a nice piece of lean beef, as free as possible from gristle, skin, etc., and put it into a jar (if at hand, one with a lid) with one teaspoonful of water. Cover it closely, and put the jar into a sauce pan of boiling water, letting the water come within two inches of the top of the jar. Boil gently for three and a half hours, then take the beef, chop it very small with a chopping knife, and pound it thoroughly in a mortar. Mix with it by degrees all or a portion of the gravy that will have run from it, and a little clarified butter; add the seasoning, put it in small pots for use, and cover with a little butter just warmed and poured over. If much gravy is added to it, it will keep but a short time; on the contrary, if a large proportion of butter is used, it may be preserved for some time.

BOILED TONGUE.

One tongue, a bunch of savory herbs, water. In choosing a tongue, ascertain how long it has been dried or pickled, and select one with a smooth skin, which denotes its being young and tender. If a dried one, and rather hard, soak it at least for twelve hours previous to cooking it; if, however, it is fresh from the pickle, two or three hours will be sufficient for it to remain in soak. Put the

tongue into a stew pan with plenty of cold water and a bunch of savory herbs; let it gradually come to a boil, skim well, and simmer very gently until tender. Peel off the skin, garnish with tufts of cauliflowers or Brussels sprouts, and serve. Boiled tongue is frequently sent to table with boiled poultry, instead of ham, and is, by many persons, preferred. If to serve cold, peel it, fasten it down to a piece of board by sticking a fork through the root, and another through the top, to straighten it. When cold, glaze it, and put a paper ruche around the root, and garnish with tufts of parsley.

SAGE-AND-ONION STUFFING, FOR GEESE, DUCKS, AND PORK.

Four large onions, ten sage leaves, one-quarter pound of bread crumbs, one and one-half ounce of butter, salt and pepper to taste, one egg. Peel the onions, put them into boiling water, let them simmer for five minutes or rather longer, and, just before they are taken out, put in the sage leaves for a minute or two to take off their rawness. Chop both these very fine, and the bread, seasoning and butter, and work the whole together, with the yolk of an egg, when the stuffing will be ready for use. It should be rather highly seasoned, and the sage leaves should be finely chopped. Many cooks do not parboil the onions in the manner just stated, but merely use them raw. The stuffing then, however, is not nearly so mild, and, to many tastes, its strong flavor would be very objectionable. When made for goose, a portion of the liver of the bird, simmered for a few minutes and very finely minced, is frequently added to this stuffing; and where economy is studied, the egg may be dispensed with.

Fish

TO FRY OR BROIL FISH PROPERLY.

After the fish is well cleansed, lay it on a folded towel, and dry out all the water. When well wiped and dry, roll it on wheat flour, rolled crackers, grated stale bread or Indian meal, whichever may be preferred; wheat flour will generally be liked.

Have a thick-bottomed frying-pan or spider, with plenty of sweet lard salted, (a tablespoonful of salt to each pound of lard), for fresh fish which have not been previously salted; let become boiling hot, then lay the fish in and let it fry gently, until one side is a fine delicate brown, then turn the other, when both are done, take it up carefully and serve quickly, or keep it covered with a tin cover, and set the dish where it will keep hot.

Salmon should have a fine red flesh and gills; the scales should be bright, and the whole fish firm. Many persons think that salmon is improved by keeping a day or two.

Cod should be judged by the redness of the gills, the whiteness, stiffness, and firmness of the flesh, and the clear freshness of the eyes; these are the infallible proofs of its being good. The whole fish should be thick and firm.

White fish may be had good almost throughout the year; but the time in which they are in their prime is early in the year. The white fish is light and delicate, and in choosing it you must examine whether the fins and flesh be firm.

Fresh water fish may be chosen by similar observations respecting the firmness of the flesh, and the clear appearance of the eyes, as salt water fish.

In a lobster lately caught, you may put the claws in motion by pressing the eyes, but when it has been long caught the muscular action is not excited. The freshness of boiled lobsters may be determined by the elasticity of their wholesomeness. Their goodness, independent of freshness, is determined by their weight.

Crabs, too, must be judged of by their weight, for when they prove light, the flesh is generally found to be wasted and watery. If in perfection, the joints of the legs will be stiff, and the body will have an agreeable smell. The eyes, by a dull appearance, betray that the crab has been long caught.

SALMON AND CAPER SAUCE.

Two slices of salmon, one-quarter pound of butter, one-half teaspoonful of chopped parsley, one shallot, salt, pepper and grated nutmeg to taste. Mode: Lay the salmon in a baking-dish, place pieces of butter over it, and add the other ingredients, rubbing a little of the seasoning into the fish; baste it frequently. When done, take it out and drain for a minute or two, lay it in a dish, pour caper sauce over it, and serve. Salmon dressed in this way, with tomato sauce, is very delicious.

SALMON CUTLETS.

Cut the slices one inch thick, and season them with pepper and salt, butter a sheet of white paper, lay each slice on a separate sheet, with their ends twisted; broil gently over a clear fire and serve with anchovy or caper sauce. When higher seasoning is required, add a few chopped herbs and a little spice.

BOILED COD.

Lay the fish in cold water, a little salt, for half an hour; wipe dry and sew in a linen cloth, coarse and clean, fitted to the shape

of the piece of cod. Have but one fold over each part. Lay in the fish-kettle, cover with boiling water, salted at discretion. Allow nearly an hour for a piece weighing four pounds.

COD PIE.

Any remains or cold cod, twelve oysters, sufficient melted butter to moisten it, mashed potatoes enough to fill up the dish. Mode: Flake the fish from the bones and carefully take away all the skin. Lay it in a pie dish, pour over the melted butter and oysters, (or oyster sauce, if there is any left), and cover with mashed potatoes. Bake for half an hour, and send to table of a nice brown color.

FRIED TROUT.

They must, of course, be nicely cleaned and trimmed all around, but do not cut off their heads. Dredge them well with flour and fry in a pan of boiling hot fat or oil. Turn them from side to side till they are nicely browned, and quite ready. Drain off all the fat before sending the fish to table; garnish with a few sprigs of parsley and provide plain melted butter. If preferred, the trout can be larded with beaten egg and be then dipped in bread-crumbs. The frying will occupy from five to eight minutes, according to size. Very large trout can be cut in pieces.

TROUT IN JELLY. (Or other fish.)

This is a beautiful supper dish, and may be arranged as follows: Turn the fish into rings, with tail in mouth. Prepare a seasoned water in which to boil the trout; the water should have a little vinegar and salt in it, and may be flavored with a shallot or a clove of garlic. When the water is cold, place the trout in and boil them very gently, so as not to hash or break them. When done, lift out and drain. Baste with fish jelly, for which a recipe is given elsewhere, coat after coat, as each coat hardens. Arrange neatly and serve.

BROILED WHITE-FISH. (Fresh.)

Wash and drain the fish; sprinkle with pepper and lay with the inside down upon the gridiron, and broil over fresh bright coals. When a nice brown, turn for a moment on the other side, then take up and spread with butter. This is a very nice way of broiling all kinds of fish, fresh or salted. A little smoke under the fish adds to its flavor. This may be made by putting two or three cobs under the gridiron.

BAKED WHITE-FISH.

Fill the fish with a stuffing of fine bread-crumbs, and a little butter; sew up the fish, sprinkle with butter, pepper and salt. Dredge with flour and bake one hour, basting often, and serving with parsley sauce or egg sauce.

SALT MACKEREL WITH CREAM SAUCE.

Soak overnight in lukewarm water, changing this in the morning for ice-cold. Rub all the salt off and wipe dry. Grease your gridiron with butter, and rub the fish on both sides with the same, melted. Then broil quickly over a clear fire, turning with a cake-turner so as not to break it. Lay upon a hot water dish and cover until the sauce is ready. Heat a small cup of milk to scalding, stir into it a teaspoonful of corn-starch wet up with a little water. When this thickens, add two tablespoonfuls of butter, pepper and

salt, and chopped parsley. Beat an egg light, pour the sauce gradually over it, put the mixture again over the fire and stir one minute, not more. Pour upon the fish and let all stand, covered, over the hot water in the chafing-dish. Put fresh boiling water under the dish before sending to table.

FRICASSEED EELS.

After skinning, cleaning and cutting five or six eels in pieces of two inches in length, boil them in water nearly to cover them, until tender, then add a good-sized bit of butter, with a teaspoonful of wheat flour or rolled cracker, worked into it, and a little scalded and chopped parsley; add salt and pepper to taste, and a wine-glassful of vinegar if liked; let them simmer for ten minutes and serve hot.

FRIED EELS.

After cleaning the eels well, cut them in pieces two inches long; wash them and wipe them dry, roll them in wheat flour or rolled cracker, and fry as directed for other fish, in hot lard or beef dripping, salted. They should be browned all over and thoroughly done. Eels may be prepared in the same manner and broiled.

BOILED FISH.

Clean and cut in pieces for serving. Put one cupful vinegar, one quart water, two onions, the rind of half a lemon, one tablespoonful of salt, and three bay-leaves in a kettle. Boil fifteen minutes. Strain and put the liquor on to boil again, and when boiling add the pieces of fish and cook until done. Thicken one cup of the boiling liquor with one tablespoonful of flour and butter, and pour it over the fish.

A FISH LEFT OVER.

Take what is left of boiled or baked fresh fish, remove the bones and skin, and warm it in hot milk enough to moisten. Turn it out on a platter. Poach three or four eggs, lay them on the fish. Mix one tablespoonful of chopped parsley, a few grains of cayenne, a little salt, with two tablespoonfuls of butter melted. Pour this evenly over the eggs, and serve at once, and very hot.

FISH AND MACARONI SCALLOP.

Put into a buttered baking-dish, in layers, equal parts of cold cooked fish and cold boiled macaroni, cut fine. For one pint of the mixture, make one cupful of tomato-sauce. Fry one teaspoonful of minced onion in one tablespoonful of butter, add one even tablespoon flour and one cup of stewed tomato. Salt and pepper to taste. Strain it over the fish. Cover with three-fourths of a cup of cracker-crumbs moistened in melted butter. Bake until the crumbs are brown.

FISH CAKES.

Take what is left of picked-up salt codfish, also the cream; add twice as much cooked potato and more salt and pepper. Chop very fine, and mash until potato and fish are thoroughly blended. Add more potato or soft breadcrumbs if too moist, an egg if too dry. Shape into small flat cakes. Roll them in flour, and fry them in hot salt-pork fat.

SALMON TIMBALES.

One pound can of salmon, one-half cup soft breadcrumbs, one tablespoonful butter melted, one tablespoonful lemon juice, one-half

saltspoonful cayenne, four eggs. Remove the bones and skin and chop the salmon fine. Mix with it the crumbs, butter, and seasoning, and moisten with the beaten eggs. Pack it closely in small buttered tin cups, set them in a pan of hot water, and cook in the oven half an hour. Turn out on a platter, pour Hollandaise sauce around them, and stick a sprig of parsley in each timbale.

BAKED FISH.

Clean, wipe and dry the fish; rub with salt; stuff and sew. Cut gashes two inches apart, on each side. Skewer into shape of S, and put it on the fish sheet. Rub all over with soft butter, salt and pepper. Put narrow strips of fat salt pork in the gashes. Dredge well with flour. Put it into a hot oven without water; baste when the flour is browned, and baste often afterwards. Remove it carefully from the fish sheet and place it on a hot platter. Draw out the strings or skewer, wipe off all the water or fat which runs from the fish, and remove the pieces of pork. Pour Hollandaise sauce around (not over) the fish, or serve a drawn-butter sauce, flavored with lemon, in a sauce boat; and pile Saratoga potatoes lightly around the fish. Garnish the head of the fish with parsley or watercresses.

BROILED FRESH MACKEREL.

Clean, split down the back, sprinkle with salt and lemon juice. Broil on a well greased gridiron until the inside flesh is white and the outside nicely browned. Open the broiler, leaving the skin side uppermost. Put a platter over the fish, invert and remove the gridiron. Season with butter, salt and Worcestershire sauce or lemon juice.

BAKED FISH.

Spread some butter over a dripping pan, sprinkle over it one onion, minced fine, lay on this a thin slice of halibut to any small, whole fish, split down the middle. Add one tablespoonful of vinegar and spread thickly with butter. Bake until done, the time depending upon the thickness of the fish. Remove to a platter. Add flour to the butter left in the pan and when well mixed add water until it is the desired consistency; add three or four minced mushrooms or pickles. Pour this over the fish. Garnish with lemon-points and parsley.

STUFFING FOR BAKED FISH.

Weighing From Four to Six Pounds.

One cupful cracker crumbs. One saltspoonful salt and one of pepper. One teaspoonful chopped onion, chopped parsley, capers and pickles. One half cupful melted butter. This makes a dry, crumbly stuffing. If a moist be desired, use stale (not dried) bread crumbs, and moisten with one beaten egg, and the butter, or moisten the crackers with warm water.

BAKED COD.

One large cupful of boiled fish, mashed fine, one small cup mashed potatoes, four hard boiled eggs, cut in quarters, one tablespoonful of butter, one small cup of cream or rich milk, two well beaten eggs. Season with pepper and bake in quick oven until well browned.

PLATTERED SALMON.

Pick bones from one can of salmon. spread over the bottom of platter. Cover this with a layer of rolled crackers. Put a lump

of butter, size of an egg, on the stove into a pan, when melted stir into this, one large tablespoonful of flour until it browns a little; a pinch of salt and enough milk to make moderately thick; when boiled, pour over the salmon; have boiled potatoes, hot, cooked in salt water and rice them to the thickness of one inch over the whole; put the platter into the oven and let brown on top and serve on platter.

BAKED FISH. (Delicious.)

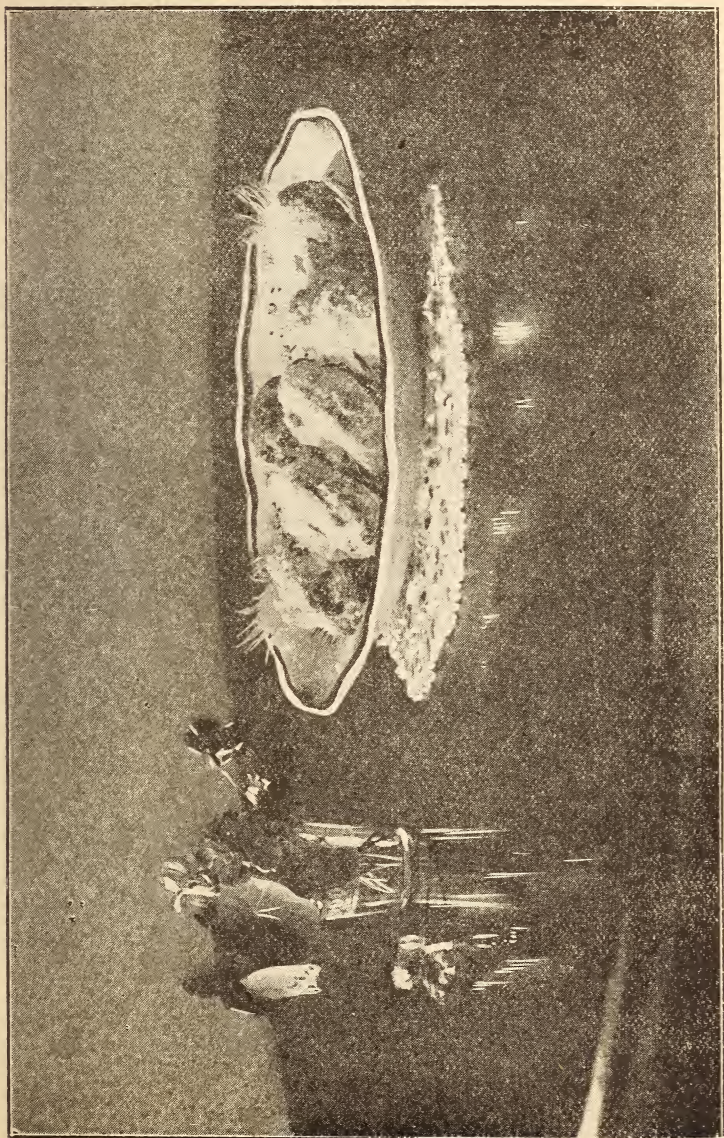
Take a good white fish, salt well, cut three slits in side of fish, put slices of bacon in, lay the fish on slices of bacon, also put skewers through fish to hold in position after dressing is in. Add hot water, bake in own juice.

DRESSING FOR FISH.

Two cupfuls of cracker crumbs, three sweet pickles minced, one teaspoonful of capers, two tablespoonfuls of onion cooked in one tablespoonful of butter, stir well, bake the fish forty-five minutes in a slow oven.

TARTARE SAUCE FOR FISH OR MEATS.

Take yolks of two raw eggs, one-half teaspoonful of dry mustard, one-half teaspoonful salt, pinch of paprika. Beat well together and add carefully a little oil of vinegar, alternately, until it becomes thick, then add a few chopped pickles or olives and capers and a little chopped onion.



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BATTER NUTS

Oysters

OYSTERS ON THE SHELL.

Wash the shells and put them on hot coals or upon the top of a hot stove, or bake them in a hot oven; open the shells with an oyster-knife, taking care to lose none of the liquor, and serve quickly on hot plates, with toast. Oysters may be steamed in the shells, and are excellent eaten in the same manner.

OYSTERS STEWED WITH MILK.

Take a pint of fine oysters, put them with their own liquor, and a gill of milk into a stew-pan, and if liked, a blade of mace; set it over the fire, take off any scum which may arise; when they are plump and white turn them into a deep plate; add a bit of butter, and pepper to taste. Serve crackers and dressed celery with them. Oysters may be stewed in their own liquor without milk.

OYSTERS FRIED IN BATTER.

Half pint of oysters, two eggs, half pint of milk, sufficient flour to make the batter; pepper and salt to taste; when liked, a little nutmeg; hot lard. Scald the oysters in their own liquor, bread them, and lay them on a cloth to drain thoroughly. Break the eggs into a basin, mix the flour with them, add the milk gradually, with nutmeg and seasoning, and put the oysters in a batter. Make some lard hot in a deep frying-pan, put in the oysters, one at a time; when done, take them up with a sharp-pointed skewer, and dish them on a napkin. Fried oysters are frequently used for garnishing boiled fish, and then a few bread crumbs should be added to the flour.

ESCALLOPED OYSTERS.

Two tablespoonfuls of white stock, two tablespoonfuls of cream; pepper and salt to taste; bread crumbs, oiled butter. Scald the oysters in their own liquor, take them out, bread them and strain the liquor free from grit. Put the one ounce of butter into a stew pan; when melted, dredge in sufficient flour to dry it up; add the stock, cream and strained liquor, and give one boil. Put in the oysters and seasoning; let them gradually heat through, but not boil. Have ready the scallop shells buttered; lay in the oysters, and as much of the liquid as they will hold; cover them over with bread crumbs, over which drop a little oiled butter. Brown them in the oven, or before the fire, and serve quickly, and very hot.

FRIED OYSTERS.

Take large oysters from their own liquor on to a thickly folded napkin to dry them off; then make a tablespoonful of lard or beef fat hot, in a thick bottomed frying-pan; add to it half a saltspoonful of salt; dip each oyster in wheat flour, or cracker rolled fine, until it will take up no more, then lay them in the pan, hold it over a gentle fire until one side is a delicate brown; turn the other by sliding a fork under it; five minutes will fry them after they are in the pan. Oysters may be fried in butter, but it is not so good; lard and butter half and half is very nice for frying. Some persons like a very little of the oyster liquor poured in the pan after the oysters are done; let it boil up, then put it in the dish with the oysters; when wanted for breakfast, this should be done. Oysters to be fried, after drying as directed, may be dipped into beaten egg first, then into rolled cracker.

OYSTER PATTIES.

Make some rich puff paste and bake it in very small tin patty pans; when cool, turn them out upon a large dish; stew some large fresh oysters with a few cloves, a little mace and nutmeg; then add the yolk of one egg, boiled hard and grated; add a little butter, and as much of the oyster liquid as will cover them. When they have stewed a little while, take them out of the pan, and set them to cool. When quite cold, lay two or three oysters in each shell of puff paste.

BROILED OYSTERS.

Drain the oysters well and dry them with a napkin. Have ready a griddle hot and well buttered; season the oysters; lay them to griddle and brown them on both sides. Serve them on a hot plate with plenty of butter.

OYSTER STUFFING.

One pint of oysters, one cup of seasoned and buttered cracker crumbs. Drain and roll each oyster in the crumbs. Fill the fish with the oysters, and sprinkle the remainder of the crumbs over the oysters.

OYSTER STEW.

Boil one cup of strained oyster liquor and half a cup of water. Skim, add half a teaspoonful of salt, half a saltspoonful of pepper, one tablespoonful of butter, and one tablespoonful rolled cracker. When it begins to boil, add one quart of oysters. Boil one minute. Put half a cup of cream or cold milk into the tureen, and pour the boiling stew over it.

GRIDDLED OYSTERS.

Select large oysters, dry them in a cloth. Have a griddle hot and slightly greased. Mix a large tablespoonful of butter with salt, cayenne and lemon juice; put them in a shallow dish near the griddle. Put the dry oysters on the hot griddle, brown on each side, lay them in the butter. Serve at once.

OYSTER OMELET.

Put six large or twelve small oysters in a pan over the fire and heat until the juice flows. Drain off the juice and cut each oyster into small bits. Season with salt and cayenne. Cook one teaspoonful of flour in one tablespoonful of butter, add the oyster liquid. Stir this into the well-beaten yolks of three eggs, add the oysters, and the whites beaten till stiff. Cook in a hot omelet pan, and when brown underneath place on the grate in the oven to dry the top. Fold over and turn them out.

DEVEILED OYSTERS.

Drain the oysters, cover them with lemon juice, melted butter, and a sprinkling of cayenne. Let them stand fifteen minutes, turn them occasionally. Dip them in fine crumbs, beaten egg and crumbs, and fry in deep fat.

ESCALLOPED OYSTERS.

Heat the strained liquor from a quart of oysters with one cup of milk. Melt in it quarter of a cup of butter. Cover the bottom of a buttered baking dish with cracker crumbs, wet them with the but-

ter and milk, then add a layer of oysters, salt and pepper; then crumbs again and oysters, having a thick layer of crumbs on the top. Beat one egg, stir it into the milk that is left, and pour it over. Bake about half an hour.

BAKED OYSTERS.

Put a round of toasted bread into a small baking cup or dish. Spread with butter and fill the cup with oysters. Season with salt, pepper and butter. Fill as many cups as are required, place them in a baking pan in the oven, cover with a pan, and bake about ten minutes, or till the oysters are plump.

OYSTER PIE.

One cup flour, heaping; one saltspoonful salt, one teaspoonful baking powder, one tablespoonful butter, melted; one-half cupful of milk. Mix salt and baking powder with the flour. Put the melted butter with the milk, and stir them into the flour, mixing as soft as can be handled. Roll out to fit the top of the dish. Fill a deep pudding dish with oysters, dredge each layer with flour, salt, pepper and butter. Cover with the crust, leave an air-hole in the center, and bake quickly.

OYSTER PIE.

One cup bread crumbs, one cup milk, two eggs, two tablespoonfuls butter, two tablespoonfuls chopped mushrooms, one teaspoonful salt, one-half saltspoonful pepper, one-half saltspoonful mace, one quart oysters. Soak the bread in the milk, and the beaten eggs and other ingredients, and mix all thoroughly with the oysters. Turn into a deep dish lined with thin paste, and cover with puff paste. Ornament the top with fancy shapes of paste; leave an opening in the center. Bake slowly until the crust is browned.

Sauces for Meats and Fish

DRAWN BUTTER SAUCE.

One pint hot water or white stock, one-half cup butter, scant; two tablespoonfuls flour, one-half teaspoonful salt, one-half saltspoonful pepper. Put half the butter in a saucepan; be careful not to let it become brown; when melted, add the dry flour, and mix well. Add the hot water, a little at a time, and stir rapidly as it thickens. When perfectly smooth, add the remainder of the butter, one small piece at a time, and stir till it is absorbed. Add the salt and pepper. When carefully made, this sauce should be free from lumps; but if not smooth, strain it before serving.

BROWN SAUCE.

One pint hot stock. Two tablespoonfuls minced onion, two tablespoonfuls butter, two heaping tablespoonfuls flour, one-half teaspoonful salt, one-half saltspoonful pepper, one tablespoonful lemon juice. Caramel enough to color. Mince the onion and fry it in the butter five minutes. Be careful not to burn it. When the butter is brown, add the dry flour and stir well. Add the hot stock a little at a time, and stir rapidly as it thickens, until perfectly smooth. Add the salt and pepper, using more if high seasoning be desired. Simmer five minutes, and strain to remove the onion. The stock for brown sauces may be made from bones and remnants of any kind of meat by soaking them in cold water, and boiling until the nutriment is extracted. The onion may be omitted if the flavor be not desired; but the sauce is better with it, if it be not burned. By the addition of different seasoning materials to this brown sauce, a great variety of sauces may be made. Half the quantity given is sufficient for most entrees, or to use for any purpose in a small family. Be very careful not to burn the butter, as the desired color can better be obtained by adding caramel.

WHITE SAUCE.

One cup hot milk, cream or white stock. One tablespoonful butter, one tablespoonful flour or cornstarch, one-half teaspoonful salt, one-half saltspoonful pepper. Melt the butter in a granite saucepan. When it bubbles stir in the dry flour. Add one-third of the milk. Stir as it thickens, and when well mixed add another third. Let it boil, and stir till smooth. Be sure the lumps are all out, then add the remainder of the milk and the seasoning. This may be made thicker for croquettes and patties, or thinner, when desired, by varying the flour or milk; but the above is the average proportion. Celery salt, capers, lemon juice, parsley, cayenne, onion, mushrooms, curry powder or mustard may be used for flavoring. Chopped cooked celery, hard boiled eggs, or lobster, oysters or shrimps, give other varieties, and a well beaten yolk of egg stirred in as it is taken from the fire makes it richer.

TARTARE SAUCE (HOT, FOR BROILED FISH).

One tablespoonful vinegar, one teaspoonful lemon juice, one saltspoonful salt, one tablespoonful Worcestershire sauce, one-half cup butter. Mix the vinegar, lemon juice, salt and Worcestershire sauce in a small bowl, and heat over hot water. Brown the butter in an omelet pan, strain into the other mixture.

FISH SAUCE.

One teaspoonful mustard, cornstarch, sugar and salt, one saltspoonful pepper, yolks of two eggs, one cup water, vinegar and one large tablespoonful butter. Mix the first five articles, add the whole yolks, and beat well. Heat the vinegar and water, add a little of

it to the eggs, then put all together and cook over hot water until it thickens; add the butter and stir till melted and well blended. Serve with boiled halibut.

GRAVY FOR ROAST BEEF.

To make it in the pan, pour off nearly all the fat. Put the pan on the stove and add dry flour until the fat is all absorbed. Then add hot water or hot stock, and stir as it thickens. Cook five to eight minutes, season and strain.

ONION SAUCE FOR ROAST DUCKS.

Boil six onions until very soft. Change the water twice. Drain and rub the onion through a sieve. Add one cup of hot milk, a tablespoon of butter, and salt and pepper to taste.

TO MAKE DRAWN BUTTER

Put half a pint of milk in a perfectly clean stew pan, and set it over a moderate fire; put into a pint bowl a heaping tablespoonful of wheat flour, quarter of a pound of sweet butter, and a salt-spoonful of salt; work these well together with the back of a spoon then pour into it, stirring all the time, half a pint of boiling water; when it is smooth, stir it into the boiling milk, let it simmer for five minutes or more, and it is done. Drawn butter made after this recipe will be found to be most excellent; it may be made less rich by using less butter.

MINT SAUCE.

Mix one tablespoonful of white sugar to half a teacupful of good vinegar; add the mint and let it infuse for half an hour in a cool place before sending to the table. Serve with roast lamb or mutton.

CELERY SAUCE.

Mix two tablespoonfuls of flour with half a teacup of butter; have ready a pint of boiling milk; stir the flour and butter into the milk; take three heads of celery, cut into small bits, and boil for a few minutes in water, which strain off; put the celery into the melted butter, and keep it stirred over the fire for five or ten minutes. This is very nice with boiled fowl or turkey.

BREAD SAUCE.

One pint milk, one cup bread crumbs (very fine), one onion, sliced, a pinch of mace, pepper and salt to taste, three tablespoonfuls butter. Simmer the sliced onion in the milk until tender; strain the milk and pour over the bread crumbs, which should be put into a saucepan. Cover and soak half an hour; beat smooth with an egg-whip, add the seasoning and butter; stir it well, boil up once, and serve in a tureen. If it is too thick, add boiling water and more butter. This sauce is for roast poultry. Some people add some of the gravy from the dripping pan, first straining it and beating it well in the sauce.

PARSLEY SAUCE.

Make a drawn butter as directed, dip a bunch of parsley into boiling water, then cut it fine, and stir into the drawn butter a few minutes before taking it up.

EGG SAUCE.

Make a drawn butter; chop two hard-boiled eggs quite fine, the white and yolk separately, and stir it into the sauce before serving. This is used for boiled fish or vegetables.

MINT JELLY.

Let one tablespoonful of granulated gelatine stand for some time in cold water to cover. Boil one cup of granulated sugar and one cup of vinegar five or six minutes. Add the softened gelatine and one-fourth a teaspoonful, each, of salt and paprika, and stir until the gelatine is dissolved. Then add three-fourths of a cupful of mint leaves, chopped fine, and enough green vegetable color (liquid) to tint as desired. Set the dish into ice and water, and stir occasionally, until the mixture begins to thicken. Then turn into small molds or wineglasses, and set aside to become firm. When turned from the molds, garnish with tips from two or three stalks of mint.

Game Dishes

Fowls, when they are young, the combs and the legs will be smooth, and rough when they are old.

A young turkey has a smooth black leg; in an old one the legs are rough and reddish. If the bird be fresh killed the eyes will be full and fresh, and the feet moist.

In geese, when they are young, the bills and the feet are yellow and have a few hairs upon them, but they are red if the bird be old. The feet of a goose are pliable when the bird is fresh killed, and dry and stiff when it has been killed some time. Geese are called green till they are two or three months old.

Ducks should be chosen by the feet, which should be supple; and they should also have a plump and hard breast. The feet of a tame duck are yellowish, those of a wild one reddish.

Pigeons should always be eaten while they are fresh; when they look flabby and discolored about the under part, they have been kept too long. The feet, like those of poultry, show the age of the bird; when they are supple, it is young; when stiff, it is old. Tame pigeons are larger than wild ones.

FRICASSEED RABBITS.

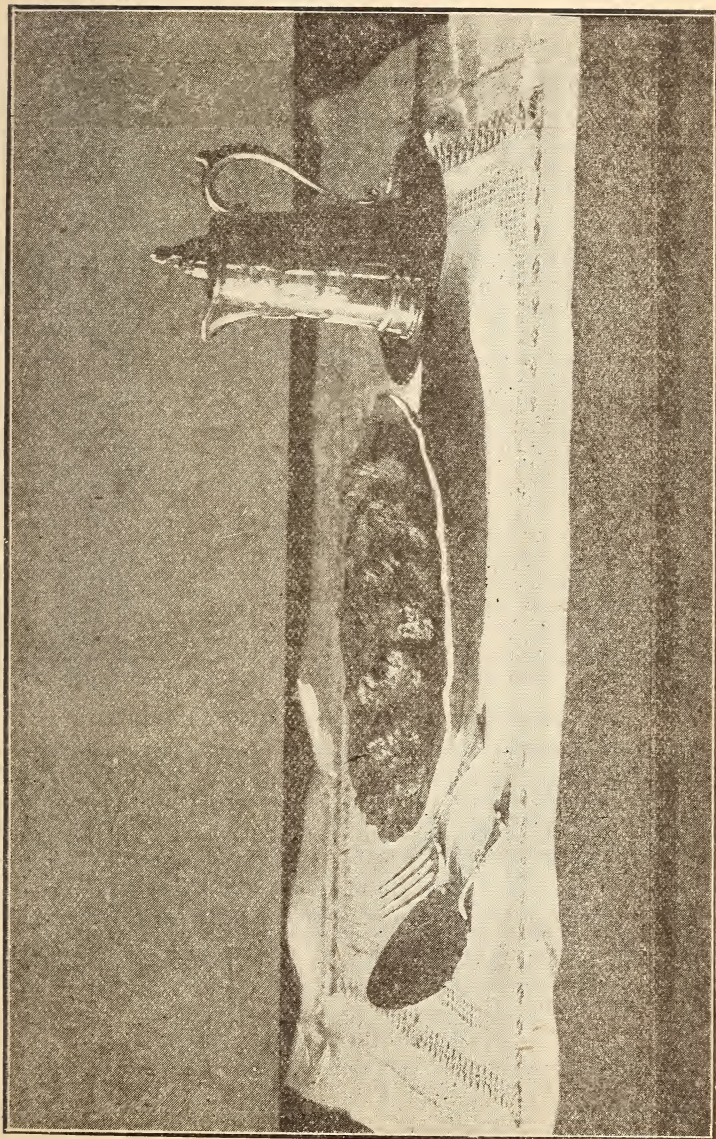
The best way of cooking rabbits is to fricassee them. Cut them up, or disjoint them. Put them into a stew pan; season them with cayenne pepper, salt and some chopped parsley. Pour in a pint of warm water (or of veal broth, if you have it), and stew it over a slow fire till the rabbits are quite tender; adding (when they are about half done) some bits of butter rolled in flour. Just before you take it from the fire, enrich the gravy with a gill or more of thick cream with some nutmeg grated into it. Stir the gravy well, but take care not to let it boil after the cream is in it, lest it curdle. Put the pieces of rabbit on a hot dish, and pour the gravy over them.

STEWED RABBIT, LARDED.

One rabbit, a few strips of bacon, rather more than one pint of good broth or stock, a bunch of savory herbs, salt and pepper to taste, thickening of butter and flour, one glass of sherry. Well wash the rabbit, cut it into quarters, lard them with slips of bacon, and fry them; then put them into a stew pan with the broth, herbs, and a seasoning of salt and pepper; simmer gently until the rabbit is tender, then strain the gravy, thicken it with butter and flour, add the sherry, give one boil, pour it over the rabbit, and serve. Garnish with slices of one lemon.

ROAST PARTRIDGE.

Choose young birds, with dark-colored bills, and yellowish legs, and let them hang a few days, or there will be no flavor to the flesh, nor will it be tender. The time they should be kept entirely depends on the taste of those for whom they are intended, as what some persons would consider delicious, would be to others disgusting and offensive. They may be trussed with or without the head, the latter mode being now considered the most fashionable. Pluck, draw, and wipe the partridge carefully inside and out; cut off the head, leaving sufficient skin on the neck to skewer back; bring the legs close to the breast, between it and the side-bones, and pass a skewer through the pinions and thick part of the thighs. When the head is left on, it should be brought around and fixed on to the point of the skewer. When the bird is firmly and plumply trussed, roast it before a nice bright fire; keep it well basted, and a few



FRIED RICE MUSH

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minutes before serving, flour and froth it well. Dish it, and serve with gravy and bread sauce, and send to table hot and quickly. A little of the gravy should be poured over the bird.

ROAST QUAIL.

Pluck and draw the birds, rub a little butter over them, tie a strip of bacon over the breast, and set them in the oven for twenty to twenty-five minutes.

ROAST PRAIRIE CHICKEN.

The bird being a little strong, and its flesh when cooked a little dry, it should be either larded or wide strips of bacon or pork placed over its breast. A mild seasoned stuffing will improve the flavor of old birds. Dust a little flour over them, baste occasionally, and serve. Pheasants may be managed in the same manner. Prairie chickens, as well as wild turkeys, should be kept without feeding them for at least twelve hours before they are killed; but, of course, it often happens that their crops as distended by a recent hearty meal of rank or green food. When cooking wild turkey, wipe the cavity with a dry, soft cloth before you stuff. Have a rich forcemeat, bread crumbs, some bits of fat pork, chopped fine, pepper and salt. Moisten with milk, and beat in an egg and a couple of tablespoonfuls of melted butter. Baste with butter and water for the first hour, then three or four times gravy; lastly five or six times with melted butter. An able housekeeper told me once that she always allowed a pound of butter for basting a large wild turkey. This was an extravagant quantity, but the meat is drier than that of the domestic fowl, and not nearly so fat. Dredge with flour at the last, froth with butter, and when he is of a tempting brown, serve. Skim the gravy, add a little hot water, pepper, thicken with the giblets chopped fine and browned flour, boil up, and pour into a tureen. At the South the giblets are not put in the gravy, but laid whole, one under each wing, when the turkey is dished. Garnish with small fried sausages, not larger than a dollar, crisped parsley between them. Send around currant jelly and cranberry sauce with it when served.

TO ROAST SNIPES, WOODCOCKS OR PLOVERS.

Pick them immediately; wipe them, and season them slightly with pepper and salt. Cut as many slices of bread as you have birds. Toast them brown, butter them, and lay them in the pan. Dredge the birds with flour, and put them in the oven with a brisk fire. Baste them with lard, or fresh butter. They will be done in twenty or thirty minutes. Serve them up laid on the toast, and garnished with sliced oranges, or with orange jelly.

DEVILED DUCK.

Split the duck, prick it all over with a fork, cover it either with mustard and cayenne pepper, diabolipaste, or Chetney, and broil it. Serve with a glass of lemon-pickle, one of wine, and one of ketchup, warmed with three tablespoonfuls of gravy. If Chetney be used the sauce will not require sugar, otherwise add a dessertspoonful of powdered white sugar.

SCORCHED DUCK.

Cut half a dozen turnips, and scorch or fry them with a duck in butter in a stew pan: then take out the turnips, and allow the duck to stew gently until quite tender; adding a little water, an onion, and pepper and salt, a bay leaf, a few sage leaves, and a sprig of thyme. When the duck is tender, strain and thicken the sauce, add the turnips to it, and serve it up.

DUCK STEWED WITH GREEN PEAS.

Put a few sage leaves and some pepper inside the duck, half roast it, then dredge, and put it in a stew pan, with a little piece of butter, as much water as will cover it, an onion, a bunch of parsley and mint, pepper and salt. Let it stew till nearly done, then strain the sauce; add a pint of young shelled peas, and stew all together until the whole is sufficiently cooked.

DUCK STEWED WITH CABBAGE.

Boil a cabbage, and allow it to drain all night; half roast a duck, and put it into gravy, seasoned with sweet majoram, thyme, onions, pepper and salt. Stew the duck until it is done enough, then strain and thicken the gravy, and add to it the cabbage cut and fried in butter; heat all together. These dishes may be made with cold roast ducks that have appeared at table; but in that case the gravy must be enriched.

DUCK STEWED WITH CLARET.

Make a gravy of the giblets; rub the duck inside and outside with pepper and a little salt; peel and mince two or three onions, and, having half roasted the duck, put it into a stew pan with the gravy and onions. Let it stew very gently for two hours, adding, towards the end, a glass of claret or port wine; squeeze the juice of a lemon over the duck, and serve it up with fried bread or paste. The duck may be stuffed with force-meat, in which a little sage should be chopped.

WILD DUCK STEWED.

Shred thyme, winter savory and sage very small, and put them into some strong broth, with a little pepper, salt, and two spoonfuls of wine; stew them together for a quarter of an hour; nearly roast the ducks, add the gravy that falls from them, but not the fat, then place a deep dish under them, and pour this sauce through and over them into it. Remove the ducks, cut them up, and put them with the sauce into a stew pan over a stove, and let them stew till they are done enough.

RABBIT A LA FRANCAISE.

Cut the rabbit in pieces, reserve the liver; put a piece of bacon cut in pieces into a stew pan, and brown it well, and then lay it aside; put a piece of butter and the rabbit in the pan; turn and toss it well until it is quite white. When it is getting brown, dredge a spoonful of flour over it, turning all the while, and when the flour is dry put the rabbit in a plate. Then add a piece more of butter to the remaining sauce, and stir it well together, and when brown add a cupful of water; continue stirring, and put in the rabbit, with plenty of very small onions, the bacon, some mushrooms, a bunch of parsley and thyme, and a laurel leaf tied with a thread, and some salt and pepper; let it stew very gently over a slow fire for four hours. Add the liver and a glass of port wine one hour before serving, and should there not be sufficient sauce, a little gravy from time to time put in hot.

RABBITS STEWED WITH ONIONS.

Cut up the rabbits, reserving the livers. Put a piece of butter rolled in flour into a stew pan, add boiling water, stirring till well mixed; then put in a spoonful of essence of anchovies, a little pepper and salt, and then the rabbits slightly dredged with flour. Let them stew till tender, boil a bunch of parsley, put the livers into the stew, and when they are done enough, chop them with the parsley, a little pepper and salt, and enough cream to make them into sauce; warm

it up in a small saucepan, and spread it equally over the rabbit; have ready six large onions, boiled and pulped through a sieve, and mixed with cream. Put the onions into the center of the dish, the rabbits around, and the gravy the last.

RABBIT STEWED WITH MUSHROOMS.

Boil two anchovies, or a spoonful of the essence in milk and water, pepper and salt, and an onion. Cut up the rabbit, and stew it gently until done enough; then strain the gravy, add a little butter rolled in flour, a glass of wine, and mushrooms. Toss the whole together, squeeze a little lemon juice over the rabbit, or pour lemon pickle upon it, and send it to table with the sauce, and the liver made into forcemeat balls.

STEWED PARTRIDGES.

Truss the partridges with the wings over the back and a skewer through the legs; cut a piece of pork or bacon, and put them into a stewpan, with a piece of butter the size of a walnut. Fry the bacon brown, and when quite done, put in the partridges and keep turning them until they are very brown, taking care that the bacon shall be as much on the breast as possible, then add about a tea-cupful of gravy. Have ready some greens, or a large cabbage, boiled; when well drained, chop it with butter, pepper and salt, put it while warm with the gravy to the partridges and let them stew gently for an hour, turning the birds frequently. Serve with the bacon underneath and the green round them.

TO PICKLE PIGEONS.

Bone and turn them inside out, lard the inside and season with a little allspice and salt, in fine powder; then turn them again, and tie the neck and rump with thread. Put them into boiling water, let them boil a minute or two to plump, take them out and dry them well. Then put them boiling hot into the pickle, which must be made of equal quantities of white wine and white wine vinegar, with white pepper and allspice, sliced ginger and nutmeg, and two or three bay-leaves. When it boils up, put the pigeons in. If they are small, a quarter of an hour will do them, but they will take twenty minutes if large. Then take them out, wipe them and let them cool. When the pickle is cold, take the fat off from it and put them in again. Keep them in a stone jar, tied down with a bladder to keep out the air.

Instead of larding, put in some stuffing made of hard yolks of eggs and marrow in equal quantities, with sweet herbs, pepper, salt and mace. Serve with some of the pickle.

PIGEONS IN JELLY, A BEAUTIFUL DISH.

Save some of the liquor in which a knuckle of veal has been boiled, or boil a calf's or a neat's foot, put the broth into a pan with a blade of mace, a bunch of sweet herbs, some white pepper, lemon-peel, a slice of lean bacon, and the pigeons. The heads and feet must be left on, but the nails must be clipped close. Bake them, and let them stand to be cold; season them as you like before baking. When done, take them out of the liquor, cover them close to preserve the color and clear the jelly by boiling with the whites of two eggs; then strain it through a thick cloth dipped in boiling water and put into a sieve. The fat must be perfectly removed before it is cleared. Put the jelly over and round them rough. They must be trussed and the neck propped up with skewers to appear in a natural state, before they are baked.

ANOTHER WAY.

Pick two very nice pigeons and make them look as well as possible by singeing, washing and cleaning the heads well. Leave the heads and the feet on, but the nails must be clipped close to the

claws. Roast them of a very nice brown, and, when done, put a little sprig of myrtle into the bill of each. Have ready a savory jelly, as before, and with it, half fill a bowl of such a size as shall be proper to turn down on the dish you mean it to be served in. When the jelly and the birds are cold see that no gravy hangs to the birds, and then lay them upside down in the jelly. Before the rest of it begins to set pour it over the birds, so as to be three inches above the feet; this should be done twenty-four hours before serving. This dish has a very handsome appearance in the middle range of a second course, or, when served with jelly roughed large, it makes a side or corner thing, its size being then less. The head should be kept up as if alive, by tying the neck with some thread and the legs bent as if the pigeon sat upon them.

A RAGOUT OF PIGEONS.

Stew the gizzards in a little water with the trimmings, chop them very small and chop the liver also. Make them into a forcemeat with grated ham, bread-crumbs, herbs, etc., and fill the pigeons with this forcemeat rolled round the yolk of a hard-boiled egg. Put the pigeons into a stewpan with a little butter to brown them, add the gravy from the gizzards, a little flour and an onion. Let them stew very gently and them skim the gravy, add to it a glassful of wine, or sauce, and, having boiled up the gravy and thickened it, serve it with the pigeons.

PIGEONS WITH PEAS.

Put the pigeons into a stewpan, with a little butter, just to stiffen them, then take them out, put some small slices of bacon into the pan, give them a fine color, then draw them and add a spoonful of flour to the butter, then put in the pigeons and bacon, turn them, moisten them by degrees with gravy, and bring it to the consistence of sauce. Boil it, season it with parsley, young onions, a bay-leaf, a clove of garlic and let it simmer. When half done, put in a quart of peas; shake them often. When sufficiently done, take out the bay-leaf and dish the pigeons, pouring gravy over them.

PIGEONS IN JELLY.

Wash and truss one dozen pigeons. Put them in a kettle with four pounds of the shank of veal, six cloves, twenty-five peppercorns, an onion that has been fried in one spoonful of butter, one stalk of celery, a bouquet of small herbs, and four and a half quarts of water. Have the veal shank broken in small pieces. As soon as the contents of the kettle comes to a boil, skim carefully and set for three hours, where they will just simmer. After they have been cooking one hour, add two tablespoonfuls of salt. When the pigeons are done, take them up, being careful not to break them, and remove the strings. Draw the kettle forward, where it will boil rapidly, and keep there for forty minutes; then strain the liquor through a napkin, and taste to see if seasoned enough. The water should have boiled down to two and a half quarts. Have two moulds that will each hold six pigeons. Put a thin layer of the jelly in these, and set on ice to harden. When hard, arrange the pigeons in them and cover with jelly, which must be cold, but liquid. Place in the ice chest for six or, better still, twelve hours. There should be only one layer of the pigeons in the mould. To serve: Dip the mould in a basin of warm water for one minute, and turn on a cold dish. Garnish with pickled beets and parsley. A tartare sauce can be served with this dish.

If squabs are used, two hours will cook them. All small birds as well as partridge, grouse, etc., can be prepared in the same manner. Remember that the birds must be cooked tender, and that the liquor must be so reduced that it will become jellied.

Chafing Dish Recipes

WELSH RAREBIT—NO. 1.

One and one-half pounds fresh cheese, one tablespoonful butter, one teaspoonful dry mustard, one-half pint beer. Put butter in chafing dish; when nearly melted add cheese cut in small dice, mustard and a little cayenne pepper. Stir all the time; add a small amount of beer to prevent burning. Keep adding beer. Serve hot on toast.

WELSH RAREBIT—NO. 2.

Cut one pound of soft American cream cheese into small dice. Put one tablespoonful of butter in the chafing-pan, add one-half teaspoonful of dry mustard, one-fourth teaspoonful of paprika, one tablespoonful of Worcestershire sauce, and one-fourth cup of beer; when the butter is melted add the cheese, and stir constantly as the cheese melts, and add as much more beer as needed to make the cheese smooth, about one-half cup in all. When the cheese is all melted and about as thick as thick cream, turn it at once over toast or wafers; some persons prefer it on plain fresh bread cut in large slices without crust.

WELSH RAREBIT—NO. 3.

Put into the blazer one tablespoonful of butter, one-fourth teaspoonful of paprika, one tablespoonful of walnut or mushroom catsup. Turn in one pound of rich cream cheese, finely crumbed, and begin stirring. As the cheese melts, lift the pan from the fire frequently, and when most of the cheese is hot, turn in gradually about one-fourth cup of cream, adding more or less according to the cheese. It should be a smooth batter that does not break in the pouring. Have the wafers or toast ready on a fork, dip each piece into the rarebit, until covered, and serve quickly on a hot plate; or if more convenient pour it over the wafers.

FRANKFURTER.

One can imported frankfurter. Open tin, and put them into chafing dish. Cover with hot water and boil three minutes, and serve.

CORN FRITTERS.

One cupful of cold sweet corn, one beaten egg, two tablespoonfuls flour, one-half teaspoonful baking powder, pepper and salt. Make into a batter and fry by spoonfuls in butter.

FRENCH PEAS.

One can French peas, two tablespoonfuls butter, pepper and salt. Put butter in chafing dish; when melted add peas. Season with pepper and salt. Cook for about ten minutes.

CREAMED POTATOES.

One pint cold potatoes, milk, one tablespoonful butter, one-half teaspoonful salt, one-half saltspoonful pepper, a little chopped parsley. Cut the potatoes into cubes or thin slices. Put them into the chafing dish, cover with milk, and cook until the potatoes have absorbed all the milk. Add the butter, salt, pepper and parsley.

LYONNAISE POTATOES.

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

STEWED MUSHROOMS.

One-half pint button mushrooms, two tablespoonfuls butter, one teaspoonful salt, one-half teaspoonful pepper, one small piece mace. Put the butter into the chafing dish and melt; add the mushrooms, salt, pepper and mace well pounded. Stew until the mushrooms are done and serve on a hot dish.

MUSHROOMS WITH BACON.

One dozen mushrooms, six slices of bacon. Fry the bacon (which should be streaked with lean) in the chafing dish, in the usual way. Just before it is done put in the mushrooms and fry slowly until done. Serve hot.

FRIED MUSHROOMS.

Mushrooms, one-tablespoonful butter, salt and pepper. Soak the mushrooms a few minutes in salt and water, after cleaning and removing the stem. Put the butter and mushrooms into the chafing dish and fry slowly, and season with pepper and salt. Place the mushrooms on a dish with the hollow side up, and pour over them the gravy formed of the butter and juice.

DELICIOUS OMELETTE.

Three fresh eggs, pepper and salt, two tablespoonfuls cream, one tablespoonful butter. Beat the eggs and cream lightly, with pepper and salt. Melt the butter; when very hot pour in the mixture. Scrape the cooked egg up rapidly from all parts of the pan. When cooked fold to the side opposite the handle. Turn over the pan a warm plate and reverse quickly, leaving the omelette on the plate.

PLAIN OMELET.

Four fresh eggs, four tablespoonfuls milk, one walnut of butter. Break the eggs into a bowl with the milk, and whip very thoroughly. Put the butter into the chafing dish, and when very hot run the egg into it. Run a thin-bladed knife under the bottom to loosen, but do not stir. When done, quickly and carefully roll the edge over and over until all rolled up. Turn out on a hot plate and serve.

JELLY OMELET.

Four fresh eggs, four tablespoonfuls milk, one tablespoonful butter, jelly. The same as plain omelette, and just before folding spread with any kind of jelly (currant or grape is best). Fold quickly, and sprinkle with powdered sugar.

HAM OMELET.

Four fresh eggs, four tablespoonfuls milk, one tablespoonful butter, three tablespoonfuls cooked ham. The same as plain omelette, and add the ham, chopped fine, as soon as it begins to thicken.

PORK CHOPS.

Pork chops, pepper and salt, a little butter. The chops should be half an inch thick, trimmed neatly and not too fat. Sprinkle on both sides with salt and pepper. Melt the butter in the chafing dish. When hot put in the chops and fry them until they are very well done. Serve with apple sauce.

FRIZZLED HAM.

Lean ham, one tablespoonful butter, one tablespoonful flour, one pint milk, pepper. Cut the ham into thin shavings. Melt the butter, fry the ham until it begins to color, sprinkle the flour over it and fry until browned nicely, stirring about to keep from scorching. Pour in the milk, boil up once, with pepper and serve.

LAMB CHOPS, BREADED.

Chops, one raw egg, pepper and salt, fine cracker crumbs, lard. Pepper and salt the chops and dip in the egg. Then roll in the crumbs and fry a nice brown.

DRIED BEEF.

One-half pound chipped beef, two tablespoonfuls butter, one tablespoonful flour, one and one-half pints milk. Melt the butter. When hot add the beef. Fry until brown, add the milk, cream the flour with a little cold milk and thicken. Pour over sippets of toast and serve.

EXCELLENT BEEFSTEAK.

Porterhouse steak, butter, cream, pepper and salt, yolk of one egg. Heat the chafing dish quite hot. Lay the steak in the hot dry dish, and cover instantly as tightly as possible. When the meat touches the heated dish it will seethe and adhere to it, but in a few seconds it will become loosened and juicy. Turn the steak quickly every half minute, leaving it uncovered as little as possible. When nearly done sprinkle with pepper and salt. Finish cooking, take up and place between hot plates, with a piece of butter on top. If you wish much gravy add three or four tablespoonfuls of rich sweet cream to the juice remaining in the chafing dish, let it boil up and stir in quickly the well-beaten yolk of an egg. Pour the gravy over the steak and serve hot.

BEEF CROQUETTES.

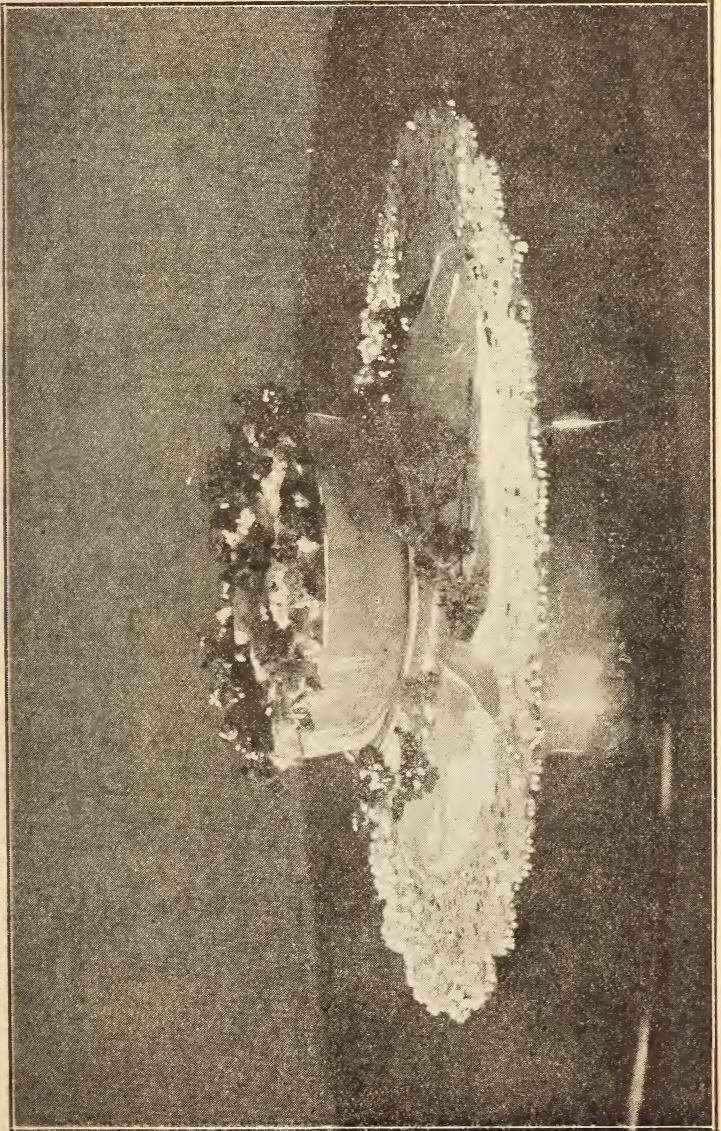
Cold roast beef, bread crumbs, a little milk, one beaten egg, powdered cracker, pepper and salt, parsley. Chop the beef fine and add to it one-third as much bread crumbs as meat. Moisten with a little milk, season with pepper and salt and form into balls. Dip these into the beaten egg, roll in cracker and fry in the chafing dish in butter. Garnish with parsley.

PORK TENDERLOIN.

One pork tenderloin, one tablespoonful butter, one tablespoonful chopped onion, three heaping tablespoonfuls horseradish. Cut tenderloin crosswise into half-inch slices and put in the chafing dish with butter and onion; thoroughly cook, which will take about ten minutes. When done add vinegar and reduce the heat. Melt two ounces of butter and stir in horseradish, freshly grated, and use as a sauce.

OYSTERS A LA CREME.

Twenty-five oysters (blanched and drained), two tablespoonfuls butter, one-half pint cream, one saltspoonful of salt, one saltspoonful of pepper, mace or nutmeg, two bay leaves, two dessertspoonfuls cracker crumbs. Put in chafing dish butter, salt, pepper, a little mace or nutmeg, and two bay leaves. When it boils sift in the pounded cracker, add the oysters and cook two minutes. Serve on hot toast.



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POTATO CHICKEN POTPIE WITH RICE

OYSTER CROQUETTES.

Hard end of oysters, mashed potatoes, two teaspoonfuls butter, one teaspoonful of salt, one-half teaspoonful of pepper, one-half gill of cream, lard. Take the ends of oysters and scald them; then chop fine and add equal weight of mashed potatoes, with butter, salt, pepper and cream. Make in small rolls, dip in beaten egg, then in cracker crumbs and fry in sweet lard until a nice golden brown.

PAN ROAST.

One dozen large oysters, one-half pint oyster liquor, one tablespoonful of butter, salt and pepper, two slices of toast. Melt the butter; as it creams add the oysters, liquor, salt and pepper. Cover and cook two minutes. Put six of the oysters on a thin slice of toast on a hot plate with sufficient liquid to moisten the toast and serve.

LITTLE PIGS IN BLANKET.

Large oysters, fat English bacon, pepper and salt, buttered toast. Season the oysters with pepper and salt. Wrap each in a very thin slice of bacon and fasten with a wooden toothpick. Have the chafing dish very hot, and cook the pigs just long enough to crisp the bacon, taking care not to let it burn. Serve hot on small pieces of toast. Garnish with parsley.

LOBSTER CURRY.

Lobster, vinegar, butter, curry, lemon, parsley. Chop the lobster coarsely, warm in a chafing dish, and serve with a sauce composed of equal parts of vinegar, water and melted butter and curry. Garnish with lemon and parsley.

LOBSTER A LA NEWBERG—NO. 1.

One large lobster, one tablespoonful butter, one gill wine, three eggs, one-half pint cream. Take the nicest part of lobster, cut in small slices, put in chafing dish with butter, season well with pepper and salt, pour the wine over it; cook ten minutes. Add the beaten yolks of eggs and the cream. Let all come to a boil and serve immediately.

LOBSTER NEWBERG—NO. 2.

Pick all the meat from two good-sized lobsters, and cut into inch pieces. Place in a sauce-pan over a hot range with one ounce of fresh butter, season with salt, add half a saltspoon of red pepper, two medium-sized truffles cut into dice-shaped pieces. After cooking five minutes add a wineglass of Madeira wine. In three or four minutes add three egg yolks, beaten with a half-pint of sweet cream; stir about two minutes longer until it becomes thick and serve. This curdles easily from the overcooking of the egg, and should not be put together until just before serving.

LOBSTER NEWBERG—NO. 3.

Cut the meat of a large, freshly boiled lobster into small pieces. Mash and sift the yolks of two hard-boiled eggs and make them into a paste with a little cream. Melt two tablespoonfuls of butter in the chafing pan, add one tablespoonful of flour and the egg paste, and when smooth add slowly one cup of cream. There will be less danger of the cream curdling if one-fourth teaspoonful of soda is first stirred into it. When the cream sauce boils, put in the lobster and season with a little salt and pepper, and a tiny bit of mace. Let it cook for two minutes, or until quite hot, then stir in two tablespoonfuls of sherry and serve at once on wafers.

LOBSTER CROQUETTES.

Meat of one lobster, bread crumbs, pepper and salt, powdered mace, two tablespoonfuls melted butter, two beaten eggs, pulverized cracker. Chop the meat of a boiled lobster fine, add pepper and salt and

powdered mace. Mix with this one fourth as much fine bread crumbs as you have meat, and the melted butter, and form into pointed balls. Roll these in the beaten egg, then in the pulverized cracker, and fry in butter. Serve dry and hot and garnished with parsley.

LOBSTER RISsoles.

Meat of one boiled lobster, coral of one lobster, yolks of three hard-boiled eggs, cayenne pepper and salt, nutmeg, one tablespoonful flour, two tablespoonfuls milk, one egg. Mince the meat of lobster fine; pound the coral smooth and grate the yolks of eggs. Season with cayenne pepper, salt and nutmeg. Make a batter of milk, flour and egg. Beat well and gradually mix the lobster with it. When stiff enough to form, roll in balls the size of a large plum. Fry in a chafing dish in fresh butter and serve either hot or cold.

STEWED CODFISH WITH POTATO.

One cupful of picked fish. One cupful mashed potatoes. One large tablespoonful butter. Milk. Pepper and salt. Prepare the fish as for codfish balls (soak, boil and pick into shreds). Add the potatoes, butter and enough milk to make the mixture quite moist. Put into the chafing dish with enough boiling water to keep it from scorching. Stir until it is very hot, add the pepper and salt, and serve.

MACKEREL BALLS.

Salt mackerel. Cold mashed potatoes. Two beaten eggs. A pinch of pepper. One tablespoonful of butter. Soak the fish over night, and in the morning pour some boiling water over it. Pick it up carefully, removing the bones. Add an equal quantity of cold mashed potatoes, the beaten eggs and pepper, and shape in balls the size of an egg. Put the butter in the chafing dish and when hot put in the balls and fry brown. Turn and brown the other side. Serve hot, garnished with parsley.

STEWED OYSTERS.

Twelve good-sized oysters. One-half pint milk. A small lump of butter. Salt and pepper. Boil the milk, add the butter, then the oysters, and season with pepper and salt. Allow the milk to boil up once and serve.

OYSTERS FRIED IN BATTER.

Oysters. Three eggs well beaten. Three tablespoonfuls milk. One tablespoonful flour. Liquor of oysters. Salt. One tablespoonful butter. Make a batter of the beaten eggs, milk and flour, seasoned with salt and the liquor of oysters. Put the batter into the chafing dish and when hot drop the oysters one at a time into the batter; filling the spoon with batter, drop them into the hot butter and fry a rich brown.

CELERIED OYSTERS.

One dozen large oysters. One tablespoonful chopped celery. One teaspoonful of butter. One wineglassful good sherry. Salt and pepper. Melt the butter, add the oysters and celery; salt and pepper to taste, cover and simmer three minutes, add the sherry, simmer two minutes longer and serve on toast.

OYSTERS ON TOAST.

One dozen oysters. Yolks of two eggs. One gill rich cream. Salt, pepper and nutmeg. One teaspoonful butter. Buttered toast. Chop the oysters moderately fine and season with the salt, pepper and nutmeg. Melt the butter, add the oyster mince. Beat the yolks of the eggs with the cream and stir into the dish. When the eggs set, serve on slices of buttered toast.

LAMB, MINCED.

Cold roast lamb. Salt and pepper. One cupful of stock. Browned flour. Mince the meat fine, and season highly. Put the stock into

the chafing dish, and when hot stir in the meat. Heat thoroughly; thicken with the browned flour.

FRIED CHICKEN.

One young tender chicken. Two ounces of butter. Salt and pepper. Cress. Cut the chicken in pieces for stewing, dust with salt and pepper. Melt the butter, put in the chicken, and cook very slowly until well done and nicely browned. Turn and cook the other side in the same way. When done remove to a hot platter, put some bits of butter on the chicken, set in the oven a moment and serve. Garnish with cress.

FRIED EGGS.

Four eggs. Fat. Melt the fat, and when hot break the eggs into a saucer, and slide them gently into the dish. Dip the fat over them to cook them on top. Serve when the white is done. For fat many prefer lard as the eggs are whiter, but butter imparts a better flavor, and ham drippings are still better.

POACHED EGGS.

One pint milk. Six eggs. One tablespoonful butter. One teaspoonful salt. Three slices of buttered toast. Heat the milk. Just before it boils stir in the butter and salt. Pour in the eggs beaten to a froth and stir constantly until it thickens—about two minutes. Put out the lamp and stir half a minute or so. Pour over the toast.

SCRAMBLED EGGS.

Six eggs. One tablespoonful butter. Salt and pepper. Break the eggs into a dish, preserving the yolks unbroken. Put into the chafing dish enough butter to oil the bottom and when heated slip in the eggs, adding the butter, and season. Stir from the bottom until cooked.

DROPPED EGGS.

Fresh eggs. Salt. Partly fill the chafing dish with boiling water and throw in a little salt. Break eggs into a saucer one by one and drop into the water, taking care not to break the yolks nor scatter the white. Dip boiling water over the yolks with a spoon until the white sets. Take out separately on slices of toast.

Salads

DRESSING FOR SALAD.

Two raw eggs, one tablespoonful of butter, eight tablespoonfuls of vinegar, one-half teaspoon of mustard. Put in a bowl over boiling water and stir until it becomes like cream, pepper and salt to your taste.

A MAYONNAISE DRESSING.

Yolk of one raw egg, one level teaspoonful of dry mustard, one saltspoonful of white pepper, a small pinch of cayenne pepper, juice of half a lemon. Mix these ingredients with a wooden spoon until they have a creamy, white look, then add drop by drop, three gills of salad oil, stirring constantly. If it thickens too fast, add a little of the juice of the second half of lemon, then add gradually four tablespoonfuls of strong vinegar. Keep cool until used. This is easily made and very nice.

FRENCH DRESSING.

Five tablespoonfuls oil. Half pint strong vinegar. Two teaspoonfuls mustard. One teaspoonful salt. Half teaspoonful pepper. A little cayenne. Four eggs, well beaten. Put vinegar on the stove in a kettle of hot water and let it come to a scald; add the rest of the ingredients and stir till it thickens.

FROZEN TOMATO SALAD.

Peel and chop fine, eight ripe, firm tomatoes. Season with a little salt, pepper and sugar, and three drops of onion juice, turn into a freezer and freeze. Fill a melon mold with this frozen mixture, pack in ice and salt, and let it stand for several hours to ripen. Serve on a bed of white celery leaves, garnished with olives, with mounds of thick dressing over it.

FRENCH SALAD DRESSING.

The best way to prepare French dressing is to take a clean vinegar or wine bottle with a good cork. Into this put two tumblerfuls of best salad oil, one-half cupful of vinegar, heaping teaspoonful of salt and saltspoonful of cayenne. Then shake till the whole is mixed and forms an emulsion. It is most easily mixed done by clasping each end of bottle with the hands and shaking sideways rather than up and down.

PINEAPPLE SALAD.

Shred two heads of lettuce as fine as you would shred cabbage for slaw. Have ready one cupful celery, cut fine; one small pineapple, cut into quarter-inch cubes; one cupful of mayonnaise dressing and one cupful of whipped cream. When ready to serve, in the center of each plate, scatter the lettuce. Then on this sprinkle a tablespoonful of celery first, then one of pineapple, then one of nuts. Mix the mayonnaise with the whipped cream and put a tablespoonful of this on top of all.

CABBAGE SALAD.

Roll back the outer leaves of a small heavy cabbage. Cut the center, leaving the shell entire. Shred the heat leaves thin and soak in ice water. Drain and dry. Add two green peppers, cut in fine strips and mix with a French dressing, using half a tea-

spoonful of salt, a quarter teaspoonful of pepper, one teaspoonful vinegar and four of oil. Stir until blended; pour on the cabbage and peppers and refill shell.

CHERRY SALAD.

Remove the stones from the fruit and fill the cavities with whole blanched almonds or finely chopped nut meats. Mayonnaise flavored with maraschino is served, and cream cheese balls mixed with maraschino cherries and rolled in powdered nut meats are placed on the side of the dish in which the salad is served.

DELICIOUS SALAD.

For a delicious salad make a lemon jelly with less sugar than when it is used for dessert, add English walnut meats and stiffen in small molds. Before serving, turn the jelly onto plates covered with shredded lettuce leaves, arranged in neat fashion, and serve with mayonnaise.

CABBAGE AND PEANUT SALAD.

Prepare two cupfuls of finely shredded white cabbage and one-fourth cupful of finely chopped or ground peanuts. Pour six tablespoonfuls of olive oil into the salad bowl, add two teaspoonfuls of vinegar, a level teaspoonful of salt and a saltspoonful of pepper. Beat until thick; stir in nuts and cabbage.

LOBSTER SALAD.

The meat of two lobsters, three-quarters the same bulk of celery, yolk of five eggs, two teaspoonfuls of mustard, one teaspoonful pepper, half teaspoonful salt, one-third cupful vinegar. One small bottle oil, stirred gradually into the egg, a few drops at a time. After it begins to thicken, add the other ingredients, well mixed in the vinegar.

STUFFED CUCUMBER SALAD.

Peel cucumbers and cut in two, lengthwise, scrape from each half all the seeds and fill with this mixture. Take one small tender leaf of new cabbage, two or three fine lettuce leaves, half a dozen pitted olives, two or three sprigs of parsley, some sprays of watercress, chop rather fine and dress with oil, vinegar, pepper and salt, in the usual proportions, and add if you like, a bit of horseradish.

POTATO SALAD.

Take about twelve good sized boiled potatoes cut in small pieces, three onions cut fine, two green cucumbers sliced thin and well salted.

Dressing: one and one-half cupfuls vinegar, not too strong; lump of butter, size of egg, two eggs well beaten with two spoonfuls of flour and half a teaspoonful prepared horseradish. Cook slowly so as not to be too lump.

FRUIT SALAD.

Cut into small pieces the following fruit: Two large oranges, six bananas, one pound green grapes, six apples, ten cents' worth of shelled walnuts, two-thirds of a can of pineapple.

Pour this dressing upon the fruit: One tablespoonful of water, juice of one lemon, butter, size of walnut, one tablespoonful of

vinegar, pinch of salt, two tablespoonfuls of sugar, pinch of salt, two tablespoonfuls of sugar, one-half teaspoonful of ground mustard. Boil all the ingredients until it thickens. Then pour this dressing into the beaten yolks of two eggs. Place over a pan of hot water until thick. One cup of cream, whipped. Lastly, put all fruit and dressing into the whipped cream. This amount serves twelve people.

CHICKEN SALAD.

One fat chicken, boil and chop fine. Six hard boiled eggs. Three large bunches of celery. Six large sour pickles. One tablespoonful of mustard. One-half teaspoonful of black pepper. Salt to taste. Mix with one teacupful of vinegar. Mash yolks of eggs with grease of fowl. One tablespoonful of celery seed. Use whites of eggs. Mix all and let stand several hours before serving.

FLOWER SALAD.

Peel, wipe and chill four small ripe tomatoes. When ready to serve, cut in eighths, not severing the sections, and open like the petals of a flower on a crisp lettuce leaf. Fill the center with chopped apples and celery, or with small onions and serve with mayonnaise dressing.

RED, WHITE AND GREEN.

Chill peeled tomatoes. Pour boiling water over a green pepper, rub off the outer layer of skin, cut out the stem, remove and discard the seeds, and then set the pepper in a cool place to become thoroughly chilled. Peel half a Spanish or other mild onion, then cut into exceedingly thin slices and separate these into rings; set these, also, to chill. When ready to serve set the tomatoes, cut into halves or slices, into a salad bowl and pour over them French dressing (one tablespoonful of oil to each two slices). Cut the pepper into narrow rings. Mix the pepper and onion with French dressing, turning the slices over and over and crushing them slightly in the dressing. Use enough dressing to moisten them thoroughly. Sprinkle the dressed onion and pepper over the slices of tomato and serve at once.

CUCUMBER SALAD.

Peel and cut the cucumbers into quarter-inch slices. Soak in ice water. Scald and peel three or four large tomatoes. Cut them in halves and remove the seeds. Drain and cut the cucumbers in small dices, season with salt, pepper, oil and lemon juice or vinegar. Put them into the cavities, and when ready to serve, put a spoonful of boiled dressing on each.

CABBAGE SALAD.

Cut half a white cabbage in very thin strips, sprinkle with salt, put it between two plates, and let it stand one hour. Drain off the water, sprinkle it with a French dressing. Pile it lightly in a dome-shaped mass. Cut cold beets in thin slices, separate into rings, and arrange the rings in an overlapping border around the base.

OYSTER SALAD.

Clean one pint of white celery, and cut into fine pieces. Season with salt. Parboil one pint of oysters, drain, and when cold mix them with a French dressing. Put a layer of shredded lettuce in a salad bowl, sprinkle with a French dressing, add the oysters and celery, cover with a mayonnaise dressing and garnish with pickled barberries.

SWEETBREAD SALAD.

Parboil twenty minutes, cool, remove fat and veins, separate into

small pieces, or cut into dice. Mix them with an equal amount of fine celery. Season with mayonnaise or boiled cream dressing. Serve on a bed of shredded lettuce, and garnish with shrimps or with pickled Larberries.

CELERY SALAD.

One boiled egg, one raw egg, one tablespoonful salad oil, one teaspoonful white sugar, one saltspoonful of salt, one saltspoonful of pepper, four tablespoonfuls of vinegar, one teaspoonful made mustard. Prepare the dressing as for tomato salad; cut the celery into bits half an inch long and season. Eat at once, before the vinegar injures the crispness of the vegetable.

COLD SLAW.

Chop or shred a small white cabbage. Prepare a dressing in the proportion of one tablespoonful of oil to four of vinegar, a teaspoonful of made mustard, the same quantity of salt and sugar, and half as much pepper. Pour over the salad, adding, if you choose, three tablespoonfuls of minced celery; toss up well and put into a glass bowl.

CREAM DRESSING FOR COLD SLAW.

Two tablespoonfuls whipped sweet cream, two of sugar, and four of vinegar; beat well and pour over cabbage, previously cut very fine and seasoned with salt.

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 teaspoonful dressing. Break up the salmon with two silver forks. Add to it the salt, pepper, vinegar and lemon juice. Put in the ice chest or some other cold place, for two or three hours. Prepare the lettuce as directed for lobster salad. At serving time, pick out leaves enough to border the dish. Cut or tear the remainder in pieces, and arrange these in the center of a flat dish. On them heap the salmon lightly, and cover with the dressing. Now sprinkle on the capers. Arrange the whole leaves at the base, and, if you choose, lay one-fourth of a thin slice of lemon on each leaf.

TOMATO SALAD.

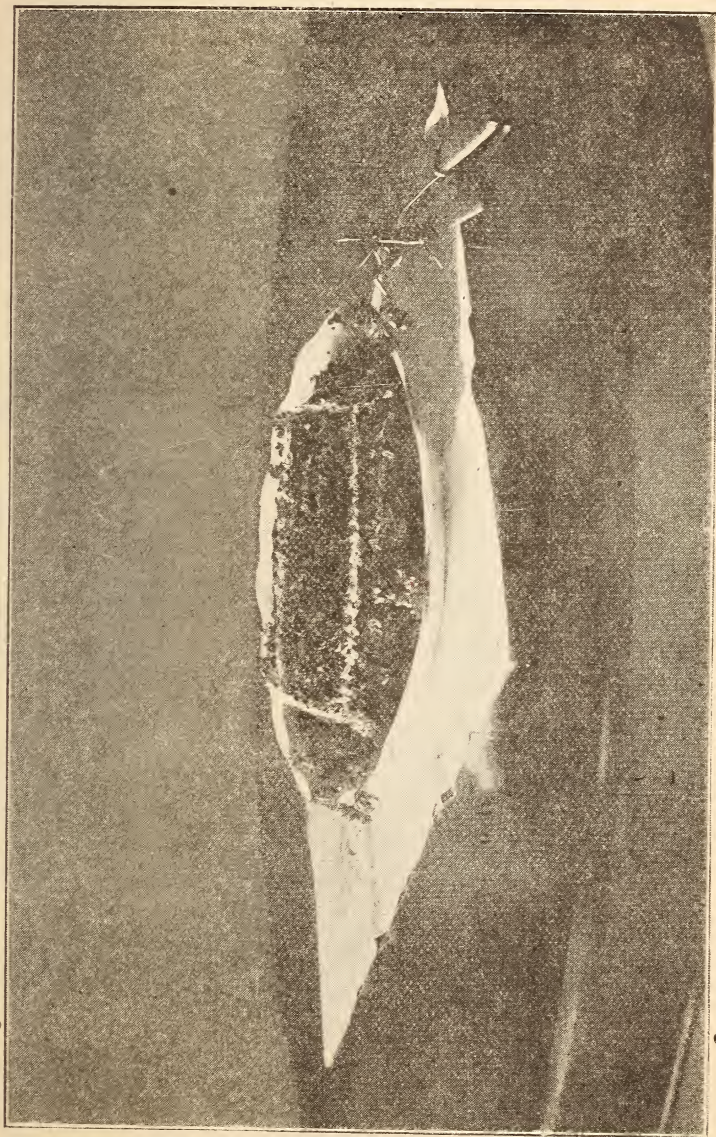
Take the skin, juice and seeds from nice fresh tomatoes, chop what remains with celery, and add a good salad dressing.

SALAD DRESSING.

Yolks of two hard-boiled eggs rubbed very fine and smooth, one teaspoonful English mustard, one of salt, the yolks of two raw eggs, beaten into the other, dessertspoonful of fine sugar. Add very fresh sweet oil poured in by very small quantities, and beaten as long as the mixture continues to thicken, then add vinegar till as thin as desired. If not hot enough with mustard, add a little cayenne pepper.

LETTUCE.

The early lettuce, and first fine salad, are five or six leaves in a cluster; their early appearance is their greatest recommendation, cabbage or white heart lettuce is later and much more delicate. Break the leaves apart one by one from the stalk and throw them into a pan of cold water; rinse them well, lay them into a salad bowl or a deep dish, lay the largest leaves first, put the next size upon them, then lay on the finest white leaves, cut hard-boiled eggs in slices or quarters and lay them at equal distances around the edge and over the salad; serve with vinegar, oil and made mustard in the castor. Or, having picked and washed the lettuce, cut the leaves small; put the cut salad in a glass dish or bowl, pour a salad dressing over and serve, or, garnish with small red radishes, cut in halves or slices, and hard-boiled eggs cut in quarters or slices; pour a salad dressing over when ready to serve. Serve with boiled lobster, boiled fowls, or roasted lamb or veal.



VEAL LOAF

See page 13

Cheese Recipes

A DELICIOUS CHEESE SOUFFLEE.

To a cream sauce made with one and one-half tablespoon flour, two tablespoons butter, three-fourths cupful of milk, add one-half teaspoon salt, a speck of cayenne, one cupful of chopped cheese. When partly cooled add three eggs well beaten. Pour into buttered baking dish and bake slowly for thirty minutes.

CHEESE FRITTERS.

Cheese fritters are a good supper dish to serve with cold sliced meat, and require but a minimum of time for their preparation. Melt one-fourth of a cupful of butter and add one-fourth of a cupful of flour, one-fourth of a cupful of corn starch and three-fourths of a teaspoonful of salt. Stir until well blended, then pour on gradually, while stirring constantly, two cupfuls of scalded milk. Bring to the boiling point, and let boil two minutes; then add the yolks of two eggs slightly beaten and one-half cupful of grated cheese. Pour into a buttered shallow pan, and cool. Turn out on a board, cut in squares, diamonds or fingershaped pieces, and arrange in a pan. Sprinkle with one-third of a cupful of grated cheese, and brown in a moderate oven.

MACARONI AND CHEESE.

Wash macaroni and soak in warm water one hour, then heat slowly; add butter, cheese and as much milk as is necessary, using the water it was heated in, bake one-half hour in moderate oven and serve.

CHEESE WAFERS.

Spread Long Branch salted wafers well with butter and plenty of thin slices of cheese. Place in a very hot oven until cheese is melted.

Serve with salad.

WELSH RAREBIT.

Have water in double boiler or chafing dish. One tablespoonful of butter, one and one-half pound of cheese grated, one teaspoonful of mustard, one teaspoonful of red pepper, three eggs beaten well, one-half pint ale mixed with the eggs, stir in after cheese is melted. Serve on Long Branch crackers. A very delicious dish.

DEVILLED CHEESE.

To save the dry scraps of cheese run them through meat chopper. Make a cream of one tablespoonful of butter, one tablespoonful of flour, one pint of milk; into this stir the cheese (one-half pint sufficient) with one teaspoonful of mustard and one of salt added. Flour with catsup or onion juice if preferred. Pour into jars, set aside to cool. Delicious for luncheon.

CHEESE BALLS.

Take one package of cream cheese and cream it, add to this a pinch of salt, ten walnut meats finely ground. When well mixed together, take a teaspoonful and roll it, and place a half walnut meat on each side.

This will make about twenty balls and is delicious with salad or pie.

CHEESE SOUFFLE.

Two tablespoonfuls of butter and the same of flour. Cook without browning and add one cupful of milk. Season with salt and pepper and cook to a smooth surface sauce. Remove from the fire and add the well-beaten yolks of four eggs. Return to fire and cook for ten minutes. Take from the fire and stir in one cupful of American cheese cut in rather fine pieces and the stiffly beaten whites of the eggs, folding them in carefully. Cook in a chafing dish or double boiler or over water in the oven. Should have a very gentle heat and be dry when served. An hour and a half is none too long.

Egg Dishes**APPLE OMELET.**

Take nine large tart apples, four eggs, one cupful of sugar, one tablespoonful of butter; add cinnamon or other spices, to suit your taste. Stew the apples till they are very soft, mash them so there will be no lumps. To be served with roast or broiled spare ribs. Is very appetizing and delicious.

EGG OMELET.

Five well beaten eggs, one and a half cupfuls of milk, three tablespoonfuls of flour. Mix the flour in a little milk and add to eggs and milk, put a tablespoonful of butter in a spider and when it is hot turn in about half of the above mixture.

SHIRRED EGGS.

Cut six small sausages in one-half-inch pieces, and fry in one and one-half teaspoonfuls of melted butter six minutes. Add one cupful of tomato sauce and one teaspoonful of finely chopped parsley. Put the mixture in six shirred-egg dishes and slip two uncooked eggs in each dish. Bake in a moderate oven until the eggs are set, and serve at once.

STUFFED EGGS.

When made after the following fashion have an epicurean taste. Cook six eggs until hard-boiled, and when cold cut in halves crosswise. Remove the yolks and mash three; season the mashed yolks with three tablespoonfuls of melted butter, three anchovies finely chopped, two teaspoonfuls of tarragon vinegar, one tablespoonful of French mustard, one-half tablespoonful of fine chopped capers, one-half teaspoonful of paprika, and salt to taste. When thoroughly mixed, shape into the forms of the original yolks and refill the whites. Place each egg on a slice of tomato seasoned with French dressing, and arrange on crisp lettuce leaves.

CHEESE OMELET.

Beat four eggs slightly, and season with one-fourth of a teaspoonful of salt and a few grains of cayenne. Melt one and one-fourth tablespoonfuls of butter in an omelet pan, pour in the mixture, and cook slowly, without stirring, until firm. Loosen from the pan, roll, and sprinkle with two tablespoonfuls of grated cheese.

CREAMED EGGS.

Boil six eggs twenty minutes. Make one pint of cream sauce. Have six slices of toast on a hot dish. Put a layer of sauce on each one and then part the whites of the eggs, cut in thin strips and rub part of the yolks through a sieve onto the toast. Repeat this, and finish with a third layer of sauce. Place in the oven for about three minutes. Garnish with parsley and serve.

SOFT BOILED EGGS.

Place the eggs in a warm saucepan and cover with boiling water. Let them stand where they will keep hot, but not boil, for ten minutes. This method will cook both whites and yolks.

EGGS UPON TOAST.

Put a good lump of butter into a frying-pan. When it is hot, stir in four or five well-beaten eggs, with pepper, salt and a little parsley. Stir and toss for three minutes. Have ready to your hand some slices of buttered toast (cut round with a tin cake cutter before they are toasted), spread thickly with ground or minced tongue, chicken or ham. Heap the stirred eggs upon these in mounds, and set in a hot dish garnished with parsley and pickled beets.

EGGS A LA SUISSE.

Spread the bottom of a dish with two ounces of fresh butter; cover this with grated cheese. Break eight whole eggs upon the cheese without breaking the yolks. Season with red pepper and salt if necessary, pour a little cream on the surface, strew about two ounces of grated cheese on the top, and set the eggs in a moderate oven for about a quarter of an hour. Pass a hot salamander over the top to brown it.

EGGS BROUILLE.

Six eggs, half a cupful of milk, or, better still, of cream, two mushrooms, one teaspoonful of salt, a little pepper, three tablespoonfuls of butter, a slight grating of nutmeg. Cut the mushrooms into dice, and fry them for one minute in one tablespoonful of butter. Beat the eggs, salt, pepper and cream together and put them in a saucepan. Add the butter and mushrooms to these ingredients. Stir over a moderate heat until the mixture begins to thicken. Take from the fire and beat rapidly until the eggs become quite thick and creamy. Have slices of toast on a hot dish, heap the mixture on these and garnish with points of toast. Serve immediately.

Desserts

PEACH SPONGE.

Soak a teaspoonful of granulated gelatine in a fourth of a cupful of cold water until soft, dissolve by standing in hot water and strain into a cupful of fruit juice and the mashed pulp, add the juice of one lemon and let cool. Cook one cupful of sugar and one-third of a cupful of water to the thread, and add gradually to the stiffly-beaten whites of three eggs. Beat until smooth and add the gelatine mixture by the spoonful when it commences to thicken. Add more sugar if needed, turn into a mold and chill. Garnish with sweetened whipped cream, flavored with vanilla. This is a simple, delicious dessert. Any kind of fruit juice or mashed fruit may be used in place of orange, as strawberries, red raspberries, or peaches, varying amount of sugar according to the acidity of the fruit.

CANTALOUPE CHARLOTTE RUSSE.

Cut the chilled melons in halves, remove the seeds and fill with shaved ice. When ready to serve remove the ice and fill with the charlotte russe. Whip a pint of cream to a stiff froth, soak half an ounce of gelatine in three tablespoonfuls of cold water for thirty minutes, then dissolve with two of boiling water. Add to the whipped cream a tablespoonful of powdered sugar and a teaspoonful of orange extract, turn the gelatine in slowly, beating all the time. When it commences to stiffen turn into the molds and place on ice to finish chilling. Fill the melon halves with the prepared whipped cream and serve with a maraschino cherry on each.

SNOWBALLS.

Take some good cooking apples, try and select all one size, peel evenly, scoop out the core, and into each hole put a small piece of butter, fill up with sugar. Butter a tin, and bake apples until tender, but do not let them break. Now, when cool roll gently in a little golden syrup, and then in finely grated coconut, when they will look like pretty white balls. The syrup causes the coconut to adhere better. These are delicious and cheap.

CHERRY TAPIOCA.

Put four tablespoonfuls of tapioca in a pint of water and soak over night. In the morning put in cherries and make a pint of fruit in all. Add juice of the cherries with a pint of water to the tapioca, and let simmer for twenty minutes; add sugar enough to make quite sweet, and lastly, add the cherries and cook a little while longer. Set on ice to cool, and when ready to serve add whipped cream.

CHERRY SHORTCAKE.

One egg, one-quarter cupful of sugar, one cupful flour, one-half teaspoonful of salt, one teaspoonful of baking powder. Mix with one-half pint of cream. Bake in two layers.

Filling: Two pints of cherries, one-half pint of water. Bring to a good boil. Mix four tablespoonfuls of cornstarch with cold water, add to this, and let it cook until it thickens, add one cupful of sugar. When cold spread on the layers.

One-half boxful of gelatine soaked in one-half cupful of cold water. Add one cupful of hot water, one-half cupful of sugar and rind and juice of one lemon. Set in a cool place. When it begins to harden add one pint of grated pineapple, cooked. Whip three cupfuls of cream, beat in till well mixed; set on ice to chill.

CARAMEL CUSTARD.

For a family of four, beat three eggs with two tablespoonfuls of sugar until well mixed: add one pint of milk and half a tea-

spoonful of vanilla extract. Melt two tablespoonfuls of sugar in a small saucepan and when a nice rich brown color add a quarter of a cupful of water; cook three minutes, then pour into four custard cups. Turn the cups around carefully until lined on the bottom and sides before pouring in the custard, then set them in a pan with sufficient water to cover one-third of the cups. Set in a medium oven and bake till the custard is set, then remove, and when cold serve on plates. The caramel forms a sauce around the custard and is very fine.

BANANA SHORTCAKE.

One cupful of sugar, quarter of a cupful of butter, three eggs well beaten, one-half cupful of milk, one and two-thirds cupful of flour, one and one-half teaspoonfuls baking powder, one teaspoonful lemon extract. Bake in two layers and let get cold.

Filling: About one hour before serving slice six medium sized bananas, sprinkle with cupful and a half to two cupfuls of sugar and moisten with juice of two lemons and four tablespoonfuls of water, stirring three or four times. When ready to serve put thick layer of filling on each cake, sprinkle well with chopped walnuts, put together, and heap whipped cream over all.

LEMON SHERBET.

Juice of five lemons, juice of one orange, two cupfuls of sugar. Let stand three or four hours. Pack the freezer, and put lemon and sugar in can; add one quart of milk, stirring constantly. Freeze about twenty or twenty-five minutes.

PRUNE PUDDING.

Cook twenty large prunes until tender without sugar. Cool, stone them, and run through food chopper. Whites of five eggs, beaten stiff; one teacupful of white sugar in the whites, one teaspoonful of vanilla. Bake thirty minutes.

REAL ICE CREAM.

If you expect to have good ice cream make up your mind to use good ingredients and to avoid doing the work hurriedly. Your plain cream should be perfectly fresh. To every quart you purpose to use add a cupful of powdered sugar. Mix well and pour into the freezer. The freezer should be of such size that it will hold twice as much cream as you actually put in. Pack around it solidly in the tub alternate layers of salt and fine ice using about four times as much ice as salt. Let the cream stand until it begins to freeze on the sides of the can. It is just at this point that the flavoring should be added, a little at a time, tasting the mixture to be sure that you have it exactly right. Turn the crank until the cream is firm and smooth and almost fills the freezer. Take out the beater, scraping from it all the cream that has accumulated there, and pack all the cream down firmly till it is perfectly smooth. Pack enough salt and ice about the freezer to come to the top. Cover with a piece of carpet or old blanket and set away to ripen in a cool place, say about three hours. Do not have the cream too thick. Remember also that it is important to turn the crank slowly for the first eight minutes, then rapidly.

GELATINE CHARLOTTE RUSSE.

One pint cream, whites of two eggs, two tablespoons sugar, one half box gelatine dissolved in a cup of hot milk. Whip the cream light, beat the eggs to a stiff froth, mix these and the sugar together. Flavor with lemon or vanilla, and beat in the gelatine which should be quite cold before it is added. Pour in a mold and set on ice. Very nice for anyone who can take anything so rich.

STUFFED APPLES.

Pare and core large tart apples. Fill the centers with seeded, chopped raisins, dates or figs, or a combination of these. Place

them in a deep earthen dish with a little water around them. Cover the dish to preserve the juiciness of the apples, and bake slowly until nearly done. Then uncover for a few minutes, to permit them to brown lightly.

Served with a lemon or vanilla sauce, these are delicious.

WATERMELON SHERBET.

Boil two pints of water and two and a half cupfuls of sugar for ten minutes. Cool, add the juice of eight lemons and the pulp of a ripe melon, which has been rubbed through a sieve. Freeze, and when the dasher is removed, stir in a cupful of minced nuts and finely chopped Canton ginger, the well-beaten whites of two eggs and three tablespoonfuls of powdered sugar. Repack and let stand for several hours before serving.

COCOANUT PUDDING.

Beat two eggs with one cupful of new milk; add one-quarter of a pound of grated cocoanut; mix with it three tablespoonfuls each of grated bread and powdered sugar, two ounces of melted butter, five ounces of raisins, and one teaspoonful of grated lemon peel; beat the whole well together; pour the mixture into a buttered dish, and bake in a slow oven; then turn it out, dust sugar over it, and serve. This pudding may be either boiled or baked.

ROLY-POLY.

Take one quart of flour; make good biscuit crust; roll out one-half inch thick and spread with any kind of fruit, fresh or preserved; fold so that the fruit will not run out; dip cloth into boiling water, and flour it and lay around the pudding closely, leaving room to swell; steam one or one and one-half hours; serve with boiled sauce; or lay in steamer without a cloth and steam for one hour.

BOILED APPLE DUMPLINGS.

Add to two cupfuls sour milk, one teaspoonful soda and one salt, half cupful butter, lard, flour enough to make dough a little stiffer than for biscuit; or make a good baking powder crust; peel and core apples, roll out crust, place apples on dough, fill cavity of each with sugar, encase each apple in coating of the crust, press edges tight together (it is nice to tie a cloth around each one), put into kettle of boiling water slightly salted, boil half an hour, taking care that the water covers the dumplings. They are also very nice steamed. To bake, make in same way, using a soft dough, place in a shallow pan, bake in a hot oven, and serve with cream and sugar, or place in a pan which is four or five inches deep (do not have the dumplings touch each other); then pour in hot water, just leaving top of dumplings uncovered. To a pan of four or five dumplings add one teacupful sugar and half a teacupful of butter; bake from half to three-quarters of an hour. If water cooks away too much, add more. Serve dumplings on platter and the liquid in sauce boat, for dressing. Fresh or canned peaches may be made in the same way.

BAKED INDIAN PUDDING.

Two quarts scalded milk with salt, one and one-half cupfuls Indian meal (yellow), one tablespoonful ginger, letting this stand twenty minutes; one cupful molasses, two eggs (saleratus if no eggs), a piece of butter the size of a common walnut. Bake two hours. Splendid.

ORANGE SHORT CAKE.

One pint flour, one-half teaspoonful salt, one-half teaspoonful soda, one teaspoonful cream of tartar, one-half cup butter, one egg, one scant cupful milk. Mix the dry ingredients. Beat the egg, add three-fourths of a cup of milk, and the butter melted. Stir this quickly into the flour, and use more milk if needed. The dough should be just stiff enough to be handled. Divide in two parts and roll each

to fit a shallow tin plate. Bake, and when done split open and spread with butter and sweetened oranges. Peel and divide the oranges, remove the seeds and thick inner pith, and cut each section into three or four pieces. Put the two cakes together, and cover the top layer thickly with powdered sugar.

Relishes

CHILI SAUCE.

Take five large onions, eight green apples, and chop fine thirty ripe tomatoes cut in small pieces, five tablespoonfuls of brown sugar, three tablespoonfuls of salt, eight cupfuls of vinegar, and boil all together two and a half hours and bottle for use.

SPICED CELERY.

Fifteen ripe tomatoes, five bunches of celery, two cupfuls of sugar, one and a half cupfuls of vinegar, one tablespoonful of salt, one teaspoonful of mustard, one teaspoonful of ground cloves, one teaspoonful of ground allspice, one teaspoonful of ground cinnamon, one teaspoonful of celeryseed, and one good sized red pepper.

DIRECTIONS.

Chop the celery, peppers and tomatoes together, then mix all ingredients and boil slowly one and a half hours. This will be found delicious with any kind of meat and will keep well if sealed up in bottles with paraffine melted over the cork.

TO PICKLE CUCUMBERS IN SLICES.

Take three dozen cucumbers, fully grown, slice them as for the table and lay them in a colander sprinkled thickly with salt, slice among them four small onions, and let them drain over night. In the morning put them in a pan and mix with them thoroughly half a cup of whole black pepper and one cup of mustard seed, then put them in a stone jar covered with vinegar. Cover the jar tightly and keep them in cool place.

TOMATO CHOW-CHOW.

Slice one peck of green tomatoes, six green peppers, one onion, strewing a cup of fine salt over them. After standing one night, turn off the water. Put them in a preserving kettle, with vinegar enough to cover them, add one cup of sugar, one cup of grated horseradish, one tablespoon of whole cloves, one of ground cinnamon. Stew slowly until perfectly soft.

PICKLE ONIONS THIRTY DAYS.

Onion Pickles.—Peel small pickling onions and place them in a fruit jar, covering them with one cupful of salt to each quart of onions. Tighten the lids and leave them for thirty days. At the end of that time soak them in water until there is almost no taste of brine about them. Cover with cold diluted vinegar, using two parts of water to one part of vinegar. They will be ready to eat almost immediately.

PICKLED LEMONS.

Take small, thin skinned lemons and treat the same as onion pickles.

INDIA RELISH.

One peck green tomatoes, six large onions, three small peppers, one gallon vinegar, one ounce celery seed, one ounce white mustard seed, one ounce black mustard seed, and one ounce tumeric powder. Run tomatoes through a meat chopper or chop fine. Drain off juice. Chop onions and peppers. Put all the ingredients together and boil



EGGPLANT AU GRATIN

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twenty minutes. Do not add all the vinegar until you find whether so much is needed to make sauce of proper thickness. Often the full gallon of vinegar is not needed.

BLEEDING HEART PICKLES.

Select fine, large blood beets; cook until tender; plunge into cold water for five minutes, remove skins. Cut into slices one inch thick. Then recut with heart shaped cutter. Pickle in the usual way. These are especially nice to serve with a plate lunch—one heart to each plate.

CHERRY RELISH.

Seed well ripened cherries, put in stone jar, cover with good cider vinegar, and let stand over night. In the morning drain, take equal parts of fruit and sugar, stir together well, and pack in glass jars. Do not cook. A fine relish for meats. They have a rich wine flavor.

PICKLED CUCUMBERS.

Wash and wipe six hundred small cucumbers and two quarts of peppers. Put them in a tub with one and a half cupful of salt and a piece of alum as large as an egg. Heat to the boiling point three gallons of cider vinegar and three pints of water. Add a quarter of a pound each of whole cloves, whole allspice and stick cinnamon, and two ounces of white mustard seed, and pour over the pickles.

TO PICKLE ONIONS.

Peel the onions until they are white, scald them in strong salt and water, then take them up with a skimmer; make vinegar enough to cover them, boiling hot, strew over the onions whole pepper and white mustard seed, pour the vinegar over to cover them; when cold, put them in wide-mouthed bottles and cork them close. A tablespoonful of sweet oil may be put in the bottles before the cork. The best sort of onions for pickling are the small white buttons.

PICKLED CAULIFLOWER.

Two cauliflowers, cut up, one pint of small onions, three medium sized red peppers. Dissolve half a pint of salt in water enough to cover the vegetables, and let these stand over night. In the morning drain them. Heat two quarts of vinegar with four tablespoonsful of mustard, until it boils; add the vegetables, and boil for about fifteen minutes, or until a fork can be thrust through the cauliflower.

RED CABBAGE.

Produce a firm good-sized cabbage, and after taking off any straggling or soiled leaves, cut it in very narrow slices, which, after you sprinkle them well with salt, lay aside for forty-eight hours. Next drain off the salt liquor which has formed, and pour over the cabbage a well-seasoned pickle of boiling hot vinegar; black pepper and ginger are best for seasoning. Cover the pickle jars till the cabbage is cold, and then cork.

TO PICKLE TOMATOES.

Take the round, smooth, green tomatoes, put them in salt and water, cover the vessel and put them over the fire to scald; that is, to let the water become boiling hot; then set the kettle off, take them from the pot into a basin of cold water. To enough cold vinegar to cover them, put whole pepper and mustard seed. When the tomatoes are cold take them from the water, cut each in two across, shake out the seeds and wipe the inside dry with a cloth, then put them into glass jars, and cover with the vinegar. Cork them close or with a close-fitting cover.

RIPE TOMATO PICKLES.

To seven pounds of ripe tomatoes add three pounds sugar, one quart vinegar, boil them together fifteen minutes, skim out the tomatoes and boil the syrup a few minutes longer. Spice to suit the taste with cloves and cinnamon.

CHOPPED PICKLE.

One peck of green tomatoes, two quarts of onions and two of peppers. Chop all fine, separately, and mix, adding three cupfuls of salt. Let them stand over night, and in the morning drain well. Add half a pound of mustard seed, two tablespoonfuls of ground allspice, two of ground cloves and one cupful of grated horse radish. Pour over it three quarts of boiling vinegar.

CHOW CHOW.

One peck of green tomatoes, half peck of string beans, quarter peck small onions, quarter pint green and red peppers mixed, two large heads cabbage, four tablespoonfuls white mustard seed, two of white or black cloves, two of celery seed, two of allspice, one small box yellow mustard, pound brown sugar, one ounce of tumeric. Slice the tomatoes and let stand over night in brine that will bear an egg: then squeeze out the brine, chop the cabbage, onions and beans: chop tomatoes separately, mix with the spices, put all in porcelain kettle, cover with vinegar and boil three hours.

PICCALILLI.

One peck of green tomatoes: (if the flavor of onions is desired, take eight, but it is very nice without any); four green peppers; slice all, and put in layers, sprinkle on one cup of salt, and let them remain over night. In the morning press dry through a sieve, put it in a porcelain kettle and cover with vinegar; add one cup of sugar, a tablespoonful of each kind of spice, put into a muslin bag; stew slowly about an hour, or until the tomatoes are as soft as you desire.

PICKLED WALNUTS (VERY GOOD).

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

GREEN TOMATO PICKLE.

One peck green tomatoes sliced, six large onions sliced, one teacupful of salt over both; mix thoroughly and let remain over night. Pour off liquor in the morning and throw it away; mix two quarts of water and one of vinegar, and boil twenty minutes; drain and throw liquor away. Take three quarts of vinegar, two pounds of sugar, two tablespoonfuls each of allspice, cloves, cinnamon, ginger and mustard, and twelve green peppers chopped fine; boil from one to two hours. Put away in a stone crock.

CHILI SAUCE.

Eight quarts of tomatoes, three cupfuls of peppers, two cupfuls of onions, three cupfuls of sugar, one cupful of salt, one and a half quarts of vinegar, three teaspoonfuls of cloves, same quantity of cinnamon, two teaspoonfuls each of ginger and nutmeg; boil three hours. Chop tomatoes, peppers and onions very fine; bottle up and seal.

MIXED PICKLES.

Three hundred small cucumbers, four green peppers, mixed fine, two large or three small heads cauliflower, three head white cabbage, shaved fine, nine large onions sliced, one large root horse radish, one quart green beans cut one inch long, one quart green tomatoes sliced: put this mixture in a pretty strong brine twenty-four hours. Drain three hours, then sprinkle in a quarter pound black and a quarter pound white mustard seed, also one tablespoonful black ground pepper; let it come to a good boil in just vinegar enough to cover it, adding a little alum. Drain again, and when cold, mix in a half pint ground mustard: cover the whole with good cider vinegar. Add tumeric enough to color, if you like.

PICKLED MUSHROOMS.

Sufficient vinegar to cover the mushrooms: to each quart of mushrooms, two blades pounded mace, one ounce ground pepper, salt to taste. Choose some nice young button-mushrooms for pickling, and rub off the skin with a piece of flannel and salt, and cut off the stalks; if very large take out the red inside and reject the black ones, as they are too old. Put them in a stew pan, sprinkle salt over them with pounded mace and pepper in the above proportion: shake them well over a clear fire until the liquor flows, and keep them there until it is all dried up again, then add as much vinegar as will cover them; just let it simmer for one minute, and store it away in stone jars for use. When cold, tie down with bladder, and keep in a dry place. They will remain good for a length of time and are generally considered delicious.

FAVORITE PICKLES.

One quart raw cabbage chopped fine, one quart boiled beets chopped fine, two cupfuls of sugar, tablespoonful salt, one teaspoonful black pepper, a quarter teaspoonful red pepper, one teacupful grated horse radish: cover with cold vinegar and keep from the air.

TOMATO MUSTARD.

Slice and boil for an hour, with six small red peppers, half bushel of ripe tomatoes: strain through a colander and boil for an hour with two tablespoonfuls of black pepper, two ounces ginger, one ounce allspice, half ounce cloves, one-eighth ounce mace, quarter pound salt. When cold add two ounces mustard, two ounces curry powder and one pint of vinegar.

INDIAN CHUTNEY.

Eight ounces of sharp, sour apples, pared and cored, eight ounces of tomatoes, eight ounces of salt, eight ounces of brown sugar, eight ounces of stoned raisins, four ounces of cayenne, four ounces of powdered ginger, two ounces of garlic, two ounces of shallots, three quarts of vinegar, one quart of lemon-juice. Chop the apples in small square pieces and add to them the other ingredients. Mix the whole together, and put in a well-covered jar. Keep this in a warm place, and stir every day for a month, taking care to put on the lid after each operation: strain, but do not squeeze it dry. Store it away in clean jars or bottles for use, and the liquor will serve as an excellent sauce for meat or fish.

PICKLED CHERRIES.

Five pounds of cherries, stone or not, one quart of vinegar, two pounds of sugar, one-half ounce of cinnamon, one-half ounce of cloves, one-half ounce of mace. Boil the sugar and vinegar and spices together, (grind the spices and tie them in a muslin bag), and pour hot over the cherries.

PICKLED PLUMS.

To seven pounds plums, four pounds sugar, two ounces stick cinnamon, two ounces cloves, one quart vinegar, add a little mace: put in the jar first a layer of spices alternately: scald the vinegar

and sugar together, pour it over the plums. Repeat three times for plums, (only once for cut apples and pears), the fourth time scald all together, put them into glass jars and they are ready for use.

SPICED PLUMS.

Make a syrup, allowing one pound of sugar to one of plums, and to every three pounds of sugar a scant pint of vinegar. Allow one ounce each of ground cinnamon, cloves, mace and allspice to a peck of plums. Prick the plums, add the spices to the syrup and pour, boiling, over the plums. Let these stand three days, then skim them out and boil down the syrup until it is quite thick, and pour hot over the plums in the jar in which they are to be kept. Cover closely.

PEACHES, PEARS AND SWEET APPLES.

For six pounds of fruit use three of sugar, about five dozen cloves and a pint of vinegar. Into each apple, pear or peach, stick two cloves. Have the syrup hot and cook until tender.

TOMATO CATSUP.

Take a gallon of skinned tomatoes, four tablespoonfuls of salt, four tablespoonfuls of whole black pepper, half a spoonful of allspice, eight pods of red pepper and three spoonfuls of mustard; boil them together for one hour, then strain it through a sieve or coarse cloth, and when cold, bottle for use. Have the best velvet corks.

WALNUT CATSUP.

Bruise to a mass one hundred and twenty green walnuts, gathered when a pin could prick one; put to it three-quarters of a pound of salt and a quart of good vinegar; stir them every day for a fortnight, then strain and squeeze the liquor from them through a cloth and set it aside; put to the husks half a pint of vinegar and let it stand all night, then strain and squeeze them as before; put the liquor from them to that which has been put aside, add to it one ounce and a quarter of whole pepper, forty cloves, half an ounce of nutmeg sliced, and half an ounce of ginger, and boil it for half an hour closely covered, then strain it; when cold, bottle it for use. Secure the bottles with new corks and dip them in melted rosin.

MUSHROOM CATSUP.

To each peck of mushrooms one-half pound of salt; to each quart of mushroom liquor, one-quarter ounce of cayenne, one-half ounce of allspice, one-half ounce of ginger, two blades of pounded mace. Choose full-grown mushroom-flaps, and take care they are perfectly fresh-gathered when the weather is tolerably dry; for, if they are picked during very heavy rain the catsup from which they are made is liable to get musty, and will not keep long. Put a layer of them in a deep pan, sprinkle salt over them, and then another layer of mushrooms, and so on alternately. Let them remain for a few hours, then break them up with the hand; put them in a nice cool place for three days, occasionally stirring and mashing them well to extract from them as much juice as possible. Now measure the quantity of liquor without straining, and to each quart allow the above proportion of spices, etc. Put all into a stone jar, cover it up very closely, put it in a saucepan of boiling water.

SPICED VINEGAR.

Two teaspoonfuls each of cloves and cayenne, one teaspoonful of mace and allspice, two tablespoonfuls mustard, salt and horse radish, six lemons, two quarts vinegar. Slice the lemons and remove the seeds. Put the lemons in a jar, sprinkle each layer with the mixed spices and pour on the boiling vinegar. Let it stand where it will keep warm. The next day strain it and put the vinegar in closely-corked bottles.

CHILI SAUCE.

Four quarts ripe tomatoes peeled, four peppers chopped fine, one tablespoonful whole cloves, one tablespoonful whole allspice, one tablespoonful peppercorns, two tablespoonfuls salt, two cupfuls brown sugar, one quart vinegar. Put spices in a lace bag. Cook slowly three hours.

MANGO CHUTNEY.

One quart vinegar, two tablespoonfuls mustard seed, two tablespoonfuls ginger (powdered), two tablespoonfuls salt, two cups brown sugar, one cup stoned raisins, two onions, two green peppers, fifteen green sour apples. Boil the vinegar, mustard, ginger, salt and sugar. Stone and chop the raisins, remove the seeds from the peppers, and chop them with the onions. Put all with the vinegar and simmer two hours. Then add the apples pared, cored and quartered, and stew another hour, or till the apples are soft. Put it into small bottles and seal.

CHUTNEY SAUCE.

Twenty-four ripe tomatoes, four green peppers, four onions, four tablespoonfuls sugar, four tablespoonfuls salt, three cupfuls vinegar, one-half pound raisins, one ounce dried ginger. Scald and peel the tomatoes, cut the peppers and onions fine, stone the raisins, cut the ginger in shreds, then put all together and boil three hours. Keep in wide-mouthed bottles.

Cakes

The best ingredients are the most economical, for cheap fruit is dirty, and will take a long time to clean; inferior butter is often rancid, and therefore unwholesome; and very cheap eggs are frequently more than half bad.

All cakes should be put in a very hot oven for the first few minutes or they will not rise: large cakes must then bake slowly, otherwise they will be too dark outside before the inside is cooked, and small cakes quickly, or they will get too hard.

See that the oven is heating before beginning to make the cake mixture. Line all cake tins except tiny ones with greased paper. To prevent a cake getting dark on the top, lay a sheet of paper over it. To ascertain if a cake is sufficiently cooked, stick a clean skewer into the thickest part: if it is done the skewer will come out clean and free from any mixture.

When baked, take all cakes out of the tins and place them on a sieve, so that the steam may escape and not condense in them and so make them heavy.

HICKORY NUT CAKE.

Take a half cupful of butter, two cupfuls of sugar and four eggs beaten separately; then three cupfuls of flour, one-half cupful of sweet milk, two teaspoonfuls of baking powder, two cupfuls of hickory nut meats cut fine, with one teaspoonful extract vanilla.

FEATHER CAKE.

Four tablespoonfuls butter, one cup sugar, four eggs, three cups flour, three teaspoonfuls baking powder. Bake in layers.

FRUIT CAKE.

One pint sweet milk scalded. Stir flavor in to make stiff sponge. Add one cake yeast foam. Let stand over night. In morning beat three eggs together thoroughly, and add, also, two cups sugar, one cup butter. When thoroughly mixed add one cup each of preserved citron and raisins, chopped fine, dredged with flour. Put in pans to rise. When twice the original size, bake one and one-fourth hours in a moderate oven. This is delicious and improves with age.

BLACK WALNUT LAYER CAKE.

One scant cupful of butter, one cupful sugar, one cupful sweet milk, three scant cupfuls of flour, whites of six eggs, beat well before adding to cake, three teaspoonfuls of Royal baking powder. Beat the butter and sugar together and add milk. Put baking powder in the flour, then beat in the flour. Then add the white of the eggs, then add one cupful of walnut meats. I make three-layer cake.

FOR ICING.

Whites of three eggs, and three cupfuls pulverized sugar, spread same between each layer to put the cake together and then the rest of the icing—one cupful of walnut meats and spread on top and sides.

DEVIL'S CAKE.

Piece of butter size of an egg, yolks of three eggs, one cupful brown sugar, four tablespoonfuls chocolate, one-half cupful milk: mix well; then mix two teaspoonfuls of baking powder with one and one-half cupfuls flour, and add the whites of three eggs. Bake in three layers.

Filling.—Beat one egg, one cupful milk, one cupful granulated sugar, one teaspoonful vanilla, one tablespoonful cornstarch, mix well and boil until it thickens, when cold stir in one-quarter pound chopped almonds, blanched, taste.

LADY BALTIMORE CAKE.

One cupful of butter, two cupfuls of sugar, one cupful of sweet milk, whites of six eggs, two level teaspoonfuls of baking powder sifted with three and one-half cupfuls of flour. One teaspoonful of rose water, bake in layers and put together with following mixture.

Boil three cupfuls granulated sugar until it threads, and pour it over the stiffly beaten whites of three eggs, beat until thick enough to spread, and add a cupful of chopped raisins, one cupful of chopped pecans and five figs cut in strips.

JELLY ROLL.

One cupful of flour, one cupful granulated sugar, three eggs, one and one-half teaspoonfuls baking powder.

DIRECTIONS.

Mix dry materials in a bowl, add beaten eggs, place in a slow oven to bake until it springs back from under the finger like a rubber ball, which is about twenty-five minutes. Prepare a piece of white wrapping paper, a little larger than the cake, in the following manner. Place paper on flat surface and out of danger of being disturbed by the wind: dust with powdered sugar. When cake is done, turn it onto the paper; have a glass of thin jelly ready and spread cake quickly with the jelly: cut off hard or burned edges. Roll by lifting the paper on one side, and letting cake curl, and so on until it is rolled. Roll while cake is still hot, as if allowed to cool it will break. Hang in a linen cloth until cool, to keep shape. This recipe may be used for "quick" sponge cake.

ANGEL FOOD.

First everything should be laid on the table ready. The sides of the pan must be perpendicular, and it must never be greased. The cream of tartar is beaten with the eggs instead of being sifted with the flour. Break fresh eggs, putting the whites into a cup until it is full. Add a pinch of salt and beat until light, add one teaspoonful of cream of tartar and beat again until dry. Whip the eggs while adding one cupful of sugar, then fold in lightly a generous cupful of pastry flour, add flavoring and bake for one hour in a very moderate oven. When done, turn the pan upside down in such a way that the air will pass all around it, and when it cools it will drop into the plate you have placed beneath it, light and flaky and always the same.

HOT WATER SPICE CAKE.

Three tablespoonfuls of melted butter, three tablespoonfuls of melted sugar, yolks of two eggs, one cupful of molasses, one teaspoonful each of cloves, cinnamon and lemon extract, two cupfuls of flour, one half cupful of chopped raisins, one teaspoonful of soda, one cup of boiling water. Mix in the order given, sifting cloves and cinnamon with the flour and adding the soda dissolved in the boiling water the last thing. Bake in layers in a moderate oven. Use the whites of the eggs for frosting.

Small Cakes

OATMEAL CRACKERS.

Two cupfuls of rolled oats, two cupfuls of flour, one large cupful of drippings of lard, one and one-half cupfuls of light brown sugar, one tablespoonful of New Orleans molasses, one teaspoonful salt, one teaspoonful soda dissolved in one cup of boiling water, add more flour; roll out thin, cut in squares, and bake in quick oven.

NUT WAFERS.

Work one-half cup butter until creamy, and add gradually, while beating constantly, one cupful sugar; then add one egg, well beaten, two tablespoonfuls milk, two teaspoonfuls baking powder, and enough pastry flour to make a stiff dough (the amount required being nearly two cups). Chill, toss on a floured board, and roll one-eighth inch thick, using one-half the mixture at a time. Shape with a round cutter, first dipped in flour, brush over with white of egg, and sprinkle with chopped almonds. Place on a buttered sheet and bake in a moderate oven eight minutes.

SPICE NUT COOKIES.

Three cups light brown sugar, one cupful butter, one cupful sour milk, three and one-half cupfuls flour, three eggs, one large teaspoonful baking powder, one large teaspoonful soda, two large teaspoonfuls cinnamon, one cupful seeded raisins, one cupful chopped pecans, drop teaspoonful at a time on greased pans. These are fine.

GINGER SNAPS.

One cupful of brown sugar, one cupful of molasses, one cupful of lard, two eggs, a small teacup half full of boiling water, two teaspoonfuls of ginger, two of cinnamon, a teaspoonful of saleratus. Roll thin, cut out and bake in a quick oven.

GINGER COOKIES.

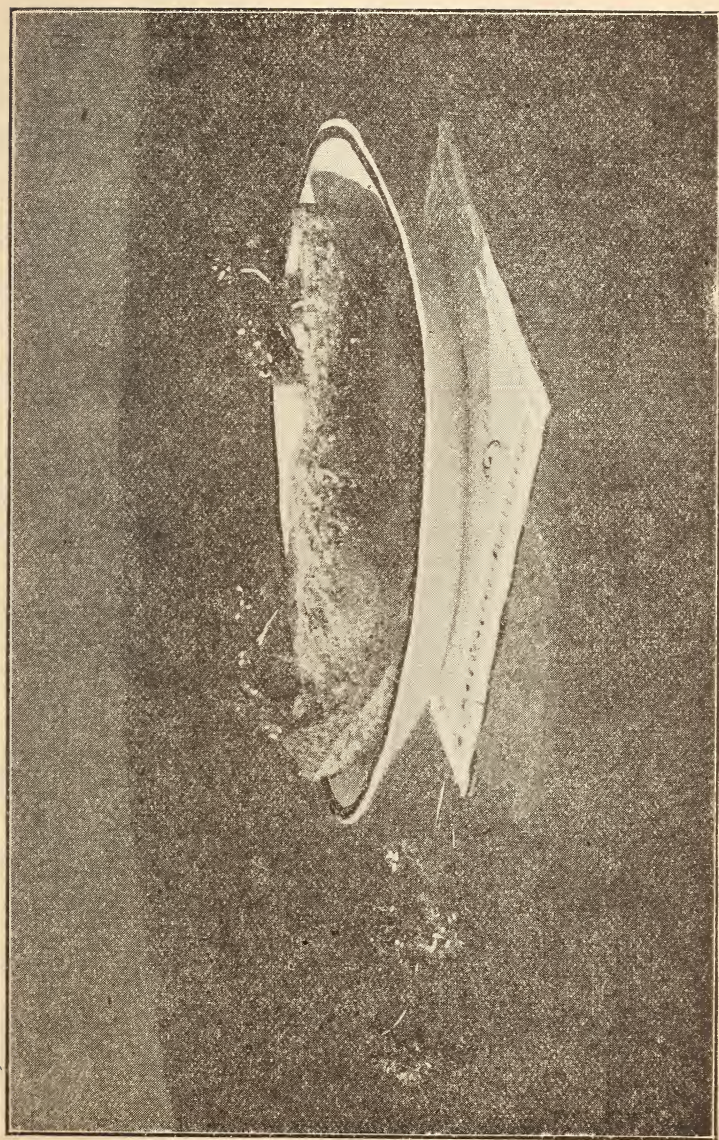
One cupful of molasses, one-half cupful of sugar, two-thirds cupful of butter, one-half cupful of water, one egg, two teaspoonfuls of saleratus, one-half teaspoonful of alum, one teaspoonful of ginger, flour enough to roll out soft. Bake quick.

PEANUT COOKIES.

Beat one-fourth of a cupful of butter to a cream, beat in half a cupful of sugar, one egg, two tablespoonfuls of milk and one cupful of flour, sifted with two level teaspoonfuls of baking powder and one-fourth teaspoonful of salt. Add at the last, three-fourth cupful of peanuts, pounded fine in a mortar. Drop, by the teaspoonful, upon a buttered tin, put half a nut meat on each. Bake in a moderate oven.

LADY BALTIMORE CAKE.

For the cake take one cupful of butter, two cupfuls of granulated sugar, three and one-half cupfuls of sifted flour, two level teaspoonfuls of baking powder, one cupful of milk, one teaspoonful rose



CHEESE OMELET

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water and the whites of six eggs. For the frosting take three cups of granulated sugar, one cup of boiling water, the whites of three eggs, one cup of chopped raisins, one cup of chopped nut meats and five figs, cut into bits. Mix the cake in the usual manner; the ingredients are enumerated in order. For the frosting, cook the sugar and water until when tested the syrup will spin a thread two inches long; pour in a fine stream onto the whites of the eggs beaten dry; add the fruit and use when cold as filling and frosting.

ORANGE CAKE.

One cupful of sugar, half a cupful of butter, half a cupful of sweet milk, two cupfuls of flour, three eggs, one and one-half teaspoonfuls of baking powder; bake in jelly tins.

Orange Frosting for same.—One orange, grate off the outside, and mix with juice, and add sugar until quite stiff, and make like jelly cake; make four layers of the cake.

DOUGHNUTS.

One cup of sugar, two eggs, two tablespoonfuls of melted butter, two-thirds cupful of milk, two even teaspoonfuls of cream tartar, one even teaspoonful of soda, flour enough to roll, salt and nutmeg.

WHITE POUND CAKE.

One pound sugar, one of flour, half pound butter, whites of sixteen eggs, teaspoonful baking powder, sifted thoroughly with the flour; put in cool oven with gradual increase of heat. For boiled icing for cake take three cupfuls sugar boiled in one of water until clear; beat whites of three eggs to very stiff froth, and pour over them the boiling liquid, beating all the time for ten minutes; frost while both cake and icing are warm.

WHITE MOUNTAIN CAKE.

One cupful sugar, one-half cupful of butter, one-half cupful sweet milk, one-half cupful corn starch, one cupful flour, whites of six eggs, a little vanilla, two teaspoonfuls of baking powder. Bake in layers.

Frosting for Above.—Whites of five eggs, twenty tablespoonfuls sifted sugar, beaten very light; a little vanilla. Spread between layers and outside of cake.

LEMON CAKE.

One-half cup of sugar, one teaspoonful butter, one tablespoonful of milk, three eggs, one cup flour, one teaspoonful baking powder, bake in jelly tins, put between two apples and one lemon, grated together with a little sugar.

SWEET STRAWBERRY SHORTCAKE.

Three eggs, one cupful sugar, two of flour, one tablespoonful of butter, a teaspoonful, heaped, of baking powder. Beat the butter and sugar together, and add the eggs well beaten. Stir in the flour and baking powder well sifted together. Bake in deep tin plates. This quantity will fill four plates. With three pints of strawberries mix a cupful of sugar. Spread the fruit between the layers of cake. The top layer of strawberries may be covered with a meringue made with the white of an egg and a tablespoonful of powdered sugar.

IVORY BLANC MANGE.

Soak one ounce of gelatine for ten minutes in a little cold milk and pour over the gelatine, and stir it constantly until it is all dissolved; it may be placed in the dish and set on top of a boiling teakettle for a few minutes; remove it and add a small cupful of sugar and two tablespoonfuls of sherry wine. Strain into moulds.

APPLE SNOW.

Forms a showy, sweet dish, and may be made as follows: Ten or a dozen apples prepared as before, flavored with a little lemon

juice; when reduced to a pulp, let them stand to cool for a little time, meanwhile beat up the whites of ten or a dozen eggs to a froth, and stir into the apples, as also some sifted sugar, say a teacupful; stir till the mixture begins to stiffen, and then heap it up in a glass dish or serve in custard cups, ornamented with spots of red currant jelly. Thick cream should at table be ladled out to the snow.

FLOATING ISLAND.

Take a quart of rich cream, and divide it in half. Sweeten one pint of it with loaf sugar, and stir it into sufficient currant jelly to color it of a fine pink. Put it into a glass bowl, and place in the center of a pile of sliced almond sponge cake, or of lady cake; every slice spread thickly with raspberry jam or marmalade, and laid evenly one on another. Have ready the other pint of cream, flavored with the juice of two lemons, and beaten to a stiff froth. Heap it all over the pile of cake so as entirely to cover it. Both creams must be made very sweet.

COCOANUT POUND CAKE.

Beat half a pound of butter to a cream; add gradually a pound of sifted flour, one pound of powdered sugar, two teaspoonfuls of baking powder, a pinch of salt, a teaspoonful of grated lemon peel, quarter of a pound of prepared cocoanut, four well-beaten eggs, and a cupful of milk; mix thoroughly; butter the tins, and line them with buttered paper; pour the mixture in to the depth of an inch and a half, and bake in a good oven. When baked take out, spread icing over them, and return the cake to the oven a moment to dry the icing.

COCOANUT CUP CAKE.

Two cupfuls of sugar, two cupfuls of butter, one cupful of milk, one teaspoonful of essence of lemon, half a nutmeg grated, four well-beaten eggs and the white meat of a cocoanut grated; use as much sifted wheat flour as will make a rather stiff batter; beat it well, butter square tin pans, line them with white paper, and put in the mixture an inch deep; bake in a moderate oven half an hour, or it may require ten minutes longer. When cold, cut in small squares or diamonds; this is a rich cake and is much improved by a thin icing. This cake should be made with fine white sugar.

POUND CAKE.

One pound of butter, and one and one-quarter pound of flour, one pound of pounded loaf sugar, one pound of currants, nine eggs, two ounces of candied peel, one-half ounce of citron, one-half ounce of sweet almonds; when liked, a little pounded mace. Work the butter to a cream; dredge in the flour; add the sugar, currants, candied peel, which should be cut into neat slices, and the almonds, which should be blanched and chopped, and mix all these well together; whisk the eggs, and let them be thoroughly blended with the dry ingredients. Beat the cake well for twenty minutes, and put it into a round tin, lined at the bottom and sides with a strip of white buttered paper. Bake it from one and one-half to two hours, and let the oven be well heated when the cake is first put in, as, if this is not the case, the currants will all sink to the bottom of it. To make this preparation light, the yolks and whites of the eggs should be beaten separately and added separately to the other ingredients. A glass of wine is sometimes added to the mixture; but this is scarcely necessary, as the cake will be found quite rich enough without it.

CARAMEL CAKE.

One cupful butter, two of sugar, a scant cupful milk, one and a half cups flour, cupful corn starch, whites of seven eggs, three teaspoonfuls baking powder in the flour; bake in a long pan. Take half pound brown sugar, scant quarter pound chocolate, half cup milk,

butter size of an egg, two teaspoonfuls vanilla; mix thoroughly and cook as syrup until stiff enough to spread; spread on cake and set in oven to dry.

Icings

TO MAKE ICING FOR CAKES.

Beat the white of two small eggs to a high froth; then add to them quarter of a pound of white sugar, ground fine, like flour; flavor with lemon extract or vanilla; beat it until it is light, and very white, but not quite so stiff as kiss mixture; the longer it is beaten, the more firm it will become. No more sugar must be added to make it so. Beat the frosting until it may be spread smoothly on the cake. This quantity will ice quite a large cake, over the top and sides.

BOILED ICING.

One cupful of sugar, four tablespoonfuls of hot water. Cook until it threads and then pour into the white of an egg beaten stiff. Beat until creamy. Flavor with vanilla.

TO THICKEN ICING.

It often happens that the boiled icing is too soft and no amount of beating will thicken it. In that case add powdered sugar, heating it all the time until the frosting is thick enough.

UNCOOKED ICING.

To make icing without cooking which will keep moist, use two cupfuls powdered sugar, two tablespoonfuls of melted butter, two teaspoonfuls of vanilla flavoring, and enough milk to make the right consistency. Mix well together. This will keep moist from two to three weeks, and is quickly made.

CHOCOLATE ICING.

Beat melted chocolate cocoa with sugar and add enough milk to make a smooth paste. Put just enough sugar to make it bitter-sweet.

ORANGE FILLING.

Grate the rind from two oranges and squeeze out the juice. Beat the whites and yolks of two eggs separately, add two cupfuls of sugar to the yolks, then the whites and lastly the juice and grated rind. Rub two tablespoonfuls of flour and one tablespoonful of butter together, and pour into the mixture one cupful of boiling water; add the egg-and-sugar combination and cook over hot water until thick and smooth. Do not spread between the layers of cake until it is well cooled.

FRUIT FILLING.

Take four tablespoonfuls each of finely chopped citron, chopped raisins, shredded candied orange peel, chopped almonds, and chopped figs. Beat the whites of three eggs to a stiff froth, adding one cupful of pulverized sugar, then add the fruit mixture. Spread between the layers of cake the last thing before serving. This filling will be found an excellent one.

ALMOND ICING.

Whites of four eggs, one pound of sweet almonds, one pound of powdered sugar, a little rose-water. Blanch the almonds by pouring boiling water over them and stripping of the skins. When dry, pound them to a paste, a few at a time, in a Wedgewood mortar, moistening it with rose-water as you go on. When beaten fine and smooth, beat gradually into icing. Put on very thick, and, when nearly dry, cover with plain icing.

CARAMEL FROSTING.

Boil one cupful of granulated sugar, three tablespoonfuls of heavy caramel syrup and one-third of a cupful of water to 235 degrees Fahrenheit. Pour in a fine stream upon the beaten whites of two eggs, beating constantly meanwhile. Return to the saucepan, set this into a dish of boiling water and stir constantly while the frosting thickens. Beat until cold, then spread upon the cake. This frosting will hold its shape, crust over on the outside and keep soft within.

Pies

HOW TO MAKE PIE CRUST.

One-half cupful of melted shortening—butter, beef drippings, or lard, or a mixture of any two, or all. One quarter cupful of cold water. One heaping cupful of flour, a little salt.

Method: Into a bowl put first the shortening, next the water, and with a spoon stir into this the flour and salt. When mixed (which only takes a minute or two) set in refrigerator to cool, when hard enough roll. This is enough for both upper and lower crust for a large pie. Before putting into the oven brush top of the pie with milk. This will make it a nice brown color.

WHEN MAKING SOUR PIES.

When making sour pies such as rhubarb and cranberry, it is well to add a cupful of raisins that have been previously soaked in water. They will take away that tart flavor besides absorbing the superfluous juices.

TO BAKE PIE CRUST.

When making a pie that requires the crust to be baked before putting the filling in, turn the pie pan upside down and place the dough over the pan and bake in this manner. This prevents the crust from shrinking so that when it is removed and placed inside the pan with the filling the pie will prove to be more satisfactory when cut.

"NEVER FAIL" PIE CRUST.

Two teaspoonfuls of lard. Four tablespoonfuls of water. Eight tablespoonfuls of flour, a pinch of salt. Quantities are easily remembered by "two times four are eight."

LEMON PIE.

Take one lemon, one cup of water, one cup of brown sugar, two tablespoonfuls of flour, five eggs, three tablespoonfuls of white sugar. Grate the rind of the lemon, squeeze out the juice, put all together and add the water, brown sugar and flour, working the mass into a smooth paste. Beat the eggs and mix the paste, saving the whites of three of them. Make two pies, baking without top crust. While these are baking, beat the whites of the three eggs saved for that purpose to a stiff froth, and stir in the white sugar. When the pies are done spread this frosting over them and set again in the oven and brown slightly.

RAISIN PIE.

Take one pound of raisins, turn over them one quart of boiling water and boil one hour. Keep adding water, so there will be a quart when done. Grate the rind of one lemon into one cup of sugar, three spoonfuls of flour and one egg. Mix well together. Turn the raisins over the mixture, stirring the while. This makes three pies.

PEACH PIE.

Line a dish with a good crust. Then place in it a single layer of peaches cut in halves, sprinkle sugar over them, and pour on enough sweet cream to fill the dish, and bake. Use no upper crust.

NEW ENGLAND PUMPKIN PIE WITH CANNED PUMPKIN.

Empty can pumpkins into large iron spider over slow burner about forty-five minutes. Scrape off from bottom of spider with knife often. Cook till very dark and very dry. Put aside to cool in a bowl. For one pie take one-half the cold pumpkin, add one-half cupful of sugar, one-fourth teaspoon cinnamon, one-fourth teaspoonful ginger, small pinch of allspice, cloves and salt, two eggs.

Beat till smooth, then add one and one-half cups sweet milk. One crust, medium oven.

LEMON CREAM PIE.

Grate the rind and use the juice of one lemon, add the yolks of two eggs. Add one-half cupful of sugar, one-half cupful of sour cream, dissolve a tablespoonful of corn starch, and add. Put into a crust and bake all together, until the custard is set. Beat whites, and put on top, and brown delicately. This is delicious and a good way to use sour cream.

Pudding Sauces

SAUCE FOR PLUM PUDDING.

The yolks of three eggs, one tablespoonful of powdered sugar, one gill of milk, a very little grated lemon-rind, two small wine-glassfuls of brandy. Separate the yolks from the whites of three eggs, and put the former into a stewpan; add the sugar, milk and grated lemon-rind, and stir over the fire until the mixture thickens, but do not allow it to boil. Put in the brandy; let the sauce stand by the side of the fire, to get quite hot; keep stirring it, and serve in a boat or tureen separately, or pour it over the pudding.

VANILLA SAUCE.

The whites of two eggs, and the yolk of one, half a cupful of powdered sugar, one teaspoonful of vanilla, three tablespoonfuls of milk. Beat whites of the eggs to a stiff froth, next beat in the sugar, and then the yolk of the egg and the seasoning. Serve immediately. This sauce is for light puddings.

RICH WINE SAUCE.

One cupful of butter, two of powdered sugar, half a cupful of wine. Beat the butter to a cream; add the sugar gradually, and when very light add the wine, which has been made hot, a little at a time. Place the bowl in a basin of hot water and stir for two minutes. The sauce should be smooth and foamy.

WHIPPED CREAM SAUCE.

Whip a pint of thick sweet cream, add the beaten whites of two eggs, sweeten to taste; place pudding in center of dish, and surround with the sauce, or pile up in center and surround with moulded blanc-mange or fruit pudding.

LEMON SAUCE.

One cup of sugar, half a cup of butter, one egg, one lemon, juice and grated rind, three tablespoonfuls of boiling water, put in a tin pail and thicken over steam.

JELLY SAUCE.

Melt one ounce of sugar and two tablespoonfuls grape jelly over the fire in a half pint of boiling water, and stir into it half a teaspoonful corn starch dissolved in a half cup of cold water; let come to a boil, and it will be ready for use. Any other fruit jelly may be used instead of grape.

CABINET PUDDING SAUCE.

Take the yolks of five eggs and whip them lightly; express the juice of a lemon and grate down a little of the peel. The other ingredients are a tablespoonful of butter, a cup of sugar, a glass of good wine, and a little spice. Mix the sugar and butter, adding the yolks, spice and lemon juice. Beat fifteen minutes, then add the wine and stir hard. Immerse in a saucepan of boiling water, beating while it heats.

FOAMING SAUCE.

Beat whites of three eggs to a stiff froth; melt teacup of sugar in a little water, let it boil, stir in one glass of wine and then the whites of three eggs; serve at once.

SPANISH SAUCE.

One half cup of boiling water, one tablespoonful of corn starch, two tablespoonfuls vinegar, one tablespoonful of butter, one cup sugar, one-half nutmeg.

HARD SAUCE.

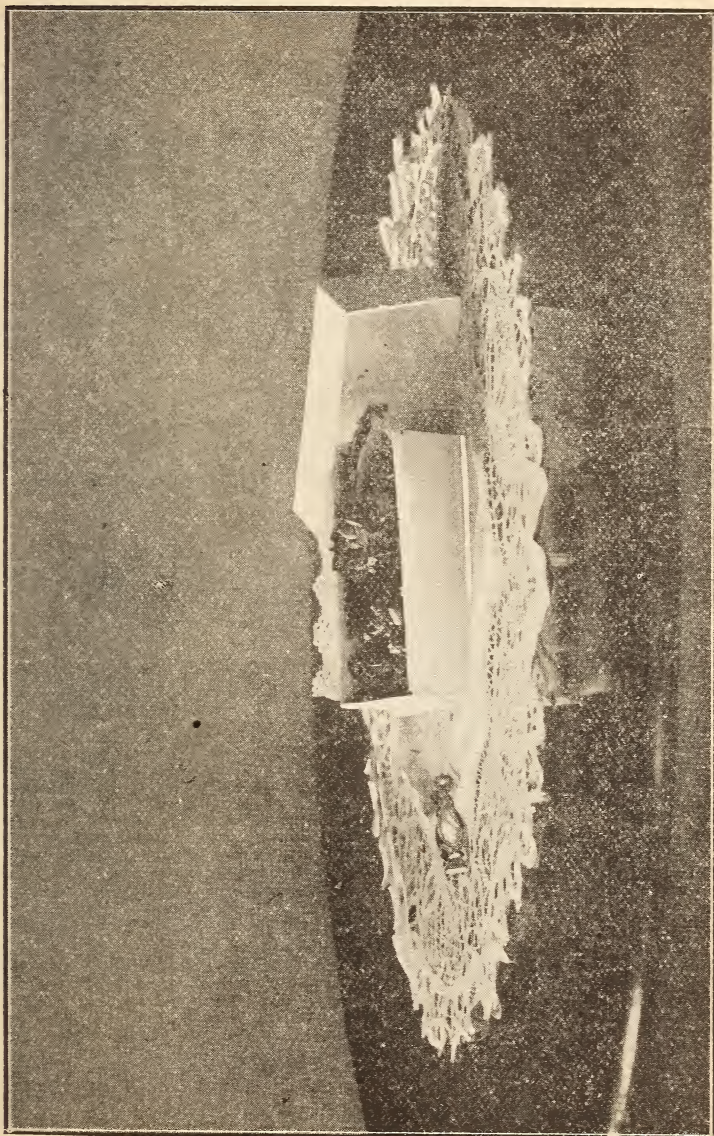
Beat to a cream a quarter of a pound of butter, add gradually a quarter of a pound of sugar, beat it until very white; add a little lemon juice, or grate nutmeg on top.

PUDDING SAUCE.

One cup of sugar, one half cup of butter, yolks of three eggs, one teaspoonful of corn starch or arrow-root: stir the whole until very light; add sufficient boiling water to make the consistency of thick cream; wine or brandy to suit the taste.

PINEAPPLE PUDDING SAUCES.

Cook a grated pineapple five minutes in just enough water to prevent burning. Then add, a little at a time, and stirring the while, one-half its measurement in sugar. Stew gently for five minutes. Serve at once.



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PEANUT CANDY

Fruit Desserts

JELLIED GRAPES.

A very delicate dish is made of one third cupful of rice, two cupfuls of grapes, half a cupful of water and two spoonfuls of sugar. Sprinkle the rice and sugar among the grapes, while placing them in a deep dish; pour on the water, cover close and simmer two hours slowly in the oven. Serve cream as sauce, or cold as pudding. If served warm as pudding, increase slightly the proportion of rice and sugar.

BAKED BANANAS.

Allow one tablespoonful of sugar and one teaspoonful of hot water for each banana. Peel the bananas, split them in halves. Put them in a shallow dish or platter. Melt one tablespoonful of butter in the hot water and pour it over the fruit. Mix a little salt and spice or lemon-juice with the sugar, sprinkle it over the top and bake about twenty minutes, or until brown.

FRUIT CREAM.

Three oranges, three bananas, one pint strawberries, one-half can apricots, one pint cream, sugar to taste. Take the juice and pulp of the oranges, mash the bananas, berries and apricots, and rub through a hair or wire sieve. Add the cream and sugar to make it quite sweet. Then freeze as usual.

CURRENT SHERBET.

One pint currant-juice, one pint water, one pint sugar, two eggs, (whites). Boil the juice, water and sugar, skim thoroughly, and pour it while hot into the eggs beaten till foamy. Beat it well, and, when cool, freeze.

GRAPE SHERBET.

Lay a square of cheese-cloth over a bowl, put in a pound of ripe Concord grapes. Mash very thoroughly with a wooden masher. Squeeze out all the juice, add an equal amount of cold water, the juice of one lemon, and sugar to make it very sweet. Freeze as usual.

JELLIED BANANAS.

Make a mould of lemon-jelly. Cut bananas in slices, and line the bottom and sides of a mould. Pour the jelly in slowly, that it may not float the fruit. Keep in ice water until hard. If you have no mould, use a small round glass dish. Put the sliced bananas on the bottom, then turn in a little jelly; when hard put a row round the sides with spaces between, and fill the center with bananas, add more jelly, enough to cover. Reserve a cupful of jelly, and, when ready to serve, break this up lightly and scatter it over the top.

PEACH TAPIOCA.

One-half cup pearl tapioca, one saltspoonful salt, one pint boiling water, one-half cup sugar, ripe peaches. Cook in double boiler till the tapioca is dissolved. Add the sugar and one cupful of peaches sliced and mashed. Pare six peaches, cut them in halves, remove the stone, and place them, the cleft side up, in a dish for serving. Pour the tapioca over them, and serve very cold with sugar and cream.

PRUNE CUSTARD.

Stew half a pound of prunes in water to cover, until the stones will slip out easily. Let the syrup boil away. Soak one pint of dried cake (any kind of butter-cake crumbled finely) in one quart of milk. Add two beaten eggs, a little salt and spice, and the stewed prunes. Bake slowly about an hour, or until a knife will come

out clean. Stir two or three times at first, to prevent the fruit from settling. Serve with creamed butter and sugar.

PRUNE PUDDING.

Stew one pound of prunes until very soft. Let the water boil nearly all away. Sweeten to taste. Remove the stones, and mash to a pulp. Add a little cracker dust, enough to stiffen it slightly, and the whites of three eggs, beaten stiff. Bake in a shallow dish about twenty minutes. Serve with a sauce made of the yolks of the eggs, three tablespoonfuls sugar, one pint of milk, and cook like a boiled custard.

BERRY PUDDING.

Three pints of blueberries, five cupfuls of flour, one pint N. O. molasses, one teaspoonful soda, one-half teaspoonful salt, one-half teaspoonful cinnamon. Boil in a buttered mould or pail three hours. Half of the receipt is enough for a small family.

PEACH PUDDING.

One pint stale bread, one quart milk, one-half cupful of butter, one-half cupful sugar, one saltspoonful salt, four eggs, six or eight peaches. Grate the inside of a loaf, and soak it in the hot milk. Pare, halve and stone the peaches, and place them, the hollow side up, in a buttered mould. Cream the butter, add the sugar, salt, eggs, well-beaten, and stir all into the milk. Pour it over the peaches, cover, and place the mould in a pan of hot water in the oven and bake two hours. Serve with wine or creamy sauce.

ORANGE PUDDING.

One heaping tablespoonful butter, one cupful sugar, grated rind of one orange, one cupful orange-juice and pulp, yolks of four eggs, well-beaten, four tablespoonfuls fine cracker-crumbs, one cupful milk. Bake in a deep dish lined with paste. Beat the whites of the eggs with half a cupful of sugar. Spread over the top and color slightly.

APPLE SAGE PUDDING.

One cupful sage in a quart of tepid water, with a pinch of salt, soaked for one hour; six or eight apples, pared and cored, or quartered and steamed tender, and put in the pudding dish; boil and stir the sage until clear, adding water to make it thin, and pour it over the apples; this is good hot with butter and sugar, or cold with cream and sugar.

RICH BAKED APPLE PUDDING.

Half pound the pulp of apples, half pound loaf sugar, six ounces butter, the rind one lemon, six eggs, puff paste. Peel, core and cut the apples, as for sauce; put them into a stew pan, with only just sufficient water to prevent them from burning, and let them stew until reduced to a pulp. Weigh the pulp, and to every half pound add sifted sugar, grated lemon, six well-beaten eggs. Beat these ingredients well together; then melt the butter, stir it to the other things, put a border of puff paste round the dish, and bake for rather more than half an hour.

APPLE CHARLOTTE.

Cut slices of wheat bread or rolls, and having rubbed the bottom and sides of a basin with a bit of butter, line it with the sliced bread or rolls; peel tart apples, cut them small, and nearly fill the pan, strewing bits of butter and sugar between the apples; grate a small nutmeg over; soak as many slices of bread or roll as will cover it; over which put a plate, and a weight, to keep the bread close upon the apples; bake two hours in a quick oven and then turn it out. Quarter of a pound of butter, and a half pound of sugar, to half a peck of apples.

Sandwiches

CHICKEN SANDWICHES.

Mince the white meat of roast chicken and mix it with half a can of French mushrooms, chopped fine, and a half cupful of chopped English walnuts. Season to taste with pepper, and salt, and moisten with melted butter. Put the mixture between slices of whole wheat bread.

WALNUT SANDWICHES.

Shell English walnuts. Blanch and chop and to every tablespoonful of nuts allow a good half tablespoonful of cream cheese. Rub well together and spread on thin slices of crustless white or graham bread.

PEANUT SANDWICHES.

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

OLIVE.

Stone and pound to a paste one dozen large olives, and blend into a small cupful of mayonnaise dressing. Butter thin slices of graham or brown bread, spread with the olive paste; take off the crust and cut in halves.

HAM AND DILL.

Cut thin slice of rye or graham bread, butter and lay between the slices two thin slices of ham, and thin slices of dill pickle. Cut lengthwise.

Various Recipes

FRIED RICE MUSH.

Cornmeal mush being rather strong for some people, this combination will be found a most delicious substitute.

Cook one cupful of rice until thoroughly done, keeping plenty of water on it all the time. Salt to taste. When cooked pour in enough water to make it thin, then stir in slowly one cupful of white cornmeal. It will need to be stirred almost constantly to prevent burning, as it will be very thick. When cornmeal is cooked turn the mush into a mold, and when cold cut in slices and fry. Can be served plain or with syrup. A little vanilla added to the ordinary sugar syrup improves it very much. If cornmeal is soaked or wet in cold water before using for mush or pancakes, it will cook quicker and thus prevent that raw taste which sometimes spoils dishes made of Indian meal.

BATTER NUTS.

Two well-beaten eggs, one cupful sugar, one teaspoonful salt, one cupful of sweet milk, one cupful seedless raisins, the grated rind of one fresh lemon, two teaspoonfuls baking powder, flour enough to make stiff batter, that will not drop from spoon, about the consistency of pound cake. Take a tablespoon half full at a time, and drop into hot lard, as you do other doughnuts, taking care not to have them too large, as they are very light when cooked. When done, roll them in sugar.

"BEST EVER" DOUGHNUTS.

Mix two cupfuls of hot mashed potatoes with two cupfuls of sugar, add one cupful of milk, three eggs beaten separately, a little salt, nutmeg for flavoring, and lastly three tablespoonfuls of melted butter. Add flour to make a stiff dough, into which five teaspoonfuls of baking powder have been sifted.

COFFEE CAKE.

One cupful of sugar, one cupful of syrup, one cupful of strong cold coffee, three-fourths cupful of lard, two eggs, level teaspoonful each of ground cinnamon and cloves, one-fourth of grated nutmeg, one teaspoonful of vanilla, one teaspoonful of corn-starch, one pound chopped raisins, one teaspoonful of baking soda, a little salt, and three and one-half cupfuls of flour. If desired a cupful of chopped nuts can be added. Beat and stir thoroughly. Bake in a six-quart pan in a slow oven for two and one-half hours. Keep cake covered for one hour when first put in oven.

BLUEBERRY JOHNNY CAKE.

This is an old-fashioned, genuine New England recipe for a most delicious concoction.

One cupful of sour milk, one teaspoonful of soda, one-half cupful of molasses, one cupful of cornmeal, one-half cupful of flour, and a pinch of salt. When well beaten and ready for the oven, add blueberries, stir in and bake in a square bread tin. At least two cups of blueberries should be used and more if the dough will cover them all.

Cooking Vegetables

In the first place, most vegetables must be thoroughly cleaned before they are cooked. While old potatoes, carrots, turnips and parsnips should be well scrubbed in cold water before they are peeled, this rule does not apply to those fresh from the garden. For example, new potatoes should never be peeled before cooking. For, like carrots, turnips, parsnips and salsify, they can be cleaned sufficiently by scraping after their bath in cold water. Onions and leeks are about the only vegetables that do not require this preliminary washing, the removal of the outer peeling being sufficient to relieve them of all dirt; but vegetables like lettuce, cabbage and cauliflower should be left to stand in water for some time before being cooked.

All fresh vegetables should be cooked in slightly salted boiling water. Those that grow beneath the ground like beets and new potatoes, should be cooked in a covered saucepan, while those that grow upon the ground, like peas, beans and cabbage, should be left uncovered during the process of cooking. Corn is an exception to this rule, as it is better when cooked under cover.

These are the general rules for cooking summer vegetables, but the special rules that follow are quite as important and must be remembered by the cook, who is ambitious to excel in this branch of culinary art.

ASPARAGUS.

Asparagus should be cut in even lengths, tied in a bunch, and stood upright in the saucepan, so that the water will not reach the heads of the stalks. Thus while it is necessary that the lower or tougher portions of the stalks should be boiled until tender, the upper or more tender parts will cook sufficiently if merely steamed.

BEANS.

If a little sugar is added to the water in which string-beans are cooked it will help to bring out the flavor of the vegetable. A teaspoonful of sugar to two quarts of beans will be sufficient for this purpose. A pinch of baking soda will not only preserve the color of the beans, but will help to make the tougher beans tender. In cooking lima beans, a piece of butter, the size of a hickory-nut, added to the water will prevent them from foaming over.

BEETS.

Never peel beets before cooking them. Merely wash and scrape them, then put them on to boil without removing even the root end. When they have become tender, plunge them in cold water for a moment or two, and the skins may be rubbed off without the slightest trouble. In this way the beets may be made to retain all their color.

CABBAGE.

The best way to cook new cabbage is to cut it into small pieces, after removing the core, and boil it in water that scarcely covers it. Any of this water that is left when the cabbage is done, must be drained away before the vegetable can be prepared or

dressed for the table. A little baking soda added to the water in which the cabbage is cooked will help to make it tender. A little sugar will also improve the flavor of this vegetable.

CORN.

Many persons find it extremely difficult to cook sweet corn nicely. The trouble is that they boil it too long. If the corn is fresh, and naturally sweet and tender, it requires no more than six or seven minutes for cooking. If it is so old and tough that it needs more than ten or twelve minutes of boiling, it is not fit to be served on the cob. Put the corn on to cook in the water that is boiling. Do not salt the water, or the corn will become tough. Instead, sweeten it by adding a level tablespoonful of sugar to each quart of water. If you suspect that the corn is not very fresh, you may freshen it considerably by placing it in cold water, and leaving it for three-quarters of an hour or more after husking it. If corn is to be cut from the cob, either before or after cooking, cut the kernels lengthwise with a sharp knife, then with a dull knife scrape out all the juice and pulp, leaving the hulls attached to the cob. When corn has been gathered, it is better to remove the husks at once, as they absorb the sweetness of the vegetable. Wrap the corn when husked, in a damp cloth. It will preserve its sweetness for several hours.

CUCUMBERS.

In peeling cucumbers, the cook should begin to cut from the blossom end. If peeled from the other end the cucumber is likely to absorb too much of the bitter flavor from the peel.

EGGPLANT AU GRATIN.

While the most common method of preparing eggplant is to peel it, slice it and place it in a bath of salted water for some time before cooking, many good cooks insist this is a mistaken process. Instead, slice and peel the eggplant; then place the vegetable where it can steam for a few minutes. Do not let it cook long enough to become soft. When thus prepared, let the slices cool, then fry as usual. The result will be more tasty and less greasy. Eggplant is at its best when cooked au gratin. Remove the inside from an eggplant, leaving a shell or case. Cut in one-third inch cubes and cook in a small quantity of boiling water until soft, then drain. Cook one small onion, finely chopped, with two tablespoonfuls of butter, until yellow.

Add the eggplant and one tablespoonful of finely chopped parsley, and season with salt and pepper. Fill the eggplant shell with the mixture, cover the top with buttered cracker crumbs and bake until brown.

LETTUCE.

If you wish to keep lettuce very fresh and crisp, separate the leaves as soon as they arrive from the market, or garden; wash them thoroughly; put them into a tin pail, cover tightly and set the pail near the ice. When required for the table the lettuce will be found to be fresh and nice as could be desired. If lettuce is too old to be used for any ordinary purposes, it may be boiled and eaten as greens.

PEAS.

It is the best to shell green peas as soon as they reach the kitchen, as the pods, like the husks of corn, naturally absorb a certain portion of their sweetness. Do not throw the pods away,

however, but, instead, boil them separately until all their flavor has been extracted; then remove them and use this water in cooking the peas themselves. They will be found much sweeter. A little sugar, if cooked with the peas, will add greatly to their flavor. A pinch of baking soda will make them more tender and will help to retain their color.

SPINACH.

The best way to prepare young spinach is to cook it practically without water. Before cooking it, let the greens stand in plenty of salted water, that they may not only be washed thoroughly, but that all insect life may be destroyed. When ready to cook remove the spinach from the water and, without attempting to drain it, place it in a hot saucepan, or kettle, and let it steam until tender, and with no other moisture than that of its own juices and the water that still adheres to the leaves. If the spinach should seem to be a trifle tough, three or four tablespoonfuls of water may be added, but no more.

STUFFED GREEN PEPPERS.

Peppers may be used for the central dish at a family luncheon. Cook six green peppers in boiling water to cover four minutes. Drain, cut a slice from the stem of each pepper and remove the seeds. Cook one-half a small onion, finely chopped, and six mushrooms, finely chopped, in two tablespoonfuls of butter five minutes, stirring constantly. Add one cupful of raw veal, finely chopped, and two chopped tomatoes and cook five minutes; then add two-thirds of a cupful of stale bread crumbs and season with salt. Fill the pepper cases with the mixture, put in a buttered baking pan and bake thirty minutes in a hot oven, adding enough white stock to prevent the peppers from burning.

CREAMED CELERY.—IN CHEESE BALLS.

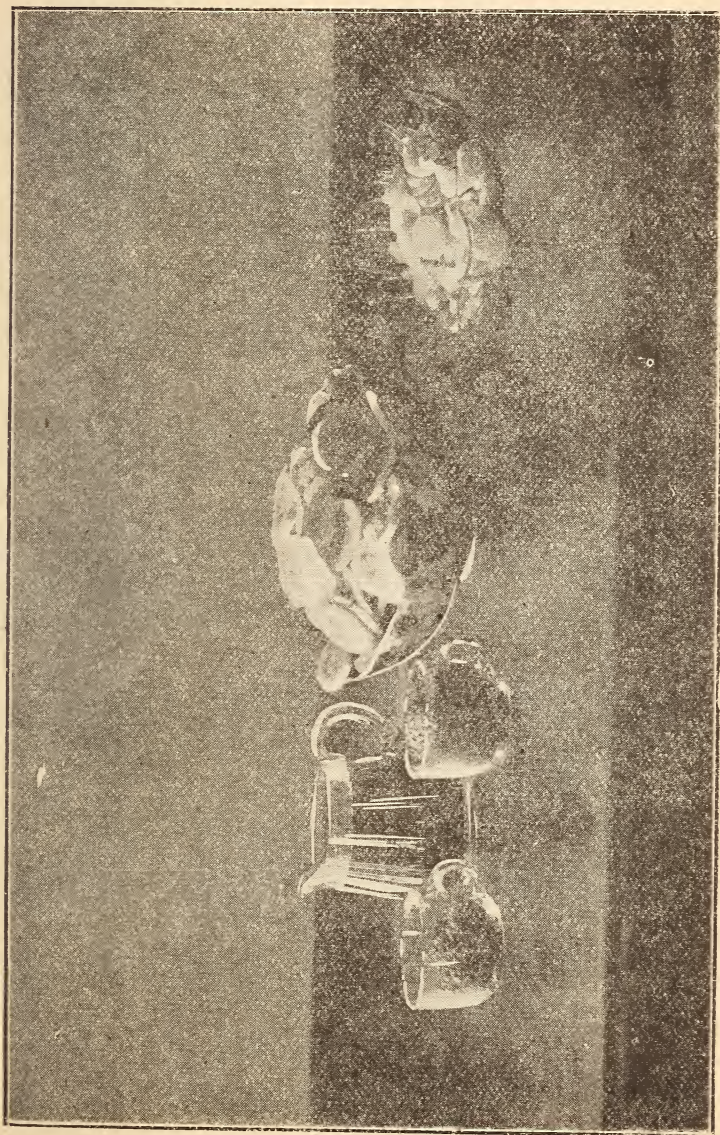
Cut the celery stalks in inch pieces, one inch long, and cook in boiling water until tender. For three cups of celery pieces make a pint of white cream sauce, using the water in which the celery was cooked, with cream as the liquid. Turn into the shell of an edam cheese, cover the top with half a cup of cracker crumbs, mix the tablespoonful of melted butter, let it brown in the oven, serve a light scraping of cheese, with each service of celery and use the oysters, in season can be added with the celery, and use the oyster liquid in making the liquid—a pineapple cheese shell can be utilized in the same way.

PANNED TOMATOES.

Cut large tomatoes into halves, put them in a baking pan, dust with salt and pepper, put a tiny bit of butter in the center of each. Stand them in a cool oven and bake for half an hour or cover a pan on the back of the stove. They need a very mild heat. When done lift each carefully without breaking and arrange on a meat platter. Add half a pint of milk to the pan, then a tablespoonful of flour mixed in a little cold milk; when this is boiling, season with salt and put it over the tomatoes.

STUFFED TOMATOES.

Select firm, smooth tomatoes. Cut a slice from the stem ends and with a spoon dig out the inside, leaving just enough of the tomato in the skins to make them keep their shape firmly. Place



TO PICKLE CUCUMBERS IN SLICES

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the tomato pulp in a sieve, press out most of the juice, then turn into a mixing bowl: to it add cupful of well-toasted bread crumbs one half cupful of ground nut meats, a little finely chopped parsley, sage or thyme and a little salt. One teaspoonful of chopped onion may be added if desired. Fill the tomatoes with this mixture, heaping it up above the opening and bake slowly. Serve plain or with a cream or brown sauce.

CREAMED POTATOES AND GREEN PEPPERS.

Peel enough Irish potatoes to make a good quart after they have been cut in small pieces or in the form of dice: after removing the seeds from two green peppers, wash them well and cut into rings; put them and the diced potatoes into a stew pan and cover with boiling water. After cooking for eighteen minutes pour off the water and sprinkle with flour, salt and pepper. Turn into a baking dish, cover with cream or milk, dot with butter and cook in a hot oven until nicely browned. Then serve at once.

CORN PUDDING.

Cut or grate the corn from one dozen ears, add two eggs, one-half pint of milk, one tablespoonful of butter, two tablespoonfuls of sugar, and a little salt. Bake in a moderate oven three quarters of an hour.

STUFFED GREEN PEPPERS.

Cut the stem from peppers of equal size and remove the seeds and white skin. Parboil and stuff with cooked rice or macaroni, minced chicken or veal, breadcrumbs and hard boiled eggs. Season with chopped parsley, onion juice, pepper and salt. Moisten with stock. Bake in a pan with a little water until they are tender, but do not allow them to lose their shape.

GREEN PEAS.

Shell and lay in cold water fifteen minutes. Cook from twenty to twenty-five minutes in boiling salted water. Drain, put into a deep dish with a good lump of butter; pepper and salt to taste.

TO BOIL ONIONS.

Take off the tops and tails, and the outer skin; but no more, lest the onions go to pieces. Lay them on the bottom of a pan which is broad enough to contain them without piling one on another; just cover them with water, and let them simmer slowly till they are tender all through, but not till they break. Serve them up with melted butter.

FRIED ONIONS.

Cut them in thin slices and season them; have a piece of fat bacon frying to get the juice, take it out, and put the onions in and stir until a pretty brown.

CREAMED PARSNIPS.

Boil tender, scrape, and slice lengthwise. Put over the fire with two tablespoonfuls of butter, pepper and salt, and a little minced parsley. Shake until the mixture boils. Dish the parsnips, add to the sauce three tablespoonfuls of cream in which has been stirred a quarter spoonful of flour. Boil once and pour over the parsnips.

CAULIFLOWER.

Boil a fine cauliflower, tied up snugly in coarse tarlatan, in hot water, a little salt. Drain and lay in a deep dish, flower uppermost. Heat a cup of milk; thicken with two tablespoonfuls of butter, cut into bits, and rolled in flour. Add pepper, salt, the beaten white of an egg, and boil up one minute, stirring well. Take from the fire, squeeze through a hair sieve into the sauce, and pour half into a boat, the rest over the cauliflower.

MASHED CARROTS.

Scrape, wash, lay in cold water half an hour; then cook tender in boiling water. Drain well, mash with a wooden spoon, or beetle, work in a good piece of butter, and season with pepper and salt. Heap up in a vegetable dish, and serve very hot.

SPINACH.

Pick over and discard any wilted leaves. Wash thoroughly in four or five waters. Tear into small bits and put in a kettle without any water. Let it stand on the back of the stove until the juice is drawn out, then boil until tender. Drain and chop fine; season with salt, pepper, vinegar and butter. Pack it closely into small cups, and place in the oven or in a pan of hot water to keep hot. Separate the yolks and whites of three hard-boiled eggs. Cut the whites into thin strips an inch long. Rub the yolks through a fine strainer. Turn the spinach out on a platter, flatten the top slightly. Make a circle of white around the top of each, and put a spoonful of the fine yolk in the center. If there should be more egg than is needed, make a daisy on opposite corners of the dish.

BEETS.

Wash, but do not cut them, as that destroys the sweetness and color. Cook in boiling water until tender. Young beets will cook in one hour, old beets require a longer time; and if tough, wilted, or stringy, they will never boil tender. When cooked, put them in a pan of cold water, and rub off the skin. Young beets are cut in slices, and served hot with butter, salt and pepper, or cut in small cubes and served in a white sauce. They are often pickled in vinegar and spiced, or plain, are served cold; or they may be cut into dice and mixed with other vegetables for a salad.

SCALLOPED TOMATOES.

Turn nearly all the juice off from a can of tomatoes. Salt and pepper this, by the way, and put aside in a cool place for some other day's soup. Put a layer of bread crumbs in the bottom of a buttered pie dish; on them one of tomatoes; sprinkle with salt, pepper, and some bits of butter, also a little sugar. Another layer of crumbs, another of tomatoes—seasoned—then a top layer of very fine dry crumbs. Bake covered until bubbling hot, and brown quickly.

FRIED SQUASHES.

Cut the squash into thin slices, and sprinkle it with salt; let it stand a few moments; then beat two eggs, and dip the squash into the egg; then fry it brown in butter.

STEWED CELERY.

Is an excellent winter dish, and is very easily cooked. Wash the stalks thoroughly, and boil in well-salted water till tender, which will be in about twenty minutes. After it is made ready as above, drain it thoroughly, place it on toasted bread, and pour over it a quantity of sauce. A sauce of cream, seasoned with a little mace, may be served over the celery. It may also be served with melted butter.

POTATO PUFFS.

Prepare the potatoes as directed for mashed potato. While hot, shape in balls about the size of an egg. Have a tin sheet well buttered, and place the balls on it. As soon as all are done, brush over with beaten egg. Brown in the oven. When done, slip a knife under them and slide them upon a hot platter. Garnish with parsley and serve immediately.

POTATO SNOW.

Choose large white potatoes, as free from spots as possible; boil them in their skins in salt and water until perfectly tender, drain and dry them thoroughly by the side of the fire, and peel them. Put a hot dish before the fire, rub the potatoes through a coarse sieve on to this dish; do not touch them afterwards, or the flakes will fall, and serve as hot as possible.

POTATO BORDER.

Six potatoes, three eggs, one tablespoonful of butter, one of salt, half a cupful of boiling milk. Pare, boil and mash the potatoes. When fine and light, add the butter, salt and pepper and two well-beaten eggs. Butter the border mould and pack the potato in it. Let this stand on the kitchen table ten minutes; then turn out on a dish and brush over with one well-beaten egg. Brown in the oven.

WHIPPED POTATOES.

Instead of mashing in the ordinary way, whip with a fork until light and dry; then whip in a little melted butter, some milk, and salt to taste, whipping rapidly until creamy. Pile as lightly and irregularly as you can in a hot dish.

SCALLOPED TOMATOES.

Prepare in this proportion: Two cups of mashed potatoes, two tablespoonfuls of cream or milk, and one of melted butter; salt and pepper to taste. Stir the potatoes, butter and cream together, adding one raw egg. If the potatoes seem too moist, beat in a few fine bread crumbs. Bake in a hot oven for ten minutes, taking care to have the top a rich brown.

POTATO CROQUETTES.

Pare, boil, and mash six good sized potatoes. Add one tablespoonful of butter, two-thirds of a cupful of hot cream or milk, the whites of two eggs, well beaten, salt and pepper to taste. When cool enough to handle, work into shape, roll in egg and bread crumbs, and fry in hot lard.

TURNIPS IN WHITE SAUCE.

Wash and cut French turnips into half or three-quarter inch slices; pare and cut each slice into strips, and then into cubes. Boil

in boiling water until tender. Drain and pour white sauce over them. Turnips may also be mashed, drained, and seasoned with butter, pepper and salt. The white turnips are more delicate than the yellow.

VEGETABLE OYSTERS.

Wash a bunch of salsify, and cook in boiling salted water, till the skin will peel easily. Remove the skin and cut into pieces. Put a layer of buttered cracker crumbs in a scallop dish, add a sprinkling of salt and pepper, then a layer of salsify, with milk enough to cover; then crumbs and seasoning on top. Bake until brown.

SCALLOPED ONIONS.

Parboil one quart of onions in two waters. Cut them in slices. Put them in a deep dish in alternate layers with sliced tomatoes and thin slices of cold meat, beef or mutton; season each layer with salt and pepper and butter, and cover with bread crumbs and bits of butter. Bake half an hour.

BAKED TOMATOES.

Select smooth, round tomatoes, of uniform size, not very juicy. Put them in hot water, remove the skin, cut them in halves and scoop out all the seeds. Chop, and rub to a powder one-third of a cupful of boiled ham or tongue. Add two-thirds of a cupful of bread crumbs, one teaspoonful of chopped parsley or one saltspoonful of thyme, a little pepper and sufficient melted butter to moisten. Fill the tomatoes with the mixture, place them in a shallow dish, and bake fifteen minutes.

TOMATOES WITH RICE.

Scald and peel three large, smooth tomatoes. Cut them in halves, scoop out the seeds and juice without breaking the pulp. Scald the juice enough to strain out the seeds. To the juice add sugar to taste, and mix with it as much warm boiled rice as it will absorb; add salt and a little butter. Fill the tomatoes with the mixture. Place each half tomato on a round of bread, buttered. Put them in a shallow pan and bake ten minutes, or until the bread is browned.

CAULIFLOWER.

Remove the outer stalks. Soak in cold water, and cook in boiling salted water about twenty minutes. Drain, separate the stalks, put them in a dish, and season to taste; or, with two tablespoonfuls lemon juice, a little salt and pepper mixed with, quarter of a cupful of melted butter. Or pour a thin white sauce over the cauliflower and sprinkle coarse bread crumbs, which have been browned in butter, over the sauce.

DRESSED CELERY.

Use only the white, crisp part of the celery stalks. The green parts may be made into a puree or used in soups. Scrape off the brown, discolored part, and wash thoroughly. Keep in cold water, and when ready to serve, drain and arrange in a celery glass. Serve with salt. Or cut the celery in thin slices, moisten with French or mayonnaise dressing, and garnish with lettuce, cresses or celery leaves.

CELERY.

Scrape clean, and cut the stalks into inch pieces; cook in boiling salted water, half an hour, or until tender. Drain and mix with a white sauce; or dip them in fritter batter, and fry in hot fat. Celery is usually eaten raw, as a salad, but is more digestible when cooked. Celery is particularly good for nervous or rheumatic people.

EGGPLANT.

Cut the plant into slices one-third of an inch, thick, without removing the skin. Sprinkle salt over each slice, pile them, and cover with a weight to press out the juice. Drain, and dip each slice first in fine crumbs, then in beaten egg, and again in crumbs, and saute them in hot fat.

CORN PUDDING AND BROILED POTATOES.

One cupful of corn scraped from the cob or cooked and put through the sieve. Add to this four eggs beaten light, one teaspoonful of salt, a dash of paprika, a few drops of onion juice or a thin shaving from one clove of garlic and a small piece of green pepper. Heat all except the eggs in a cupful and a quarter of milk. Remove the garlic and green pepper, add the eggs beaten well and pour into small molds, stirring well after filling each time. Set in a pan of hot water and bake slowly, taking care that the water does not boil. Turn from the mold onto a platter and surround with broiled tomatoes.

SWISS POTATOES.

Cut potatoes into matches and dry. Butter a shallow baking dish and place a layer of potatoes sprinkled with salt and pepper. Cover with grated Swiss cheese. Fill the dish and drop a few pieces of melted butter on top. Pour a few spoonfuls of milk in the dish and bake in rather hot oven till done. Sprinkle minced parsley over the top. Cold potatoes can be warmed in this way.

Canning and Preserving

A granite or porcelain lined kettle should be used for preserving and on no account should the work be done with one of tin or copper, as the acid of the fruit corrodes the metal, forming a very poisonous substance. Use self-sealing glass jars. The cost is but slight, and if the fruit is properly prepared it will keep for years. Before pouring in the hot fruit, place a silver tablespoon in the jar. This will absorb the heat and prevent the glass from cracking. The metal caps or covers should be placed in hot water a few moments before using, and then screwed on very tightly. Fill the jars as full as possible to exclude the air, and the contents will keep indefinitely. Jellies and jams are more convenient for use when placed in glasses. If a paper is cut to fit the top, and dipped in alcohol, it will prevent mold from forming on the jelly. This should be covered by another paper, tied or pasted on securely.

CRABAPPLE PRESERVES.

To each pound of fruit allow half a pound of sugar and a pint of water to three pounds of sugar. When the syrup is boiling hot, drop in the apples. Fill the jar with fruit, and pour the syrup over the same.

CANNED ASPARAGUS.

Select the best "grass" in the market. Scrape away the outer woody skin, wash free from dust and grit, and cut to lengths of the jars, cutting from the tips down. Arrange the stalks evenly in each can as compactly as possible, fill with cold water, adjust new rubbers and screw down lightly. Place the filled cans in a boiler. Protect from breaking by heat or by touching each other with wisps of hay. Fill with cold water to within half an inch of cover. Bring slowly to boiling point, then boil without ceasing for three hours, renewing water from time to time as it evaporates. Unscrew the covers and from a boiling teakettle fill the cans to overflowing. Seal the cans at once as tightly as possible and pour boiling water over them until the cans are all immersed. Boil for another hour, remove, tighten covers, wipe dry with towel, and invert to test for leakage. When cool place in a dark, dry place. Peas, beans and corn may be put up the same way.

CANNING CURRANTS.

Pick currants from stems and wash. Put to cook with little water. When cooked through drain for an hour. Of this juice make jelly. Take the currants and one cupful of the juice. Add an equal amount of sugar and a few cloves.

Boil fifteen minutes and put in jelly glasses. Spiced currants are delicious with cold meat. By using your currants in this way none of the material is wasted.

TO CAN STRING BEANS.

String and wash one gallon of beans, and one-half cupful of cider vinegar, cover with water, and cook until tender. Can in glass jars.

CANNING TOMATOES.

Pour scalding water over tomatoes that are ripe, but not too ripe. Remove the skins, slice, cook in a porcelain-lined kettle. With a little salt, pour hot into the cans and seal. Those that are to be used during the winter may be put into wide-mouthed jugs of one gallon each, since in cold weather they will keep for some time after being opened.

CANNING CURRANTS.

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Boil fifteen minutes and put in jelly glasses. Spiced currants are delicious with cold meat. By using your currants in this way none of the material is wasted.

CRABAPPLE JELLY.

Select fresh, sound fruit, not more than fully ripe. Place one gallon of the fruit in an earthen or porcelain kettle and add one pint of water. Heat slowly until it boils. Continue to cook slowly until the fruit begins to come to pieces, then turn off the juice immediately, pressing the fruit gently back in the kettle as long as the liquor will run clear. Then strain twice through a fine cloth strainer. Add one pound the best white sugar for every pound of the juice. Boil ten or fifteen-minutes. Skim carefully while boiling.

GRAPE JELLY.

Grapes for jelly should be used before they are ripe, or when just turning. Stem the grapes and slightly cook them; then strain and use a pint of sugar to a pint of juice. It makes the jelly of a light red color, and much finer flavored than ripe grapes.

PRESERVED PLUMS WITHOUT SKINS.

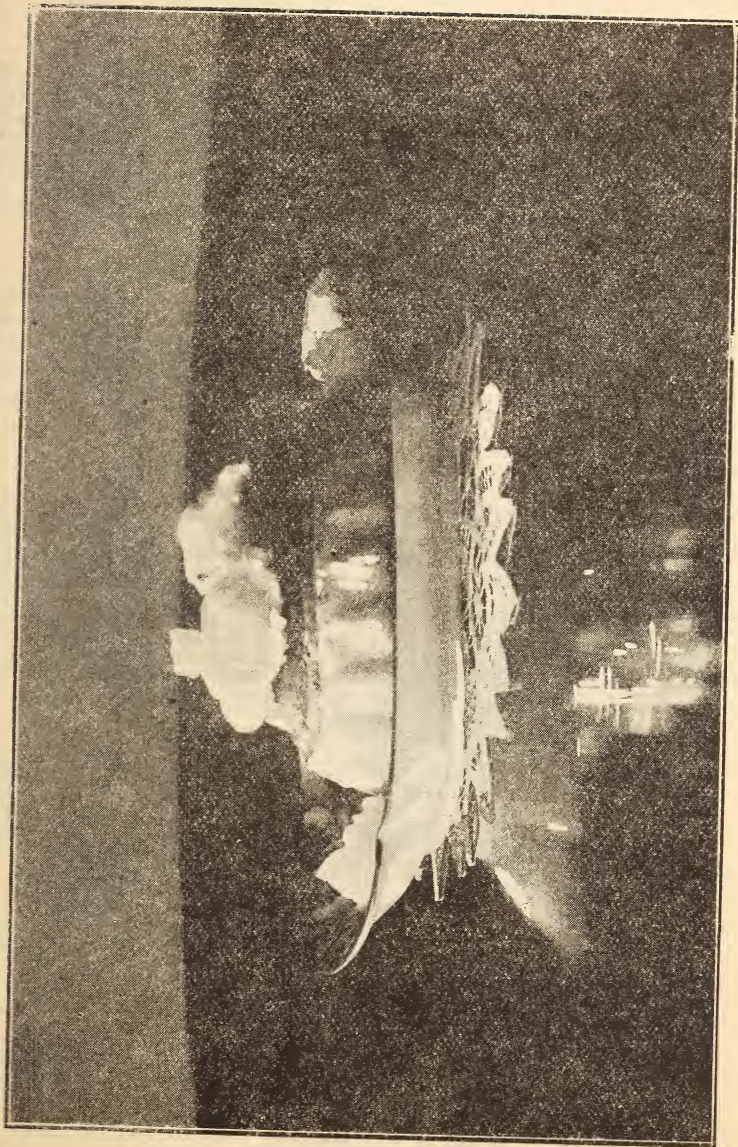
Pour boiling water over large egg or other suitable plums, cover them until cold, then pull off the skins. Make a syrup of a pound of sugar and a teacupful of water for each pound of fruit, and pour it over; let them remain for a day or two, then drain off and boil again, skim it clear and pour it hot over the plums. Let them remain until next day, then put them over the fire in the syrup; boil them very gently until clear, take them from the syrup with a skimmer into the pots or jars; boil the syrup until rich and thick, take off any scum which may arise, then let it cool and settle, and pour it over the plums.

GOOSEBERRY JAM.

Boil the fruit until perfectly tender, then add three-quarters of a pound of white sugar to every pound of fruit, and cook an hour.

SPICED JAM.

A nice relish for cold meats is as follows: Take five pounds of gooseberries, or other acid fruit, three pounds of sugar, well cooked. Add a teaspoonful of salt, one of pepper, one of cloves, one of cinnamon, one of allspice and a little mace if you like it, cook as above.



PEACH SPONGE

See page 61

QUINCE MARMALADE.

Select ripe yellow quinces, wash clean, pare and core them and cut them into small pieces. To each pound of quinces allow half a pound of white sugar; put the parings and cores into a kettle with enough water to cover them, and boil slowly until quite soft. Then, having put the quinces with the sugar in a porcelain kettle, strain over them, through a cloth, the liquid from the parings, and cover; boil the whole over a clear fire until it becomes quite smooth and thick, keeping it covered, except when you are skimming it, and watching and stirring closely, to prevent sticking at the bottom. When cold, put in glass jars.

WATERMELON RIND PRESERVES.

After the rinds are cut off of the slices of melon, pare off the soft white inside and green outside. Cut the pieces left into any shapes desired; put in a preserving kettle, more than cover with water, and boil until tender. If there is not as much syrup as desired add more water. Put in three-fourths of a pound of granulated sugar to one pound of fruit and cook. Flavor with extract of lemon or boil ginger root with the rind. Children are fond of it when flavored with lemon.

TUTTI FRUTTI PRESERVES.

Thoroughly dissolve a quart of brandy with a quart of sugar for the foundation of the preserves. Put the syrup in a large stone crock with a close fitting cover. Add fruits of different varieties in their season. Raspberries, pineapples, peaches, apricots, nectarines, pears and cherries are the best fruits for this purpose. Allow an equal quantity of sugar to each kind of fruit and thoroughly dissolve the sugar before adding it to the brandy syrup in the crock. Mash the berries and cut the large fruit in small pieces—have it conform in size. If the brandy loses strength add more as required before putting away for the winter use. Scald well in granite kettle, skim well to remove the scum on surface, pour into tight sealing jars, and keep in a dark place.

YELLOW TOMATO PRESERVES.

Peel the tomatoes and take out the seeds, boil up with equal weight in granulated sugar. To each two pounds of tomato add the rind and juice of one lemon, putting this in after the syrup has boiled clear, and simmering thirty or forty minutes longer before putting in jars. The juice and grated rind of an orange or half a gill of pineapple juice may be substituted for the lemons. This preserve makes delicious tarts.

QUICK JELLY.

This method is good for all fruits but pineapple, crabapple and quinces. Mash the raw fruit until all is well broken, then take a cupful at a time and put in a bag—a salt bag is good for the purpose—and gently squeeze the juice into a dish. When all of the fruit is thus treated, measure the juice and place in a kettle and put over the fire to cook. Measure one cupful of sugar for every cupful of juice, putting on the stove or in the oven where it will become hot but do not let it scorch. Let the juice boil about eight minutes and skim, then add the hot sugar, bring to a boil, and cook one minute more. The color and flavor of the fruit is much better preserved by this plan than by the more tedious process. From beginning to end it will take less than an hour to make the jelly.

PEACH MARMALADE.

Peel ripe peaches, stone them, and cut them small; weigh three-quarters of a pound of sugar for each pound of cut fruit, and a teacupful of water for each pound of sugar; set it over the fire; when it boils, skim it clear, then put in the peaches, let them boil quite fast; mash them fine, and let them boil until the whole is a jellied mass, and thick, then put it in small jars or tumblers; when cold, secure it as directed for jellies. Half a pound of sugar for a pound of fruit, will make marmalade.

APPLE BUTTER.

Boil one barrel of new cider down half, peel and core three bushels of good cooking apples: when the cider has boiled to half the quantity, add the apples, and when soft, stir constantly for from eight to ten hours. If done it will adhere to an inverted plate. Put away in stone jars (not earthen ware), covering first with writing paper cut to fit the jar, and press down closely upon the apple butter; cover the whole with thick brown paper snugly tied down.

LEMON MARMALADE.

Is made as you would prepare orange—allowing a pound and a quarter of sugar to a pound of the fruit, and using but half the grated peel.

ORANGE MARMALADE.

Allow pound for pound. Pare half the oranges and cut the rind into shreds. Boil in three waters until tender, and set aside. Grate the rind of the remaining oranges; take off and throw away every bit of the thick white inner skin; quarter all the oranges and take out the seeds. Chop, or cut, them into small pieces; drain all the juice that will come away, without pressing them, over the sugar; heat this, stirring until the sugar is dissolved, adding a very little water, unless the oranges are very juicy. Boil and skim five or six minutes; put in the boiled shreds, and cook ten minutes; then the chopped fruit and grated peel, and boil twenty minutes longer. When cold, put into small jars, tied up with bladder or with paper next the fruit, cloths dipped in wax over all. A nicer way is to put away in tumblers with self-adjusting metal tops. Press brandied tissue-paper down closely to the fruit.

PRESERVED PINEAPPLE.

Pare and remove the eyes from ripe pineapples, then shred with a fork. Weigh the fruit, and for each pound allow three-fourths of a pound of sugar. Mix fruit and sugar together and let stand several hours. Then drain off the juice and cook until it begins to thicken; skim well, add the fruit, let boil up well, then put into glass jars and seal at once.

PINEAPPLE MARMALADE.

Pare and eye the fruit, then put it through a food chopper. Take equal portions of fruit and sugar and cook until quite thick, then put into glass jars and seal at once.

SPICED GRAPE.

Mash the grapes and cook until soft. Rub through a sieve. To one quart of pulp add one pint of brown sugar, add one teaspoonful each of cinnamon and allspice, half a teaspoonful of mace, and a saltspoonful of cloves. Cook slowly one hour.

Home-Made Candy

MARSHMALLOW FUDGE.

Heat two cupfuls of granulated sugar, one cup of rich milk; add two squares of chocolate and boil until it hardens in cold water. Just before it is done add small piece of butter, and then begin to stir in marshmallows, crushing and beating them with a spoon.

Continue to stir in marshmallows after fudge has been taken from the fire, until half a pound has been stirred into the fudge. Cool in sheets three-fourths of an inch thick and cut into cubes.

TURKISH NOUGAT.

Two cupfuls of sugar, half cupful of water. Half cupful corn syrup. Put on to boil until it forms a soft ball, when put into water; stir it into two beaten whites of eggs, then put in nuts, pineapple, or candied cherries. Put in a little rose, almond and vanilla flavorings.

TWO FUDGE RECIPES.

Two cupfuls of granulated sugar. One-fourth cupful of cream. Two squares of chocolate. One tablespoonful of butter. Boil seven minutes, then beat and spread in buttered tin to cool. Two cupfuls of brown sugar. One-half cupful of cream. One teaspoonful of vanilla. One cupful of chopped walnuts. Butter size of egg. Boil ten minutes, then beat and pour on top of fudge already in pan.

BOLTEN EVERTON TOFFEE.

Two cupfuls of brown sugar. Five tablespoonfuls of butter. Two tablespoonfuls of water. One tablespoonful of vinegar. Boil fifteen minutes and do not stir. When cool, cut in squares.

BROWN SUGAR FUDGE.

Two cupfuls of light brown sugar or one cupful of dark brown sugar and one cupful of white sugar, one cupful of cream, butter half size of egg; cook until it is ready to be beaten like chocolate fudge, and add cup walnut meats.

WALNUT AND FRUIT GLACE.

One cupful of sugar. One-half cupful of water. Mix together until sugar is dissolved. Then boil until a little makes a crisp ball in water. Do not stir. When cooked drop by spoonfuls on buttered platter. Place on each piece one-half walnut or a slice of orange or strawberry. Then pour more candy over it and let it cool.

SEA FOAM CANDY.

One pound of brown sugar, one-half cupful of water. Boil until it forms a soft ball in cold water. Beat the white of one egg until very stiff. Pour the boiling syrup on the egg a little at a time and beat constantly while pouring. When getting a little stiff, add one teaspoonful of vanilla and as many chopped nuts as desired (scant cupful). When mixture will stand alone, drop from spoon on buttered dish or buttered paper.

PEANUT CANDY.

Place two cupfuls of granulated sugar in a clean, granite frying pan. Melt the sugar without any water. The sugar will first turn to a lumpy mass and then gradually melt into a brown syrup. Stir constantly. Grease a flat tin and pour into it a cupful of shelled, that is brown skin removed, peanuts. When the sugar is melted, pour it over the peanuts. Mark in squares.

MOLASSES CANDY.

One cup of molasses, two cups of sugar, one tablespoonful vinegar, a little butter and vanilla; boil ten minutes, then cool it enough to pull.

CHOCOLATE CARAMELS.

Two cupfuls of brown sugar, one cupful of molasses, one cupful chocolate grated fine, one cupful of boiled milk, one tablespoonful of flour; butter the size of a large English walnut; let it boil slowly and pour on flat tins to cool; mark off while warm.

LEMON CANDY.

Put into a kettle three and one-half pounds of sugar, one and one-half pints of water, and one teaspoonful of cream of tartar. Let it boil until it becomes brittle when dropped in cold water; when sufficiently done take off the fire and pour in a shallow dish which has been greased with a little butter. When this has cooled so that it can be handled, add a teaspoonful of tartaric acid and the same quantity of extract of lemon, and work them into the mass. The acid must be fine and free from lumps. Work this in until evenly distributed, and no more, as it will tend to destroy the transparency of the candy. This method may be used for preparing all other candies, as pineapple, etc., using different flavors.

NUT CANDY.

For fine nut candy, pick out half a cupful of nut meats. Put on in a small sauce pan two level cupfuls of light brown sugar, one-half cupful of water, a level teaspoonful of butter and a tablespoonful of vinegar, and boil without stirring until the candy crackles when dropped in cold water. Pour into a well buttered pie pan that has been sprinkled with the nuts, and as soon as cool mark into squares.

MAPLE FUDGE.

For delicious maple fudge, take one and one-half cupfuls of light brown sugar, one cupful of maple syrup, half a cupful of milk, and a level teaspoonful of butter. Boil slowly until it makes a soft ball when rolled between the fingers in cold water, then set aside until cool. Then beat with a fork until a creamy, sugary mass, turn quickly onto a buttered plate and mark into squares. If it is soft from having been taken off a moment too soon, it will have to stand longer to turn to sugar, but the fudge that stands over night will be particularly smooth.

CREAM CANDY.

Cream candy is made by boiling two cupfuls of granulated sugar without stirring, with three-fourths cupful water, two tablespoonfuls vinegar and a teaspoonful of butter until brittle when dropped into cold water. Pour onto a buttered pan, but do not scrape the sugared edge of the kettle, and pull as soon as cool. If a little care is exercised in handling at first, it will not stick to the fingers. The

butter or flour sometimes put on the hands to prevent this only spoils the candy. When pulled perfectly white, cut with scissors into small cubes. The longer this stands the more delicious it becomes, and if flavored with a few drops of essence of peppermint, when first put on (so it can be well stirred through) and then put away when done in a glass jar for a couple of weeks, it will make delicate "after dinner mint."

CHOCOLATE CREAM DROPS.

Easy chocolate creams require two cupfuls of confectioner's sugar, with a few teaspoonfuls of milk to moisten enough to work like dough, and a quarter teaspoonful of vanilla. Knead well, and work out into small balls. Melt one square of unsweetened chocolate by first grating and then setting in a pan of hot water, and drop in the creams, one at a time. Roll around quickly with a fork, and lift onto a sheet of buttered paper. Put in a cool place to harden. Different flavorings can be used instead of all vanilla, and half an English walnut stuck on the top of each cream before the chocolate hardens will add to the attractiveness. Or, instead of dipping the creams all in the chocolate, they can be cut in half and wrapped around with figs or seeded dates. They will grow more creamy if allowed to stand a day or two.

STUFFED DATES.

Stuffed dates are a most wholesome sweet, and quickly made, too. The dates must first be picked apart, washed in warm water and dried in an old napkin. Remove the seed from each with a sharp knife, slip a nut in its place, press together, and sift over with granulated sugar. Leave standing a while on oiled paper to become firm. They are nice served at the end of a dinner, with the dessert and coffee.

SALTED NUTS.

Salted nuts, used so much, are usually placed on the table when it is set, and passed during the meal. They are very expensive if bought ready for use, but quite inexpensive made at home. Either almonds or peanuts can be used, but the almonds must first be dropped in boiling water long enough to loosen the skins, which will slip off easily in a cloth. Melt half a teaspoonful of butter in a pie pan, pour in a cupful of nut meats, stir enough to cover with the oil, and brown in the oven. Remove and rub dry with a soft cloth, and sprinkle with fine salt.

Economical Dishes

HAMBURG STEAK.

Parboil several sliced onions till tender, then drain dry and cook till yellow in butter. Have a thick steak from the top of round or sirloin, or have meat run through a meat chopper, seasoned and made into a thick piece like whole steak. Cook in the pan with the onions. Season with salt, pepper and butter, and cover with fried onions. With chopped meat, mix some of the fried onions in the middle of the meat.

DEVILLED BEEF.

Spread several slices of rare roast beef with butter as you would bread, cover with a layer of mixed mustard, a little black pepper and salt, a tablespoonful of vinegar, and cook it in the chafing dish until it curls.

HASH.

One cupful corned beef, one cold boiled onion, two cupfuls cold potatoes, one teaspoonful mixed mustard, one teaspoonful Worcestershire. Chop the meat, potatoes and onion quite fine. Add the seasoning. Melt one tablespoonful butter in a spider. Turn in the hash and cook slowly till brown. Do not stir it.

CORNED BEEF HASH.

Equal parts of cooked meat and potatoes, or two of potatoes, and one of meat. Remove the bone, gristle and skin, and all but one-fourth part of fat. Chop fine and mix well with potatoes. If hot, wash the potatoes; if cold, chop them. Season with salt and pepper, moisten with hot water, stock, milk or cream. Cover bottom of spider or chafing dish, with dripping or butter, spread the mixture over the pan, cook slowly till brown crust forms, fold over and turn out like omelet. If more crisp crust is desired, shape the mixture into small rounds or ovals and fry them in a generous amount of fat, turning when brown.

CHICKEN FRITTERS.

One cup chicken stock, one heaping tablespoonful flour, one tablespoonful butter, one half teaspoonful salt, one saltspoonful celery salt, one cupful cold chicken. Mix the flour smoothly in the hot butter, add the boiling stock gradually, and when smooth add the seasoning. The sauce should be quite thick. Pour half of the sauce into a small, shallow dish (buttered). Chop the chicken fine, and when the sauce has crusted over a little, spread the chicken evenly over the top. Then cover with the remainder of the sauce. Place on ice, and when cold and hard cut into inch by two inch pieces. Dip them quickly in fritter batter, and fry in hot, deep fat.

BREAD AND BUTTER PUDDING.

Place as many slices of thin cut bread and butter as you like in a pie dish, say ten or twelve slices, sprinkle a few well-washed currants between the layers, beat up half a dozen of eggs in two pints of new milk, adding sugar to taste and a little flavoring, such as nutmeg or cinnamon, and pour over the bread and butter. Bake for an hour and ten minutes, and send it to table in the dish it has been baked in.

CARROT PUDDING.

One pound grated carrots, three-fourths pound chopped suet, half pound raisins and currants, four tablespoonfuls sugar, eight tablespoonfuls flour and spices to suit the taste. Boil four hours, place in the oven for twenty minutes, and serve with the wine sauce.

RICE AND MEAT CROQUETTES.

One cupful of boiled rice, one cupful of finely-chopped cooked meat—any kind; one teaspoonful of salt, a little pepper, two tablespoonfuls of butter, half a cupful of milk, one egg. Put the milk on to boil, and add the meat, rice and seasoning. When this boils, add the egg, well beaten; stir one minute. After cooling, shape, dip in egg and crumbs, and fry as before directed.

DRIED BEEF.

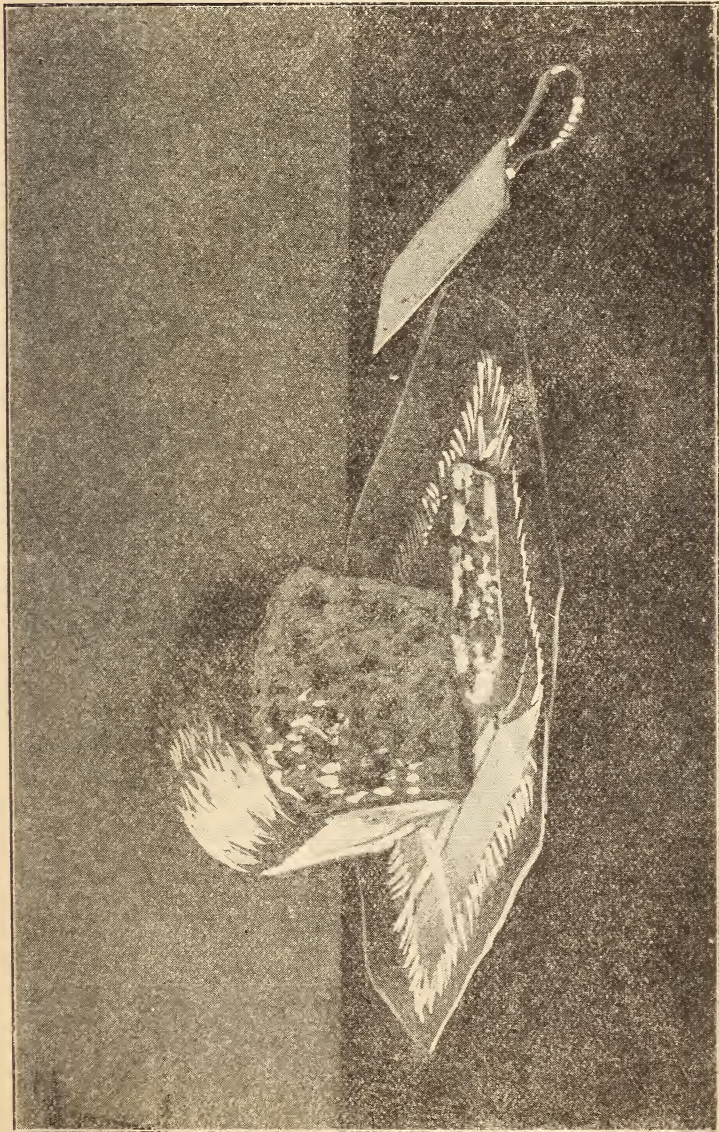
The most common way of serving dried or smoked beef is to shave it into thin slices or chips, raw, but a more savory relish may be made of it with little trouble. Put the slices of uncooked beef into a frying pan with just enough water to cover them; set them over the fire for ten minutes, drain off all the water, and with a knife and fork cut the meat into small bits. Return to the pan, which should be hot, with a tablespoonful of butter and a little pepper. Have ready some well-beaten eggs, allowing four to a half pound of beef; stir them into the pan with the minced meat, and toss and stir the mixture for about two minutes. Send to table in a covered dish.

IRISH STEW—STOVED TOMATOES.

These form excellent and nutritious dishes. The former dish can be made from a portion of the back ribs or neck of mutton, the fleshy part of which must be cut into cutlets. Flatten these pieces of meat with a roller, and dip them in a composition of pepper, salt and flour. Peel potatoes and slice them to the extent of two pounds of potatoes for every pound of meat. An onion or two sliced into small bits will be required. Before putting the materials into a goblet, melt a little suet or dripping in it, then commence by laying in the pot a layer of potatoes, which dust well with pepper and salt, then a layer of the meat sprinkled with the chopped onions, and so on till the goblet is pretty full. Fill in about a breakfast-cupful of gravy, if there be any in the house; if not, water will do. Finish off with a treble row of potatoes on the top. Let the mess stew slowly for about three hours, taking great care to keep the lid so tight that none of the virtue can escape—letting away the steam is just letting away the flavor. Shake the pot occasionally with some force, to prevent burning. Some cooks, in preparing this dish, boil the potatoes for some time, and then pour and dry them well; others add a portion of kidney to the stew; while extravagant people throw in a few oysters, a slice or two of lean ham, or a ham shank. Irish stew should be served as hot as possible. It is a savory and inexpensive dish for cold weather.

ECONOMICAL BEEF TEA.

Cut one pound of juicy rumpsteak into small pieces, and add one cup of cold water. Let it stand in a covered bowl several hours. When ready to serve, squeeze the meat and put it into another bowl. Strain the juice already obtained, add salt to taste, and heat it just enough to be palatable, but not enough to curdle it. Serve



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NUT LOAF

at once while hot. If it be heated over the fire, stir constantly, and take it off the moment it looks thick and is hot; or heat it carefully over hot water. Add another cup of cold water to the scraps of meat, and soak again. Often the third cup of tea may be obtained from the same meat. This is excellent for hard-working people to take in times of great exhaustion, before a hearty meal.

CORN MUFFINS.

One cup common corn meal, two tablespoonfuls sugar, one scant teaspoonful salt, one tablespoonful butter, five cups boiling water. Cook the meal, sugar, salt and butter in the boiling water for one hour. Turn into a bowl, and pour over one-fourth of a cup of water to prevent a crust from forming. In the morning beat it up soft and smooth. Mix one cup and a half of fine cornmeal, one cup and a half of whole wheat flour, and two even teaspoonfuls of baking powder, and stir them into the cooked meal. Add one egg well beaten. Drop the mixture into hot gem pans and bake in a hot oven.

SOUR MILK CORN CAKE.

One cupful flour, one-half cup corn-meal, one-half teaspoonful soda, one-half teaspoonful salt, one-half cup sugar, two eggs, one tablespoonful butter melted, one cup sour milk. Mix the flour, meal, salt, soda (sifted), and sugar; add some sour milk, eggs beaten well, and butter. Bake in shallow cake pan and cut in squares.

LIGHT CORN CAKES.

One pint sifted corn meal, one cup fine wheat flour, one-half teaspoonful salt, three cupfuls milk, two eggs, one saltspoonful soda. Pour it into buttered tin cups, bake quickly; pull them open, and eat while hot with butter.

RICE AND CORN CAKE.

One-half cupful rice boiled and hot, one-quarter cupful butter, three eggs, one pint corn meal, two tablespoonfuls flour, one teaspoonful salt. Stir the butter into the hot rice; when cool add the well-beaten eggs, meal, flour and salt. Mix with milk to make a thin batter, and bake in a hot oven.

VEAL LOAF.

Chop fine two pounds of veal steak, two ounces of fat salt pork or bacon, one slice of onion and one or two chili peppers, or half a green pepper. Add four common crackers, rolled fine, a teaspoonful of salt, half a teaspoonful of paprika, half a teaspoonful of powdered thyme, two well-beaten eggs, three tablespoonfuls of tomato puree and a grating of lemon rind with one tablespoonful of juice. Mix all together very thoroughly. Shape into a compact roll. Put a piece of pork into a baking pan, with the veal mixture upon it. Bake about two hours, basting each ten minutes with hot fat.

QUICK SPONGE CAKE.

Beat three eggs without separating the whites and yolks; beat in one cup and a half of sugar and a half cup of milk, alternately, with two cups of sifted flour, sifted again with half a teaspoonful of salt and two level teaspoonfuls of baking powder.

APPLE FRITTERS.

One egg, one-half cup milk, two teaspoonfuls melted butter, one saltspoonful salt, one-half cup flour. Beat the egg until very light; add the milk, butter, salt and enough flour to make almost a drop batter. Beat it thoroughly and let it stand an hour or more to swell the flour. Beat again just before using. Core and pare three apples, cut in thick slices or rings. Sprinkle with sugar and spice. Dip each slice in the batter and fry in deep hot fat. Sprinkle with powdered sugar, or serve with lemon sauce.

BANANA FRITTERS.

Make a batter the same as for apple fritters. If very large bananas be used, cut them in half-inch slices. Sprinkle with sugar, and a few grains of salt. Dip them in the fritter batter and fry a delicate brown. Serve with wine or lemon sauce.

CELERY FRITTERS.

Cut the celery into inch pieces, and cook in boiling salted water until tender. Drain, and stir it into fritter batter. Drop by spoonfuls into deep fat.

SCALLOP FRITTERS.

Make a fritter batter. Dip the scallops in the batter, and drop into hot fat. Or chop the scallops fine and fry by the tablespoonfuls.

Delicious Drinks

A PERFECT CUP OF CHOCOLATE.

For each cupful of milk allow a heaping teaspoonful of shaved chocolate, one (or more) of sugar, an infinitesimal bit of salt, and a quarter of a teaspoonful of ground cinnamon.

Boil the chocolate, sugar and salt with a little water until perfectly smooth, then add the milk, dropping in the cinnamon encased in a small, sterilized cheesecloth bag. Let boil well, and when removed from the fire stir in one drop of vanilla for each cupful.

EASILY MADE COFFEE.

If the following recipe is followed carefully one will be assured of good results. Take one egg to every eight tablespoonfuls of coffee, beat thoroughly together, and add four tablespoonfuls of cold water, stirring this into the above mixture. Let this stand near the heat until the water in the teakettle is thoroughly boiling. Pour eight cupfuls of the boiling water over the mixture, set on the fire twenty minutes, being careful not to allow it to boil.

The above recipe will make eight cupfuls of choice coffee, and may be used proportionately for any number desired.

GRAPE COCKTAIL.

Fill a tumbler one-third full of grape juice and ginger ale, fill the tumbler with water, stir thoroughly and you have a delicious drink for hot weather.

ICED RUSSIAN TEA.

Iced Russian tea is a very satisfying summer drink, especially to the devotees of "the cup that cheers." For this a strong infusion of tea is necessary—four teaspoonfuls of tea, good tea, to four cupfuls of water is about the right proportion. Fill the porcelain teapot with boiling water and let stand until the pot is very hot, then empty. Put in the tea and fill up with fresh boiling water at once. Stand the pot where it will keep hot, but not boil, for four minutes. Strain and pour into a glass half filled with crushed ice. Drop a slice of lemon into each glass.

FRUIT PUNCH.

An excellent formula for it is the following: Boil two cupfuls of sugar in one cupful of water ten minutes, add a cupful of strong tea, one pint of strawberry juice, one can of grated pineapple, the juice of six oranges and four lemons. Stand aside to cool, then turn over a block of ice in a large punch-bowl and add half a pint of maraschino cherries. The given quantity may be increased or diminished, provided the proportions are preserved.

GRAPE JUICE.

Grape juice is considered one of the most healthful beverages, not only for its medicinal qualities, but for the nourishment it affords, there is no other drink that can compare with it in delicacy and refreshment, and none that can be more easily obtained, for with very little trouble one can supply the household. If bought

it is an expensive luxury, but when made at home it is very inexpensive and when once tried it proves to be the sort of thing that is a joy forever.

To make it: Wash the grapes, put in a granite kettle (don't allow grapes to touch tin as it discolors it) heat till the juice flows, then strain through a cloth. (unbleached muslin is good) add as much water as there is juice, add to every quart of this a cupful of sugar, bring to boil and bottle.

A PINEAPPLE LEMONADE.

A pineapple lemonade is good and inexpensive. Make a syrup by boiling two cupfuls of water and one cupful of sugar ten minutes. Add the juice of three lemons and one can of grated pineapple. Cool, strain and add one quart (four cupfuls) of ice water.

There is hardly a question but that plain soda-water, taken in moderation, assists gastric digestion, but it is a bad practice to indulge too freely in soda-water with the so-called fruit syrups, which are almost always chemically prepared in the laboratory. Soda-water added to sweetened lemon-juice or orange-juice is a popular, delicious beverage and many always keep on hand a siphon of soda-water, which may be bought of any druggist.

TO MAKE COFFEE.

Take a good sized cupful of ground coffee, and pour into a quart of boiling water, with the white of an egg and the crushed shell. Stir well together, adding a half cupful of cold water to clear. Put into the coffee boiler and boil for about a quarter of an hour; after standing for a little to settle, pour into your coffee pot, which should be well scalded and send to the table. The coffee should be stirred as it boils. To make coffee au lait, take a pint each of hot made coffee and boiling milk; strain through thin muslin into coffee pot, to get rid of the grounds, and serve hot.

ICED TEA.

Prepare tea in the morning, making it stronger and sweeter than usual; strain and pour into a clean stone jug or glass bottle, and set aside in the ice chest until ready to use. Drink from goblets without cream. Serve ice broken in small pieces on a platter nicely garnished with well-washed grape leaves. Iced tea may be prepared from either green or black alone, but it is considered an improvement to mix the two. Tea made like that for iced tea (or that left in the teapot after a meal), with sugar to taste, a slice or two of lemon, a little of the juice, and some pieces of cracked ice, makes a delightful drink. Serve in glasses.

BONNY CLABBER.

The present day popularity of buttermilk as an article of diet, recalls the favor given long ago to clabber milk as food. Bonny clabber was an old-time favorite. Allow milk to sour without disturbing it, and when the clabber has formed, after about the second day, dish it out in spoonfuls and serve with sugar, and, if you like it, grated nutmeg.

TEA PUNCH.

Pour two quarts of boiling water over two heaping teaspoonfuls of tea and steep just five minutes. Strain over two pounds of sugar and cover till cool. Break a small ripe pineapple into bits, or break the

slices of canned pineapple, cut three peeled oranges into slices and squeeze the juice of eight lemons. Put all into the tea mixture and add a few choice strawberries or cherries. Put on ice till cold.

MINT PUNCH.

Place a few sprigs of mint in tea while it steeps. Strain into a good lemonade, sweeten if necessary, put on ice and serve.

LEMONADE.

The best lemonade is made from a syrup, and can be kept in the ice box and diluted when needed. Allow half as much sugar as water and boil five minutes. Wash six lemons and when dry press their skin with lumps of sugar till they are full of the lemon oil. Add these to the syrup and also the juice of the lemons. A cup of rum makes a more elaborate drink, and a very thin slice of lemon placed in the glass makes it more attractive. Serve very cold in tall, slender glasses.

RASPBERRY VINEGAR.

Put half as much vinegar as raspberries into a jar to soak. At the end of two days drain over the same amount of berries as used first. Let this stand two days and then strain over sugar, using three-fourths as much as the first measure of berries. Heat slowly and seal.

CURRANT PUNCH.

A simple, wholesome drink which can be given to children during the summer months, may be made of good currant jelly that is home-made, as the main flavoring. Boil a cupful of sugar and a quart and a pint of water for ten minutes. Skim thoroughly, then add the juice of four lemons and two large oranges. Strain carefully and finally stir in a full pint of the best currant jelly. Continue stirring until the jelly is entirely dissolved, then place on ice until very cold. At the moment of serving add a bountiful supply of chopped ice and one quart of mineral water.

ICED COCOA.

Use one teaspoonful of cocoa to each cup required. Place it in a cup and add a very little cold water; mix to a smooth paste, and then add the remainder of the water, half a cupful to each spoonful of cocoa, and the same amount of milk and two teaspoonfuls of sugar for each cup, bring to the boiling point and keep it bubbling just five minutes. Remove from fire, strain off and cool, add ice and serve. Whipped cream, with a little dry cocoa sprinkled over the top, may be added.

TOMATO WINE.

One bushel of tomatoes will make about five gallons of juice. Wash the tomatoes, which must be well ripened. Mash and strain through a cloth. For every gallon of juice allow two and a half pounds of sugar. About one-third water may be added. Cover loosely with a cloth and allow to ferment. When fermentation has ceased, strain into bottles and seal.

PINEAPPLE COCKTAIL.

Wash a sufficient number of fine lemons and cut a cap from one end of each. Scoop out the pulp and press it through a sieve. Pare and remove the eyes from a fine, ripe pineapple, then cut into small thin bits and mix with the lemon juice. Sweeten to taste and chill on ice. Serve in the lemon cups imbedded in ice on small plates or saucers. This makes a delicious first course for either luncheon or dinner.

LEMONADE WITH GRAPEFRUIT.

A most refreshing beverage on a very warm day is a lemonade made from the juice of two lemons, a half cupful of sugar and six glasses of water, to which is added the pulp of a small grapefruit that has been removed with a sharp-edged teaspoon. Fill up glasses with shaved ice.

FRUIT SYRUPS.

During the canning season often a small quantity of rich juice will be left. If this is strained through a cloth, and bottled boiling hot, it will make a splendid drink, diluted with water and served iced.

GRAPE PUNCH.

To make the grape punch, which is absolutely non-alcoholic, being merely a form of grape juice iced, use the rich flavored Concord grapes, and for a party of ten use six pounds of these, removing them from the stems and putting them, skins, seeds and all, into a quart of cold water over the fire, bring to the boiling point, then simmer until the skins begin to burst, when crush with a wooden potato-masher and pour into a jell-bag to strain without squeezing. After the bag ceases to drip pour a pint of water into it to rinse through the remainder of the juice. Put the strained juice back on the fire and bring to the boil, then add two pounds of granulated sugar and boil up once, removing the scum that rises. Set aside to become cold, and at serving time add the juice of two oranges and one orange thinly sliced; ice thoroughly, or put crushed ice in the punch glasses and pour over this the punch. It will be of a beautiful reddish purple and will have aroma as well as flavor.

For the Sick Room

TOAST FOR GARNISHING.

For poaching eggs, cut the bread into rounds with a large cake-cutter before toasting. For small birds or asparagus, remove the crusts and cut into oblong pieces. For minces and fricassees, cut into small squares or diamonds. For a border, cut, after toasting, into inch and a half squares, and then into halves diagonally, making triangles; or cut into long pointed triangles.

CRISPED CRACKERS.

Split butter crackers and spread with butter; put them, the buttered side up, in a pan, and brown in a hot oven. They are delicious with white and vegetable soups, and in fish-chowder and oyster stews. They can be prepared in a short time, when it is not convenient to fry croutons or to toast over an open fire.

TOAST.

Cut stale bread in thin slices. Place them in a fine wire broiler, and move the broiler over a clear fire, turning often, until the bread is a uniform golden brown color. If to be used dry, serve at once. If for water toast, dip each slice quickly into hot salted water, spread with butter, and serve very hot.

MILK TOAST.

Put a pint of milk into a spider, add a large tablespoonful of butter, and let the milk boil about five minutes. Have the bread toasted till very dry, but not burned. Put the slices in the milk and boil till quite soft. Remove to a dish and pour the milk over them.

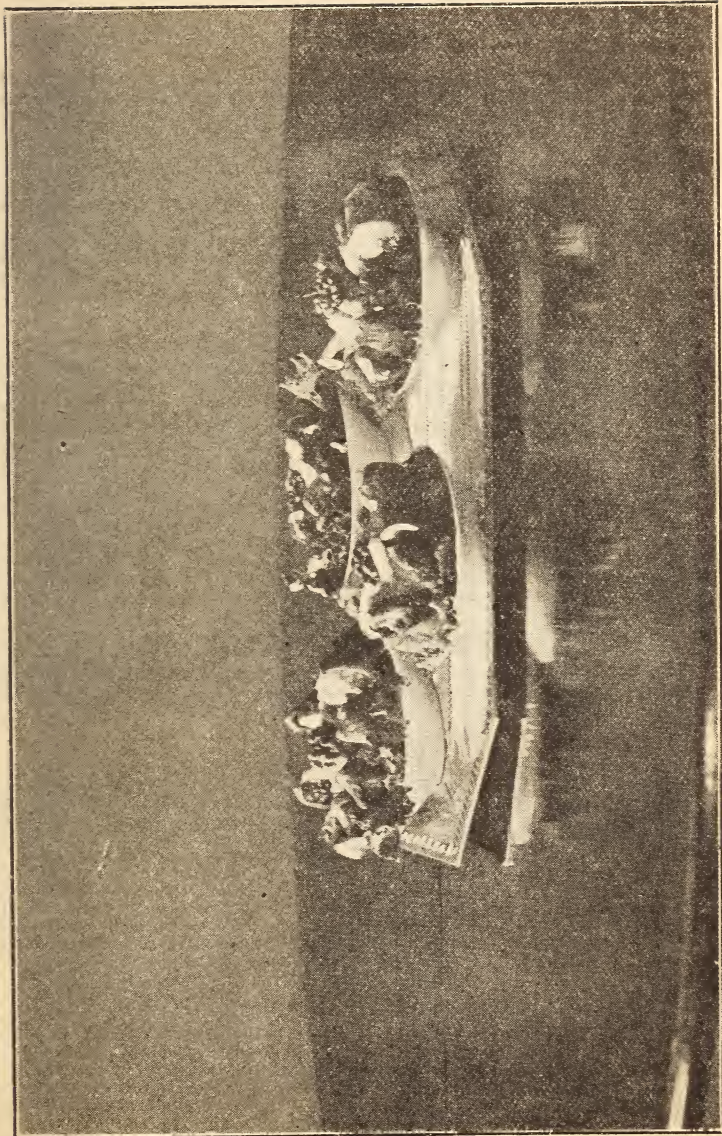
CREAM TOAST.

One pint milk or cream. Two even tablespoonfuls flour. Two table-spoonfuls butter. One-half teaspoon salt. Six slices dry toast.

Heat the milk, melt the butter in a granite sauce-pan, add the flour, mix well and stir in one-third of the milk. Stir till it thickens and is smooth, then add the remainder gradually. Add the salt. Dip the toast quickly in hot salted water; put it in a deep dish and pour the thickened cream over each slice.

OATMEAL.

Put a teaspoonful of salt and a scant quart of boiling water in the top of the double boiler, and place it on the stove. When the water boils, add gradually one cup of coarse oatmeal. Cook ten minutes, then place it in the bottom of the double boiler and let it cook one hour. Put a tablespoon of salt in the water in the lower boiler. When done, remove the cover, stir with a fork to let the steam escape. Serve it on a platter, and garnish with baked apples.



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FLOWER SALAD

OATMEAL MUSH.

Stir one cup of granulated oatmeal into three cups of boiling salted water. Boil rapidly until the meal is swollen and has absorbed nearly all the water; stir occasionally with a fork, then place over hot water and steam it for two hours.

BROWNEED RICE.

Cook one cup of rice with three cups of milk, in a double boiler until very soft. Season it with one teaspoonful of salt and one tablespoonful of butter. Pack it closely in a small bread-pan. When cold, cut in half-inch slices, and brown them delicately in hot butter. Or spread the slices slightly with butter, put them in a fine well-buttered gridiron, and color a light brown over a clear fire.

FRENCH TOAST.

Beat one egg in a shallow dish, add a teaspoonful of sugar, a pinch of salt, and one cup of milk. Soak six slices of stale bread in the custard. Drain and brown them on each side on a well-buttered grid-dle. Spread them with jelly or marmalade, and pile them lightly on a dish. Serve at once.

FRIED CHICKEN.

Singe; cut at the joints; remove the breastbones. Wipe each piece with a clean, wet cloth; dredge with salt, pepper and flour, and saute them in a hot salt-pork fat till brown and tender, but not burned. Arrange on a dish with boiled cauliflower or potato-balls, and pour a white sauce over them. Or dip in egg and crumbs, and fry in deep hot fat, and serve with tomato sauce.

BROILED FILETS OF CHICKEN.

Remove the bone from the breast and thighs. Rub the meat with butter or olive-oil; season, and cover with fine cracker dust. Broil about ten minutes.

CHICKEN BROTH.

Clean the chicken, and separate it at the joints. Remove all the skin and fat. Cover the chicken with cold water. Add one table-spoonful of salt, one saltspoonful of pepper, one small onion sliced. Simmer until the chicken is tender. Remove the best part of the meat, and put the bones and gristle back, and simmer until the bones are clean. Wash, and soak two tablespoonfuls of rice half an hour. Strain the broth. Remove the fat. Put the broth on to boil again, and add to it the rice, and the nicest portions of meat, cut into small pieces. Simmer until the rice is tender. Add seasoning to taste, and serve at once. A few spoonfuls of cream may be added if desired.

VIRGINIA CHICKEN AND TOMATOES.

One chicken. Three tomatoes. One onion sliced. Three thin slices of bacon. One-quarter of the rind of a green pepper, chopped fine. Cut the chicken as for a fricassee. Put the bacon in a stew-pan, add the onion sliced, the pieces of chicken, and the tomatoes peeled and sliced, and the pepper. Add water till two inches above the meat. Simmer slowly. When nearly tender, add rice in the proportion of half a cup to a pint of liquor. Cook half an hour longer. Arrange the chicken on a deep dish, and pour rice and broth over it.

CHICKEN BROTH.

Cut up a fowl and remove all the fat and skin, as these leave a strong flavor in the broth. If a very delicate flavor be desired, put the meat on to boil in cold water; boil five minutes, pour off the water and add fresh cold water; then simmer until the meat is in shreds. Take out the breast as soon as it is tender. Strain the broth, and when cool remove every particle of fat. Heat again, and, when boiling, thicken with whole-wheat flour wet in cold water, one tablespoonful flour to each pint of broth. Season delicately with celery, salt and white pepper. When a richer broth can be taken, add half a cup of sweet cream and the breast of the chicken cut in small dice.

NOURISHING OMELET.

Dissolve a saltspoonful of beef extract in a cup of hot water, and stir into it half a cup of the crusts of the whole-wheat bread rolled fine. Let them soak over the tea-kettle while you beat the yolks and whites of two eggs. Stir the soaked crusts into the yolks, add a dash of salt and pepper, then stir the whites in lightly. Cook in a hot, buttered omelette-pan. Fold, and invert on a hot dish. Garnish with parsley.

BROILED SQUABS.

Remove the feathers, split down the back, remove the entrails and wipe clean. Rub ail over with soft butter, and dredge with salt and pepper. Lay them in a piece of buttered letter-paper, inside down, cross the legs over the outside, and fold the edges under to shape it well. Fold the paper over and fold the edges together. Broil over a clear fire about eight minutes. Spread currant jelly on some hot buttered toast; lay a bird on each slice, with a little jelly on the breast. Pour over them the juice from the papers, and serve very hot.

GIBLETS.

Clean the giblets of a turkey or chicken, cut the gizzard into quarters and separate the lobes of the liver. Stew them in water to cover, with an onion, salt and pepper. When tender, thicken the liquor with flour and butter cooked together; add tomato, or walnut ketchup to taste, and serve on toast.

MUTTON BROTH.

Four pounds of the forequarter of mutton. Remove all the fat and pink skin. Cover with cold water, remove the scum as it rises, and, when it has boiled five minutes, pour off the water and add fresh cold water. This will remove the strong mutton flavor, which is often unpalatable to an invalid. When only a slight degree of nourishment is desired, an agreeable flavor is of more importance than economy of material. Simmer until the meat is in shreds. Strain, and when cool remove the fat. Heat again, and to every pint of broth add two tablespoonfuls of rice. Cook the rice ten minutes in just water enough to keep it from burning, then add it to the broth and simmer half an hour. Season with salt and pepper. Rub a pinch of whole summer-savory through a fine strainer into the broth. Use the whole herb in preference to the ground, as the flavor is finer.

BEEF AND FARINA GRUEL.

Dissolve half a teaspoon of beef extract in two tablespoonfuls of water, and stir it into one cup of farina gruel prepared as above. Beef extract, when taken clear or as beef-tea, is often unpalatable to invalids: but, served, in this form, it may be acceptable. The juice from hot broiled steak, or the platter gravy from roast beef, may be served with the farina.

FRICASSEE OF CHICKEN.

Cut into joints, scald and skin, place in a stew-pan, with two raw onions cut into eight parts, a little chopped parsley, salt and pepper, and the least squeeze of lemon juice. Add a bit of butter as large as an egg, and fill in a pint of water. Stew for an hour under a very close lid, and then lift, and strain off the gravy, into which beat gradually a teacupful of cream and the yolks of two eggs: heat up the gravy, taking care that it does not boil, and pour it over the fricassee.

CREAMED HAM.

Warm one cup of finely chopped boiled ham in one pint of hot cream. Stir into it quickly two well-beaten eggs, add a little pepper, and salt if needed, and turn at once over hot shortcakes.

JELLIED CHICKEN.

Boil a fowl until it will slip easily from the bones; let the water be reduced to about one pint in boiling; pick the meat from the bones in good sized pieces, taking out all gristle, fat and bones; place in a wet mould: skim the fat from the liquor: a little butter: pepper and salt to the taste, and one-half ounce of gelatine. When this dissolves, pour it hot over the chicken. The liquor must be seasoned pretty high, for the chicken absorbs.

CHICKEN PATES.

Mince chicken that has been previously roasted or boiled, and seasoned well: stir into this a sauce made of half a pint of milk, into which while boiling a teaspoonful of corn starch has been added to thicken, season with butter, about a teaspoonful, and salt and pepper to taste. Have ready small pate pans lined with a good puff paste. Bake the crust in a brisk oven: then fill the pans and set in the oven a few minutes to brown very slightly.

PORT WINE JELLY.

Melt in a little warm water one ounce of isinglass: stir it into a pint of port wine, adding two ounces of sugar candy, an ounce of gum arabic, and half a nutmeg, grated. Mix all well and boil it ten minutes: or till everything is thoroughly dissolved. Then strain it through muslin and set it away to get cold.

TAPIOCA JELLY.

Wash the tapioca carefully in two or three waters, then soak it for five or six hours, simmer it then in a stew-pan until it becomes quit clear, add a little of the juice of a lemon, wine if desired.

ARROWROOT WINE JELLY.

One cup of boiling water, two heaping teaspoonfuls arrowroot, two heaping teaspoonfuls of white sugar, one tablespoonful brandy or three tablespoonfuls of wine. An excellent corrective to weak bowels.

BARLEY WATER.

Put a large tablespoonful of well washed pearl barley into a pitcher; pour over it boiling water; cover it, and let it remain till cold; then drain off the water; sweeten to taste; if liked, add the juice of a lemon, and grated nutmeg.

FLAX-SEED LEMONADE.

Four tablespoonfuls flax seed (whole), one quart boiling water poured on the flax seed, juice of two lemons, leaving out the peel. Sweeten to taste; steep three hours in a covered pitcher. If too thick, put in cold water with the lemon juice, and sugar. Ice for drinking. It is splendid for colds.

ARROWROOT.

This is very nourishing and light, either for invalids or infants: make it with milk or water—put a pint of either into a stew-pan, make it boiling hot, add a saltspoonful of salt, put a heaped teaspoonful of ground Bermuda arrowroot into a cup, make it smooth with cold milk, stir it into the stew-pan, and let it simmer for two or three minutes; then turn it into a bowl, sweeten and grate nutmeg over, if liked; should it be preferred thin, use less arrowroot. This should be made only as much as is wanted at a time, since it will become as thin as water if heated over.

BEEF TEA.

One pound lean beef, cut into small pieces. Put into a jar without a drop of water: cover tightly, and set in a pot of cold water. Heat gradually to a boil, and continue this steadily for three or four hours, until the meat is like white rags, and the juice all drawn out. Season with salt to taste, and when cold, skim.

EGG WINE.

One egg, one tablespoonful and one-half glass of cold water, one glass of sherry, sugar and grated nutmeg to taste. Beat the egg, mixing with it a tablespoonful of cold water; make the wine and water hot, but not boiling; pour it on the egg, stirring all the time. Add sufficient lump-sugar to sweeten the mixture, and a little grated as possible of the white outside pith, and all the pips. Put the slices of lemon, the peel, and lump-sugar into a jug; pour over the boiling water; cover it closely, and in two hours it will be fit to drink. It should either be strained or poured off from the sediment.

TOAST WATER.

Slices of toast, nicely browned, without a symptom of burning. Enough boiling water to cover them. Cover closely, and let them steep until cold. Strain the water, sweeten to taste, and put a piece of ice in each glassful.

CHICKEN IN JELLY.

A little cold chicken (about one pint), one cupful of water or stock, one-fifth of a box of gelatine, half a teaspoonful of curry powder, salt and pepper. Cut the meat from the bones of a chicken left from dinner. Put the bones on with water to cover, and boil down to one cupful. Put the gelatine to soak in one-fourth of a cupful of cold water. When the stock is reduced as much as is necessary, strain and season. Add the curry and chicken. Season, and simmer ten minutes; then add the gelatine, and stir on the table until it is dissolved. Turn all into a mould, and set away to harden. This makes a nice relish for tea or lunch. If you have mushrooms, omit the curry, and cut four of them into dice. Stir into the mixture while cooking. This dish can be varied by using the whites of hard-boiled eggs, or bits of boiled ham. To serve: Dip the mould in warm water, and turn out on the dish. Garnish with parsley.

CHERRY OMELET.

Two eggs. Two tablespoonfuls milk. Two tablespoonfuls chopped celery. Salt and pepper to taste. Beat the yolks till thick, add milk, celery, and seasoning. Beat the whites stiff and fold and cut them into the yolks. Cook in hot buttered pan till brown underneath. Place in the oven till dry on top. Fold over and turn out.

BEEF PATTIES.

Chop fine some cold beef; beat two eggs and mix with the meat and add a little milk, melted butter, and salt and pepper. Make into rolls and fry.

JELLIED VEAL.

Boil the veal tender, pick it up fine, put in mould, add the water it was boiled in, and set it in a cold place; season with salt and pepper to taste; a layer of hard boiled eggs improves it.

MEAT JUICE.

Cut one pound of raw, lean beef, free from fat, into slices, one-third of an inch thick. Spread the slices close together on a long, narrow strip of clean cheesecloth, sprinkle with fine salt, roll up tightly, tie, and place it in a meat-press or between heavy weights. There will be about a half cup of clear juice.

Favorite Holiday Recipes

All boiled puddings should be put on in boiling water, which must not be allowed to stop simmering, and the pudding must always be covered with the water; if requisite the sauce pan should be kept filled up. To prevent a pudding boiled in a cloth from sticking to the bottom of the sauce pan, place a small plate or saucer underneath it; if a mould is used, this precaution is not necessary; but care must be taken to keep the pudding well covered with water. For dishing a boiled pudding as soon as it comes out of the pot, dip it into a basin of cold water, and the cloth will then not adhere to it. Great expedition is necessary in sending puddings to table, as, by standing, they quickly become heavy, batter puddings particularly. For baked or boiled puddings, the moulds, cups, or basins should be always buttered before the mixture is put in them, and they should be put into the sauce pan directly they are filled.

PLUM PUDDING.

The same proportions of flour, and suet, and half the quantity of fruit, with spice, lemon, a glass of wine, or not, and one egg, and milk, will make an excellent pudding, if long boiled.

ANOTHER PLUM PUDDING.

Lay a pound of beef suet in lumps, the size of nutmegs, in a basin, half a pound of jar raisins, a large spoonful of fine sugar, three eggs, a spoonful and a half of flour, and a glass of brandy. Tie a wet cloth, doubled and well floured over the basin. Put it into a pot of water that boils very fast, and move it about for some minutes. Boil five or six hours.

ANOTHER PLUM PUDDING, VERY LIGHT.

Mix grated bread, suet, and stoned raisins, four ounces each, with two well-beaten eggs, three or four spoonfuls of milk, and a little salt. Boil four hours. A spoonful of brandy, sugar and nutmeg, in melted butter, may be served as sauce.

ENGLISH PLUM PUDDING.

Mix suet, jar raisins, and currants, one pound each, four ounces of crumbs of bread, two tablespoonfuls of sugar, one tablespoonful of grated lemon peel, half a nutmeg, a small blade of mace, a tea-spoonful of ginger, and six well-beaten eggs. Boil it five hours.

A BLACK CAP PUDDING.

Rub three tablespoonfuls of flour, smooth, by degrees, into a pint of milk, strain it, and simmer it over the fire until it thickens; stir in two ounces of butter: when cool add the yolks of four eggs beaten and strained, and half a pound of currants washed and picked. Put the batter into a cloth well buttered, tie it tight, and plunge it into boiling water, keep it in motion for five minutes, that it may be well mixed.

SUET PUDDING.

Shred a pound of suet: mix with a pound and a quarter of flour, two eggs beaten separately, a little salt, and as little milk as will make it. Boil it four hours. It eats well next day, cut in slices and broiled.

The outward fat of loins or necks of mutton, finely shredded, makes a more delicate pudding than suet: and both are far better for the purpose than butter, which causes the pudding to be black and close.

BAKED SUET PUDDING.

Boil a pint of milk: when become cold, stir it into eight ounces of flour, and six of shredded suets: add two eggs, and a teaspoonful of salt. If to be plum pudding, put in eight or ten ounces of stoned raisins, and omit the salt.

CHRISTMAS PLUM PUDDING.

One pound butter, one pound suet, freed from strings and chopped fine, one pound sugar, two and a half pounds flour, two pounds raisins, seeded, chopped and dredged with flour, two pounds currants, picked over carefully after they are washed, one-quarter pound citron, shredded fine, twelve eggs, whites and yolks beaten separately, one pint milk, one cup brandy, one-half ounce cloves, one-half ounce mace, two grated nutmegs. Cream the butter and sugar, beat in the yolks, when you have whipped them smooth and light; next put in the milk, then the flour, alternately with the beaten whites, then the brandy and spice, lastly the fruit, well dredged with flour. Mix all thoroughly: wring out your pudding cloth in hot water, flour well inside, pour in the mixture and boil five hours.

BOILED BATTER PUDDING.

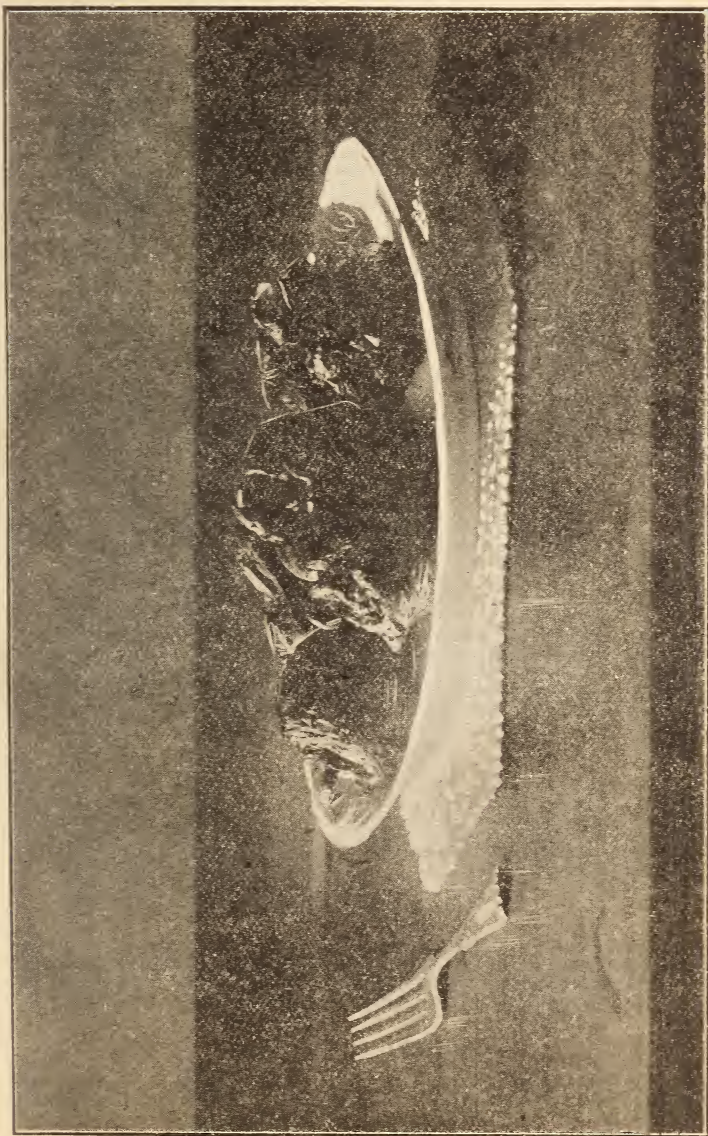
Three eggs, one ounce butter, one pint milk, three tablespoonfuls flour, a little salt. Put the flour into a basin, and add sufficient milk to moisten it; carefully rub down all the lumps with a spoon, then pour in the remainder of the milk, and stir in the butter, which should be previously melted: keep beating the mixture, and the eggs and a pinch of salt, and when the batter is quite smooth, put it into a well-buttered basin, tie it down very tightly, and put it into boiling water; move the basin about for a few minutes after it is put into the water, to prevent the flour settling in any part, and boil for one and one-quarter hour. This pudding may also be boiled in a floured cloth that has been wetted in hot water; it will then take a few minutes less than when boiled in a basin. Send these puddings very quickly to table, and serve with sweet sauce, wine sauce, stewed fruit, or jam of any kind; when the latter is used, a little of it may be placed around the dish in small quantities, as a garnish.

BATTER PUDDING.

One quart milk, four eggs, six ounces flour, a little soda and salt. Mix the flour very carefully with a little milk, so it will not be lumpy. Bake twenty minutes. Serve immediately.

MINCE MEAT.

Take five or six pounds scraggy beef—a neck piece will do—and put to boil in water enough to cover it: take off the scum that rises when it reaches the boiling point, add hot water, from time to time,



STUFFED GREEN PEPPERS

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until it is tender, then remove the lid from the pot, salt, let boil till almost dry, turning the meat over occasionally in the liquor, take from the fire, and let stand over night to get thoroughly cold; pick bones, gristle, or stringy bits from the meat, chop very fine, mincing at the same time three pounds of nice beef suet; seed and cut four pounds of raisins, wash and dry four pounds of currants, slice thin a pound of citron, chop fine four quarts of good cooking tart apples; put into a large pan together, add two ounces cinnamon, one of cloves, one of ginger, four nutmegs, the juice and grated rinds of two lemons, one tablespoonful salt, one teaspoonful pepper, and two pounds sugar. Put in a porcelain kettle one quart boiled cider, or, better still, one quart currant or grape juice (canned when grapes are turning from green to purple), one quart nice molasses or syrup, also a good lump of butter, let it come to boiling point and pour over the ingredients in the pan, after having first mixed them well, then mix again thoroughly. Pack in jars and put in a cool place, and, when cold, pour molasses over the top an eighth of an inch in thickness, and cover tightly. This will keep two months. For baking, take some out of a jar: if not moist enough, add a little hot water, and strew a few whole raisins over each pie. Instead of boiled beef, a beef's heart or roast meat may be used; and a good proportion for a few pies is one-third chopped meat, and two-thirds apples, with a little suet, raisins, spices, butter and salt.

MOCK MINCE PIE.

One egg, three or four large crackers, or six or eight small ones, one-half cup of molasses, one-half cup sugar, one-half cup vinegar, one-half cup strong tea, one cup chopped raisins, a small piece butter, spice and salt.

PUMPKIN PIE.

One quart of stewed pumpkin, pressed through a sieve; nine eggs, whites and yolks beaten separately; two scant quarts of milk, one teaspoonful of mace, one teaspoonful of cinnamon, and the same of nutmeg, one and a half cup of white sugar, or very light brown. Beat all well together, and bake in crust without cover.

MINCE PIES.

Three pounds of raisins, stone and chop them a little; three pounds of currants, three pounds of sugar, three pounds of suet chopped very fine, two ounces candied lemon peel, two ounces of candied orange peel, six large apples grated, one ounce of cinnamon, two nutmegs, the juice of three lemons and the rinds grated, and half a pint of brandy. Excellent.

SQUASH PIE.

Two teacupfuls of boiled squash, three-fourths teacupful of brown sugar, three eggs, two tablespoonfuls of molasses, one tablespoonful of melted butter, one tablespoonful of ginger, one teaspoonful of cinnamon, two teacupfuls of milk, a little salt. Make two plate pies.

ECONOMICAL RAISIN-CAKE.

One-half cupful of butter, one and one-half cupful of sugar, one cupful sour milk, one teaspoonful soda, one-half teaspoonful cinnamon, one-half teaspoonful nutmeg. Three cupfuls flour mixed with one and one-half cupfuls raisins, stoned, chopped, and floured with part of the measure of flour.

TASTY SNAPS.

One pint flour, one teaspoonful cinnamon, one teaspoonful ginger, one-half teaspoonful nutmeg, one cup molasses, one-half cupful brown sugar, one teaspoonful soda, one-half cupful butter. Heat the molasses and sugar till the sugar is melted. Dissolve the soda in a little warm water, stir it quickly into the hot molasses, add the butter and flour mixed with the spices. Add enough more flour to roll very thin. Cut out and bake in a quick oven.

PLAIN FRUIT-CAKE.

One-half cup butter, one cup sugar, one egg, one cup sour milk, one scant teaspoonful soda, two and one-half cupfuls flour, one and one-half cupful raisins, one-half cupful currants, one teaspoonful cinnamon, one teaspoonful mace.

PLUM CAKES.

One-half cupful butter, one cupful sugar, one egg, one tablespoonful sour milk, one-half teaspoonful soda, one cupful chopped raisins, one-half cupful currants, one teaspoonful cinnamon, one-half teaspoonful nutmeg, flour to mix. Flour the fruit, add the spices, then mix in the order given. Mix soft, roll thick, cut out and bake quickly.

LADY-FINGERS.

One cupful sugar, one egg, three tablespoonfuls melted butter, one even teaspoonful soda, three tablespoonfuls milk, one teaspoonful cream tartar, nutmeg. Mix with flour to roll out thin, sprinkle powdered sugar over, and cut in long, thin strips. Bake quickly.

GINGER WAFERS.

One-half cup butter, one cup sugar, two teaspoonfuls ginger, one saltspoonful soda, one-half cup milk, one pint flour. Spread it very thin on a buttered tin, and bake in a moderate oven. Cut while hot into squares.

RAISIN-LAYER CAKE.

Three-quarters cupful butter, two cupfuls sugar, yolk of four eggs, one cupful milk, three cupfuls flour mixed with two and one-half teaspoonfuls baking powder, one teaspoonful lemon extract. Bake in four jelly-cake tins; fill with raisin cream, made of whites of four eggs beaten well, half cupful fine sugar, half pound best raisins, chopped fine, half cupful chopped currants.

NUT WAFERS.

One-quarter cupful butter. One cupful sugar, one egg, one cupful flour, one cupful nut meats. Use walnuts or cream nuts, or grated coconut. Drop on buttered tins, and bake quickly.

COOKIES.

Three cupfuls flour, one teaspoonful baking powder, one cupful sugar, one-half nutmeg grated, one-half cupful butter, three eggs. Mix flour, baking powder, sugar and nutmeg; rub in the butter, add the eggs whole and beat well. Add a little milk if needed to unite the mixture. Roll out, cut, and bake quickly.

RAISIN WINE.

Take two pounds of raisins, seed and chop them, a lemon, a pound of white sugar, and about two gallons of boiling water. Pour into a stone jar, and stir daily for six or eight days. Strain, bottle, and put in a cool place for ten days, or so, when the wine will be ready for use.

CRANBERRY SAUCE.

After removing all soft berries, wash thoroughly, place for about two minutes in scalding water, remove, and to every pound of fruit add three-quarters of a pound of granulated sugar, and a half pint water: stew together over a moderate but steady fire. Be careful to cover and not to stir the fruit, but occasionally shake the vessel, or apply a gentler heat if in danger of sticking or burning. If attention to these particulars be given, the berries will retain their shape to a considerable extent, which adds greatly to their appearance on the table. Boil from five to seven minutes, remove from fire, turn into a deep dish and set aside to cool. If to be kept, they can be put up at once, in air-tight jars. Or, for strained sauce, one and a half pounds of fruit should be stewed in one pint of water for ten or twelve minutes, or until quite soft, then strained through a colander or fine wire sieve, and three-quarters of a pound of sugar thoroughly stirred into the pulp thus obtained; after cooling it is ready for use. Serve with roast turkey or game. When to be kept for a long time without sealing, more sugar may be added, but its too free use impairs the peculiar cranberry flavor. For dinner sauce, half a pound is more economical, and really preferable to three-quarters, as given above. It is better, though not necessary, to use a porcelain kettle. Some prefer not to add the sugar till the fruit is almost done, thinking this plan makes it more tender, and preserves the color better.

PORT WINE SAUCE FOR GAME.

Half a tumbler of currant jelly, half a tumbler of port wine, half a tumbler of stock, half a teaspoonful of salt, two tablespoonfuls of lemon juice, four cloves, a speck of cayenne. Simmer the cloves and stock together for half an hour. Strain on the other ingredients, and let all melt together. Part of the gravy from the game may be added to it.

CURRANT JELLY SAUCE.

Three tablespoonfuls of butter, one onion, one bay leaf, one sprig of celery, two tablespoonfuls of vinegar, half a cupful of currant jelly, one tablespoonful of flour, one pint of stock, salt, pepper. Cook the butter and onion until the latter begins to color. Add the flour and herbs. Stir until brown: add the stock, and simmer twenty minutes. Strain, and skim off the fat. Add the jelly, and stir over the fire until it is melted. Serve with game.

CHRISTMAS CRULLERS.

Take four eggs, four tablespoonfuls of lard, four tablespoonfuls of sugar, a teaspoonful of salt, and half a nutmeg grated, a teaspoonful of lemon extract may be added; work into these as much sifted flour as will make a nice dough, roll it about an eighth of an inch in thickness, and fry as directed for doughnuts and crullers.

To make little baskets, cut the paste in strips an inch and a half wide, and three inches long, and with a giling iron cut slits across it from one side to the other, within a quarter of an inch

of either edge, and quarter of an inch apart; then join the two ends together in a circle, forming the basket; press it down slightly, that the strips may bulge, and so form the basket, like those made for fly traps of paper; as soon as they are taken from the fat (five minutes will do them), grate white sugar over.

MILK PUNCH.

Pare off the yellow rind of four large lemons, and steep it for twenty-four hours in a quart of brandy or rum. Then mix with it the juice of the lemons, a pound and a half of loaf sugar; two grated nutmegs, and a quart of water. Add a quart of rich, unskimmed milk, made boiling hot, and strain the whole through a jelly bag. You may either use it as soon as it is cold, or make a larger quantity (in the above proportions), and bottle it. It will keep several months.

EGG NOGG.

Whip the whites and yolks of six eggs into a stiff cream, adding a half cupful of sugar. Pour into a quart of rich milk, adding a half pint of good brandy, and a little flavoring of nutmeg. Stir up and thoroughly mix the ingredients, and add the whites of three additional eggs well whipped.

Favorite Foreign Recipes

CHICKEN CHOP SUEY.

Scrape the meat from the bone of half a chicken and cut into strips. Slice a large onion thin, soak a handful of dried mushrooms for ten minutes in water. Drain and remove the stems. Cut a stalk of celery into inches, wash and slice six potatoes.

Put into frying pan a little fat and cook the chicken in this until done, but not hard. Add the onions and cook a little, add the mushrooms and enough Chinese sauce to make the mixture brown; pour in a little water and cook for ten minutes. Add celery and potatoes and after a few minutes a little floured water. Boil up and serve with rice.

HUNGARIAN NOODLES.

Break enough of the egg shell from one end to drop egg, add two eggshellfuls of milk and one shellful of water and a pinch of salt; mix stiff with flour. Roll out thin into six small sheets. Lay the sheets on top of one another and then cut into strips one-eighth of an inch by two inches, and lay aside to dry. Boil in salt water until tender, take out and drain.

Take a pound of cottage cheese and sprinkle lightly through the noodles. Serve hot. Minced parsley dashed over gives the dish an appetizing effect. This recipe makes enough for six adults.

SPANISH HASH.

Two cupfuls of cold boiled rice, one cupful tomato stock, two cupfuls chopped meat, slice of onion if desired. Mix rice and tomato juice, fill baking dish with layers of meat and rice, cover with crumbs and bake one-half hour.

SOPA DE ARRAS.

One cup of dry rice, fried in two tablespoonfuls of boiling lard for twenty minutes, stirring and mashing with spoon. Add a small onion sliced quite fine and two or three toasted tomatoes which have had the skins removed. Cook well for twenty minutes more and then add two cupfuls of broth. Allow these ingredients to simmer until quite soft, and season to taste. Although thick, it is eaten with a spoon.

SALSA DE CHILI.

Place two medium sized tomatoes before the grate of the stove and allow them to toast well, turning frequently. Peel and place them in a wooden bowl, mashing and grinding with a potato masher until quite a fine pulp. Season with salt and cut fine a "chili bravos" or small hot pepper, using such quantity as you wish in this pulp. If not strong enough, add the seed. Use this with hot or cold meats, as it is delicious.

MEXICAN HASH.

This is a Mexican dish, and is delicious as well as economical. Put through the food grinder three cupfuls of cold roast or any cold meat you have, one cupful of bread crumbs, four or five pods of green chile—canned is good if you haven't the fresh—and a small piece of cheese. Add salt and pepper, stir all well, and turn into a



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CANTALOUPE CHARLOTTE RUSSE

buttered pudding pan. Press down firmly with the hand, spread a tablespoonful of soft butter over the top, and bake a light brown.

JAPANESE TEA WAFERS.

Stir the white of an egg with a tablespoonful of butter and add a tablespoonful of rice flour and one and one-half teaspoonfuls of softened butter. Heat until well mixed. It should be about as thick as cream. Pour a teaspoonful of butter on the reverse side of a baking pan slightly greased, and with the back of a spoon spread it until it is about four inches in diameter and almost as thin as tissue paper. Bake in a moderate oven until brown, and while still warm roll around a stick. This proportion will make one dozen. Keep in a covered tin to keep crisp.

SCOTCH SHORTBREAD.

Scotch shortbread is considered a great delicacy in England and Canada. Two cupfuls of butter, one cupful of sugar. Four cupfuls of flour. White of one egg beaten stiff. Stir the butter to a creamy lightness, then put in the sugar and stir for five minutes, then the egg, and stir well. Now put in one cup of flour at a time till the three cups have been used, then put in on the molding board and work in the other cup of flour with the hands. The longer you work it the better it is. Take a sheet of paper and put it under your cake and roll out to about one-half inch thick, keeping it as square as possible; then lift paper and all into your baking pan and bake about fifteen minutes, or until the shade of a good pie crust. Cut while hot into three-inch squares. It should break off short and crumbly. This is delicious for picnics and luncheons.

SPANISH TAMALE.

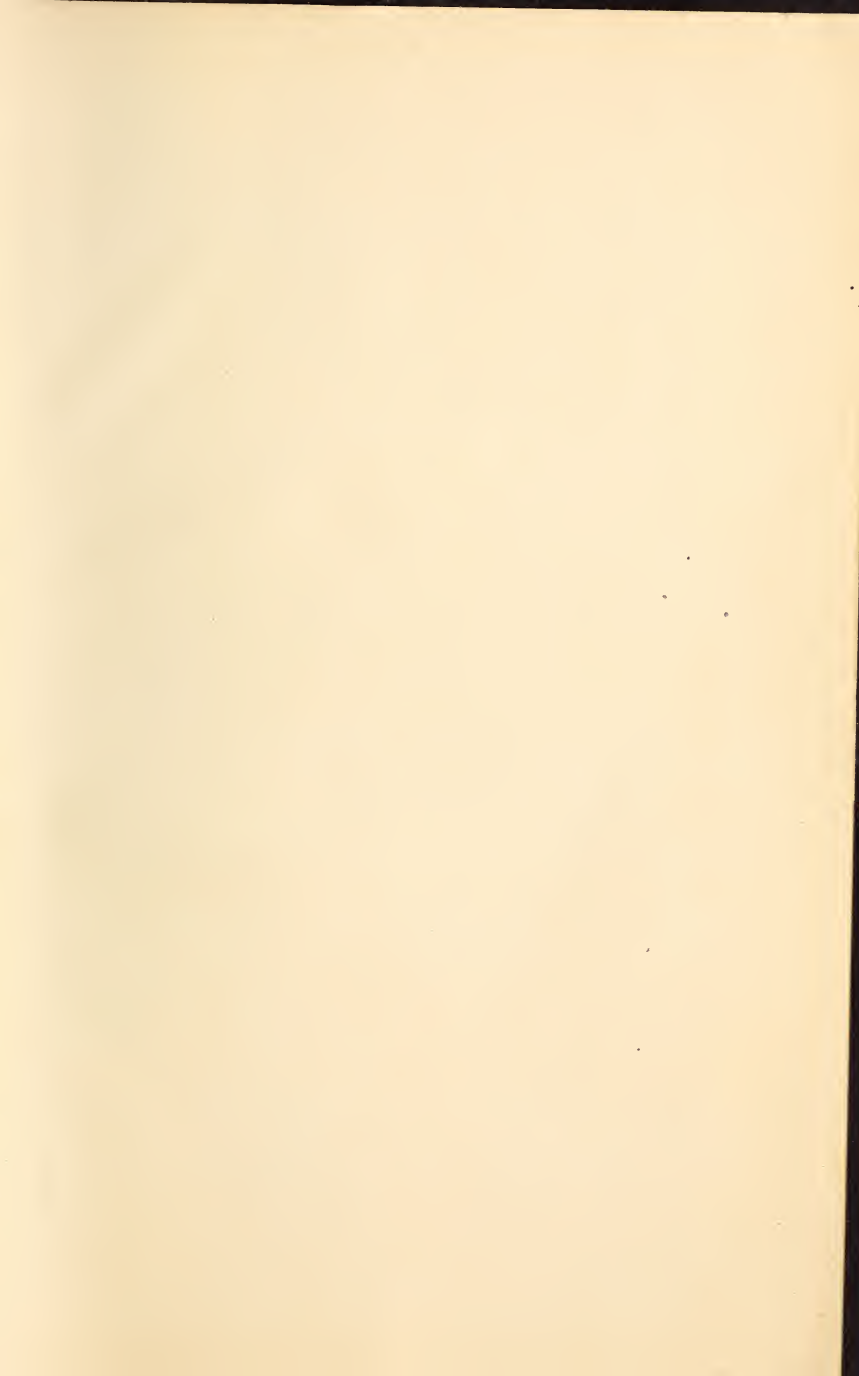
The following ingredients are for two dozen tamales. Three dozen ears of corn. One chicken, two dozen chili peppers, one quart of olives, two pounds of raisins, two cupfuls of good fresh lard, and salt to season. Scrape the corn from the cob, mix with the chicken minced moderately fine, and then add the other ingredients. Divide into two dozen small portions, and tie up in the husks. Steam or boil until thoroughly done. This is a genuine Spanish made tamale.

FAN FAN.

Cook half a cupful of rice in a pint of milk until soft. Stir in a heaping tablespoonful of sugar and one well-beaten egg, and remove at once from the fire. Mix in a half cupful of assorted candied fruits, cherries, apricots, or pineapple, and turn into a shallow pan to cool. When firm cut into strips about an inch and a half wide and three inches long. Dip in eggs and cracker crumbs and brown lightly on both sides in butter. Drain, dust with powdered sugar and serve hot.

DUTCH OMELET.

Break eight eggs into a basin, season with pepper and salt, add two ounces of butter cut small, beat these well together, make an ounce of butter hot in a frying-pan, put the eggs in, continue to stir it, drawing it away from the sides, that it may be evenly done, shake it now and then to free from the pan; when the under side is a little browned, turn the omelet into a dish and serve. This must be done over a moderate fire.





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