

# FOOD AND COOKERY



THIRD  
EDITION

ANDERSON

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# FOOD AND --- COOKERY

HAND BOOK FOR TEACHERS AND  
PUPILS FOR USE IN COOKING  
CLASSES AND DEMONSTRATIONS

—  
  
THIRD REVISED  
EDITION

BY

H. S. ANDERSON

INSTRUCTOR IN COOKING IN THE COLLEGE OF  
MEDICAL EVANGELISTS AT LOMA LINDA, CALIF.

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1915

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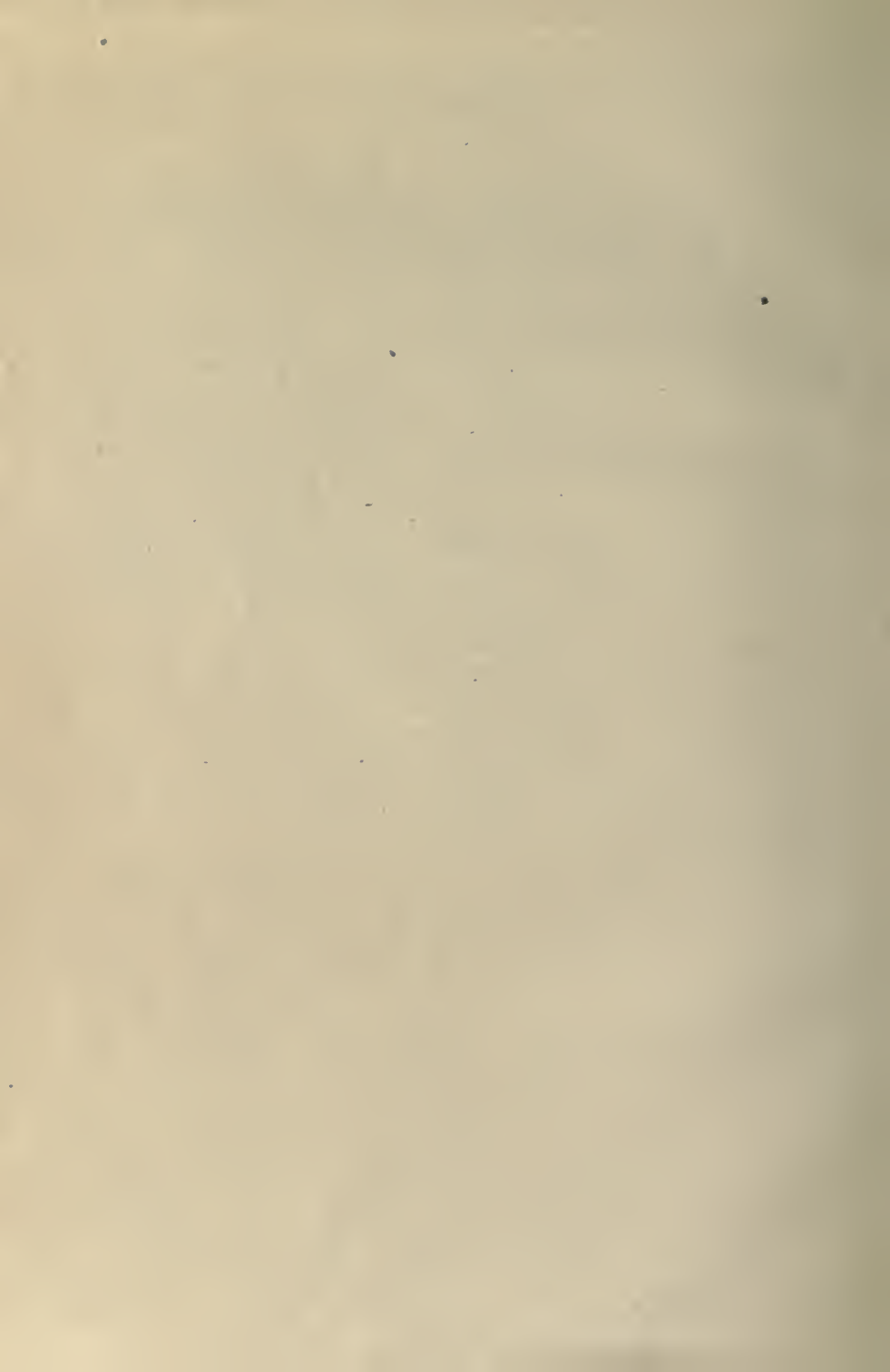
## PREFACE

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THE author of the present work, having been for several years employed as cook in many of the leading hotels and clubs of some of the largest cities of the Middle West and Pacific Coast, as well as being for the past five years connected with the Loma Linda Sanitarium, is well prepared to speak of the subject here discussed. His position as experimental cook and teacher of cooking in the Nurses' Training School has also shown the importance of getting out something that may serve as a guide to teachers in presenting this subject before classes. Hence the present work is largely designed to serve as a manual for those who may be called upon to teach the subject in sanitariums and other educational institutions. With this idea in view, a complete list of twenty lessons, so arranged as to cover in an outline way all the more important points of the subject, constitute a valuable feature of the book.

The second edition having been all sold, and many warm commendations received for it, the publishers have felt encouraged to issue this thoroughly revised and enlarged edition, with the hope that it may be of assistance to those who are struggling to bring the teaching of this subject in our sanitariums and elsewhere into full accord with sound principles.

THE PUBLISHERS.



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# FOOD AND COOKERY

## FOODS, THEIR USES IN THE BODY

“TO care for the body, by providing for it food that is relishable and strengthening, is one of the first duties of the householder.” We all have in the beginning a certain vital force from which to draw. To know how to husband it properly is the most essential thing in preserving health.

By taking food into the body, the system is nourished and built up. Disease results if this food is improper in quantity, or poor in quality, or if it is poorly prepared for assimilation. There is a constant breaking down of the tissues of the body; every thought of the mind, every movement of a muscle, involves waste, and this waste is repaired from our food. It is highly important, then, that everyone should be able to choose those foods which best supply the elements needed to make good blood, which in turn imparts life and strength to nerve, muscle and tissue.

Grains contain the food elements most evenly distributed. Wheat is considered a perfect food, and the representative of all foods, containing properties which so nearly represent the constituent parts of the body structure, as to indicate a special providence in providing it for the human race. Grains are very nutritious, and when cooked under a high degree of heat, as in baking, they are easily digested and assimilated. When they are cooked by the process of boiling or steaming, they require several hours cooking in order to render them digestible.

In the olive, as in the various nuts, we find nature's storehouse of fats. These, when properly prepared, supply the place of animal oil and fats.

Fruits are used, not so much with a view of supplying nutrients, as for other purposes; the organic acids and essen-

tial oils, with the easily digestible form in which the nutrients are present, are factors which give fruits a high value in the dietary. These acids and essential oils impart palatability to the food, and assist functionally in the digestive process.

Figs and prunes contain chemical compounds that are laxative in character.

In our study of the purposes which the various food elements serve in the vital economy, and of the foods best adapted to the accomplishment of these purposes, valuable help is given us in a practical knowledge of the composition of the various food materials, which enables us to arrive at an idea of the real value of the food in question (Plate I).

In speaking of food, we understand something which is capable, upon being taken into the body, of either repairing its waste or furnishing it with material from which to produce heat and muscular work. This brings to view the two main functions of food in the body. By the former function, food provides for the conservation of the material of the body; by the latter, conservation of bodily energy is maintained. Substances which are unable to help in the one or the other of these directions, cannot be called food. Examples of such non-foods are to be found in extractives of meat, tea, coffee, spices, etc.

All foods are made up of one or more of three distinct classes of organic compounds, known as proteid or albuminous substances, carbohydrates and fats and different inorganic salts. These substances are spoken of as the "nutritive constituents" of food, and may be separated into four divisions:—

1. The **proteid**, or nitrogenous substances, are represented in the food by the casein in milk, the curd of the milk being very highly nitrogenous; the gluten of the wheat; the albumen in the white of egg, which is the purest form of proteid; the legumen in peas and beans; and the myosin of lean meat.

2. The **carbohydrates** are represented by the starches and sugars in the various foods.

3. **Fats**, as olive oil, butter, the oil eaten in the olive, in nuts, and to some extent in most articles of diet.

4. The **inorganic substances**, as water and mineral matters.

The chief office of proteid matter is to provide for the growth and repair of the material of the body. The carbohydrates and fats furnish the fuel for the body. They yield the heat that keeps it warm and the energy that enables it to work. The mineral matters are required by the body for the building of the bones and the teeth.

The changes which food undergoes in the body are essentially changes due to oxidation. Latent heat is just as surely found in the food we use as in wood and coal. They are both waiting to be oxidized, that they may be converted into heat and energy.

The latent energy in different foods has been determined by their oxidation, outside the body, in the apparatus known as the bomb calorimeter. "The amount of heat given off in the oxidation of a given quantity of any material is called its 'heat combustion,' and is taken as a measure of its latent and potential energy." The calorie is the unit measure or standard of heat production, and means the amount of heat necessary to raise the temperature of one kilogram of water 1 degree C., or about one pint of water 4 degrés F. Careful observation by Atwater, Rubner, Chittenden and others, has shown that the heat value of one gram of each of the three chief nutritive constituents of food, when taken into the tissues, is as follows:—

- 1 gram<sup>1</sup> of proteid yields 4 calories.
- 1 gram of carbohydrates yields 4 calories.
- 1 gram of fat yields 8.9 calories.

—Bulletin No. 142, U. S. Department of Agriculture.

As the ounce is made the standard or unit in calculating weight, so the calorie is the standard of heat production. By the figures in the column at the right-hand side of chart (Plate I) are represented the total amount of calories, or

1.—28.3 grams equal 1 ounce.

food units, contained in one pound of each of the various foods under consideration. The building material—proteid—is represented by the red color, and the carbohydrates by the green, etc.

The vital part of all tissue is *proteid*. Without proteid, the body would waste away, for the wear and tear of tissue must be made good. Though there is no article of diet, except sugar and pure fat, into which proteid matter does not enter to a greater or less degree, yet there are foods which contain an unusually high per cent of proteid, known as proteid foods. These are peas, beans, lentils, nuts, eggs and meat.

The fact that proteid matter is an essential element for the growth and repair of the body tissues, has a tendency to lead people to believe that they might be benefited by the consumption of large quantities of proteid foods; when the fact is, the body can use only a limited amount for the development and repair of tissues. Although proteid matter is capable of yielding a certain amount of heat on oxidation, it is inferior for this purpose to carbohydrates and fats; because, on being burned in the body, it yields certain deleterious products, which throw upon the liver and kidneys an unnecessary amount of labor that overtaxes them and lays them liable to attacks of disease. Many of the ailments so prevalent to-day, as rheumatism, gout, gastro-intestinal disturbances, indigestion and liver troubles, have been found to be closely associated with the habitual overeating of proteid foods.

There is wisdom in a diet that shall provide an abundance of carbohydrates and fats, proteid being added only in sufficient amounts to meet the needs of the body for nitrogen, for the development of fresh muscle-fibers, etc. Careful experiments have demonstrated that the body is best sustained in health, and its strength and endurance promoted, by a diet which contains a proportion of *one ounce of proteid matter to from eight to twelve ounces of carbohydrates and fats*.

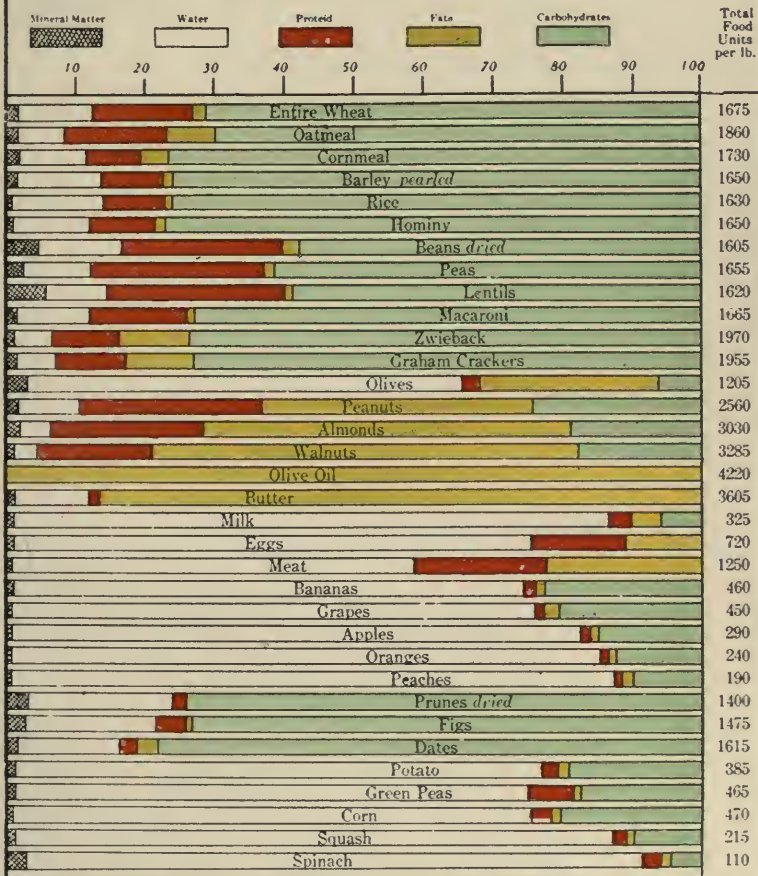
A study of the composition of the various foods will enable



# Food Values

Organic { Nitrogenous **PROTEID** Tissue-forming Substances  
Non-nitrogenous { **CARBOHYDRATES**  
**FATS** } Heat and Energy

Inorganic Salts - - Mineral Matters, Water





us to see the wise provision made for man in the diet appointed for him in the beginning. Man, in adding to his diet fleshmeats, with their exceedingly high percentage of proteid, besides other objectionable features connected with their use, finds himself grappling with a problem whose only solution is to be found in a study of cause and effect.

In the diet appointed in the beginning, man was guarded in this respect, for in nature we find the various food elements better balanced to meet the needs of the body. The numerous exhaustive works of to-day, written on the subject of diet and the needs of the body, are designed to fill a long-felt want. They are the response of thinking men to a world's great need. To meet this great need, God has sent us a message of health reform which comprehends man's complete restoration, physically and spiritually.

A quotation from "Ministry of Healing" gives a key to the divinely appointed plan: "In His written word and in the great book of nature, He has revealed the principles of life. It is our work to obtain a knowledge of these principles, and by obedience to cooperate with Him in restoring health to the body as well as to the soul." Page 115.

The accompanying diagram (Fig. 1) will help to bring before our minds the Bible picture of our original home, and the tender care of the Creator over His erring children, in giving them light and hope through all the different phases of their rebellion and apostasy; and it shows that He is actually leading them back step by step to Eden restored. He who created man and understands his needs, appointed Adam his food, as it is written, "Behold, I have given you every herb yielding seed, and every tree in which is the fruit of a tree yielding seed; to you it shall be for food." Gen. 1: 29, A.R.V. After the fall, when the ground was cursed for man's sake, the herb of the field was added to his diet. Gen. 3: 18.

Then we are brought down to the time of the flood, when, all vegetation being destroyed by water, God permitted man

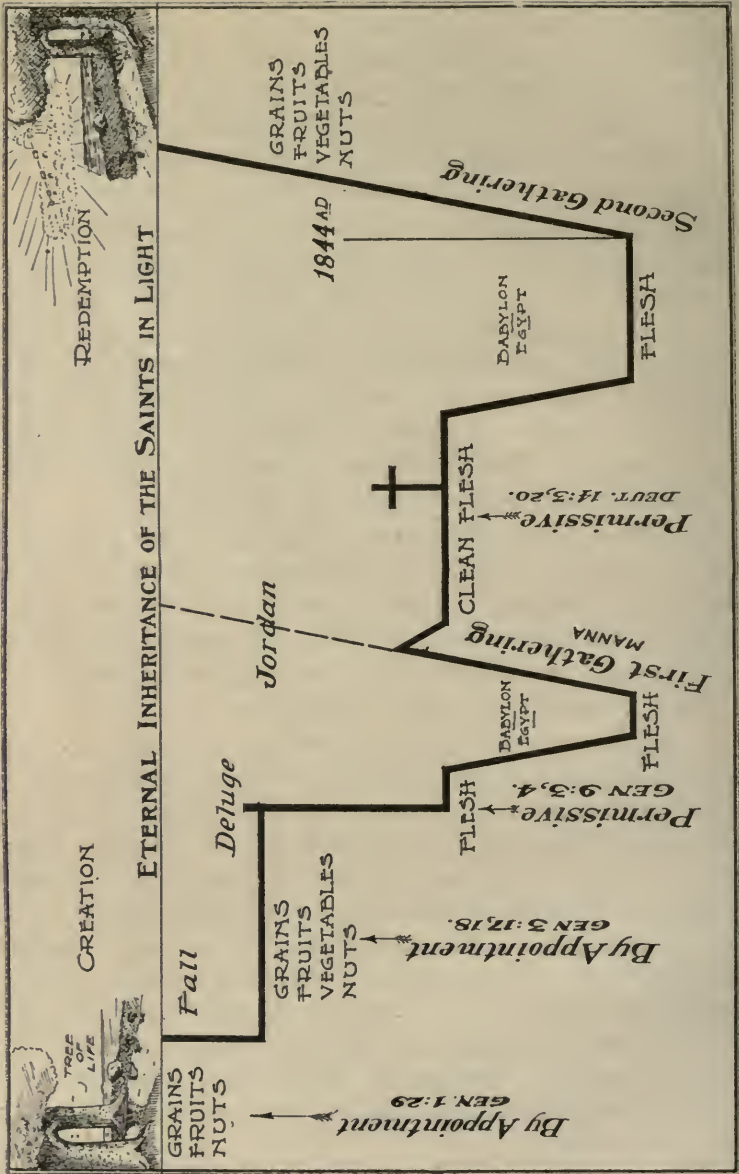


Fig. 1

to eat flesh. Next we find the chosen people in the land of Egypt, where they were in heavy bondage, after which the Lord brought them out with a strong hand and by an outstretched arm, to make them the depositaries of His holy law, and through them it was designed that all the world should come to a knowledge of the true God. Their health was jealously guarded, and they were given a fleshless diet. God desired to make them His peculiar treasure above all people; but they cried for flesh, so He permitted them to eat clean flesh. Deut. 14: 3-20.

Then we come down to the end of the Jewish dispensation, at the time when the gospel was preached to the Gentiles, saying, "Ye are the temple of God." "There shall in no wise enter into it anything that is unclean." Rev. 21: 27.

In ancient time, the distinction made between things clean and things unclean was no arbitrary distinction, for the things prohibited were unwholesome. Even so now, the use of injurious foods defile the body, planting the seeds of disease and corruption in the system, thus laying the foundation for sickness and premature death.

To the chosen people of God, the laws relating to both physical and spiritual well-being were made plain, and on condition of obedience, He assured them: "The Lord will take away from thee all sickness." Deut. 7: 15. "Ye shall serve the Lord your God, and He shall bless thy bread and thy water; and I will take sickness away from the midst of thee." Ex. 23: 25.

These promises are for us to-day. The same principle which directed in giving these sanitary laws and regulations in times of old, and which has been the foundation in every true reform to the present time, is no less powerful to-day, and is summed up in these words: "Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God." 1 Cor. 10: 31. This principle, if heeded, will guide in all matters of diet, as in every act of life. It will preserve us from intemperance in all its varied forms. "Every

practice which destroys the physical, mental or spiritual energies, is sin. The laws of nature, as truly as the precepts of the decalogue, are divine; and only in obedience to them can health be recovered and preserved."

There is great need to-day of that education that not merely teaches right methods in the treatment of the sick, but which encourages right habits of living, and spreads a knowledge of right principles. The desire of God for every human being is expressed in these words: "Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth." 3 John, 2. Every "Thou shalt not," whether in physical or moral law, implies a promise. If we obey it, blessing will attend our steps, and we shall know the meaning of the promise of God to His people, which says, "I am the Lord that healeth thee." Ex. 15: 26.

### FOOD ECONOMY

"Economy is not saving, but wisely spending."—*Ruskin*.

When we have ascertained that a food is rich in nutritive constituents, and that it is of a nature to be easily digested in the stomach, we have still to find whether the nutriment it yields is obtained at a reasonable cost. When one realizes that the market price of a food is no indication of its real money value, the practical importance of such a test is more convincingly felt, because in the market one usually pays for flavor and rarity, not for nutritive qualities. To the working classes, who spend on an average fifty per cent of their wages for food supply, such knowledge is of special value. By a study of the chemical analysis of various foods bought for a particular sum, this test may be applied without difficulty (Fig. 2).

It will be seen that for energy (calories), grains lead the way. As, for instance, we find on comparison that twenty cents spent for round steak obtains food to the value of 1432 units; twenty cents invested in eggs buys 635 units; the same for striped bass obtains 400 units; twenty cents worth of

# FOOD ECONOMY

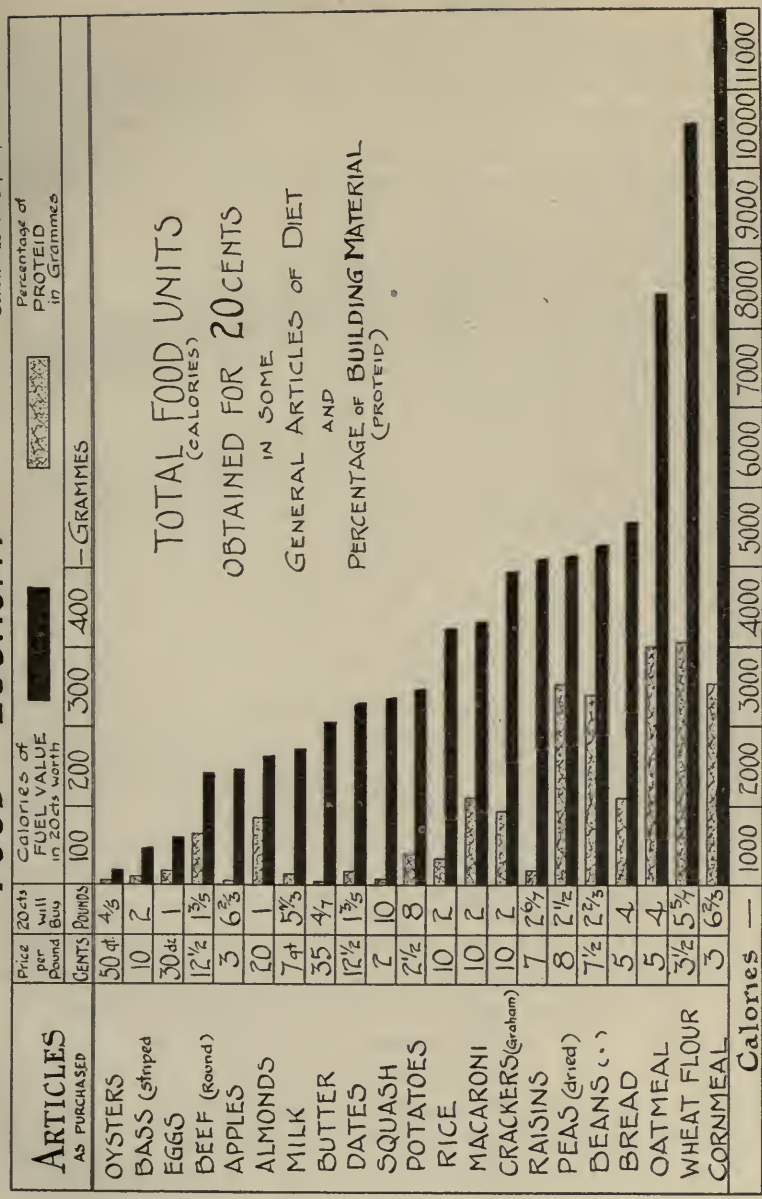


Fig. 2

oysters at fifty cents per quart, yields only 184 units; while twenty cents worth of wheat flour buys 9570 units, and in the form of good, well-baked bread, ready for use, 4560 units. In the matter of protein, the legumes come first, while most of the grains contain protein in a very liberal proportion.

When the flesh of animals is used as food, there is great danger of having an excess of proteid material. Besides being of a stimulating character, it contains no carbohydrate to offset the large per cent of proteid. One advantage in using food of vegetable origin, is that in their growth vegetables secrete no poisons; whereas, in all animals the very process of life consists in the breaking down of tissues and the formation of various poisons. These poisons are in the flesh when the animal is killed, and no amount of cooking can remove them. Thus, by taking our food in the vegetable form, we avoid burdening the system with such a quantity of harmful substances, which must be eliminated from the system only at a great sacrifice to the vital organs.

Again, it should be remembered that while animal products all contain a share of the nutritive constituents necessary for our existence, because the animal has taken sustenance from the vegetable or mineral kingdoms, nevertheless, the meats have had their electrical energy expended in physical and mental dissipation by the animal itself, thereby leaving but little generative quality for the consumer.

Many people seem to be under the impression that bodily strength and health are dependent upon the use of flesh-meats. A quotation again from "Ministry of Healing" throws much light on this question, and points out in a simple manner the advantage to be had in a simple and natural diet above that of a more complex nature:—

"It is a mistake to suppose that muscular strength depends on the use of animal food. The needs of the system can be better supplied, and more vigorous health can be enjoyed, without its use. The grains, with fruits, nuts and



vegetables, contain all the nutritive properties necessary to make good blood. These elements are not so well or so fully supplied by a flesh diet. Had the use of flesh been essential to health and strength, animal food would have been included in the diet appointed to man in the beginning.

“When the use of flesh food is discontinued, there is often a sense of weakness, a lack of vigor. Many urge this as evidence that flesh food is essential; but it is because foods of this class are stimulating—because they fever the blood and excite the nerves, that they are so missed. Some will find it as difficult to leave off flesh-eating as it is for the drunkard to give up his dram; but they will be the better for the change.

“When flesh food is discarded, its place should be supplied with a variety of grains, nuts, vegetables and fruits, that will be both nourishing and appetizing.” Page 316.

It would seem that the use of fleshmeats must be doubly objectionable now, since disease in animals is so rapidly increasing. Those who use flesh food little know what they are eating. Tuberculosis, cancer and other fatal diseases are communicated by the use of contaminated meat. True reform always replaces an evil with something better.

So in the matter of diet, there is a turning away from the artificial, from the second-hand to the real substance found in nature’s great storehouse—the Creator’s choice for us, and that which is best suited to the building of good blood and healthy tissues. There is a rhyme that beautifully expresses this truth with its resultant tribute:—

“Eat life from life’s fresh growing garden,  
Drink life from its myriad store,  
Give life, and its flow,  
E’er increasing, will go  
Again to your open door.”

Health reform, as any other true reform, is a matter of education, and must be progressive; vital principles are involved, in which are treasured up wisdom of the highest order for every seeker after health.

Various societies are being formed throughout the States for the purpose of studying the best means of providing for the table, foods which do not harbor pestilence and disease, and for studying the development of the culinary art in the home in harmony with right principles. Thus it is plainly seen that the minds of thinking people are being awakened to see the importance of exercising sound judgment and good common sense in the matter of the care and preservation of health.

The following course of lessons is in no way intended as a complete guide to hygienic cookery. Of the great variety of ways in which the grains, fruits, nuts and vegetables may be prepared into dishes that are healthful and nourishing, only a few of the most practical can be taken up in this course. One of the main objects is to give some of the general principles essential to success in this work, followed by practical illustrations of methods used.

For home and class work, this course consists of a series of twenty lessons, two lessons each week, each session occupying two hours. Eight pupils constitute a class, at which time practical work is done. Due recognition is given to the study of the nutritive value of foods, their digestibility, combinations, etc.; also menu-making and the general principles involved in the making of the same.

The following suggestive course of lessons, may be modified by the instructor according to convenience, to the occasion, or to the length of time given to class periods. A previous study of the recipes and instructions following will help to make the work very simple and easily understood when the hour comes for class.

### SUGGESTIVE COURSE OF LESSONS

LESSON 1.—Cream of tomato soup, corn bread, nut and potato pie, prune whip.

LESSON 2.—Vegetable julienne soup, navy bean patties, stewed beets, pumpkin pie.

LESSON 3.—Savory lentil roast, brown sauce, fruit soup, breaded tomato, whole-wheat sticks.

LESSON 4.—Baked macaroni (family style), nut and potato hash, date rolls, apple snow.

LESSON 5.—Potato stew with egg dumplings, boiled onions, cream of corn soup, cream rolls.

LESSON 6.—Vegetable salads, dressings, garnitures.

LESSON 7.—Scalloped eggplant, sago fruit mold, walnut lentil patties, tomato sauce.

LESSON 8.—*Invalid dietary*—gruels, eggnog, browned rice, drinks, service, cream rice pudding.

LESSON 9.—Baked dressing, macaroni and rice croquettes, cream sauce, lemon pie.

LESSON 10.—Vegetable gelatin—orange, lemon, berry; fruit salads, sauces.

LESSON 11.—Spanish rice, hoe cake, creamed carrots, lemon snow, custard sauce.

LESSON 12.—Yeast breads, rolls, buns, etc., whole-wheat puffs.

LESSON 13.—Fresh fruit, canning, jelly, baked tomatoes, fruit crisps.

LESSON 14.—Family potato soup, stewed vegetable oyster, scalloped potato, walnut timbales, bread pudding.

LESSON 15.—Layer cake, jelly roll, vanilla wafers, frosting, ornamenting.

LESSON 16.—Steamed rice, cream noodles, loaf cake, Dutch apple cake, lemon sauce.

LESSON 17.—Corn nut pie, Duchess potato, potato cakes, potato en surprise, spinach, hot slaw.

LESSON 18.—Sterilized milk, yogurt, scalloped summer squash, stuffed bell peppers, blanc mange, strawberry flummery.

LESSON 19.—String beans, asparagus hollandaise, scalloped tomato, New England dinner, floating island.

LESSON 20.—Cream of lettuce, macaroni with olives, scalloped beets, baked parsnips, prune pudding.

## PREPARATION OF FOODS

The manner of preparing our food has much to do with our usefulness in this life, and with the building of our characters. The health of the family may be safeguarded by a careful well-ordered diet, and this subject should appeal to every thinking mother. As a science, cooking is one of the most essential in practical life, and more than this, it is one of the fine arts. Our aim should not be simply to arrange some concoction to appeal to a perverted appetite, without any consideration of its digestive qualities. Our cooks need education in making foods that nourish. Imperfect knowledge of cooking leads to diseases of every kind; and both children and adults suffer as a consequence.

The object sought in cooking is twofold: First, to render the food more digestible; second, to develop its flavors, making it more palatable and inviting. No indifference should be manifested in the preparation of food. If the food eaten is not relished, the body will not be so well nourished. Food should be prepared in such a manner that it will be *appetizing* as well as *nourishing*.

In order to attain to this high ideal of cookery, true recognition must be given to two fundamental principles of successful cookery, which are *simplicity* and *appetizing serving*: First, aim to *preserve* or develop the *natural flavors* of the food under hand (do not cover them up); secondly, aim to satisfy the sense of sight and the sense of smell, as they have a direct bearing upon the digestion. Foods that are pleasing to the sense of sight and to the sense of smell, stimulate a liberal flow of digestive juices, while disagreeable sights and odors hinder the same.

A glance at Plate I will show the foods which contain the highest per cent of nutritive value. Vegetables contain a small amount of nutriment. They are valuable, however, for their flavors and for the large quantity of organic fluid and mineral matter which they contain. Combined with

grains and nuts, they furnish the needed bulk to the food. The grains are a highly nutritious food, and with nuts and fruit, make a perfect and ideal diet.

## ESSENTIALS TO SUCCESS

The prerequisite to success in this work is similar to that in any other kind of work—viz., “Plan, then work your plan.” Take the preparation of the first recipe given for whole-wheat puffs, for an example.

The first step to be taken is to see that the fire is built in time, so the oven will be at the proper temperature when the batter is ready. Use only heavy iron gem-pans, which should be put in the oven to heat while the batter is in preparation. Have all the ingredients measured and the needed utensils all at hand, before starting to combine the articles for bread. This is very essential in all baking; especially in making aerated breads, cakes, etc.

Another point that needs to be emphasized is the need of *accurate measurements*. There are some simple things which an experienced cook can make without taking the trouble to measure, but how often we hear the remark made of “good luck” or “bad luck” with a recipe. Now, there is no such thing as “luck,” for the simple reason that every effect has its cause, and this is as true in cooking as in other kinds of work. If we have a good recipe and follow it exactly, using exact measurements, there is no reason why we should not get the same results each time.

The ordinary kitchen cup, holding one-half pint, with divisions indicating the half, third and fourth parts of a cupful, is generally taken as the standard. Unless otherwise stated, a cup, tablespoon or teaspoon of liquid or dry materials means a measure that is “*level full*.” In dry measure this is best accomplished by filling the measure full and running the blade of a knife over the top with the edge outward to make it level. Care should be taken not to pack the ingredients: for this reason, weighing is always considered the safest, although not always as convenient as measuring.

It might be well to state here that there are many measuring cups on the market, sold as one-half-pint cups, that hold quite a little more than that amount. Care should be exercised in getting a cup measure which holds one-fourth of a quart. If a larger one is used, allowance must be made.

As a guide in measuring, the following table will be helpful, and may be followed with good results:—

3 teaspoons	-	-	-	-	equal 1 tablespoon.
2 tablespoons of sugar or liquid					equal 1 ounce.
16 tablespoons	-	-	-	-	equal 1 cup.
4 cups	-	-	-	-	equal 1 quart.
4 cups flour	-	-	-	-	equal 1 pound.
2 cups sugar and most liquids					equal 1 pound.
10 eggs	-	-	-	-	equal 1 pint.
9 whites	-	-	-	-	equal 1 cup.
12 yolks (large)	-	-	-	-	equal 1 cup.

### FREE FATS

The question of the use of "free fats" in cooking should receive the most careful attention. Foods that are deficient in fat usually require the addition of some kind of fat to make them palatable, but there is a great difference between supplying this lack by a moderate and sensible use of the same, and that of having the food "soaked in grease." The following instruction on the use of free fats in cooking, by a physician of long practical experience, gives some good reasons why rich, greasy and fried foods should be avoided, and their place supplied by dishes, the preparation of which has been governed by temperance, even in the use of nature's good things:—

"Fats are divided into two forms, free fats and emulsified fats. Examples of free fat are butter and oils, both animal and vegetable. Examples of emulsified fats are found in nearly all vegetables, especially in nuts and olives, and in milk and cream.

"Emulsified fats are in proper form to take into the body as food, while free fats have to be emulsified in the alimentary canal in order to be assimilated. The less free fat,

therefore, that is taken in food, the better for the digestive organs. Free fats not only require emulsifying in the intestines, but they prevent the action of the digestive juices upon the other food elements, such as starch and albumen, and so hinder the digestive processes. This is especially true of fried foods, where each part of the food is surrounded by a layer of fat, thus keeping the digestive juices from acting on the other food elements."

Whenever oil is called for in a recipe, unless otherwise stated, the refined cottonseed oil, crisco or kaola is generally used.

The accompanying recipe for "vegetable butter" is now being used for cooking, and also for table use. The prevalence of tuberculosis in dairy herds from which the public milk supply is derived, has encouraged many to try an article which is more free from the germs of disease.

This fat being in a semi-emulsified form, renders it easily digested when eaten cold. Evidence of its emulsion is shown in the fact that the butter dish after using may be rinsed out in cold water.

This butter does not return again to its original consistency in cooking as one would suppose; that is, it does not separate if kept covered, unless superheated. If kept covered, it does not "melt" in hot weather, and is less greasy in cooked food than dairy butter, and when mixed with a food that is done, as for instance, if added to a soup that is done, it should be whipped up with some of the hot liquid, otherwise it will float on top in one piece.

In making a roux for soup or for cream sauce, or choux paste for patties and croquettes, the vegetable-butter can be used in the same manner and in the same proportion as dairy butter. The recipes in this book have been so arranged that whenever butter is called for, either vegetable or dairy butter can be used as desired. Nothing but the best cottonseed oil obtainable should be used.

## MISCELLANEOUS RECIPES

## 1. Vegetable Butter

1 egg.                      1 quart bottle salad oil (refined cottonseed oil).  
1 teaspoon lemon juice.      2 teaspoons salt (level).

Break the egg into a round-bottomed bowl and beat fairly well with Dover egg-beater; then pour in the oil gradually, beating meanwhile, adding the oil no faster than it can be taken up by the egg while beating. When half of the oil has been used, add the salt and lemon juice, then add the balance of the oil in like manner. Finish by beating thoroughly, then put into a glass jar or bowl with cover.

By keeping the butter covered when not using, it will keep sweet and not separate for ten days or more. Do not put in ice box; for after it has been chilled and then gets warm, it may separate. The only precaution is to exclude the air, then it will keep in hot weather on the pantry shelf. When eggs are not too high priced, an extra yolk added to the same amount will thin it a very little, and will add much to the color and flavor of the butter. The above contains about three and one-half cups of oil. A few drops of dandelion butter coloring, a pure vegetable extract, will make this butter look just like dairy butter, except it will not be so firm.

## 2. Yogurt

Yogurt tablets contain the bacillus *Bulgaricus* and the newly discovered germ, gluco-bacteria, which work together in combating disease-producing germs in the colon. These beneficent germs grow actively in milk at the temperature of the body, but grow much more rapidly at a temperature of about 115 degrees.

In making buttermilk with these acid-forming ferments, it is necessary first of all to kill the other germs which are always found in milk. This is why it is necessary to sterilize the milk before making yogurt. Then again, yogurt tablets contain the active ferment in a latent form; thus it takes a

(USE LEVEL MEASUREMENTS FOR ALL INGREDIENTS.)



few hours for them to develop actively. For rapid growth, it is necessary that the temperature of the milk should be maintained at about 115 degrees. At a lower temperature the bacillus *Bulgaricus* grows very slowly, and when below 98 degrees it ceases to grow.

Many fail in the attempt to make yogurt buttermilk because of their ignorance of the fact that this milk ferment requires a much higher temperature for growth than do the ordinary milk-souring ferments. Success in making good yogurt depends on closely observing the above principles, and if these precautions are heeded in the recipe following, the results will be very satisfactory:—

**Starter:** Heat one pint of milk to boiling point, then set into a pan of cold water to cool until it registers 115 degrees. Dissolve four yogurt tablets in a little cold milk, and add to the warm milk and mix well; then wrap well over top, and set in a warm place near a pail of hot water, or on top of same for from four to six hours, the object being not to let the temperature fall lower than 105 degrees and never below 98 degrees. As soon as it gets thick, set it in a cold place, and in twenty-four hours or more you have your starter. It is of no account unless it has thickened. This starter will keep for days, but it is not good to drink, and it is not necessary to keep this starter after the first yogurt is made.

**Yogurt:** Heat one quart of milk to boiling point, let cool to 115 degrees, same as above, then add three teaspoons of the yogurt starter. Set away in a warm place well covered as above for about six hours, until it has thickened. Then set in a cold place. When cold, beat it with an egg whip until smooth, and it is ready to drink. This should keep sweet for two or three days. The next time it is made, use this yogurt for starter, that is, three teaspoons yogurt to the quart of milk.

### 3. Sterilized Milk

Milk should not be boiled. Procure a thermometer at a hardware store and heat the milk in a double boiler until the

thermometer registers 160 degrees, and not over 180 degrees. Keep the milk at that temperature for thirty minutes; then remove the inner part of the double boiler and set into a pan of cold water to cool. In this way the milk is not chemically changed, as in boiling, and there is less danger of contracting disease than when used fresh.

#### 4. Table Butter

Another good substitute for dairy butter is found by the use of the following:—

2 cups kaola (cocoanut butter), or crisco. 3 teaspoons salt (level).  
3 tablespoons carrot juice.

Grate one medium sized carrot after being scraped, put into cloth and express the juice. Mix the ingredients with heavy spoon, same as dairy butter; and put in ice box until it becomes firm.

#### BREAD

Bread is the most important article of diet, and deserves more attention than it receives. Considering the conveniences which exist everywhere and the wide-spread knowledge of breadmaking, it seems unnecessary and wrong to find poor bread on the table. Home-made bread requires care and attention; and then you have the real staff of life.

Breads are divided into two classes: 1. Unfermented—made light by the introduction of air into the dough or batter; 2. Fermented—made light by a ferment, yeast being usually employed. Space will not permit us to speak of the ill effects following the use of bicarbonate of soda and baking-powders in breadmaking; suffice it to say that they are harmful and unnecessary. "Soda causes inflammation of the stomach, and often poisons the entire system." Air may be incorporated into a batter by beating. The use of eggs will aid in the process; because the white of egg, on account of its viscous nature, readily catches air and helps convey it into the batter. The following recipe for whole-wheat puffs will help to illustrate these principles:—

(USE LEVEL MEASUREMENTS FOR ALL INGREDIENTS.)



beaten whites, pour the cornmeal batter into the eggs, folding it in with a batter whip, and with a large spoon remove from the bottom or sides any cornmeal adhering to it. Mix it lightly, yet thoroughly, and pour it into an oiled baking-pan, having the batter about one or one and one-half inches deep. Bake in a moderately hot oven for about twenty minutes or more.

### 7. Hoe Cake

1 cup cornmeal.      2 tablespoons flour.      1 tablespoon sugar.  
1 teaspoon salt.      1 cup milk.      2 eggs, separated.

Sift all the dry materials together into mixing bowl. Heat the milk in a sauce-pan, and when *boiling hot*, pour in a slow stream over the meal, stirring as it is being poured in, until the right thickness is reached (as it usually requires a *scant* cup of milk to make a smooth *thick* batter), so it will pile nicely when dropped from spoon. If the batter is too thin, the cakes will spread when put on baking sheet, and will burn easily.

Beat the eggs separately, fold the yolks into the stiffly beaten whites, then pour on the scalded meal, folding it into the eggs with a batter whip, then from the side of a large spoon drop it onto an oiled baking sheet in oblong shapes and bake on the top grate in a hot oven until a nice brown.

By using one-fourth cup of cream, or its equivalent—one tablespoon of oil or butter, only one egg need be used.

### 8. Hot Cakes

$\frac{2}{3}$  cup coarse zwieback crumbs.      3 tablespoons flour.  
 $\frac{1}{4}$  teaspoon salt.      1 cup warm milk.      2 eggs.

Heat the milk to about 115 degrees. Mix all the dry ingredients well, and pour the milk over them, and let stand ten minutes. Separate the eggs; beat the yolks, and stir them into the crumb mixture. Beat the whites *stiff*; fold the crumb mixture into the stiffly beaten whites, and bake on an oiled soapstone griddle.

### 9. Corn Cakes

Take the mixture for hoe cake, and bake the same as the above recipe.

(USE LEVEL MEASUREMENTS FOR ALL INGREDIENTS.)

## UNFERMENTED DOUGH BREADS

The earliest forms of bread were "unleavened breads." This term has been applied to hard breads, such as the "passover cakes" of the Israelites, and other breads in the form of thin cakes, sticks, etc. These hard breads are without doubt the most wholesome, because they encourage thorough mastication; and being free from any chemical or ferment, they are very easily digested in the stomach.

By dropping the following sticks or rolls into boiling water, and let them remain a few minutes until they come to the surface, then skim them out and bake as usual, it greatly improves their flavor. It also covers the entire surface with a glaze which gives them a very attractive appearance.

## 10. Cream Rolls

2 cups pastry flour.

 $\frac{1}{2}$  teaspoon salt. $\frac{1}{3}$  cup rich cream. $\frac{1}{4}$  cup water.

*Sift the flour before measuring.* Put the flour and salt into sifter and sift again into mixing bowl. Add the water to the cream and mix well; then pour the wetting onto the flour in a slow stream, stirring the flour quickly so as to get the moisture evenly blended. Work it into a dough for a few minutes on a slightly floured board. Roll out to about one-third inch in thickness, and cut into long strips about one-third inch wide. Roll them on a board and cut them into two and one-half- to three-inch lengths. Lay them in a baking-pan, leaving a little space between them, and bake in a medium oven until well done and a light brown.

## 11. Whole-wheat Sticks

1 cup *sifted* pastry flour.

2 teaspoons sugar.

 $1\frac{1}{2}$  tablespoons oil. $\frac{1}{2}$  cup whole-wheat flour. $\frac{1}{2}$  teaspoon salt. $\frac{1}{3}$  cup cold water.

Put the flour, sugar and salt into bowl, add the oil; rub the flour between the hands to distribute the oil evenly; then add the water and mix as for cream rolls; knead on a board for

(USE LEVEL MEASUREMENTS FOR ALL INGREDIENTS.)



## 15. Walnut Sticks

1½ cups *sifted* pastry flour.      ½ cup whole-wheat flour.  
⅓ cup chopped walnut meats.      1 tablespoon sugar.  
1½ tablespoons oil.      ½ teaspoon salt.      ½ cup water.

Sift the flour, sugar and salt into a mixing bowl, add the oil and the nut meats, mix as for whole-wheat sticks, and bake in a medium oven until they are about crisp and a very light brown color.

### FERMENTED BREADS

Weight for weight, bread must be considered one of the most nutritious of foods. The fact that more than three-fifths of it consists of solid nutriment and less than two-fifths of water, gives it a special place in the list of foods, and there is no animal food and but few cooked vegetable foods that can be compared with it.

In the study of the chemical composition of bread, we find that two-thirds of the volume of a good loaf of bread is made up of gas, and of the solid part, less than forty per cent consists of water. Of the chemical constituents necessary for proper nutrition, bread yields a large proportion of carbohydrates, a liberal amount of proteid and mineral matter, and a small amount of fat, making it one of the most nutritious and well-balanced articles of diet.

“The common use of superfine white flour in breadmaking is neither healthful nor economical.” While the white-flour products have a greater total nutritive value, they are really an impoverished food; for in rejecting the germ and the bran, the miller discards some of the most useful constituents of wheat. With the germ, proteid and fat are lost. And the bran being impregnated with mineral matter, when separated from the wheat, leaves the bread void of these substances which are so necessary for the building of bone, brain and nerves. To the natural taste, there is something lacking, something not satisfying, in the white bread; but which is found in that made from the whole grain. This leaves a

(USE LEVEL MEASUREMENTS FOR ALL INGREDIENTS.)

craving which many attempt to satisfy with rich pastries, meat, spices and condiments. Fine-flour bread is also a frequent cause of constipation and other unhealthy conditions.

In order to make good bread, it is necessary to have good flour. The strength of a flour is determined by the quantity of gluten it contains. Gluten is the chief form of the proteid of wheat. Its elastic qualities, when mixed with water and acted upon by yeast, allow the gas formed to expand without danger of escape. The best flour generally proves to be the most economical, for while it costs more than the inferior grades, it is in reality cheaper, because a given quantity of good flour makes more and better bread than the same quantity of poor flour. The best bread flour is of a cream white color, and when a handful is taken and squeezed, it should not retain the imprint of the fingers, but should fall like dry sand. Ordinary pastry flour, when handled in this way, will retain its shape in the hand, remaining in one lump.

Quick-rising bread, that is, bread which is brought out in about six or seven hours, requires more yeast than bread which is allowed to rise over night, but is generally more satisfactory; for the more times bread is allowed to rise, the lighter and finer grained it will be; but some of the wheat flavor will be destroyed. This is the reason that ordinary baker's bread is always lacking in that sweet, nutty wheat flavor, which so characterizes home-made bread, and which makes it so satisfying. The idea, therefore, to be kept before us in breadmaking is to produce an article rich in nutritive elements, toothsome and easily digested.

Fermented bread is usually made by mixing to a dough, flour, water, salt and yeast, a small amount of sugar being added to hasten fermentation. The dough is then kneaded until it is elastic to the touch and does not stick to the board, the object being to incorporate air and to distribute the yeast uniformly. It is then covered and allowed to rise until it doubles its bulk and *does not respond to the touch*, or when



tapped sharply with the fingers, it *gradually* but *stubbornly* begins to sink down.

At this stage, the bread is *proofed*, which is a very important consideration in order to have light, nice bread; and will require all the way from three to three and one-half hours, and it is best accomplished at a temperature ranging from 75 to 85 degrees. It is then pressed down in the center, and worked together a little, turned over in the bowl, and allowed to rise again until about half its former bulk. This will take about three-quarters of an hour or more. It is then turned out on a lightly floured board, and kneaded a few minutes, to break the air bubbles and to distribute evenly the gas formed. Then it is molded into loaves, put into pans, and allowed to rise until it doubles its bulk, when it is ready for baking.

Bread should never be allowed to rise until it begins to fall of itself. At this stage it has risen too much, and borders on sourness. There are three stages of fermentation; namely, alcoholic, acetous and putrefactive. Bread should be baked during the alcoholic stage. If fermentation is allowed to go on after the yeast has done its work, bacterial action begins which results in sour bread.

It is very important to know when the bread is sufficiently light *after it has been placed in the pans*. It should never be allowed to rise to its limit before it is put into the oven; but should continue to rise for the first ten to twelve minutes after it has been put into the oven. It is better to bake the bread a little too soon, than to allow it to rise too much. If it rises too much, it will be coarse grained and tasteless. If the bread should in any way get too light in the pans, it may be molded over and allowed to rise again.

*To test the lightness of the dough in the pans*, press the loaf gently with the finger, and if it responds quickly to the touch, it may be allowed to rise more. If it responds slowly, it should be put into the oven immediately.

Whole-wheat or graham bread must not be allowed to go quite so far in the process of fermentation as white bread.

Because of the bulkiness of the whole grain, the gas escapes more easily than from that made with a strong gluten flour. Graham and whole-wheat bread should be watched closely during the different stages of development, as they rise and get light in less time than white bread. Where whole-wheat flour is made from good hard wheat, that is, wheat which is grown where the summers are short and not too hot, the best bread is made from the whole grain, using no white flour, or very little. The dough is a little harder to handle, but you have the sweet wheat flavor. The mineral substances contained in wheat, which are so essential to health, are then retained in the bread, adding much to its flavor.

The western wheat, also that grown farther south, is a soft wheat and does not of itself make good bread, but must be combined with a strong gluten flour. It is very often that graham or whole-wheat flour is made from this kind of wheat; then it can only be used in breadmaking in the proportion of one part graham or whole-wheat to two parts strong white-bread flour, or about these proportions.

Bread is also made by setting a sponge at the beginning, making a batter of the water, yeast and flour, and letting it rise until the batter gets charged with the yeast, then adding any other ingredients, as fruit and shortening for fruit bread, the shortening for buns, or the cracked grain for coarse bread; and then working it all into a dough. Ordinary white bread, whole-wheat and graham, are often made by the same process. A sponge is sufficiently light when it appears frothy and is full of bubbles. The time required will vary with the quantity and quality of yeast used, and the temperature of the room where it is set to rise.

As a general rule, with the best quality of bread flour, three measures of flour to one of water are required to make a dough of the proper consistency. For whole-wheat or graham bread, a little less flour is used to the same amount of liquid. Buns and fruit bread which must be of a softer dough, require still less flour, as may be seen later.



sugar and oil, and pour into the flour. Take out from the side a good handful of flour to be used on the board, draw in the flour with a large spoon and make it into a dough, turn out on a floured board. Rub off all the particles of dough sticking to the sides and bottom of the dish, and knead until it is elastic to the touch and does not stick to the board, using as little flour as possible to keep the bread from sticking to the board. By keeping the bread in motion continuously, very little flour will be needed. The kneading of *white bread* will take about twenty minutes or more. Oil the bowl and drop bread in, turn it over in the bowl so it leaves the top oiled, which will help to keep a crust from drying on. Cover well and let it rise until it doubles its bulk and does not respond to the touch, using the test given above. This will take about three hours or more, then knock it down in the center and work it together, turn it over in the bowl, and let it rise until it is about one-half more than its former bulk, then turn it out on a slightly floured board and work it together for a few minutes. Divide it into three pieces, knead each loaf into a hard ball, flatten down and roll the dough up into a hard roll, and drop it into an oiled bread tin. In molding the bread into loaves, it is very important that each loaf be well worked together. If the bread is put into pans in soft loaves, that is, soft because they were not worked enough, the bread will rise flat on top instead of rounded, and will be apt to fall when put into the oven. After being put into pans, brush over the top of each loaf with oil to keep a crust from drying on.

Bread should be baked in a quick oven to begin with. The oven should not be so hot as to burn the outside of the loaf before the inside is cooked, but should be of such a temperature that the bread may rise for the first ten minutes or more, and then have sufficient crust to hold it up, when the fire should be closed up to hold a steady heat until the bread is done. For the small loaves, forty to forty-five minutes is generally sufficient; for the larger ones or those of ordinary size, one hour to an hour and a quarter. A well-

baked loaf may be lifted from the pan and placed upon the palm of the hand without burning it. This should always be the case when bread is well-baked and the moisture evaporated. When done, remove from the pans and lay on the side on a wire rack to cool. If brushed over the top with warm water just after taking out of the oven, the crust of the bread will keep softer and it will give a nice color.

## 18. Whole-wheat Bread

3½ cups white bread flour.                      2 cups whole-wheat flour.  
 1 pint water.    ½ ounce yeast.    1 tablespoon sugar.  
 1 tablespoon oil.    1 tablespoon salt.

Mix the dough the same as for white bread, only that it is not to be kneaded so long; work it enough to mix well, kneading it lightly, and put it into an oiled dish; cover, and finish the same as for white bread, only it needs a little closer watching, and must not be quite so light in the pans as white bread. The whole-wheat and graham flour used in these recipes are made from the western wheat mixed with a strong gluten white flour.

## 19. Graham Bread

Same as whole-wheat bread, except that graham flour is used instead of whole-wheat.

## 20. Fruit Bread, Rolls, Buns

5 cups bread flour.                      1¾ cups water.                      ½ ounce yeast.  
 ⅓ cup sugar.                      ½ cup oil.                      1 tablespoon salt.  
 2 cups sultana raisins.                      2 eggs.

The eggs may be omitted if desired. Sift the flour, salt and sugar into a bowl, dissolve the yeast in the warm water (about 105 degrees), add the beaten eggs, and pour it on one side of the flour in the bowl. Stir in enough flour to make a batter that will drop from a spoon, quite thick; cover, and let it rise until very light and full of bubbles (about one and a half to two hours). Then add the oil and beat it into the sponge until no oil is visible, care being taken not to get the

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dry flour mixed with oil, for "yeast does not readily absorb greased flour." When the oil is worked into the sponge, add the raisins, previously scalded and warm. Draw in the flour and work it into a dough. Turn out on a well-floured board, and dust with flour to keep it from sticking to the hands; fold it over and work it together until well mixed—about ten minutes or more, then cover and let it rise to full proof as for white bread, using same test for lightness. Then knock it down and work it well together, and let it rise again until it is about two-thirds its former bulk, then it is ready to be molded and put into pans. Finish the same as for white bread.

The same dough may be made into buns or rolls, and if a finer grain is desired than this, the dough may be pounded back the second time, letting it rest a half hour before making it into buns. This dough must always be a soft dough.

## 21. Graham Buns

3 cups bread flour.

1¾ cups water.

½ cup oil.

1½ cups graham flour.

½ ounce yeast.

2 teaspoons salt.

Sift the white flour, salt and sugar into a mixing bowl, dissolve the yeast in the warm water, pour on one side of the white flour, and make a sponge as for fruit bread. When light and full of bubbles, add the oil and mix into the sponge by beating with a large spoon; add the graham flour, and mix all into a dough.

Have the board well floured to begin with, as this must be a very soft dough. Turn out the dough, sprinkle it over with a very little flour to keep it from sticking to the hands. Pat it down with the hands, fold it over and work it together until it is well mixed, using just enough flour to keep it from sticking to the board. Return the dough to the bowl, then cover and let it rise until it is light, using the same test as for whole-wheat bread; then knock it down in the center, turn it over in the bowl, and let it rise until

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about one-third more than its former bulk, or for about twenty minutes. Then turn out on a floured board, work together very lightly, mold and roll out into buns about one ounce in weight each, lay quite close together in an oiled pan, and let them rise until they respond very weakly to the pressure of the finger, and bake in a quick oven.

## 22. Bran Biscuit

6 cups bread flour.	1½ cups graham flour.	2½ cups bran.
1½ cups water.	¾ cup scalded cream.	
⅓ cup melted crisco or butter.	1 egg.	⅓ cup sugar
½ ounce compressed yeast.	1½ tablespoons salt.	

Dissolve the yeast in the warm water, add three cups white bread flour and one and one-half cups graham, and make a medium soft dough; let rise until, when tapped with fingers, it begins to sink down lightly (about one and one-half hours). Work it down well, cover, and let it rise again until about half again its original bulk, then add the warm cream, shortening, sugar, beaten eggs and salt. Work all into the dough until well blended, then add the remaining white flour and bran; mix thoroughly into a stiff dough, cover, and let rise for about an hour or more, using the above test for lightness; then work together, lay on board and roll out to a scant half-inch thickness. Cut with biscuit-cutter and lay in baking-pan, leaving a little space between each; let rise until nearly double its bulk, then bake in a good oven.

## 23. Parker House Rolls with Milk

2 cups scalded milk.	⅔ cup crisco.	⅓ cup sugar.
3 teaspoons salt.	2 eggs.	5½ cups best flour.
½ ounce compressed yeast dissolved in ¼ cup warm water.		

Cool the milk to about 105 degrees, add the dissolved yeast and beaten eggs, and beat in three cups of flour, making a smooth batter by beating for a few minutes. Cover, and let stand in a warm place until it is light and frothy, which will require about two hours. Then add the crisco, sugar and

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salt, and beat in thoroughly; add the balance of flour, and mix well. Turn out on floured board, fold it over and over until it is well mixed, then let rise same as for fruit bread. When light, divide the dough into one and one-half-ounce pieces. Then divide each piece into two, rolling them into small round buns and lay on floured board. When they are risen to nearly half again their original bulk, have a small roller about the size of a broom stick in circumference, and make a crease in the center of each, oil one half, fold the other half over it, and press together on the side where the crease has been made. Lay in oiled baking-pan, let rise until very light, then bake in a quick oven.

### 24. Cut Zwieback

Cut bread in slices about three-fourths of an inch thick, put in shallow baking-pan in single layers, and put in a very slow oven or a warming oven for three hours or more, until thoroughly dried. Then put into a moderate oven, and allow it to brown to a golden color through entire thickness. Bakers' bread makes very good zwieback.

### 25. Pulled Zwieback

Take fresh bread, break carefully, pulling into pieces instead of using pressure. The pieces should be about the size of a medium apple. Proceed to dry and bake same as for cut zwieback.

## SOUPS

Soups are usually divided into two classes:—

1. Broths or thin soups, to which may be added cooked grains or vegetables cut in various shapes and sizes for garniture, and to give variety and flavor. While these thin soups are lacking in the nutriment to be found in those made of more solid foods, they are valuable, for the stimulating effect they have on the gastric juice, and when taken at the beginning of the meal and in small quantities, they aid in the digestion of the more solid foods.

2. Those which usually have as their basis cooked vege-



tables, grains or legumes, forced through a strainer and diluted with the liquid in which they were cooked, or with milk or cream, or both. Like all other foods, soups require the action of the saliva for digestion, and when eaten slowly with some dry food, as sticks or croutons, are both appetizing and nourishing.

## 26. Cream of Tomato Soup A

1 cup tomato pulp. ¾ cup cream.  
1 tablespoon flour. salt to taste.

Heat the cream in a double boiler. Bring the tomato to a boil in another sauce-pan, thicken each slightly with flour braided smooth in cold water; then set on the edge of the stove and pour the tomato into the prepared cream, season to taste, strain again through a fine strainer, and serve. By thickening the cream and tomato slightly before mixing, the curdling, which is such a frequent cause of disappointment in making this soup, is largely avoided. Canned cream may be added to the tomato, if desired, in the place of fresh cream, adding it unheated to the prepared tomato.

## 27. Cream of Tomato Soup B

1 cup tomato pulp. 1 scant tablespoon flour.  
1 cup milk. 1 tablespoon vegetable or dairy butter.  
salt to taste.

Heat the tomato to boiling point, as in the above recipe, thicken slightly as directed in same, to prevent the tomato from curdling the milk. Heat the milk separately; put the butter and flour in a sauce-pan on stove, and stir for a minute, add a little of the milk and stir smooth; add balance of the milk, boil up; pour the tomato gradually into the prepared cream, stirring briskly; salt to taste, strain through fine strainer, and serve.

## 28. Cream of Corn Soup

½ cup corn pulp. 1¼ cups milk.  
¼ cup rich cream. 2 teaspoons flour.

Grind the corn through a fine mill, put into a double  
(USE LEVEL MEASUREMENTS FOR ALL INGREDIENTS.)

boiler with the milk, and heat to boiling point; braid the flour smooth in cold milk or water, stir into the corn, and let it cook twenty minutes; mash through a strainer and finish with the cream; add salt to taste, and serve.

### 29. Cream of Green Peas Soup

$\frac{1}{2}$  can green peas.  $\frac{3}{8}$  cup water.  
1 cup milk.  $\frac{1}{2}$  cup rich cream.

Add the water to the peas, and heat it to the boiling point, then mash them through a colander; heat the milk and cream in a double boiler. Force the peas through a colander, add the hot milk and cream, season, and strain through a fine strainer. Fresh peas are far the best for this soup when in season.

### 30. Family Potato Soup

$1\frac{1}{2}$  cups thinly sliced raw potato.  $1\frac{1}{2}$  cups cold water.  
 $\frac{1}{2}$  cup rich milk or cream. 1 teaspoon onion.  
 $1\frac{1}{4}$  teaspoons salt. chopped parsley.  
1 tablespoon vegetable or dairy butter.

Put the potato, butter, salt, onion and water to cook until the potato is well done; add the hot cream and stir well together, sprinkle in the parsley, and serve.

### 31. Lima Bean Soup

Wash one cup of Lima beans and put on the fire to cook with one teaspoon vegetable oil or butter and enough cold water to cook them well done; add salt when they are half done. When they are done, there should be plenty of liquid to cover them well. Mash through colander. Beat up one teaspoon vegetable or dairy butter with one cup hot milk; stir into the soup, mix well. Serve with croutons. Service for five. A small onion may be boiled in the beans and removed when done if desired.

### 32. Vegetable Oyster Soup

1 cup thinly sliced vegetable oyster.  $1\frac{1}{2}$  cups cold water.  
1 cup milk. 2 teaspoons vegetable or dairy butter.  
 $\frac{1}{2}$  tablespoon flour. 1 scant teaspoon salt.

(USE LEVEL MEASUREMENTS FOR ALL INGREDIENTS.)

Wash and scrape small tender salsify and drop immediately into cold water to keep them from turning dark. Shave them in just as thin slices as possible, and drop them immediately into water until you have the right amount. Drain and measure one and one-half cups cold water, add one-half teaspoon salt and one teaspoon of butter, and cook until thoroughly done and the liquid is reduced to one cup or less. Heat the milk; then take one teaspoon of the butter and the flour and stir it over fire for a moment, then add a little of the hot milk and stir until thick and smooth; add a little more milk and stir smooth to avoid lumps. Add balance of milk and boil up; add one-half teaspoon salt and pour into the vegetable oyster; reheat and serve. The reason for adding cold water to fresh vegetables in soup, is to extract the flavor into the broth; hot water retains flavor in the vegetable. Two portions.

When making cream soups from fresh vegetables, as lettuce, cauliflower, spinach, onion, etc., the vegetable is used simply as a flavor, the body of the soup being made from a mixture of potato, water and onion, and the vegetable added for flavor and garniture. Thus, by being able to make one of these soups, others can be made by substituting different vegetables for flavor and change. As an illustration, we give the following:—

### 33. Cream of Lettuce Soup

1 cup sliced raw potato.	1 cup cold water.
1 tablespoon onion.	1 stalk celery.
	1 sprig parsley.
	1½ tablespoons vegetable or dairy butter.
¾ cup diced lettuce.	½ cup rich milk.
	salt to taste.

Put the potato, onion, celery, water and salt to cook and when the potato is about half done, add the lettuce and sprig of parsley, if at hand; let it boil rapidly for ten minutes or more; then mash through a colander, adding the hot milk and butter as it goes through. Put again through a fine strainer, serve with croutons or small bits of shredded

(USE LEVEL MEASUREMENTS FOR ALL INGREDIENTS.)

and wilted lettuce. Very green or outside leaves of lettuce are bitter, and should not be used for soup, but should be first removed.

### 34. Tomato Bisque Soup

1 cup tomato pulp. 1 cup water.  
 1 cup bean broth. 2 teaspoons chopped onion.  
 1 tablespoon vegetable or dairy butter. bay leaf.  
 1 tablespoon nut butter. pinch of thyme.  
 sprig parsley. salt.

Put the butter, parsley, thyme, bay leaf and onion in a sauce-pan and stir over the fire a few moments, add all the liquids and boil gently for fifteen minutes, dissolve the nut butter in a little water; add this nut cream, a dash of celery salt and salt to taste; boil up, strain, and serve.

### 35. Vegetable Chowder

$\frac{1}{4}$  cup turnip cut in small dice.  $\frac{1}{4}$  cup carrot.  
 $\frac{1}{4}$  cup cabbage. 1 stalk celery. 2 tablespoons onion.  
 $\frac{1}{2}$  cup potato. small piece of sweet bell pepper.  
 $1\frac{1}{2}$  tablespoons browned flour. 2 tablespoons tomato.  
 $1\frac{1}{2}$  tablespoons vegetable or dairy butter.  
 pinch of sage or thyme. 4 cups water. salt to taste.

Put the coarse vegetables into a sauce-pan, together with the butter, flour, sage and salt. Cover and let simmer for a few minutes, stirring now and then. Add the cold water, potato and tomato and let cook until done. Finish with a little chopped parsley, and serve.

### 36. Vegetable Julienne

$\frac{1}{2}$  cup potato.  $\frac{1}{4}$  cup carrot.  $\frac{1}{4}$  cup turnip. 1 stalk celery.  
 2 tablespoons onion.  $\frac{1}{2}$  cup cauliflowerlets.  
 1 small tomato. 2 cups cold water.  
 2 cups bean broth or vegetable broth.  
 2 teaspoons vegetable or dairy butter. chopped parsley.

Cut all the vegetables except the cauliflowerlets into fine shreds of about three-fourth-inch lengths. Put all the vegetables except the parsley into sauce-pan with the butter and let steam for a few minutes over the fire, stirring occasion-

(USE LEVEL MEASUREMENTS FOR ALL INGREDIENTS.)

ally; add the tomato and all the liquids, salt to taste and boil until the vegetables are tender, add chopped parsley, and serve.

### 37. Farmers' Favorite Soup

$\frac{3}{4}$  cup rich sour cream.  $\frac{1}{8}$  cup macaroni, raw.  
1 small onion. 1 stalk celery.  $\frac{1}{4}$  cup finely diced carrot.  
1 cup diced potato. chopped parsley. salt.

Cook the cream down in skillet, stirring constantly until the oil separates and the albumen turns a light brown color (the degree of browning determines the flavor of the soup). Add the diced carrot, onion and celery and stir over the fire for a few minutes, but do not brown; add three cups cold water and the diced potato and salt and let cook until the vegetables are thoroughly done. Drop the macaroni into three cups of boiling water and cook until thoroughly done, add the macaroni water to the vegetable soup; then lay the macaroni on board and cut into small rings, drop into soup and boil up well, add chopped parsley, and serve. Service for six.

### 38. Potage St. Germain

1 cup sliced raw potato.  $\frac{1}{2}$  can green peas.  
 $\frac{1}{4}$  cup celery. 1 tablespoon onion. 2 cups water.  
1 tablespoon vegetable or dairy butter.

Add the sliced potato, celery, onion and salt to the water, and boil until the potatoes are well cooked. Add the peas, bring to a boil, mash up well with an egg-beater, and force through a fine strainer; season with the butter, and serve with croutons.

### 39. Fruit Soup A

1 cup blackberry or strawberry juice. 2 tablespoons sago.  
1 teaspoon lemon juice. 1 cup water.  
sugar to taste.

Put the sago in dish and wash in cold water, pour off as much water as possible from dish; put into double boiler with one cup hot water and let steam until clear. Add the juices and sweeten to taste. Very nice served cold.

(USE LEVEL MEASUREMENTS FOR ALL INGREDIENTS)

## 40. Fruit Soup B

1½ cups berry juice.	½ cup stewed raisins.
6 cooked prunes.	3 tablespoons sago.
sugar to taste.	2 cups water.

Wash sago same as above and put to cook in two cups hot water until the sago is clear. Stone and quarter the prunes, mix all the ingredients and sweeten to taste.

## GRAINS, NUT FOODS, ENTREES

In seeking to provide a balanced diet, a few suggestions may be helpful. In the first place, flesh foods contain a very high percentage of proteid matter, with no carbohydrates; thus, in a given quantity eaten, too much proteid is the inevitable result. This high percentage of proteid, as stated in the preceding chapter, is a heavy tax on the digestive organs. Therefore, it should not be our aim to bring the percentage of proteid up to that contained in meat; this would only tend to defeat one of the main objects of health reform,—that of providing a balanced diet, of which *proteid should constitute ten per cent of the number of calories per day, fats twenty, and carbohydrates seventy.*

The comparison between the body and the locomotive engine serves as an illustration for studying the fuel value of foods. While iron is essential to keep the engine in repairs, the greatest demand, however, will be for fuel with which to heat the boiler. So in the vital economy, proteid, like iron, is essential for the growth and repair of tissue and the body waste; but beyond this it is inferior to carbohydrates and fats; and as different kinds of wood and coal are capable of giving off different degrees of heat, and also giving off that heat in longer or shorter periods of time, so different kinds of food-stuffs work in about the same way. Also different kinds of coal, after being burned, leave a residue of clinkers to be raked out of the furnace; so with the over-eating of proteid foods, there is an extra amount of work for the kidneys to rid the system of accumulated poisons.

(USE LEVEL MEASUREMENTS FOR ALL INGREDIENTS.)

Then we should remember that fresh vegetables are by no means the most nutritious food, for, as may be clearly seen, water enters largely into their composition. Some, in leaving off flesh foods, make a mistake in making vegetables, as roots and tubers, the principal articles of diet. These vegetables, with grains and nuts, will give a well-balanced diet. The legumes are a highly nutritious food, and when properly prepared may be used in a variety of ways in making dishes that are wholesome and pleasing to the taste. They are, however, a heavy food, and for people leading sedentary lives, they should not be indulged too freely.

The various nut foods on the market, composed chiefly of grains and nuts, contain the nutritive elements of food in a very concentrated form, and should not be eaten too freely, but should be combined with other foods. A few examples of how they may be made into appetizing dishes will be given in some of the following recipes. Other nut foods of a similar nature may be used in the place of the ones given, if desired.

## LEGUMES

The most common representatives of this family which are used as foods are the various kinds of beans and peas, also lentils. Taking the world over, legumes are, next to cereals, the most valuable and the most extensively used among vegetable foods. They are found in all climates and all countries. The lentil is one of the most ancient of food plants. It has been grown from early times in Asia and the Mediterranean countries.

Many people with weak digestion often experience distress after eating boiled beans or peas. By removing the hulls in their preparation, this trouble is largely overcome, and in this manner they may be made into a variety of ways that are appetizing as well as nourishing.

### 41. Stewed Lima Beans

Pick the beans over, wash them thoroughly, and lift them out from the water to remove any small pieces of grit that

may be on the bottom of the kettle. Put them on the fire in cold water; add one teaspoon of vegetable oil to each cup of beans, and let them boil gently (after boiling begins) until they are thoroughly done; salt should be added after they have boiled a half hour or so, to give them flavor.

## 42. Baked Lima Beans

Soak one cup of Lima beans over night, and in the morning slip off the skins between the thumb and finger. Put them in a small baking-pan with one-half teaspoon salt and one teaspoon vegetable or dairy butter, and enough cold water to cover them. Put a pan over them and set them in the oven to cook, adding a little water as needed, so they do not cook down dry. When they are about done, remove the pan from the top, and let them brown nicely. Service for five persons.

## 43. Browned Navy Bean Puree

2 cups navy bean puree.  
1 egg yolk.

3 tablespoons rich cream.  
salt.

Boil the beans the same as for stewed Lima beans; drain in a colander; saving the broth for soups or gravies. Mash the beans through colander, having them as dry as possible. Mix all ingredients, put in oiled baking-pan; brush over with a little thin cream or vegetable butter, and bake in a quick oven to a light brown color. Service for five persons.

## 44. Ribbon Bean Roast

$\frac{1}{2}$  cup Lima beans.  
 $\frac{1}{4}$  cup thick cream.

$\frac{1}{2}$  cup kidney beans.  
1 egg yolk. salt.

Cook the beans separately with a small piece of onion in each, and salt to taste; let them cook as dry as possible. Drain off the broth, should there be any, and press the beans through a colander dry. Add the yolk and cream to each mixture, salt to taste, place in alternate layers in brick-shaped tin, and bake in a moderate oven until heated through

(USE LEVEL MEASUREMENTS FOR ALL INGREDIENTS.)



and a nice brown. Serve with cream tomato sauce or gravy. Service for five.

### 45. Red Beans Spanish

1½ cups red beans. 6 large whole or two cups stewed tomatoes.  
 2 round tablespoons minced onion. 1 tablespoon oil.  
 salt. 1 small clove garlic. ½ sweet bell pepper.

Prepare the beans as for stewed Lima beans, put the oil, onion, sweet pepper and garlic on the stove in a small sauce-pan, and cook a few minutes, but do not brown the onion. Add this to the beans with salt, and cook until done; then have the ripe tomatoes peeled and quartered, add them to the cooked beans, and let them cook for thirty minutes after boiling begins, or longer. Season with celery salt, and dish up with a little chopped parsley on top.

In making patties and croquettes of the various legumes and cereals, a choux paste serves as a means of holding the food together so it can be shaped and baked without adding bread crumbs, which have a tendency to cover up the delicate flavors in the various foods when cooked together; it also retains moisture and keeps the food from drying out while serving.

### 46. Walnut Lentil Patties

2 cups lentil puree. ½ cup chopped walnuts.  
 1½ tablespoons vegetable or dairy butter.  
 1 tablespoon chopped onion. 3 tablespoons flour.  
 ¼ cup milk. 1 egg yolk. pinch of sage.  
 salt to taste.

Have the lentils boiled in salted water, same as for stewed Lima beans; drain well, and mash them through colander, having them as dry as possible. In case they should be too soft, let them dry out on the fire or in the oven for a few minutes.

Put the butter, onion and a sprinkle of sage into small sauce-pan, and stir over the fire for a few minutes, but do not let it brown; add the flour, and stir until it is thoroughly scalded, then add the hot milk and stir smooth; add the

(USE LEVEL MEASUREMENTS FOR ALL INGREDIENTS.)

egg yolk and stir until thoroughly cooked and a thick paste. Salt to taste, then add the lentil puree and mix well. Fill an ice cream mold and turn out on lightly floured board; flatten with knife about three-fourths inch thick and mold into small round cakes, mark on top with a knife, brush over top of each with cream or milk, and bake on top grate of a quick oven to a light brown color. Eight portions.

#### 47. Navy Bean Patties

Use two cups of bean puree instead of the lentils in the above recipe, and omit the walnuts. Mix with the above choux paste, and mold the same as lentil patties. Seven portions.

#### 48. Cutlets of Green Peas

Open a can of peas, and bring to a boil; then drain as dry as possible, mash through a colander, and set them in the oven until they are hot through, so they will dry out a little. Make a choux paste the same as for lentil patties, add peas and mix well. Mold into small oblong shapes, mark on top with knife, brush over with cream and bake in a quick oven to a light brown. This mixture must needs be quite soft, and therefore a little hard to handle, but with a sprinkle of flour on the board, the cutlets can be molded nicely, and if not baked too long, but just browned lightly in a quick oven, they have a very delicate flavor, and are especially adapted for banquet or special dinner service. The above makes six portions.

#### 49. Macaroni and Rice Croquettes

1 cup boiled rice, dry.

1 cup cooked macaroni.

Make choux paste the same as for lentil patties, add the rice and chopped macaroni, also chopped parsley to taste. Wet an ice cream mold with milk, and fill with the above mixture, turn out on an oiled baking sheet, and brown in a quick oven. If desired, they may be molded in cork shapes,

(USE LEVEL MEASUREMENTS FOR ALL INGREDIENTS.)



baking-pan. Put the butter and flour into a small sauce-pan, and stir over the fire for a few minutes, then add a little of the potato water and stir smooth. Add the rest of the liquor, boil up, and pour the sauce over the sliced potato. Lay a few slices of hard-boiled egg, and the same of nut zero, if on hand, over the potato, and sprinkle lightly with chopped parsley over all. Cover with thin pie-crust, brush over with milk, and bake to a nice brown. Service for four.

### 53. Potato Stew Egg Dumplings

2 cups raw potato cut in half-inch cubes.      2¾ cups cold water.  
 1 tablespoon chopped onion.                      2 large eggs.  
 4 tablespoons vegetable or dairy butter.  
 ⅔ cup flour (measured after being sifted once).  
 1¼ teaspoons salt.

Put one-half cup water in small sauce-pan, add two tablespoons butter and a little salt, and bring to a boil. When boiling hot, add two-thirds cup *sifted* flour all at once, and stir into a smooth paste; keep stirring over the fire for a minute until the flour is well scalded, then set on table. As soon as the scald is off the paste, break in one egg, and stir until the egg is all absorbed and the paste smooth, then add the other egg and treat in like manner. The batter should be perfectly smooth.

Put the potato, onion, salt and two and one-fourth cups of water with one tablespoon of butter to cook in a covered vessel. While this is heating, put one tablespoon butter and one and one-half tablespoons flour in a small pan, and stir over the fire for a moment, then add a little of the water on the potato, and stir smooth; add more water, and stir to a smooth thin gravy; then pour it over the potato and bring to a boil. When the potato is about half cooked, and certain that it is seasoned to suit, drop the batter from a tablespoon into the boiling stew, the spoon being first dipped in the liquid; cover and boil up well, until the dumplings are pretty well risen, then let simmer for about fifteen minutes, or

(USE LEVEL MEASUREMENTS FOR ALL INGREDIENTS.)

until the liquid is reduced to the right consistency to dish up nicely. For six persons.

### 54. Cream Noodles

2 eggs.       $\frac{3}{4}$  cup flour.       $\frac{1}{4}$  cup milk.      salt to taste.  
1 tablespoon vegetable or dairy butter.

Beat one large egg slightly, add the flour, and mix well with a heavy spoon, turn out on a floured board, and knead a few minutes; divide into three pieces, roll out into thin sheets, have them well floured, and let them lie to dry out a little, then cut them into long strips about one and one-half inches in width, then cut crosswise into fine shreds. Have salted water boiling hot, sprinkle in the noodles; if they are put in all at once they will stick together. Let them cook fifteen minutes, drain, and return to the sauce-pan, cover and set on the edge of the stove, add the milk and butter; when all is hot, add one beaten egg, mix well, and do not let boil; but heat just enough to thicken, so it will dish up on the plate and not run; salt to taste.

### 55. Baked Noodles au Gratin

Boil the noodles same as in above recipe, drain well, add enough rich cream sauce to season, lay in oiled baking-pan, grate fresh bread crumbs over top, sprinkle with cream or butter, and press the crumbs into the cream to moisten them; bake to a nice golden brown.

### 56. Baked Corn Nut Pie

1 cup corn pulp.       $\frac{1}{3}$  cup light-colored zwieback crumbs.  
 $\frac{3}{4}$  cup rich milk.      3 teaspoons vegetable or dairy butter.  
 $\frac{1}{4}$  cup cream.      1 tablespoon chopped onion.  
1 egg.      sprinkle of sage.       $\frac{1}{2}$  cup diced nutloaf.  
salt and celery salt to taste.

Heat the milk to about 120 degrees, and pour over the crumbs; add two teaspoons of the butter; let stand ten minutes. Grind the corn through a fine mill, and add to the crumbs, also egg slightly beaten and one teaspoon salt, and

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celery salt to taste; mix thoroughly. Put the onion, sage and one teaspoon butter in sauce-pan and stir for a few minutes until the onion is softened a little but not brown, add the cream and when it boils add the nutloaf, sprinkle with salt and let cook until the cream is mostly absorbed by the nut food; then fill a small baking-pan half full of the corn mixture, sprinkle over it the nutloaf evenly, then recover with the corn mixture. Bake in a medium oven until set and a nice brown. Let stand a few minutes, then cut in squares, and serve.

### 57. Roast Nut Meat with Dressing

Open a pound can of nut cero, or other nut food, split through center lengthwise, lay in an oiled pan, brush the top over with oil or vegetable butter, and put in the oven until a slight crust forms on the meat; then pour over a thin brown sauce, and continue to bake same for one hour, basting it now and then over top with the gravy. When done, lift out on board, slice, and serve with the following.

### 58. Baked Dressing

2 cups soaked stale bread.	2 tablespoons minced onion.
2½ tablespoons vegetable or dairy butter.	
1 tablespoon chopped parsley.	1 egg.
sage.	1½ teaspoons salt, or more.

Soak the stale bread in plenty of cold water until soft, pour into a colander and let drain; press *lightly* between the hands leaving it very soft. Put the onion, sage, parsley and butter in a sauce-pan, and let simmer a few moments, but do not brown. Beat the egg lightly, and mix all the ingredients; put into oiled baking-pan, and bake until a nice brown and cooked through. To dish up, lay the nut cero on a carving board, put a spoonful of dressing on platter, lay a slice of nut cero on top, and pour a spoonful of brown gravy over all. Serve with sprig of parsley at one end. By adding small quantity of brown gravy to the bread in making dressing, the egg may be left out. For six persons.

(USE LEVEL MEASUREMENTS FOR ALL INGREDIENTS.)

### 59. Nut Cromeski

½ cup nutloaf.	2 tablespoons chopped onion.
1 teaspoon chopped parsley.	2 tablespoons flour.
1 tablespoon vegetable or dairy butter.	
⅓ cup tomato pulp.	crust. 1 egg.
¼ teaspoon salt.	pinch of thyme.

Put the onion, parsley, thyme and butter into a small pan to simmer a few moments, add the flour and mix well; pour in the tomato and stir smooth, then add the beaten egg and stir until all is thoroughly cooked and a thick paste. Mash the nutloaf with fork, and work into the hot mixture until all is well blended with salt to taste.

Roll out plain pastry very thin; cut in strips about three inches wide. Take a tablespoon of the nut mixture, and roll it to about the size of the thumb, lay on end of strip, and fold the strip over it, making a roll; wet the edges of the pastry where they meet, and cut it off so it has the appearance of a cream roll. Lay them in a baking-pan, brush over with milk or cream, and bake to a nice brown. Serve with tomato sauce. Six portions.

### 60. Baked Macaroni Family Style

1 cup macaroni, raw.	1 cup tomato pulp.
1 tablespoon vegetable or dairy butter.	
1 tablespoon onion.	sprinkle of sage or thyme.
1 egg.	salt to taste.

Break the macaroni into inch lengths, drop into boiling salted water, and cook until thoroughly done; then wash and drain in colander. Put the butter, onion and little sage or thyme into sauce-pan, and stir over fire for a few minutes, but do not brown; add the tomato and bring to a boil, salt to taste; then pour the hot mixture slowly into the beaten egg, stirring it briskly as it is being poured in; add the cooked macaroni, and pour all into an oiled baking-pan and bake to a light brown. Service for five persons.

### 61. Baked Macaroni and Olives

½ cup uncooked macaroni.	⅓ cup chopped ripe olives.
1 tablespoon chopped onion.	2 tablespoons tomato.
1 cup of water in which the macaroni was cooked.	
1 tablespoon vegetable oil.	2½ tablespoons flour.
salt and celery salt to taste.	

(USE LEVEL MEASUREMENTS FOR ALL INGREDIENTS.)

Break the macaroni into half-inch lengths, drop into boiling salted water, and cook until it is well done. Put the oil in a small pan on the stove, and when hot, add the flour and stir until well browned, then add the onion and chopped olives. Let them cook a few minutes, then add one cup macaroni water and two tablespoons tomato; let it boil five minutes, have the macaroni well drained, and while hot put it into the gravy, turn into a baking-dish, grate a few fresh bread crumbs over the top, and with a spoon press them down onto the gravy, so they will become moistened through; bake until a nice brown. Service for four persons.

## 62. Macaroni au Gratin

Break the macaroni into inch lengths, and drop into boiling salted water, and let cook until well done. Pour into a colander and let it drain well, after which put it into a granite baking-pan, and pour over enough rich cream sauce to barely cover it. Mix it well, and grate some fresh bread crumbs on top to give it a good color. Sprinkle over a little thin cream, and with a large spoon press the crumbs down so they become softened by the liquid and will brown without burning. Bake in a medium oven about thirty to forty minutes or until a nice brown.

## 63. Spanish Rice

$\frac{1}{4}$ cup uncooked rice.	$\frac{2}{3}$ cup cold water.
$\frac{3}{4}$ cup tomato pulp.	2 tablespoons vegetable or dairy butter.
1 tablespoon diced onion.	1 teaspoon browned flour.
1 tablespoon diced sweet bell pepper.	
sage, celery salt and salt to taste.	

Brown the rice in a frying-pan on the stove or in a hot oven until a very *light brown*; put into the inner part of a double boiler, add the cold water and one-half teaspoon salt, and boil on a good fire until the water is evaporated and the rice is dry, then set into the outer part of the boiler and steam. Put the onion, sweet pepper and butter on the fire and stir for a few moments; add the sage, browned flour and a little

(USE LEVEL MEASUREMENTS FOR ALL INGREDIENTS.)





### 66. Corn Timbales

$\frac{3}{4}$  cup canned corn ground through food mill.      1 cup milk.  
2 eggs.      salt.      celery salt and thyme to taste.

Beat the eggs, mix all ingredients thoroughly, and bake same as walnut timbales, except that these must be baked with greater care; that is, they must be removed from the oven just as soon as the custard is set, otherwise they will be watery and their flavor ruined. Green corn is best, when in season. Serve with cream tomato sauce. Five portions.

### 67. Walnut Roast

$\frac{1}{2}$  cup chopped walnuts.      1 cup milk.  
1 cup zwieback crumbs.      2 teaspoons grated onion.  
1 egg.      pinch of sage.      salt to taste.

Beat the egg, add the milk, and pour over the crumbs, let soak twenty minutes. Mix all ingredients, put in oiled brick-tin and bake until brown and cooked through. Egg may be left out if desired.

### 68. Baked Spaghetti and Cornlet

$\frac{3}{4}$  cup spaghetti, raw.      1 cup corn pulp.  
2 tablespoons sweet bell pepper.      1 tablespoon onion.  
1 $\frac{1}{2}$  tablespoons vegetable or dairy butter.  
1 $\frac{1}{2}$  tablespoons flour.       $\frac{3}{4}$  cup milk.  
salt to taste.

Cook the spaghetti in boiling salted water until well done; having broken it into half-inch lengths. Grind corn through food mill; put the onion, sweet pepper and butter together in sauce-pan, and stir over fire for a minute; add the flour, and stir. Then add a little of the milk, and beat smooth; add balance of milk, salt to taste, and let boil up. Put a layer of the spaghetti in a small baking-pan, then a layer of the corn; pour half of the cream sauce over it, working it down into the food. Put another layer of spaghetti and corn as before, then the cream sauce on top. Sprinkle over with fresh bread crumbs, moisten them with a little rich cream or butter, and bake until thoroughly done and a nice brown. Five portions.

(USE LEVEL MEASUREMENTS FOR ALL INGREDIENTS.)



### 72. Olive Sauce

Add eight chopped ripe olives to the onion, and make the same as brown sauce.

### 73. Cream Sauce

1 cup rich milk.                      1 tablespoon vegetable or dairy butter.  
1½ tablespoons flour.

Stir the butter and flour together in sauce-pan over the fire, add a small portion of the hot milk, and stir smooth; add remaining milk and let boil up, salt to taste and serve.

### 74. Nut Sauce

Dissolve two tablespoons nut butter in a little hot milk and stir into the above cream sauce.

### 75. Tomato Sauce

1 cup tomato pulp.                      2 teaspoons vegetable or dairy butter.  
1½ tablespoons light browned flour.  
1 teaspoon chopped onion.      salt and celery salt to taste.

Put the butter in a small stew-pan on the fire, add the onion, and stir a few minutes, but do not brown; add the browned flour and tomato, stir smooth, and let boil up. Season with salt and celery salt, and strain through a fine strainer.

### 76. Tomato Cream Sauce

1 cup tomato pulp.                      ½ cup rich cream.  
1 tablespoon vegetable or dairy butter.  
2 tablespoons flour.      salt to taste.

Heat the butter and flour in a small sauce-pan for a few moments, add one-third cup of tomato, and stir until thick and smooth; add balance of tomato and boil up. Salt to taste, stir into cream, and serve.

### 77. Hollandaise Sauce

1 cup cream.                                      1 tablespoon flour.  
2 tablespoons vegetable or dairy butter.      2 egg yolks.  
2 tablespoons lemon juice.      salt.

(USE LEVEL MEASUREMENTS FOR ALL INGREDIENTS.)

Heat the cream. Put butter and flour in sauce-pan, and stir over the fire for a moment. Add a little of the cream, and stir smooth; add balance of the cream, and boil up. Beat the yolks and lemon juice, add a little of the hot cream, and beat into the yolks; then pour the yolk mixture into the hot cream, and stir for a few minutes, salt to taste and serve.

## 78. Brazil Nut Sauce

5 Brazil nuts, ground fine.

4 tablespoons flour.

1½ cups potato water or milk.

Brown the flour in a frying-pan on top of the stove; when it is of a light golden color, add the nuts, and stir through the flour for five minutes; add half the liquid and stir smooth; add the balance of the water, and let it cook ten minutes. Salt to taste, strain, and serve.

## VEGETABLES

Vegetables may be divided into two classes:—

1. The coarse or fibrous vegetables, comprising the roots, tubers, bulbs, stems and leaves.
2. The finer vegetables, as tomatoes, squash, corn, green peas, shelled beans, etc.

Vegetables, like all starchy foods, should be put to cook in boiling water, the object being to soften the cellulose as well as to swell and burst the starch grains. While there is scarcely any other food more universally used by rich and poor alike in making up a part of their daily bill of fare, yet how often the vegetable is spoiled in cooking. Vegetables should always be cooked until thoroughly done. Served in a half-cooked condition as is so often the case, they are unpalatable and indigestible; while on the other hand, coarse vegetables should be cooked in plenty of boiling water, and should be removed from the fire when done, because longer cooking makes them insipid in taste, and if cooked in too little water they turn a dark color. Salt should be added the last half hour of the cooking, to give flavor.

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Green vegetables, as peas and string beans, when young and tender, should be cooked in just enough water to cook them well done and preserve their flavor. To retain the green color in the new vegetables, the cover must be left off while cooking, and they should cook steadily after they are put on, and not allowed to stop cooking or simmering until they are done.

Young, tender vegetables, as lettuce, tomatoes, water-cress, etc., served in the uncooked state, are valuable for the water and potash salts they contain, also for the stimulating effect they have on the appetite.

### 79. New Peas

Shell the peas as soon after picking them as possible, drop into cold water, and skim off any dry leaves or imperfect ones that come to the top; then dip them out of the water with the hands so as to leave any grit there may be in them on the bottom of the dish; drop them into boiling water, enough to cover them if tender, add salt, and let them cook until well done and the liquid reduced to one-third its original quantity. If desired, they may be thickened slightly with flour braided smooth in cold water, and a little cream added just before serving.

### 80. String Beans

String beans should be picked while they are young and tender. Break them between the hands so as to remove any stringy fiber, also the ends. Put two teaspoons of vegetable oil into a sauce-pan on the stove, and when quite hot add one pint of string beans which have previously been washed; stir over the fire for a few minutes, then add enough boiling water to cover them; add salt to season and let them boil quite rapidly until well done. If more water is added, it should be boiling hot.

### 81. New Asparagus

Put the stalks in a deep pan of water and wash well, that sand and grit may sink to the bottom; change the water

(USE LEVEL MEASUREMENTS FOR ALL INGREDIENTS.)

and lift them out, tie them in bundles of about three portions each; lay on a board and trim off the root stems, leaving the stalks about four inches in length; drop them into boiling water salted, and cook till tender, then set the saucepan on the table until ready to serve; lift out and drain, lay on a platter, cut, and remove the strings and send to the table. Serve with rich cream sauce or hollandaise sauce.

## 82. Asparagus Tips and New Peas

Cut the tender part of cooked new asparagus into one-inch lengths, cook the peas separately, and when done add enough rich cream to season them well. When they come to a boil, thicken slightly with a little flour braided smooth in cold milk or water; add the asparagus tips and shake together to mix well and not break them up.

## 83. Stewed Tomato

Pour boiling water over ripe tomatoes and let remain a few seconds, then drain; remove the skin and the stem with the hard green part adhering to it, and cut into quarters. Put into a sauce-pan with about one teaspoon vegetable butter or more to each cup of tomatoes, and salt to taste. Boil up well and serve.

## 84. Breaded Tomato

Cut stale bread into one-half inch cubes, and brown in the oven until crisp all through. Drop them into the boiling stewed tomatoes and serve.

## 85. Baked Tomato

Select medium-sized solid tomatoes, peel them, and with the point of a knife cut out a little of the hard part of the stem end; lay them close together in a baking-pan, sprinkle with salt and sugar, and put a speck of vegetable or dairy butter in each cavity; then bake until done, but not broken.

(USE LEVEL MEASUREMENTS FOR ALL INGREDIENTS.)

## 86. Baked Stuffed Tomato

Peel the tomatoes same as for baked tomato; cut a hole in the stem end, in diameter about the size of a nickel; scoop out like the appearance of a cored apple, but do not hollow out the whole tomato. Sprinkle with salt and sugar, and fill with the following:—

¼ cup nutloaf.	¼ cup ripe tomato.
⅓ cup soaked bread (pressed out),	sage, onion.
salt to taste.	

Mash all these ingredients together with a silver fork, and fill the tomatoes, having them heaped up a little. Set them close together in baking-pan and bake same as the above recipe.

## 87. Scalloped Tomato

Trim off the very brown crust of stale bread; cut into one-fourth-inch dice, or larger; lay in oiled baking-pan and bake until they are a light brown, stirring them as they brown. Use one cup toasted bread cubes to one and one-half cups stewed tomato and one tablespoon vegetable or dairy butter, a sprinkle of sugar, and salt to taste.

Put one-half cup of croutons in bottom of oiled baking-dish, pour over these one and one-half cups of tomatoes seasoned; sprinkle the remaining half cup of croutons over the top; press them down with spoon so they are all submerged; put the butter over top, and bake to a nice brown.

## 88. Summer Squash

When young and tender, summer squash need only to be washed and quartered. Steam until tender, press between two colanders, or in cheese-cloth until quite dry. Mash and season with salt and cream. When the squash is older, it must be peeled and have the seeds removed before cooking.

## 89. Scalloped Summer Squash

2 cups <i>cooked</i> summer squash.	¾ cup milk.
2 cups stale bread cut in small dice.	
1 tablespoon vegetable or dairy butter.	
1 egg.	salt.

(USE LEVEL MEASUREMENTS FOR ALL INGREDIENTS.)



Cook the squash in salted water or steam until done, drain well and mash. Trim off the brown crust from stale white bread, and cut the white part into small dice. Beat the egg, add the milk and a little salt, and pour over the bread, letting it soak ten minutes. Add the squash and butter to the soaked bread, mix lightly and lay in oiled baking-pan; sprinkle a little cream or butter over top, and bake until thoroughly done and a nice brown.

### 90. Scalloped Eggplant

Use one medium large eggplant (two cups after being cooked). Peel the eggplant, quarter and slice one-half inch thick, then drop into boiling salted water and cook until done; drain well and mash up. Use the same proportions of diced bread, milk and egg as for summer squash,—No. 89. Mix and bake same as for scalloped squash.

### 91. Breaded Eggplant

Peel medium small eggplant, cut in two lengthwise; then cut each half into quarters or thirds, lengthwise, according to size of vegetable. Drop into boiling salted water, and cook until slightly underdone, drain. Beat up one egg with half cup milk or more; dip eggplant first in flour, then in the egg and milk, then in finely rolled zwieback crumbs. Lay in oiled baking-pan, brush over with a little vegetable butter or the milk mixture used. Bake in medium oven until *thoroughly done* and a nice brown. Pan may be covered if oven is hot, and then cover removed to brown, before serving.

### 92. Corn on Cob

Add a few slices of lemon or a small quantity of lemon juice to the water for corn, bring to boil, put in the ears of corn, or add enough milk to make the liquid quite milky; boil up well, and then set on edge of stove to draw for twenty minutes. Salt, if added, should be put in after the corn is cooked, as it toughens the kernels and turns them red.

(USE LEVEL MEASUREMENTS FOR ALL INGREDIENTS.)

### 93. Green Corn Saute

Put one-half cup of rich cream into an oiled frying-pan, with a teaspoon of chopped onion if desired; let cook down until it nearly separates, then add one cup corn cut off the cob with salt, toss in pan over fire until thoroughly heated through, and serve.

### 94. Baked Cream Corn

1 cup corn pulp. 2/3 cup rich milk.  
 1 egg. 1/3 cup light-colored zwieback crumbs.  
2/3 teaspoon salt. a little celery salt.

Warm the milk to about 120 degrees, pour it over the crumbs and let them soak. Have the corn ground through a fine mill, mix all the ingredients, put into an oiled baking-pan, put a teaspoon of butter or cream over the top to give it a nice color, and bake until set and a nice brown.

### 95. Cauliflower au Gratin

Remove all the green leaves from the cauliflower, and divide into bouquets or pieces about the size of a large hen's egg. Wash well and drop into boiling salted water, and cook until tender; care should be taken not to cook it too long, or it will break up. When done, drain, and lay the pieces in an oiled baking-pan; pour over it enough cream sauce to nearly cover it, then grate a few fresh bread crumbs over the top and press them down with a spoon so they become moistened with the cream sauce; sprinkle a little milk or cream over the top, and bake until a light brown.

### 96. Cauliflower Bouchees

Prepare the cauliflower same as above, into bouquets suitable for one portion each; boil in salted water until done but not too soft; lift them out and lay on platter to drain. Roll out pie-paste quite thin, cut in squares about four inches each way, lay a bouquet of the cooked vegetable on each piece, add a little vegetable butter, bring all four corners up and

(USE LEVEL MEASUREMENTS FOR ALL INGREDIENTS.)

fasten them together at top by brushing tips with water; lay in baking-pan and bake in a quick oven. Serve with tomato sauce.

### 97. Stewed Salsify or Vegetable Oyster

Wash salsify, then take them one at a time and scrape them, dropping them immediately into cold water to keep them from turning a dark color. When thus prepared, split with knife through the thick part only, then cut crosswise into one-half-inch lengths or longer. Put two cups vegetable oyster in sauce-pan with hot water to cover, and salt to taste; let boil gently until done and the water reduced to one cupful. Put two teaspoons vegetable or dairy butter in sauce-pan with one-half tablespoon flour and stir until heated; then add small quantity of the liquid and stir smooth, add balance of liquid and boil up. Pour over the vegetable and let simmer for twenty minutes or more. Two tablespoons rich cream added to the sauce gives rich flavor.

### 98. Scalloped Vegetable Oyster

Prepare the vegetable as in preceding recipe, slice very thin, and cook until tender. Put layers of oysters in baking-pan, dredging each layer with flour. To each pint of vegetable thus prepared, heat one cup of milk to boiling, beat in enough vegetable or dairy butter, and salt to season; pour this over the vegetable, and bake to a nice brown.

### 99. Cream Carrots

Wash and scrape young carrots, slice very thin; put in covered sauce-pan with just enough water to cover them; add a little vegetable or dairy butter and salt, and let simmer until the liquor is reduced to about one-fourth. Add a little rich cream or cream sauce and shake together; reheat and serve.

### 100. Carrots Egg Sauce

Add chopped hard-boiled eggs to the above cream carrots.

(USE LEVEL MEASUREMENTS FOR ALL INGREDIENTS.)

### 101. Stewed Carrots

Wash and scrape small carrots, cut in two lengthwise, then cut crosswise into fairly thick slices. Take two cups carrots, add water to cover and salt to taste. Let boil gently until carrots are well done and the liquid reduced to one cupful. Take two teaspoons vegetable or dairy butter, put in sauce-pan with one-half tablespoon flour, stir over the fire for a few minutes, add small quantity of the liquid of the carrots and stir smooth, add balance of liquid and boil up, pour over carrots and let simmer for twenty minutes. Two tablespoons thick cream added to the roux in making the sauce gives them a fine rich flavor.

### 102. Carrots and Peas

Use recipe for stewed carrots, adding equal quantities of green peas and carrots.

### 103. Stewed Beets

Scrub small beets without breaking the skin; do not trim the roots, or the juice will run out. Boil until tender, drain, cover with cold water, and push off the skins with the hands. Cut each beet into eighths lengthwise, put two tablespoons vegetable or dairy butter in sauce-pan with two tablespoons flour, cook over fire for a few minutes; add one-fourth cup cold water and stir smooth; pour on three-fourths cup boiling water, and stir until it boils up well. Add two tablespoons lemon juice and salt to taste; add the beets, reheat, and let them stand a little while before serving. A few chopped onions may be added to the roux in making the sauce, if desired.

### 104. Buttered Beets

Cook the beets same as above; and slice them *thin*. Put them in sauce-pan with salt and enough vegetable or dairy butter to season; add a little lemon juice, reheat, and serve.

(USE LEVEL MEASUREMENTS FOR ALL INGREDIENTS.)

### 105. Scalloped Beets

Add enough rich cream sauce to sliced boiled beets to moisten them, and lay in baking-pan, grate fresh crumbs over top, moistening them with a little milk or cream. Put small bits of vegetable or dairy butter on top, and brown in the oven.

### 106. Stewed Turnips

Pare young turnips; and cut them into quarters or eighths. Put them into sauce-pan with water to barely cover them; add salt and let simmer until done and the water mostly absorbed. Add a little *rich* cream or cream sauce, shake together, reheat, and serve.

### 107. Baked Parsnips

Wash and scrape parsnips; cut them lengthwise into slices about one-fourth inch thick. Put them to boil in just enough water to cover and salt to season. When tender, remove from sauce-pan, and lay them close together in an oiled baking-pan; pour over them enough rich cream sauce to about half cover them; bake to a nice brown.

### 108. Spinach

Pick the greens over carefully, wash in several waters to remove grit. If the greens are very tender, lift them out of the water and drain well; put them in sauce-pan with a little salt and vegetable or dairy butter to season, adding no water; cover and cook until done, turning the greens over in pan now and then. When greens are more matured, cook them in deep water with the cover off; when done, drain and chop them; add vegetable or dairy butter and salt to taste. Reheat, serve with quartered lemon, or hard-boiled egg, or both.

### 109. Cream Spinach

Boil the spinach in salted water as in above recipe, drain and chop fine. Put two tablespoons vegetable or dairy butter

(USE LEVEL MEASUREMENTS FOR ALL INGREDIENTS.)

in sauce-pan on stove, add two tablespoons flour and stir for a few minutes; then add one scant cup hot rich milk or cream; adding one-third cup first and stirring smooth; boil up, salt to taste and add chopped spinach. Reheat, serve with quartered hard-boiled egg if desired. Other greens may be used instead of spinach.

### 110. Boiled Onions

Remove outer skins from one dozen small white onions; put to cook in just enough water to make the sauce for them. Put one and one-half tablespoons vegetable or dairy butter in sauce-pan, add two tablespoons flour, stir over fire for a minute. Add one-fourth cup cold water and stir until smooth; then add the onion water to make the sauce of the desired thickness, season with salt; pour over the onions, reheat, and serve. Salt should be added while cooking. A little rich cream added last improves them.

### 111. Cream Onions

Prepare and cook onions as in preceding recipe, drain and add rich cream or cream sauce; reheat, and serve.

### 112. Stuffed Bell Peppers

6 medium-sized bell peppers.	¼ cup stewed tomato.
1½ cups soaked bread (pressed out).	
1 tablespoon chopped parsley.	3 tablespoons browned flour.
1½ tablespoons vegetable or dairy butter.	1 egg.
2 tablespoons chopped onion.	sage and salt.

Split four peppers through lengthwise, remove the seeds and stem, and drop them in boiling salted water for three minutes; drain. Cut up two whole peppers into small dice and put into sauce-pan with the onion, parsley, sage and butter, and cook over the fire for a few minutes. Add the flour and stir smooth. Add the tomato and beaten egg and stir until thick and smooth; add the soaked bread and salt to taste; mix well. Fill the halves of peppers slightly rounded, lay in oiled baking-pan, pour over them

(USE LEVEL MEASUREMENTS FOR ALL INGREDIENTS.)

a thin brown gravy or tomato juice and bake in a quick oven. The moisture in pan will keep the vegetable from scorching underneath, as it burns very easily. Eight portions.

### 113. Stewed Cabbage

Trim one small cabbage, turn into boiling salted water (cover off), adding one small onion if desired. When cabbage is tender, take out onion; drain cabbage. Put one and one-half tablespoons vegetable or dairy butter in sauce-pan, add cabbage, add three tablespoons rich cream, stir, reheat well, and serve.

### 114. Hot Slaw

Trim and cut one medium-sized cabbage into fine shreds, drop into boiling salted water and cook until done; drain. Put one-half cup rich cream into small vessel and bring to boil. Beat one egg, add three tablespoons lemon juice; then add the boiling cream, stir over fire until slightly thickened, then remove from fire and add two tablespoons sugar and salt to taste. Add the cabbage, reheat, and serve.

### 115. Browned Potato

Boil medium-sized peeled potatoes in salted water until half done; drain and lay in oiled baking-pan, sprinkle lightly with salt, brush over each potato with vegetable oil and cook until nicely browned and thoroughly done. Serve immediately.

### 116. Roasted Potato

Choose medium-sized potatoes; peel them and lay in baking-pan, sprinkle with a little salt and dredge with flour; brush them over the top with an oiled brush, and pour on water so the potatoes are nearly covered; set in the oven, and bake about one hour and a quarter or more. The liquid should cook down just enough to leave a thin gravy to pour over the potato on dishing it up.

(USE LEVEL MEASUREMENTS FOR ALL INGREDIENTS.)





## 122. Glazed Sweet Potato

Boil sweet potatoes until done, peel and cut into quarters lengthwise, if not too large. Lay them close together in oiled baking-pan, dust with salt to season, then sprinkle sugar lightly over all. Brush over with vegetable oil, and brown nicely and evenly.

## 123. Mashed Sweet Potato

Peel the potatoes, steam or drop in boiling water until done, drain, mash and season with rich cream or butter and salt.

## SALADS AND DRESSINGS

Salads, composed chiefly of green tender vegetables or fruits and nuts, and served with a dressing, are valuable as a means of supplying fat. They are also valuable for their acids and mineral salts, and being made into a variety of dishes that are palatable and attractive looking, serve as an appetizer or relish.

## 124. Mayonnaise Dressing

yolk of 1 egg. 1½ tablespoons or more lemon juice.  
 1 cup olive or salad oil. ⅛ teaspoon salt.

Beat the yolk, add a half teaspoon lemon juice; beat well and add the oil drop by drop to begin with, then increase as it gets started, adding now and then a little lemon juice to thin the dressing to the proper consistency. Ingredients should all be cold.

## 125. Boiled Cream Dressing

½ cup cream. 2 tablespoons lemon juice.  
 2 teaspoons vegetable or dairy butter. 1 egg.  
 1 teaspoon cornstarch. salt.

Heat the cream in a double boiler, rub the starch smooth in a little cold milk, and stir into the boiling cream; cover and let cook ten minutes. Beat the egg and add to it the lemon juice, mix well, and pour all at once into the prepared

(USE LEVEL MEASUREMENTS FOR ALL INGREDIENTS.)

cream. Stir with egg whip constantly until of the desired thickness; then set into pan of cold water, beat in the butter, salt to taste, and let cool.

### 126. French Dressing

$\frac{1}{4}$  teaspoon salt. 3 tablespoons olive or cottonseed oil.  
 $\frac{1}{2}$  teaspoon onion juice. 1 scant tablespoon lemon juice.

Dissolve the salt in the oil with spoon; add the ingredients in the order given and beat well with spoon to emulsify the liquids. Use immediately.

### 127. Cream Dressing

$\frac{1}{2}$  cup thick cream. 3 tablespoons lemon juice or more.  
 1 tablespoon sugar. salt.

Whip cream until quite thick, add sugar and salt, then lemon juice.

## SALADS

### 128. Lettuce and Tomato

Arrange lettuce leaves on a plate. Have a ripe tomato peeled and cooled, lay on the lettuce, run a sharp knife across the middle of the tomato, cutting it nearly in two, then crosswise, so the four quarters will fall back and yet hold together underneath. Drop a spoonful of mayonnaise dressing in the center of the tomato, and serve.

### 129. Poinsettia Tomato

Select small ripe tomato; wash and wipe with towel. Take sharp-pointed knife and cut through the skin of tomato from the point of the stem end back to the flower end; then start at the same point again and cut back, leaving the peel between the incisions in the shape of poinsettia leaves. The tomato skin should be divided in about six or eight leaves. Run the blade of a pen knife under each leaf and pull it back, until all the leaves lie back on plate and tomato peeled in center. Cut the tomato as in above recipe, and serve with mayonnaise.

(USE LEVEL MEASUREMENTS FOR ALL INGREDIENTS.)

### 130. Stuffed Tomato

Pour boiling water on ripe tomatoes, then pour it off immediately and replace with cold water. Remove skins; take medium small tomatoes, hollow them out carefully, and refill with finely-diced cucumber and celery seasoned with grated onion and mayonnaise. Serve on lettuce leaf.

### 131. Tomato en Surprise

Scald and peel tomato, cut off a liberal slice from the blossom end of tomato, which must be preserved to cover again. Hollow out part of the center of tomato and turn upsidedown in dish to drain. Cut asparagus tips into half-inch lengths, season with mayonnaise, and refill the cavity in tomato, recover with the tomato slice, and serve on lettuce leaf.

### 132. Potato Salad

1½ cups finely diced boiled potatoes.                      hard-boiled egg.  
1 tablespoon chopped onion.                      parsley.

Have the potato and egg cut into small dice, mix all the dry ingredients well, and season with plenty of mayonnaise or boiled dressing. Serve on lettuce leaf, sprinkle with chopped parsley.

### 133. Coleslaw

Cabbage should be crisp; cut through lengthwise, then cut each half through the same way, shred very fine; season with grated or chopped onion and salt, and dilute with cream dressing or mayonnaise.

### 134. Beet and Egg

¾ cup diced boiled beets.                      1 hard-boiled egg diced.  
1 teaspoon chopped onion.

Mix all ingredients, and season with mayonnaise or boiled dressing.

### 135. Combination

sliced tomato.                      sliced green onion.  
sliced cucumber.                      lettuce.

(USE LEVEL MEASUREMENTS FOR ALL INGREDIENTS.)

Mix all in salad bowl and set on ice. Just before serving, pour over the vegetable enough French dressing to season. A little sweet bell pepper diced fine may be added, if desired.

### 136. Nut and Celery Salad

$\frac{1}{2}$  cup diced nutloaf.  $\frac{1}{2}$  cup diced celery.

Put diced nut food in oven in an oiled pan, and brown lightly, stirring often; add to diced celery. Season with very little chopped onion and mayonnaise or boiled dressing.

### 137. Macedoine Salad

$\frac{1}{2}$  cup diced boiled potatoes.  $\frac{1}{4}$  cup diced boiled carrots.  
 $\frac{1}{4}$  cup diced boiled turnips.  $\frac{1}{4}$  cup cooked green peas.  
 1 teaspoon grated onion.

Mix all ingredients, and season with mayonnaise or boiled dressing.

### 138. Bean Salad

$\frac{1}{2}$  cup cold boiled beans.  $\frac{1}{2}$  cup diced celery.  
 1 teaspoon grated onion.  $\frac{1}{2}$  cup diced lettuce.  
 hard-boiled egg.

Mix all ingredients, and season with mayonnaise or boiled dressing.

### 139. Egg Salad

Dice hard-boiled eggs, season with mayonnaise or boiled dressing; serve on lettuce leaf, sprinkled with chopped parsley.

### 140. Water Lily

Cut a hard-boiled egg through lengthwise, mash one-half the yolk through a fine strainer onto a saucer. Put the other half yolk into a dish and mash up with fork, add enough boiled dressing to season well. Cut the white of half an egg lengthwise so as to make five petals, arrange these on small plate of lettuce; put the seasoned yolk in center, and sprinkle the crumbed half yolk lightly over all.

(USE LEVEL MEASUREMENTS FOR ALL INGREDIENTS.)

### 141. Cucumber Salad

$\frac{3}{8}$  cup sliced cucumber.       $\frac{1}{8}$  cup *thinly* sliced boiled potatoes.  
2 teaspoons chopped sweet bell peppers.  
French dressing.

Peel and slice the cucumbers *very thin*, put in ice water for half an hour, then drain and wring out in cheesecloth. Mix all ingredients, and serve on lettuce leaf.

### 142. Sweet Potato Salad

1 cup diced boiled sweet potatoes.      2 stalks crisp celery.  
1 teaspoon each of chopped onion, sweet bell pepper and chopped parsley.

Mix all ingredients and season with French dressing. Serve on lettuce leaf.

### 143. String Bean Salad

Use canned string beans, drain well, and season with chopped onion diluted with French dressing or boiled cream dressing.

## FRUIT SALADS AND SAUCES

### 144. Fruit Sauce

$\frac{1}{8}$  cup orange or pineapple juice.      2 tablespoons lemon juice.  
 $\frac{1}{2}$  teaspoon vegetable or dairy butter.      1 egg.  
3 tablespoons sugar.      1 teaspoon cornstarch.

Put the juices, butter and sugar together on stove, and bring to a boil. Thicken with the starch diluted in cold water; then pour it slowly into the beaten egg, stirring meanwhile. Keep stirring over the fire until of the desired thickness, but do not boil; set in a pan of cold water to cool.

### 145. Cream Mayonnaise

2 tablespoons lemon juice.       $1\frac{1}{2}$  teaspoons sugar.  
1 egg.      2 tablespoons thick cream.      salt.

Add sugar and salt to lemon juice, put on stove to heat; beat egg light, add hot lemon juice, stirring briskly; put on stove again and keep stirring constantly until smooth and quite thick. Let cool, then add cream.

(USE LEVEL MEASUREMENTS FOR ALL INGREDIENTS.)



### 150. Crown Prince Salad

Line a small plate with crisp lettuce; take three slices of orange and dispose around the side of dish; fill in with sliced banana and ripe strawberries. Pipe whipped cream on top, and place one or two red cherries on top.

### 151. Fruit Salad

Cut equal proportions of orange, pineapple, banana and mellow apple in medium small dice, season with fruit sauce; serve on lettuce leaf. A few ripe strawberries in season improves the combination.

### 152. Waldorf Salad

$\frac{3}{4}$  cup finely diced apples.

$\frac{1}{2}$  lemon.

$\frac{1}{2}$  cup diced celery.

chopped walnuts.

Mix the lemon with the diced apples first, to keep them from turning dark. When ready to serve, pour off as much lemon juice as possible from the apples. Mix the apples and celery, add cream mayonnaise to season. Serve on lettuce with chopped walnuts sprinkled on top of each order.

### 153. German Apple Salad

Select small fine-grained apples; core and pare, leaving the skin in shape of ring near the stem end of apple. Remove some of the inner portion of apple, being careful not to break the shell. Fill the cavity with equal quantities of finely diced celery and apple seasoned with cream mayonnaise. Put small lettuce funnel in top, drop into this a teaspoon of dressing, serve on apple leaves or lettuce leaf.

### 154. Raisin Salad

$\frac{1}{2}$  cup seeded raisins sliced.

$\frac{2}{3}$  cup finely diced apple.

Prepare raisins first, then apples; mix, and season with cream mayonnaise; serve on lettuce leaf.

(USE LEVEL MEASUREMENTS FOR ALL INGREDIENTS.)

## DESSERTS

The most wholesome desserts are those furnished us by nature, and which require no preparation, as fruits, either fresh, dried or cooked, and nuts.

Fruits and grains combined make nice desserts, and may be prepared in a variety of ways. By the use of vegetable gelatin (agar-agar), fruit and fruit juices may be molded into attractive-looking desserts that are toothsome and inviting. Vegetable gelatin goes much further than animal gelatin, and its vegetable origin guarantees absolute freedom from unwholesome and diseased products. Being free from any flavor of its own, it requires much less flavoring material, and "there is nothing about it to suggest hoofs and horns."

The body requires a certain amount of sugar to keep it in working condition. To meet this demand, nature has made provision in the fruits or fruit sugars, honey, etc. There are some people, however, who cannot eat fruit; for such it may be well to take sugar in some form. But as a rule, far too much sugar is ordinarily used in food. "Sweet breads, sweet cakes . . . perpetuate indigestion and make dyspeptics." However, when people have been accustomed to the use of these things freely, sound judgment should be exercised in providing suitable dishes to take the place of the more harmful ones, ever remembering that "diet reform must be progressive." The free use of milk and sugar is especially harmful, and should be avoided. Their place should be supplied as far as possible by preparations of fruits, and a variety of grains served in an appetizing manner.

"Rich cakes," the ingredients of which consist principally of butter, sugar, milk and eggs, are proverbial for the dissipating influence they have on the system, in weakening the blood, and lessening the power to resist disease. For those who desire a simple cake occasionally, the following recipes have been prepared; and if followed carefully, will bring out material that is both light and tender, and of attractive appearance, without the "gross" combination above men-



tioned. The following recipes for cake, being free from any chemical, should be baked a little more slowly than those in which soda or baking-powder is used. A moderate oven for layer, and a slow oven for a loaf, cake will bring these cakes out very light and porous.

### 155. Sago Fruit Mold

$\frac{3}{4}$  cup blackberry juice.  $\frac{1}{8}$  cup water.  
 $\frac{1}{8}$  cup sago.  $\frac{1}{4}$  cup sugar.

Wash the sago and have it well drained, bring the liquid and sugar to the boiling point in a double boiler. Add sago to the hot liquid and stir well; cover and let steam until the sago is transparent, then turn into wetted molds and let cool. When cold and set, turn out on sauce-dish, and serve with cream or crushed fruit sauce.

### 156. Banana Tapioca Pudding

$\frac{1}{8}$  cup tapioca.  $1\frac{1}{4}$  cups boiling water.  
 $\frac{1}{4}$  cup sugar. 1 thin slice lemon. vanilla flavor.  
 3 well-ripened bananas. a few grains salt.

Soak the tapioca for one hour or more, drain off the water, if any, put into a double boiler, pour over it one and one-fourth cups of boiling water, add sliced lemon and salt, and let it steam until transparent. Have the bananas sliced quite thin; add the sugar and vanilla and let stand one-half hour. When the tapioca is cold, add the bananas, mix well, but avoid breaking them up, and serve with cream. Other fruits may be used in place of bananas.

### 157. Strawberry Whip

1 cup strawberries. white of 1 egg.  
 $\frac{1}{2}$  cup sugar. 1 teaspoon lemon juice.

Choose well-ripened strawberries, wash them and remove the stems, put all the ingredients into a bowl; then beat with a wire egg whip until light and fluffy, which will take twenty minutes or more. Pile lightly on a dish, and pour a border of crushed fruit or red fruit juice unsweetened around the whip on each dish.

(USE LEVEL MEASUREMENTS FOR ALL INGREDIENTS.)

## 158. Pressed Fruit Pudding

canned blackberries or strawberries.  
sugar.

granose biscuit.

Lay the biscuit in baking-pan in slow oven until thoroughly dried out, but not browned. Pour the berries in colander; lay a layer of biscuit in bottom of brick-shaped tin; dip enough of the juice with spoon over biscuit to moisten them, sprinkle lightly with sugar, then cover with a layer of berries about a half inch deep; then repeat as before, having the berries on top. Set the pudding inside a larger pan, then put a pan of equal size as that in which the pudding is in on top of pudding with weight; let stand and press for several hours, or over night. When ready to serve, cut in squares and serve a teaspoon of whipped cream on top.

## 159. Prune Pudding

Soak dried prunes over night. Cook them for two or three hours with a few slices of lemon added to give them flavor. Drain and save the juice separately; put the prunes through a colander to remove the pits, sweeten with sugar, if needed, and flavor with vanilla. Trim the crust off thinly from a loaf of fruit bread, and cut into slices about one-half inch thick. Line a granite baking-pan with the bread, pour over enough juice to soak up the bread, cover with the prune pulp about one-half inch deep; repeat the process, leaving the prune pulp for the top; set into oven until it gets just barely heated through, so it will set; cool and cut into squares, and serve with a teaspoon of whipped cream on top.

## 160. Prune Whip

$\frac{1}{2}$  cup prune pulp.

whites of two eggs.

$\frac{1}{4}$  cup sugar or less.

few drops of vanilla.

Prepare prunes same as for prune pudding; beat the whites stiff and dry, add sugar and vanilla, and beat again; then fold in the prune pulp. Serve on sauce-dish with a teaspoon of whipped cream on top.

(USE LEVEL MEASUREMENTS FOR ALL INGREDIENTS.)

### 161. Apple Snow

2 tart apples ( $\frac{2}{3}$  cup after being cooked). whites of 2 eggs.  
 $\frac{1}{4}$  cup sugar. 1 teaspoon lemon juice.

Steam or boil the apples with just enough water to cook them soft, mash through fine strainer; add sugar and lemon juice, and let cool. Beat the whites stiff and dry; fold in the apples; serve on small dish with a half teaspoon of red jelly on top. Four portions.

### 162. Cream Rice Pudding

$\frac{1}{4}$  cup uncooked rice. 2 cups milk.  
 $\frac{1}{4}$  cup rich cream or 1 tablespoon vegetable or dairy butter.  
 3 tablespoons sugar. vanilla flavor.  
 small amount grated lemon rind.

Wash the rice thoroughly, add the milk and set in a warm oven, stirring it down occasionally; the stirring is what gives it a nice creamy consistency; when the rice is nearly done, then add the sugar, lemon rind, cream or butter and vanilla flavor and keep stirring until the rice rises from the bottom and looks creamy, and is thoroughly done; then remove from oven, sprinkle lightly with sugar, and when partly cool, brown on top grate in a good oven. A few seedless raisins added in cooking is nice. For five.

### 163. Apple and Raisin Pudding

Sprinkle the bottom of oiled baking-dish with layer of rolled zwieback about one-fourth inch deep; then lay a layer of sliced tart apples, sprinkle over the grated rind of half a lemon (for small pudding), add sugar to taste; then sprinkle over small layer of washed sultana raisins, add a little vegetable or dairy butter; then add another thin layer of crumbs and apple. Sugar the top to season, add small bits of vegetable or dairy butter and bake with a pan over the top until about half done, then remove pan and finish to a nice brown.

### 164. Lemon Snow

$\frac{3}{4}$  cup water.  $\frac{1}{2}$  cup sugar.  
 2 tablespoons lemon juice. 2 tablespoons cornstarch.  
 white of 1 egg. pinch of salt.

(USE LEVEL MEASUREMENTS FOR ALL INGREDIENTS.)



Soak the tapioca one hour in water to cover, drain and add to milk and cook in double boiler until the tapioca is transparent. Add half of the sugar to the milk and half to the yolks slightly beaten and salt; pour the hot mixture slowly onto the yolks, mix well; return to double boiler and cook until it thickens. Remove from the fire and add white of eggs beaten stiff, flavor and chill.

### 169. Floating Island

$\frac{3}{8}$  cup milk.                      2 teaspoons sugar.  
1 egg.                      few drops vanilla.                      salt.

Heat the milk, and when boiling hot, pour a little of it into the beaten yolk, stirring well; then pour the yolk mixture into the milk, and stir over the fire for a moment, until it begins to thicken a little, and the egg sticks in a thin coat onto a silver spoon when dipped into it. Add a few drops of vanilla, pour into sauce-dishes, and let cool.

Beat the white stiff, add one teaspoon sugar and lemon flavor, and beat again. Have a pan of boiling water, drop a large tablespoon of the beaten white into the boiling water, let cook a minute, then turn it over; lift out with skimmer and lay on the prepared custard in center of dish. Put a tiny bit of red jelly on top of the white, and serve.

### 170. Dutch Apple Pudding

Peel medium-sized apples and cut them into eighths, remove the seeds, and roll the pieces in powdered sugar. Take the cake mixture for walnut loaf cake (omit the walnuts); pour in baking-pan, and press the apples down in the batter in rows a little distance apart. Bake same as for cake; cut in squares when cool, and serve with lemon sauce.

### 171. Bread Pudding

$1\frac{1}{2}$  cup stale bread cubes.                      2 cups milk.  
1 large egg.                       $\frac{1}{4}$  cup sugar.                      few grains salt.  
vegetable or dairy butter.                      vanilla flavor.

Spread the bread thinly with the butter; cut bread into small dice and put into baking-pan. Beat the egg and sugar,

(USE LEVEL MEASUREMENTS FOR ALL INGREDIENTS.)



flour with fork; fingertips may be used to finish blending materials. Add the water slowly, and mix through dry ingredients. Form lightly and quickly with hand into dough. Use light motion in handling rolling-pin and roll from *center outward*. One large pie.

### 177. Beaten Oil Crust

2 cups pastry flour. 1 scant half cup oil.  
 $\frac{1}{3}$  cup cold water.  $\frac{1}{2}$  teaspoon salt.

Sift the flour and salt into a mixing bowl, add half of the water to the oil, and beat until it thickens, making a present emulsion; beat in the remaining water, and when mixed well, pour all at once on the flour; draw in the flour from the sides of the bowl with a large spoon, turn out on a floured board, and work together, handling as little as possible.

### 178. Flake Pastry

2 cups pastry flour.  $\frac{3}{8}$  cup crisco.  
 $\frac{1}{2}$  teaspoon salt. 1 tablespoon lemon juice.  
 1 egg.  $2\frac{1}{2}$  tablespoons water.

Sift the flour and salt into bowl, cut in crisco with fork same as for plain pastry; beat egg, add lemon juice and water. Mix same as for plain pastry, using the egg mixture for the wetting.

### 179. Crust Shells

Roll out either of the above pastries to cover pie-tin, press well down into tin; then press off surplus edge around the rim; prick with fork on bottom and sides to keep the crust from blistering. Bake in good oven to a light brown.

### 180. Apple Pie

Roll out and line a pie-tin with crust, sprinkle a little flour in the bottom, mixed with a little sugar. Fill the plate with sliced or chopped tart apples, rounding it up a little; dust with flour. Add one teaspoon vegetable or dairy butter to each pie; sprinkle over about one-half cup of sugar or less,

(USE LEVEL MEASUREMENTS FOR ALL INGREDIENTS.)

according to the tartness of the apple and the size of the pie. Run a wet brush around the edge of the crust. Roll out a top crust, perforate with fork or knife, lay on top and press edges together, trim, and mark by pressing the teeth of a table fork down on rim of crust all the way around. Brush over with cream or egg yolk and milk, and bake in medium oven.

### 181. Prune Pie

Remove the stones from cooked prunes slightly sweetened; roll out bottom crust same as for apple pie; add the stoned prunes, one tablespoon lemon juice, one teaspoon vegetable or dairy butter, and one-fourth cup sugar or more, cover with top crust, and bake same as apple pie.

### 182. Strawberry Pie A

Wash and stem ripe strawberries; roll them in powdered sugar, and fill a crust shell; cover with whipped cream; cut and serve.

### 183. Strawberry Pie B

Fill a crust shell with strawberry whip, as given in recipe No. 157; cut and serve.

### 184. Raisin Pie

1 $\frac{3}{4}$ cups seedless sultana raisins.	2 cups water.
1 tablespoon lemon juice.	1 tablespoon cornstarch.
1 teaspoon vegetable or dairy butter.	$\frac{1}{8}$ cup sugar.

Soak the raisins over night, drain; add the water and bring to a boil. Sift the sugar and starch together thoroughly and add to the raisins and let boil for a few minutes; add pinch of salt and let cool. Line a pie-tin with crust, add raisins, lemon juice and butter, cover with top crust and bake same as for apple pie. One large pie.

### 185. Pumpkin Pie

1 $\frac{1}{4}$ cups canned pumpkin.	1 cup milk.
1 egg.	$\frac{1}{8}$ cup sugar.
	2 tablespoons molasses.
	1 tablespoon light browned flour.
1 teaspoon vegetable or dairy butter or a little cream.	vanilla flavoring if desired.
	$\frac{1}{8}$ teaspoon salt.

(USE LEVEL MEASUREMENTS FOR ALL INGREDIENTS.)



Beat the egg; add the molasses, salt, cream or butter, and the sugar (mixed with the flour); beat well. Add the pumpkin and mix well, then stir in the milk and a little flavoring; and when thoroughly mixed, pour into a pie-tin which has been lined with pie crust, and bake until set. If one tablespoon cornstarch is sifted with the sugar, the egg may be omitted, if desired. One large pie.

### 186. Pumpkin Pie Without Milk

1½ cups pumpkin. 2 eggs.  
 ¼ cup sugar. 3 tablespoons molasses.  
 1 tablespoon light browned flour. ¼ teaspoon salt.  
 ⅔ cup water. little vanilla flavor if desired.  
 1 teaspoon vegetable or dairy butter.

Beat the eggs, mix all the ingredients thoroughly; lastly, stir in the water, mix well, and pour into a crust-lined pie-tin, and bake same as the above.

### 187. Lemon Pie

1 large cup sugar. 1¾ cups water.  
 4 tablespoons cornstarch. 1 egg. rind of 1 lemon.  
 3 tablespoons lemon juice. ¼ teaspoon salt.  
 2 tablespoons vegetable or dairy butter.

Sift the sugar and starch together into a granite sauce-pan; pour the water *boiling* over these while stirring, and let boil until thick and clear. Separate the yolk from the white, beat the yolk, and stir a little of the hot mixture into the yolk; then stir the yolk into the hot mixture, stirring briskly; add the lemon rind, butter, salt and lemon juice. Pour into a crust shell. Make a meringue of the beaten white of egg, two tablespoons sugar, and a few drops lemon flavor; spread over pie and brown lightly.

### 188. Cream Pie

2 cups rich milk. ⅓ cup sugar.  
 4 tablespoons flour. 2 eggs. few grains salt.  
 vanilla flavor.

Sift the flour and sugar together into a sauce-pan; when the milk is *boiling hot*, pour it over these while stirring;

(USE LEVEL MEASUREMENTS FOR ALL INGREDIENTS.)

return it to double boiler and let cook for ten minutes, or until thick. Separate the eggs; beat the yolks, and stir into them a little of the hot mixture; then stir the yolks into the hot mixture and let cook a few minutes; add salt and vanilla, beat well, and pour into crust shell. Make a meringue of the whites and two tablespoons sugar, and brown lightly same as for lemon pie.

## 189. Fruit Tarts

Use flake pastry, roll out thin, and cut with large-sized cutter or bowl, fit into muffin pans, prick with fork, and bake to nice brown. Cook down apple, peach or quince sauce in oven; when of a nice consistency, let cool, and fill the tart shells, slightly rounding; serve on small plate.

## CAKES

### General Rules

1. Sift the flour once, *before* measuring.
2. Line the bottom of tins with manila paper, or oil the tins and dust them lightly with flour; turn them over and tap them against the flour board to shake out all surplus flour.
3. Use *accurate* measurements.
4. Have the oven heated and the drafts closed.
5. Remove the cake from the oven as soon as it is done (longer cooking dries it out). To test it: when about done, touch gently with the finger, if it does not respond to a light pressure of the finger, close the oven gently, and let bake until there is a slight spring in the crust when pressed gently with the finger. Leave the cake in tins for ten minutes after taking them out of the oven.

## 190. Layer Cake

4 eggs.	$\frac{2}{3}$ cup sugar.
$\frac{1}{4}$ cups sifted pastry flour.	1 tablespoon water.
1 tablespoon melted crisco.	pinch of salt.
lemon or vanilla flavor.	

Break the eggs (whole) into a round-bottomed mixing bowl (three- or four-quart size), add the water and sugar

(USE LEVEL MEASUREMENTS FOR ALL INGREDIENTS.)

and set the bowl into a shallow pan of hot water on stove, and beat continuously and briskly until the eggs are quite light and frothy and blood warm; then set the bowl on table, and beat until cold and so light that the batter will pile slightly when it drops from batter whip. Add the flavoring, then sprinkle the sifted flour over the surface and fold in lightly with large spoon; sprinkle over the crisco and mix lightly; then pour into two paper-lined or oiled tins, and bake in a medium oven for ten to twelve minutes.

### 191. Plain Loaf Cake

Oil sides, and line the bottom of brick-shaped tin (bread tin) with paper, and fill half or two-thirds full of layer-cake mixture, bake in medium slow oven; when done, remove the paper from bottom and serve.

### 192. Walnut Loaf Cake

2 eggs separated.	scant $\frac{3}{8}$ cup sifted pastry flour.
1 teaspoon melted crisco.	$\frac{1}{2}$ teaspoon lemon juice.
$\frac{1}{2}$ cup sugar.	lemon or vanilla flavor.
pinch of salt.	$\frac{1}{4}$ cup chopped walnuts.

Add the flavor and a few grains salt to yolks, and beat with Dover beater until light and lemon colored; add the crisco and one-fourth cup sugar, mix with spoon, add enough of the flour to make a medium-thin batter. Beat the whites *stiff and dry*, sprinkle in the remaining one-fourth cup sugar and the lemon juice, and beat a few hard strokes; then pour the yolk batter into the beaten whites, and fold it in by running a large spoon down the side of the bowl through the center and lift it up, letting the batter drop back into the bowl; repeat until blended, but do not stir. Sprinkle the balance of flour over batter, add the walnuts and fold in lightly; when blended, pour into oiled brick-shaped tin, and bake in medium slow oven for twenty to thirty minutes. Floured seedless raisins may be substituted in the place of walnuts, or it may be baked plain, if desired.

(USE LEVEL MEASUREMENTS FOR ALL INGREDIENTS.)

### 193. Jelly Roll

Line a baking-pan with manila paper; take layer-cake mixture, spread on paper about one-half inch deep, and bake on the top grate in a quick oven. Lay a sheet of manila paper on table, sprinkle lightly with sugar; then as soon as the cake is done, turn bottomside up upon the sugared paper, and carefully remove the paper from bottom of cake. Spread cake with red jelly, then take hold of the edge of the paper with fingers and roll the cake into a roll with the sugared paper around to hold it together until cold.

### 194. Lady Fingers

1 cup sifted flour.			½ cup sugar.
3 yolks.	3 whole eggs.		lemon flavor.
	pinch salt.		

Put the eggs and sugar into a round-bottomed bowl and set in a shallow pan of hot water on edge of stove and beat until the mixture is light and foamy and a blood warm; then remove from the fire and beat until cold and *thick*. This mixture must be very light, and so thick that it will pile nicely when it drops from the batter whip. Add the flavor, then sift the flour again over the mixture and fold in lightly with large spoon. Put into bag with lady-finger-tube and press out on a paper-lined baking-pan about one and one-half inches in length, and about the size of a pencil or crayon in circumference, leaving a little space between each. Dust over thickly with powdered sugar and bake on the top grate of a quick oven to a light brown color, then remove from oven. When they are cooled, turn paper upside down on table, wet the paper with cold water on the bottom side then turn rightside up again; then remove cakes and stick them together.

### 195. Vanilla Wafers

1 egg.		½ cup sugar.
⅓ cup refined cottonseed oil.		1½ cups flour.
½ teaspoon or more vanilla.	pinch of salt.	

Break the egg into a small round-bottomed bowl; beat with Dover egg-beater until fairly light, then pour the oil in slow

(USE LEVEL MEASUREMENTS FOR ALL INGREDIENTS.)

stream into the egg, beating meanwhile, this emulsifies the oil. Then add the sugar and beat until creamy, then fold in the one and one-half cups sifted pastry flour, using a tablespoon; turn out on *well-floured* board, roll out gently into a fourth-inch thickness, cut with small biscuit cutter, lay in baking-pan, and bake on top grate of quick oven until a *light brown* color.

### 196. Boiled Frosting

1 cup sugar.

whites of 2 eggs.

¼ cup water.  
flavor.

Dissolve the sugar in the water, and continue to stir until it boils; then let boil undisturbed until a *long hair-like thread* will hang from the spoon when dipped in the syrup and lifted; then pour it in a slow stream on the beaten whites, beating as it is poured in; add flavor and beat until light and creamy and cold enough to spread on cake.

### 197. Plain Icing

Add confectioner's sugar (powdered sugar) to small amount of light-colored fruit juice,—pineapple, pear and lemon, or lemon juice diluted with a little water; stir in enough sifted sugar to form consistency to spread easily on cake. This icing will not dry out as quickly as boiled icing, and it forms a crust over surface very readily.

### 198. Ornamental Frosting

Put the whites of two eggs into bowl and beat them stiff and dry. The success of the frosting depends entirely on the steady, brisk whipping between the additions of sugar. Add one tablespoon sifted confectioner's sugar, and whip for three minutes; then add another tablespoon of sugar and whip as before. After the third spoonful has been added, add one-fourth teaspoon lemon juice and whip briskly again, always bearing in mind that the success of the frosting depends on the whipping rather than the amount of sugar used.

(USE LEVEL MEASUREMENTS FOR ALL INGREDIENTS.)

When the frosting is of a consistency to spread nicely; cover the cake and let harden a little. Keep the bowl covered with a cloth wrung out of water to prevent a crust from drying on, and thus clog the pastry tube. Put a small amount of frosting in pastry bag; or a small paper funnel, and put on all lettering, etc.; a little more sugar may need to be added for making the leaves and roses for decoration.

### 199. Strawberry Filling

1 cup crushed strawberries. ½ cup heavy cream.  
sugar to taste.

Whip the cream and fold in the sweetened and crushed berries, spread between cakes.

### 200. Orange Filling

1 large well-colored orange. 1 lemon.  
1 cup sugar. 3 tablespoons flour.  
1 egg. salt.

Grate the orange and press out juice, and of lemon also; put into cup and add enough water to make the cup full. Sift the flour and sugar together, add to the egg beaten slightly, and enough of the liquid to stir smooth, add pinch of salt and balance of liquid and put on the fire and stir constantly until it thickens; then let cool and spread between layers.

### 201. Lemon Filling

juice and rind of 1 large lemon. 1 cup powdered sugar.  
2 eggs. pinch of salt.

Beat eggs, add juice and rind of lemon and sugar; stir over fire until it thickens, let cool and spread between layers.

## TOASTS AND BREAKFAST DISHES

Toasts are especially nice for breakfast. They are a light food, yet appetizing and nourishing.

### 202. Strawberry Toast

Bring fresh strawberries to boiling point with enough

(USE LEVEL MEASUREMENTS FOR ALL INGREDIENTS.)

sugar to sweeten. When done, dip a piece of zwieback into juice to soften a little, lay the toast on a platter and cover well with strawberries, pour a spoonful of juice over all, and serve. The juice may be thickened a little with cornstarch, if desired, before dishing up.

### 203. Cream Toast

Moisten zwieback in hot cream; lay on platter; pour a spoonful more of cream over it, and serve.

### 204. Prune Toast

Rub well-cooked prunes through fine colander, add enough of the prune juice to make it of the consistency to spread on toast and not run off; reheat, and dip a slice of zwieback in hot milk or prune juice to soften, lay on platter, and cover with the prune pulp.

### 205. Cream Peas on Toast

$\frac{3}{4}$  cup green pea pulp.

$\frac{1}{2}$  cup thin cream.

salt to taste.

Bring peas to boil, drain off liquor; mash the peas through colander, having them separate from the liquid in which they were heated, add the hot cream and salt to taste. Reheat; dip a piece of zwieback in milk to soften, lay on a platter, and cover with cream peas, which should be thick enough not to run off.

### 206. Walnut Lentils on Toast

$\frac{3}{4}$  cup lentil puree.

$\frac{1}{2}$  cup or more thin cream.

$\frac{1}{4}$  cup ground walnuts.

salt to taste.

Cook lentils well done, drain and mash through colander, moisten with the hot cream, salt to taste, add walnuts; reheat, and dish up as cream peas on toast.

### 207. Sultana Toast

Dip toasted triscuit in hot cream, lay on platter; cover with large spoonful of stewed raisins, and place a spoonful of whipped cream on top.

(USE LEVEL MEASUREMENTS FOR ALL INGREDIENTS.)

### 208. Tomato Toast

Dip a slice of zwieback in hot milk or tomato juice, lay on platter, and cover with a spoonful of cream tomato sauce.

### 209. Nut and Potato Hash

2 cups small diced cold boiled potatoes.  $\frac{1}{2}$  cup hot milk.  
 $1\frac{1}{2}$  tablespoons chopped onion.  $\frac{1}{2}$  cup diced nut cero.  
 $1\frac{1}{2}$  tablespoons vegetable or dairy butter.  
 1 tablespoon light browned flour. salt.  
 sprinkle sage.

Put one tablespoon of butter, the onion, sage and browned flour in small sauce-pan, and stir over the fire for a moment, add a small quantity of the milk and stir smooth, add the balance of the milk and boil up; salt to taste and add the nut food to gravy. Sprinkle the potatoes with a little salt; then pour over them the hot mixture and mix lightly; put in oiled baking-pan, sprinkle a little cream or one-half tablespoon vegetable butter over top, and bake to a light brown color. Vegetable stock or hot water may be used instead of milk if desired, adding a little rich cream to the roux.

### 210. Scrambled Egg with New Tomato

Scald and peel two medium-sized ripe tomatoes. Cut them into quarters, put on stove in small covered sauce-pan, add a little salt and bring to good boil, turn them into a colander and drain off the juice; then add one teaspoon vegetable or dairy butter and reheat. Have skillet oiled; when hot, break in two eggs, stir quickly so they will cook evenly; when they are soft cooked, add the tomatoes, mix lightly, and serve immediately.

### 211. Steamed Rice

$1\frac{1}{3}$  cups cold water.  $\frac{1}{2}$  teaspoon salt.  $\frac{1}{2}$  cup rice.

Wash the rice in several waters, put into the inner cup of double boiler, add salt and water, and put on stove, bringing to a boil; let it continue to boil slowly until the water is reduced so the rice is dry; then set it into the outer boiler and let steam forty minutes. If a double boiler is not at

(USE LEVEL MEASUREMENTS FOR ALL INGREDIENTS.)



hand; let the rice cook down as above, and set on the back of the stove to dry out, having the sauce-pan well covered.

## 212. Browned Rice

$\frac{1}{2}$  cup of rice.

$1\frac{1}{3}$  cups cold water.

$\frac{1}{2}$  teaspoon salt.

Brown the rice in a small pan on the top of the stove or in a hot oven, stirring so it will not burn, until a light golden brown; put into the inner part of a double boiler, add the water and salt and set on the stove, let boil until the rice appears dry and the liquid is all evaporated; then set into the outer boiler to steam thirty minutes to one hour.

## 213. Mashed Potato Cakes

Take the Duchess potato mixture, No. 119; roll out with knife into small round cakes, mark on top with knife, lay in oiled baking-pan, brush over with cream and bake on the top grate in a hot oven to a nice brown.

## 214. Creamed Potato

2 cups chopped cold boiled potatoes.

salt.

1 cup cream, or 1 tablespoon vegetable or dairy  
butter added to 1 cup milk.

Put the cream, or milk and butter, on the fire, and when it comes to a boil, add the potatoes with salt to taste, let them simmer, stirring now and then until they are creamy and begin to thicken; then put them on the top grate of a medium oven to brown lightly.

## 215. Stuffed Baked Potato

Bake medium-sized smooth potatoes; when done, cut them in two lengthwise, remove the mealy potato with spoon, season with cream and salt; refill the shell with potato mixture, brush over with cream and lightly brown in quick oven. Serve immediately.

(USE LEVEL MEASUREMENTS FOR ALL INGREDIENTS.)

## SANDWICHES

In a family where lunches have to be put up, it is a very important matter to know how these lunches may be prepared in a wholesome manner. So often persons have serious indigestion from partaking of a picnic dinner. With care and study a lunch may be just as wholesome and appetizing as any meal eaten at home.

### GENERAL SUGGESTIONS

Use fresh bread, slice thin and evenly, spread scant with butter, then spread filling on one side of bread, and place other piece over, cut in desired size and style.

#### 216. Nut and Jelly

Add chopped walnuts to jelly and spread on buttered bread.

#### 217. Nut Butter and Olive

Dissolve the nut butter with cold water to thick cream; add chopped olives; serve leaf of lettuce and mayonnaise between slices, if desired.

#### 218. Nut and Tomato

Mash equal parts of nuttolen and tomato to a paste with fork, season. Serve with lettuce leaf and mayonnaise.

#### 219. Egg Sandwich

Chop hard-boiled eggs very fine, season with mayonnaise, and serve with lettuce leaf.

#### 220. Bean Sandwich

Spread bean puree on buttered bread, using lettuce and mayonnaise dressing.

#### 221. Lettuce and Tomato

Peel tomatoes, slice thin, and serve with mayonnaise.

#### 222. Egg and Tomato

Scramble eggs soft, add equal quantity of stewed, drained tomatoes; mix well, let cool, and use.

(USE LEVEL MEASUREMENTS FOR ALL INGREDIENTS.)

### 223. Date and Nut

Grind walnuts and dates through mill; season with lemon juice.

### 224. Honey and Nut

Use one-half cup honey, one tablespoon lemon juice; add chopped walnuts to make stiff paste.

### 225. Raisin Sandwich

Chop one-half cup seeded raisins and one-half cup walnuts very fine; add one and one-half tablespoons mayonnaise and a half teaspoon lemon juice. Mix into paste, and spread on thinly buttered bread.

### 226. Nut and Fruit

Grind equal parts of steamed dried figs and seeded raisins together through mill, or chop fine; add enough chopped walnuts to spread nicely on bread, season with lemon juice.

### 227. Lentil Sandwich

Slice cold lentil roast into thin slices (No. 50). Lay on buttered bread, serve with lettuce leaf and mayonnaise between slices.

### 228. Tartar Sandwich

Chop the following green vegetables fine: green onion, cucumber, sweet bell pepper, lettuce and a little tomato; put in cheesecloth and press out water, season with mayonnaise. Lay lettuce on one slice of buttered bread, and spread over a layer of the vegetable. Use immediately.

## INVALID DIETARY

While the greater part of this work has been devoted to the contriving of meals usual in the average household and under ordinary circumstances, yet we must know how to supply the needs of the weak or suffering. A few recipes

(USE LEVEL MEASUREMENTS FOR ALL INGREDIENTS.)

will be given under this head for liquid foods, which may often be used where the more solid foods cannot be retained or assimilated.

Food for the sick should be such as will furnish the most nourishment with the least tax upon the digestive organs. While it should generally be of a simple nature, it should be cooked with the greatest care and served in the most inviting manner.

The temperature of the food will also have a marked influence on digestion; therefore it should be a rule to have *hot foods served hot*, and *cold foods served cold*.

The tray should be covered with spotless linen, should be carefully laid, and should not have the appearance of being over-crowded.

The breakfast tray especially should be made as attractive as possible. A few bright flowers will make it look cherry and inviting. While many of the foregoing recipes may be used for the sick,—as toasts, fruits, breads, soups, etc.,—the following will come under a special head, as liquid foods.

### 229. Barley Water

2 tablespoons pearl barley.

1 quart cold water.

Wash the barley and let it soak for an hour in cold water. Wash and change the water, adding fresh water. Set on stove and let boil until it is reduced to one cup liquid. Serve plain or season with a little cream, if desired.

### 230. Rice Water

2 tablespoons rice.

2 cups cold water.

few grains salt.

cream or milk, if desired.

Wash the rice and put into the cold water, heat gradually to the boiling point, and let it continue to cook until the rice is soft. Strain, reheat the rice water, add a little milk or cream, if desired.

### 231. Oatmeal Gruel

3 tablespoons oatmeal.

2 cups boiling water.

a few grains salt.

(USE LEVEL MEASUREMENTS FOR ALL INGREDIENTS.)

Stir the oatmeal into the boiling water, and let it boil until it begins to thicken slightly, then set into a double boiler and let it cook two hours or more. Strain through a fine strainer and dilute it with a little hot water if it is too thick. Reheat and season with cream if desirable. A gruel should be so thin that it will pour nicely from a spoon.

### 232. Cornmeal Gruel

3 tablespoons cornmeal.

2 cups water.

few grains salt.

Prepare the same as oatmeal gruel.

### 233. Gluten Gruel

1 cup boiling water.

2 tablespoons gluten meal.

few grains salt.

Sift the gluten slowly into the boiling water, stirring briskly to avoid having it form into lumps. Let it boil until of the desired thickness. A little cream may be added before serving, if desirable.

### 234. Flaxseed Tea

$\frac{1}{4}$  cup flaxseed.

2 cups boiling water.

2 tablespoons lemon juice.

Wash the flaxseed in cold water, drain well. Add boiling water, and let boil gently for one hour. Strain, add lemon juice and a little sugar, if desired, and serve.

### 235. Hot Malted Milk

1 heaping tablespoon malted milk.

1 cup water.

few grains salt, if desired.

First add a little warm water to malted milk to make a smooth paste; add boiling water, beat well, and serve.

### 236. Fruit Eggnogg

One egg separately, one-third cup fruit juice, the amount of sugar needed will vary according to the acidity of the fruit. Orange eggnogg will require about one tablespoon

(USE LEVEL MEASUREMENTS FOR ALL INGREDIENTS.)

sugar. Other juices, as grape, berry or prune, will require very little sugar, if any. A teaspoon of lemon juice should be added to the latter juices. Beat the white stiff with a Dover egg-beater, and take out one tablespoon of the whites to be kept for a garniture for the top of the glass. Beat the yolk and stir in the fruit juice and sugar. Mix well, then stir all into the beaten white, pour into a glass, and serve with the tablespoon of beaten white on top.

### 237. Dry Eggnogg

One egg, separately, beat the white stiff; add one tablespoon of rich raspberry or blackberry juice to one-half teaspoon of beaten yolk; mix thoroughly; cut and fold into the beaten white of egg. Serve in glass.

### 238. Cream Eggnogg

$\frac{1}{2}$ cup thin cream.	1 egg.
4 or 5 drops vanilla.	sprinkle of sugar.

Beat the egg separately, add the cream, sugar, and vanilla to the yolk; then pour the mixture into the beaten white, mix well, and serve in glass with a spoonful of beaten white on top.

### 239. Lemon Albumen

white of 1 egg.	1 tablespoon lemon juice.
chipped ice.	$\frac{1}{3}$ glass water.

Put the white of egg and a little chipped ice into glass, beat well with fork to break and coagulate the egg; add lemon juice and water, mix well, and serve.

### 240. Albumenized Milk

Shake together in well-corked bottle or jar, one pint of cold fresh milk and the beaten whites of two eggs. Serve immediately.

### 241. Curdled Egg

Put a raw egg into a dish that will hold one pint of water; when the water in tea kettle *boils*, pour the dishful over the

(USE LEVEL MEASUREMENTS FOR ALL INGREDIENTS.)

egg; that is, one pint of boiling water. Let stand on table uncovered for seven minutes, then remove and serve.

It is a very common error to serve the sick with fresh-made toast of bread which has been quickly browned on both sides and served hot. This makes the bread practically as indigestible as fresh-baked bread. Zwieback may be heated, served dry or moistened with hot milk or water, and being thoroughly dextrinized, it is very easily digested and assimilated.

Eggs, when cooked and served to the sick, should as a rule always be soft cooked, poached or soft boiled, curdled or scrambled with a little milk.

## FRUIT ICES AND CREAMS

Fruit ices, when eaten at proper times, may be used by most people, and in hot weather they are cooling and refreshing. The mixture of large quantities of milk and sugar, used in the manufacture of ice creams, makes a bad combination. Large quantities of milk and sugar taken together clog the system. Fruit ices and ice cream are often recommended by physicians for particular cases. The following suggestions on the uses of ices and ice cream by a physician of long practical experience, will be a help to the nurse or mother:—

“Fruit ice is a very useful article of food for those who are suffering with a gastritis where there is an absence of hydrochloric acid. It has the effect of reducing the inflammatory condition, and at the same time supplies the patient with nutrition. It is not a good plan to take fruit ice in connection with a large meal, as it lowers the temperature of the stomach, and the latter cannot perform its functions until it has reached its normal temperature again.

“Ice cream is a useful article of food for a person who is suffering with gastric ulcer and inflammation of the stomach, due to excess of hydrochloric acid, as it is both nutritious and cooling to the stomach.

(USE LEVEL MEASUREMENTS FOR ALL INGREDIENTS.)

“The combination of sugar and milk does not seem to do any particular damage under these conditions, for the large amount of hydrochloric acid seems to neutralize any evil effects. It is not a useful article of food for an individual with a normal stomach. The materials used should be of the best quality, for frequently we have severe ptomain poisoning from eating an inferior quality of ice cream.”

### 242. Grape Fruit Ice

$\frac{3}{4}$  cup grape fruit juice.

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

$\frac{1}{8}$  cup sugar or more.

Add the sugar to the water and bring to a boil; when cool, add the grape fruit juice and freeze, using about one part salt to three or four parts ice. Too much salt will make a coarse-grained ice. The beaten white of an egg may be added, if desired.

### 243. Lemon Ice

$\frac{1}{4}$  cup lemon juice.

$\frac{2}{3}$  cup boiling water.

$\frac{1}{8}$  cup sugar or more.

Make the same as grape fruit ice.

### 244. Strawberry Ice

2 cups strawberries.

$\frac{1}{2}$  cup sugar or more.

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

1 tablespoon lemon juice.

Wash and remove the stems from well-colored ripe berries. Put them into a bowl, sprinkle over the sugar, cover and let stand one hour, then mash them well, add the water and press through a fine strainer or cheesecloth to express as much juice as possible, add the lemon juice, and freeze.

### 245. Apricot Ice

1 cup stewed apricot pulp.

2 tablespoons lemon juice.

$\frac{1}{4}$  cup water.

sweeten to taste.

Stew the apricots with enough sugar to sweeten, when cool mash through a fine colander, add lemon juice and water, and freeze. A little more sugar may be required.

(USE LEVEL MEASUREMENTS FOR ALL INGREDIENTS.)



## 246. Ice Cream

1 cup rich cream.

1 tablespoon sugar.

6 drops vanilla.

Mix ingredients and freeze the same as fruit ice.

## CANNING, PRESERVING

The great secret of canning lies in complete sterilization. All fruits and vegetables, as well as the water we drink and the air we breathe, are teeming with minute forms of life called bacteria or molds or germs. These germs are the sole cause of decomposition or rotting, and are the only cause of spoilage we have to deal with in canning.

The exclusion of air from canned articles is not necessary, provided the air is sterile and free from germs.

## FRUITS

Fruits are usually slightly acid, and in general do not support bacterial growth, but are more commonly fermented by yeasts. In order to retain the natural flavor of the fruit, little sugar should be used, and the fruit should be cooked only long enough to insure its preservation.

The fruit should be perfectly sound and not overripe. It should always be assorted; ripe fruit and hard fruit should never be cooked in the same jar.

All stewpans, strainers, glass jars and tops should be put on in cold water, heated to the boiling point, and then boiled for ten minutes before using. The quantity of sugar used will vary with the kind of fruit used, and somewhat with the locality in which it is grown. The following proportion is taken as an average, more or less sugar may be used as the case may require:—

## 247. Syrups

Apricots 2 — 2½ quarts water to each quart of sugar.

Peaches 2½ — 3 quarts water to each quart of sugar.

Pears 3 — 3½ quarts water to each quart of sugar.

Plums 1 — 1½ quarts water to each quart of sugar.

(USE LEVEL MEASUREMENTS FOR ALL INGREDIENTS.)

## HOME CANNING

## 248. Apricots

Select large underripe fruit. Peel and stone the fruit; pack into glass jars; bring the syrup to boil; pour through funnel onto the fruit until jar is full, put on rubber ring, and screw the covers on loosely. Set the jars into a wash boiler with a false bottom in it to keep the jars from resting on the bottom of the boiler. Pour tepid water into the boiler until the jars are about two-thirds immersed in it. Heat gradually to the boiling point, and let boil for ten minutes *after boiling begins*, counting the time from the moment the steam issues out from under the cover of the boiler. After ten minutes boiling, remove the cover, take the jars out one at a time, handling them with a dry cloth, and out of the way of a draft; screw the covers on tight, invert, and let stand in this position until cold. By boiling the syrup previously to filling them, the jars need not be refilled after cooking, unless cooked too long. Great care should be taken not to cook the fruit too long, as it shrinks up and loses its natural flavor and appearance. Apricots are nice canned whole; they become quite highly flavored from the pits contained in them.

## 249. Peaches

Peel and cut peaches into halves, removing the stones, except a few that may be put into each jar for flavor, if desired. Pack the fruit into jars, and finish the same as for apricots.

## 250. Pears

Peel and cut the fruit into halves. Remove the seeds, etc., and proceed in the same way as for peaches, except they must be boiled about twenty minutes instead of ten minutes.

## 251. Plums

Wash and peel the plums, saving out the small ones and

(USE LEVEL MEASUREMENTS FOR ALL INGREDIENTS.)

the peel for jelly. Pack the fruit into jars and finish the same as apricots.

### 252. Open Kettle Method

Bring syrup to boil and drop in only enough fruit at a time for one or two jars, let come to good boil; syrup should barely cover the fruit. Then dip glass jar out of boiling water having rubber ring on, and set into a small hot pan; insert funnel, and use large spoon; dip the fruit up by halves, dropping them into jar; lastly fill to brim with boiling syrup, screw hot cover on tightly, invert and let stand until cold.

### 253. Strawberries

Wash and stem the berries, place in large pan, pour over them the needed sugar, and let stand one hour; then put on fire, adding no water, and when they boil up well, fill into hot jars and finish same as above.

### 254. Canned Tomatoes

Select only sound ripe tomatoes, dip them in boiling water for a few moments; remove the skins; halve them and place in an open kettle; add salt at the rate of one level teaspoon to the quart. Bring slowly to boil, and cook until tomatoes are thoroughly cooked through. Remove one jar at a time from boiling water, place a rubber around the neck and fill with boiling hot tomatoes; take the top of the jar from the boiling water, being careful not to touch the inside with the fingers, screw it on tightly. Invert, and let stand in that position until cold.

### 255. Jelly (Satsuma Plum)

To each fifteen pounds plums and peel add about two quarts cold water, and set on the stove; care being taken not to burn them. When they are thoroughly done, pour into a bag or cloth, and hang up to drip. To each quart of juice thus made add one quart of sugar and bring to boil; skim, and let it continue to boil for thirty minutes, if only one quart of

(USE LEVEL MEASUREMENTS FOR ALL INGREDIENTS.)

juice; forty minutes, if one gallon; and about fifty minutes to one hour for five to ten gallons. Take glasses out of hot water and fill, let them stand forty-eight hours, then pour over them enough hot parafine to cover.

If plums are picked just after a rain or heavy dew; they will contain much more water than otherwise; then they will require less water, and it is always safest to boil a small quantity as a test before making a large amount of jelly.

### 256. Cranberry Jelly

1 quart cranberries.

1 pint water.

1 pint sugar.

Pick berries over, wash and drain well. Add one pint water to berries and let boil eight minutes after boiling begins; mash through colander, add sugar and bring to boil, skim, let boil gently for four or five minutes; then pour into hot glasses or jars. When set, pour hot parafine over top of each glass.

## COMBINATIONS AND MENU-MAKING

The art of planning and combining foods is one of no small importance to the housewife or cook. The very best foods may be combined or served in such combinations as to bring distress to the digestive organs, and produce weakness instead of strength.

Because human beings differ so much and their needs are so varied, it is impossible to lay down any set of rules on diet for all alike. But there are general principles by which everyone may be guided in matters of diet, and which, if heeded, can accomplish more for the individual or family, in maintaining a healthy condition of the body, than all the doctors' prescriptions. It is therefore important for those who have to plan for the family, to have a working knowledge of the principles which guide and direct in making out a balanced menu.

In the first place, there should not be a great variety at

(USE LEVEL MEASUREMENTS FOR ALL INGREDIENTS.)

any one meal. Several articles of food at the same meal work up fermentation, and the food does not nourish the system.

While perhaps all cannot eat the same foods (and it might be well always to plan so there can be some individual choice in the matter of foods to be eaten), yet a very common error, and one that is so often committed with none but the best intentions, is that of loading the table down with every possible variety of food. True, the same dishes prepared in the same way should not appear on the table meal after meal, and day after day. The food should be varied, and the cook should plan to have different foods served in different ways, so as to have the table always looking fresh and inviting.

A great variety at one meal encourages overeating, bringing distress and feebleness in its train. Overtaxation of the digestive organs is a bad form of dissipation, and is said to be the cause of more disease, directly or indirectly, than is caused by all kinds of alcoholic dissipation combined, the latter very often due to the former.

While the cook cannot be held responsible for the course of individuals in these matters, yet it is within his power to plan the meal in such a manner as to encourage right habits; and being guided by sound principles, he can make the work educational in character.

Then again, it is not well to eat *fruit and vegetables* at the same meal. Fresh fruits are very easily digested, a sweet apple being digested in the stomach in from one hour to one hour and a half, while many of the coarser foods require from three to four hours or more for their digestion. When these are taken together, the fruits, mixed with other foods, are kept in the stomach for such a long period of time that they ferment, and the formation of vinegar and alcohol is the result.

*Acid fruits and coarse vegetables*, as roots and tubers, are an especially bad combination. Many people, who think a certain food does not agree with them, often learn that the

trouble is not with the food, but with the combination in which it has been taken. The finer vegetables, known as the fruity vegetables, as squash, tomatoes, peas, corn, etc., can be used by most people where fruit dessert or fresh fruit is served. These principles should be taken into consideration in all our planning.

*Grains, fruits and nuts* are a good combination; also *grains* or cereals, *vegetables* and *nuts*. It might be well to say that while grains and fruits are a good combination, it should be remembered that to pour acid fruits over rice, bread or any starchy food to soften it, not only hinders the flow of saliva, but the acid of the fruit so neutralizes the saliva as to hinder the digestion of the food in the stomach. If starchy foods be thoroughly masticated first, and the fruit eaten at the close of the meal, then the food will be in a condition to be easily acted upon by the digestive juices.

The free use of *milk and sugar* taken together clogs the system and should be avoided. *Milk* and *acid fruits* are a bad combination, and should not be taken together.

Then there should be a simplicity about the preparation of food, a nicety that will appeal to the finer instincts of people. Complex mixtures and highly seasoned foods ought to be an insult to one with a healthy, normal stomach.

Nature has provided an abundance of natural flavors in the different foods, which do not irritate the delicate organs of digestion, but which have a pleasing effect. Food should be prepared and served in an appetizing manner, and should appeal to the sense of sight, as well as to that of taste.

In making out a well-balanced menu, there is need to consider, not only the properties of the food, but its adaption to the eater. Food can be eaten freely by persons engaged in physical labor which must be avoided by those whose work is chiefly mental. Then again, we should always plan so that, as far as combination is concerned, we shall set before people foods that combine well together. Suppose, for instance, we serve vegetable soup first; most people will partake of it

when it is set before them. Then we have already started them on a vegetable dinner; now, should we have a fruit salad or fruit dessert, with perhaps other coarse vegetables, it is very apparent that there is a lack of judgment on the part of the one responsible. Such mistakes can be avoided without inconvenience when making out the plans, by putting a cream of peas or tomato or other like soup, instead of the vegetable, whenever fruit is taken into the combination.

While it is true that people need not partake of everything before them, yet there are some things most people will use, and this should always be taken into consideration when making out the plans. We should always plan so that the *soup*, the *relishes* and the *dessert*, if any, shall harmonize as far as combination is concerned; and if fruit, as fruit salad, or fruit dessert, is used, there should be at least one of the finer vegetables, as tomatoes, squash, corn, etc., to choose from. At another time, when fruit is omitted from the menu, we may plan a good vegetable dinner, in which any of the coarser vegetables may be combined with some dish in the form of grains, legumes or nut food.

In seeking to supply foods that will give proper nourishment to the body, we should avoid the extremes in both directions; on the one hand, that which tends toward an impoverished diet, and on the other hand, that which brings into one meal too many heavy, highly concentrated foods. Fresh vegetables, especially the coarse vegetables, contain a large proportion of water in their composition. These vegetables of themselves would fail of supplying the proper nutrition to the body, but when served with the more solid foods, as grains, legumes, nuts, or nut foods, they furnish bulk to the food, and are rich in mineral matter. Perhaps one of the more solid foods, rich in nutritive value, together with other vegetables prepared in a simple manner, would give variety and ample choice for most people.

The following suggestive menus will help to illustrate the working out of some of these principles:—

## BREAKFAST

BARTLET PEARS		STEWED PRUNES
	TOASTED WHEAT FLAKES	
SCRAMBLED EGG WITH NEW TOMATO		CORN BREAD
CREAM	BUTTER	HONEY
	CEREAL COFFEE	

## DINNER

LETTUCE	CREAM OF CORN	OLIVES
SAVORY LENTIL ROAST		CRANBERRY JELLY
BAKED POTATOES	BROWN SAUCE	STEWED TOMATOES
WHOLE-WHEAT BREAD		APPLE PIE

## LUNCHEON

SLICED PEACHES		STRAWBERRIES
	FRUIT SANDWICHES	
CREAM ROLLS		PULLED ZWIEBACK
NECTAR		CEREAL COFFEE



BREAKFAST

BAKED APPLE

CANTALOUPE

BOILED RICE

NUT AND POTATO HASH

WHOLE-WHEAT PUFFS

CREAM

BUTTER

CEREAL COFFEE

DINNER

LETTUCE AND TOMATO

COTTAGE CHEESE

NEW ENGLAND DINNER

MIXED NUTS

WAX BEANS

FRUIT BREAD

WATERMELON

CREAM RICE PUDDING

LUNCHEON

STEWED PRUNES

BLACKBERRIES

CREAM TOAST

PUFFED WHEAT BERRIES

ORANGES

FRUIT CRISPS

YOGURT

CEREAL COFFEE

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