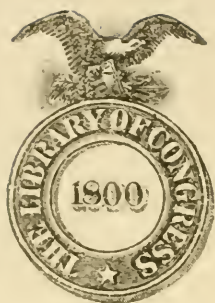


of the way to a man's heart"



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The "ORIGINAL BOOK"

*The Way to a Man's Heart*

# Choice Recipes

AS COMPILED BY

CLARA G. MITCHELL "miss" Clara G. Mitchell  
OF DENVER, "COLORADO"



FOURTH EDITION

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## PREFACE

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In editing this little book the object is to keep this collection of recipes together for personal use and also for the use of those who are interested in home cooking. These recipes are not entirely new or original, but have been collected from relatives and friends during many years. They have been tried and proven good.

That this little volume will be of some assistance to my friends and well-wishers, who it is trusted may be lenient to its shortcomings, is the wish of

C. G. M.



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# CANAPÉS AND FISH COCKTAILS

(For Dinners and Luncheons)

---

## MITCHELL SURPRISE CANAPÉ

- |  |  |
|--|--|
| 2 cans Anti-pasto, marked<br>No. 33 or Moon-face<br>brand; | $\frac{1}{4}$ cup East Indian chut-<br>ney root pickled, cut in<br>small pieces. |
| Breast 4-pound chicken.                                    | $\frac{1}{4}$ cup celery.  |
| 4 small cooked beets<br>(size of a silver dollar),         | 3 hard boiled eggs.  |
|  | $\frac{1}{4}$ teaspoonful paprika,   |
|  | $\frac{1}{4}$ teaspoonful white pepper.  |
|  | Salt to taste.   |

Cut all in pieces, size of small dice; also the whites of the eggs. The yolks are used on top of each canapé. Mix all together with mayonnaise dressing, and serve on round pieces of buttered toast, cut the size of a claret glass. Sprinkle top with yolks of eggs put through sieve; dash of paprika on top of each canapé.

## MITCHELL CRABMEAT CANAPÉ

Toast slices of bread, cut in round pieces with small biscuit cutter two and a half inches; butter while hot; spread buttered circles with sardine paste, seasoned with lemon and paprika.

Place slices of ripe tomatoes that have been marinated for an hour on the sardine toast; then, last of all, the crabmeat flakes, mixed with well-seasoned mayonnaise, on the tomato, with a sprinkling of paprika on top.

## EGG CANAPÉ

Half a hard boiled egg, stuffed with caviar and pimienta chopped fine, mixed with sour mayonnaise.

Garnish with beets cut in small cubes around the egg. The beets must be well-seasoned before cutting. Serve with hot buttered toast, one for each person.

## CANAPÉS AND FISH COCKTAILS

---

### CANAPÉ OF SARDINE

$\frac{1}{2}$ pound can of boneless sardines, or	2 teaspoonfuls chopped green peppers,
2 40-cent cans sardine paste,	2 teaspoonfuls chopped celery,
1 teaspoonful chopped chives,	2 teaspoonfuls lemon juice,
	$\frac{1}{4}$ teaspoonful paprika,
	2 pinches salt.

Mix thoroughly; spread on soft buttered toast strips three inches long and two inches wide.

Canapé of anchovy paste made in the same way is delicious.

### OYSTER COCKTAIL

$1\frac{1}{4}$ pints smallest oysters,	1 tablespoonful horseradish,
Sauce:	$\frac{1}{2}$ teaspoonful paprika,
$\frac{1}{2}$ pint catsup,	$\frac{1}{4}$ teaspoonful salt,
1 tablespoonful Worcester-	Juice of one lemon,
shire sauce.	8 drops tabasco.

Put oysters in sherbet glasses, pour the sauce over them, but don't mix. Set in ice box until time to serve. Will serve eight people.

### FISH COCKTAIL

Crabmeat and sweetbread cocktail made like oyster cocktail, with sauce.











## SOUP

---

### Stock for any Clear Soup

---

#### CONSOMMÉ OR BOUILLON

A knuckle of veal,	1 turnip,
A shin of beef,	3 blades of mace,
1 onion,	4 sprigs of parsley,
8 quarts cold water,	4 cloves,
1 carrot,	1 teaspoonful peppercorns.
3 bay leaves,	1 stick of cinnamon.

Let it come to a boil and then simmer on the back of the stove all day or until reduced to half the quantity, then strain and put away over night. When ready to use, season with a level tablespoonful of salt, and more pepper if desired. This quantity makes a rich jelly and will serve twelve people.

White stock can be made of chicken or veal

#### HOW TO CLEAR SOUP

Whites of 2 eggs, slightly  $\frac{1}{2}$  cup of cold water.  
beaten,

Boil the soup and pour over the eggs and water, boil, and strain through a jelly bag. If not sufficiently clear, strain second time. A little sherry wine adds to the flavor of the soup. If not rich enough in color, add a teaspoonful of Kitchen Bouquet.

Julienne soup is made by adding vegetables, cut in different shapes, to the above.

Consommé Royale is made by serving small cubes of baked custard in consommé.

## SOUP

---

### CUSTARD FOR CONSOMMÉ ROYALE

2 eggs,	And a tablespoonful of
2 tablespoonfuls of milk,	chopped parsley if de-
$\frac{1}{4}$ teaspoonful salt,	sired.

Beat eggs with a spoon, add milk and salt: cook in a slow oven, in a square, shallow dripping pan, placed in a larger pan of boiling water. Bake until firm enough to cut into fancy shapes. When ready to serve put into consommé.

### TOMATO SOUP WITH MACARONI

1 quart of stock,	$\frac{1}{2}$ cup Minute tapioca.
1 can of tomatoes.	

Season with  $\frac{1}{4}$  teaspoonful salt and white pepper and thicken with  $\frac{1}{2}$  cup tapioca, soaked in 1 cup water. Cook with tomatoes and stock.

Cook macaroni in a little salted water until tender, but not too soft, cut in pieces half-inch long, place two tablespoonfuls of macaroni in each plate before serving. Will serve eight people.

### CREAM TOMATO SOUP

1 quart or 1 can of	Butter the size of an egg,
tomatoes,	1 scant teaspoonful soda,
1 quart of water,	$\frac{1}{2}$ scant teaspoonful salt,
1 quart of milk,	$\frac{1}{4}$ teaspoonful white pepper.
1 tablespoonful of flour,	

Boil the tomatoes and water twenty minutes, stir in the soda thoroughly, add the milk, salt and pepper, and thicken with the butter and flour stirred together to a cream. Mash through a sieve and serve with croutons. Will serve ten people.

# SOUP

---

## ASPARAGUS PURÉE

3 bunches of fresh or one	1 pint milk,
large can of Batavia	Butter the size of an egg,
asparagus, with enough	1 tablespoonful of flour,
cold water to cover,	$\frac{1}{2}$ teaspoonful of salt,
1 pint stock,	$\frac{1}{4}$ teaspoonful of white
	pepper.

Cut the tips off the asparagus an inch long. Boil the stalks until tender, mash through a colander. Add the stock, milk and seasoning, and thicken with the butter and flour stirred together to a cream. Just before serving put through a fine soup strainer. Boil the tips in a little salted water until tender and add to the soup. Additional richness is given by adding a tablespoonful of whipped cream to each plate. This amount will serve eight people.

Purée of spinach is made in the same way, using two pounds of fresh spinach for this quantity.

## PURÉE OF CORN

1 can of corn,	1 pint cream,
3 cans of water (measured	1 tablespoonful flour,
in the same can),	$\frac{1}{2}$ teaspoonful salt,
Butter size of an egg,	$\frac{1}{4}$ teaspoonful white pepper.
3 pints of milk,	

Boil the corn until tender, mash through a colander, add the milk and cream and thicken with the butter and flour stirred together to a cream, put through a fine strainer and serve. Will serve eight people. Croutons or small cubes of bread fried in butter are very nice with it.

Purée of peas, beans, cauliflower, artichokes or sal-sify, also celery, can be made in the same way.

## SOUP

---

### CHESTNUT PURÉE

1 quart large chestnuts, Butter the size of an egg,  
shell and scald in boiling 1 teaspoonful flour,  
water,  $\frac{1}{2}$  teaspoonful salt,  
1 pint white stock,  $\frac{1}{4}$  teaspoonful pepper.  
 $1\frac{1}{2}$  pints of milk,

Heat the stock and milk and thicken with the butter and flour stirred together to a cream, add the pepper and salt. Boil and peel the chestnuts, rub through a sieve and add to the soup. An extra cup of chestnuts may be peeled and boiled and served chopped in the soup, or it may be served with croutons. Will serve eight people.

### MUSHROOM PURÉE

1 quart of white stock, 1 pound of fresh mushroom,  
1 quart of milk, rooms, or  
 $\frac{1}{2}$  pint cream, 1 large can of French mushroom,  
 $\frac{3}{4}$  tablespoonfuls flour, rooms,  
2 tablespoonfuls butter, Yolks of 2 eggs.

Peel and chop fresh mushrooms fine. Boil 15 minutes in the milk, then add stock and cream and thicken with butter and flour stirred together until smooth. Just before serving add the yolks beaten light. Additional richness is given by adding a tablespoonful of whipped cream to each plate. Will serve eight people.

### OYSTER SOUP

1 quart oysters, 2 quarts milk,  
Butter the size of a large  $\frac{1}{2}$  teaspoonful salt, scant.  
egg,

Heat the oysters and milk separately, put the butter and salt in the milk just before serving. Put the milk and oysters together in the tureen, milk first and then the oysters. Will serve eight people.



## SOUP

---

### OYSTER BISQUE

- |                            |                             |
|----------------------------|-----------------------------|
| 1 pint water,              | 1 sprig parsley,            |
| 1 pint milk,               | 1 slice onion,              |
| 1 pint cream,              | 1 teaspoonful salt,         |
| 1 quart oysters, with the  | Pinch cayenne pepper,       |
| liquor, dash of nutmeg,    | 2 tablespoonfuls of butter, |
| Yolks of two eggs, beaten, | 3 tablespoonfuls of flour,  |
| 1 bay leaf,                | Chop the oysters.           |
| 1 piece celery,            |                             |

Put liquor and seasoning together and simmer on the back of the stove half an hour. Mash the oysters through a colander and thicken with the flour and butter stirred together until smooth, then add the hot milk and cream and let simmer ten minutes. Add the eggs and cook one minute, but don't let it boil. Will serve eight people. Can be made with clams instead of oysters.

### ONION SOUP

- |                      |                             |
|----------------------|-----------------------------|
| 1 quart shredded un- | 2 tablespoonfuls flour,     |
| cooked onions (cut   | $\frac{1}{4}$ pound butter, |
| lengthwise),         | Yolks of two eggs beaten,   |
| 1 quart white stock, | 1 quart milk.               |

Cover onions with water, parboil and drain. Boil in stock fifteen minutes, then add other ingredients and thicken with butter and flour stirred together. Add the yolks of eggs when ready to serve. Will serve eight people.

### CLEAR ONION SOUP

- |                          |                    |
|--------------------------|--------------------|
| 2 quarts of clear stock, | 6 squares of toast |
| 6 small boiling onions.  | (2 inches).        |
| 1 cup of grated Parmesan |                    |
| cheese,                  |                    |

Parboil onions in salted water until tender. Add one cup of onion water to stock. Salt and pepper to taste. In each plate place first toast then onion, pour over very hot stock, and lastly, a tablespoonful of cheese on top of each onion. Will serve six people.

## SOUP

---

### MOCK TURTLE SOUP

2 quarts rich brown stock,    2 hard boiled eggs, cut in  
1½ cups chopped veal,            small pieces,  
   chicken or beef,            1 wine glass sherry,  
1 small lemon,                      Pepper and salt to taste.

Heat the stock and if it is not dark colored enough add a teaspoonful of Kitchen Bouquet. thicken with two tablespoonfuls flour stirred smooth in a little cold water. Peel the lemon and cut in slices one-fourth inch thick, cut the slices in small pieces and put in the tureen with the meat and eggs, pour the soup over them and add the wine just before serving. Will serve eight people.

### GAME OR TURKEY SOUP

The remains of a game or turkey dinner may be used for soup in the following way: Cover the bones and meat with cold water, add a small head of celery, cut small, and one small onion sliced. Boil three hours, strain and thicken with one tablespoonful of flour and one tablespoonful of butter stirred together to a cream, add salt and serve with a cupful of boiled rice. A bay leaf and a few sprigs of parsley may be added if liked.

### NOODLES

Beat two eggs together, make a paste with enough flour to roll out like cookies, one-half teaspoonful of salt, let it dry an hour, then cut into thin slices, boil ten minutes in soup. Can be kept for weeks.

Whipped cream and croutons make a nice addition to any of the Bisques or Purées.

# SOUP

---

## ALMOND BISQUE

1 quart of white soup stock,	1 tablespoonful almond extract (Dr. Price's),
1 quart of milk,	$\frac{1}{4}$ teaspoonful of salt,
1 pint of cream,	$\frac{1}{4}$ teaspoonful of white pepper,
2 tablespoonfuls of flour,	
2 tablespoonfuls of butter,	$1\frac{1}{2}$ cupfuls of blanched and shredded almonds cut lengthwise.
Yolks of 2 eggs,	

Put the stock, milk, and half of the cream together in a double boiler; when hot thicken with the flour and butter stirred together until smooth; add the pepper, salt, almond flavoring, and half of the almonds; cook until slightly thickened and smooth. Just before serving add the yolks of the eggs beaten light. Whip the remainder of the cream and put a spoonful and a few nuts on the top of each plate. Will serve eight people.

## CREOLE SOUP

3 pints stock,	1 small stick cinnamon,
1 quart can tomatoes,	1 tablespoonful curry powder,
1 cup boiled rice,	1 tablespoonful salt,
1 large onion, sliced,	1 tablespoonful flour,
1 stalk celery,	2 tablespoonfuls butter,
1 bay leaf,	A little cayenne pepper.
6 whole cloves,	
1 small piece mace,	

Cook tomatoes, onion, celery and seasoning with the stock for half an hour, strain and rub the tomato pulp through a fine sieve. Return the mixture to the stove and add flour, butter and curry powder rubbed together to a cream. Cook until it thickens, strain again, add the rice and cook ten minutes, when it will be ready to serve.

## SOUP

---

### CHICKEN OKRA NO. 1

- |                                  |   |
|----------------------------------|---|
| 1 quart of chicken stock.        | 1 cup of chicken cut in                                   |
| 1 quart of tomatoes.             | dice (white meat).  |
| 1 quart can of Dunbar's<br>Okra, | $\frac{1}{2}$ teaspoonful of East Indian<br>Curry powder. |
| $\frac{1}{2}$ teaspoonful salt.  | $\frac{1}{4}$ teaspoonful white pepper.                   |

Boil stock, tomatoes and curry powder half an hour over slow fire. Strain through a sieve and add the canned okra just as it is, to the strained stock, and cook half an hour, then add diced chicken. In serving the soup place a tablespoonful of previously boiled rice in each plate and pour the soup over it. Will serve eight people.

### CHICKEN OKRA NO. 2

- |                       |                                |
|-----------------------|--------------------------------|
| 1 chicken,            | 4 quarts hot water.            |
| 2 quarts sliced okra, | $\frac{1}{4}$ pound salt pork, |
| 1 quart tomatoes,     | 1 onion.                       |

Cut the chicken in small pieces, put in a kettle with the pork and onion (sliced) and fry half done, add the water and let it cook slowly until the chicken is almost done, then put in the okra and tomatoes and cook until all are well done. Add salt and pepper to taste and a teaspoonful of sassafras powder. Serve with a tablespoonful of boiled rice in each plate.

### GUMBO SOUP

(a la Creole)

- |                                  |                                    |
|----------------------------------|------------------------------------|
| 1 heaping tablespoonful<br>lard, | 1 red pepper, parsley and<br>salt, |
| 1 small piece of ham, cut<br>up, | 1 tablespoonful of flour,          |
| 1 large onion, cut fine,         | 1 can okra.                        |
|                                  | 1 teaspoonful chili pepper.        |
|                                  | $\frac{1}{2}$ can tomatoes.        |

Cover all with boiling water, simmer slowly, when nearly done add one cup of crabs, shrimps or chicken. One tablespoonful of boiled rice in each soup plate.

## SOUP

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### VELVET SOUP

1 quart white stock,	1 small stick of cinnamon,
1 quart milk,	6 whole cloves,
$\frac{1}{2}$ pint cream,	1 bay leaf,
1 small onion, sliced,	$\frac{1}{2}$ cup sago or tapioca, cooked
1 stalk celery, cut fine,	in the stock,
1 small piece of mace.	

Boil the onion, celery and spices together in one pint of water, strain and add to the stock. Thicken with three tablespoonfuls of flour and two of butter stirred together until smooth, and add the hot milk and cream; pepper and salt to taste. Just before serving add the yolks of two eggs beaten light. Will serve eight people.









# FISH

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## FISH TIMBALE (HALIBUT)

1½ cups boiled halibut,	1 tablespoonful lemon juice.
½ cup of cream,	1 teaspoonful parsley,
2 tablespoonfuls bread	minced,
crumbs,	¼ teaspoonful salt,
⅛ teaspoonful cayenne	⅛ teaspoonful white pepper.
pepper,	3 eggs, beaten separately.

Put the cream in porcelain-lined kettle and add the bread crumbs, salt and pepper. When boiling pour over the well beaten yolks of eggs and add the lemon juice, parsley and the fish picked up in medium sized pieces. Lastly add the whites of the eggs, beaten very light, and mix gently through the fish. Put in a well buttered mould and steam two or three hours without letting water stop boiling. Serve with cream sauce or Hollandaise sauce. Will serve four people. Very nice made of salmon.

## CREAM SAUCE FOR TIMBALE

1 pint cream,	Yolks of two eggs, well
1 teaspoonful butter,	beaten,
	1 teaspoonful flour.

Thicken the cream with the flour and butter creamed together and add the yolks of the eggs just before serving.

# FISH

---

## LOBSTER TERRAPIN

- |   |   |
|---|---|
| 5 pounds lobster or 5 large cups of lobster meat, | Butter size of a large egg.               |
| 1 quart milk, or                                  | $\frac{1}{2}$ teaspoonful salt,           |
| 1 pint milk and 1 pint cream,                     | $\frac{1}{4}$ teaspoonful cayenne pepper, |
| 2 hard boiled eggs,                               | 1 sherry glass Madeira or sherry wine.    |
| 2 tablespoonfuls flour,                           |   |

Cut the lobster in medium sized pieces. boil the milk and thicken with the butter and flour stirred to a cream. add the eggs. cut in small pieces, then the lobster, lastly the wine just before serving. This will serve eight persons. Chicken, mushrooms or frogs' legs are delicious prepared in this way.

## FISH AU GRATIN

- |                              |   |
|------------------------------|---|
| 2 pounds whitefish or trout, | 1 tablespoonful flour,                  |
| 1 pint milk,                 | 1 cup bread crumbs,                     |
| 2 tablespoonfuls butter.     | $\frac{1}{2}$ teaspoonful salt,         |
|                              | $\frac{1}{4}$ teaspoonful white pepper. |

Heat the milk and thicken with the butter and flour stirred together to a cream and add the salt and pepper. Pick up the fish in small pieces and pour the sauce over it. Butter individual dishes or one large one, put in the fish and cover with the bread crumbs, with small pieces of butter on top. Bake in a hot oven in a pan of water. Will serve eight people.

## FRIED OYSTERS

Drain your oysters first, put a little salt and pepper in the bread crumbs. Egg beaten lightly.

Dip in bread crumbs first, then in egg, then in bread crumbs again. fry in deep lard, in wire basket. For 40 New York Counts take five eggs, five coffee-cups of fine bread crumbs.

# FISH

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## SALMON TURBOT

3 cups boiled salmon, cut fine,	$\frac{1}{2}$ teaspoonful thyme or summer savory,
2 tablespoonfuls flour,	$\frac{1}{2}$ small onion.
1 tablespoonful butter,	Salt and pepper to taste,
	1 pint milk.

Put the onion in the milk and bring to a boil, thicken with the butter and flour stirred together to a cream, remove the onion and add the thyme, salt and pepper. Butter a deep dish, put in the fish and pour the sauce over it, cover the top with buttered bread or cracker crumbs and set in the oven in a pan of water to brown. Will serve six people.

## HALIBUT MORNAIX

3 large slices of boiled halibut,	1 pint milk,
5 truffles,	1 tablespoonful butter,
1 cup Parmesan cheese,	2 tablespoonfuls flour,
1 cup button mushrooms,	1 saltspoonful salt,
	$\frac{1}{4}$ saltspoonful of pepper.

Heat the milk, stir in the butter and flour mixed to a cream, then salt and pepper, beat until smooth.

Butter a platter, place fish in it first, then the white sauce with mushrooms and truffles in it over the fish. then lastly sprinkle the cheese over all, with pieces of butter now and then on top. Place in the oven over a dripping pan containing water, so as not to crack the platter.

# FISH

---

## CODFISH AND CREAM

2 cups shredded salt cod-      3 tablespoonfuls flour,  
fish,                              2 heaping tablespoonfuls  
3 cups milk (tea cups),          butter.  
Yolks of 2 eggs,

Cover shredded codfish with cold water in iron spider; let it come to a boil for five minutes; then pour off water; and put on cold water to blanch the codfish; drain that water off; add milk, butter and flour (stirred until smooth) to the codfish; cook until creamy. When ready to serve take from the stove; add the beaten yolks of eggs to make it light and pretty color.

## CODFISH SOUFFLÉ

Add the well beaten whites of the eggs to the above mixture and bake to a golden brown.

## CODFISH BALLS

3 cups codfish, picked fine,      1 scant teaspoonful butter,  
4 cups potatoes, cut small,      Pepper and salt if necessary.  
2 eggs, beaten lightly,

Wash the fish and put in small kettle with the potatoes and cover with cold water; boil until the potatoes are well done, drain off the water and mash until the potatoes and fish are well mixed, add the butter and pepper and lastly the eggs. Flour the hands well and form the mixture into balls and fry in deep lard. For those who like it a tablespoonful of Worcestershire sauce greatly improves codfish balls.











## ENTRÉES

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### CHICKEN A LA KING

1 cold boiled chicken,	2 tablespoonfuls of sherry,
$\frac{1}{2}$ green pepper, seeded	1 pint of milk,
and shredded,	Yolks of 2 eggs,
2 tablespoonfuls of flour,	A little nutmeg, pepper
2 tablespoonfuls of butter,	and salt.

Put the shredded pepper in the milk and cook slowly for twenty minutes. Make roux with the flour and butter, pour the hot milk and peppers over it gradually; then stir until smooth; add seasoning. Cut the chicken in thin strips, one inch long, and stir it into the sauce; add sherry and serve hot on buttered toast.

### CHICKEN SUPRÊME

Use only the breasts of chicken, smother in oven; fry ham in skillet, remove and make rich milk gravy. Place each breast of chicken on a piece of ham and pour gravy over both.

### MACARONI FOR HONEYCOMB TIMBALE

1 package large macaroni,  $\frac{1}{2}$  tablespoonful salt.

Cover with boiling water, cook 25 minutes, then drain and cover with cold water to blanch. Cut the macaroni in pieces three-fourths of an inch long, line a three-pint yellow bowl with butter one-fourth inch thick, then stick pieces of macaroni upright all over the bottom and sides of the bowl, beginning at the center of the bottom and work around. (A wooden toothpick is the best thing to use for handling the macaroni after it is cut.) Proceed with the filling as in Chicken Timbale.

## ENTRÉES

---

### CHICKEN TIMBALE

#### Quenelle or Filling

- |                        |                                   |
|------------------------|-----------------------------------|
| 1 chicken,             | $\frac{1}{2}$ cup butter,         |
| 4 tablespoonfuls bread | $\frac{1}{2}$ teaspoonful salt,   |
| crumbs, soaked with    | $\frac{1}{4}$ teaspoonful pepper, |
| cream before using,    | Yolks of five eggs,               |
| 1 cup cream,           | $\frac{1}{4}$ teaspoonful nutmeg. |

Chop very fine and smooth in a chopping bowl—it must be like a paste—then add other ingredients and stir all together thoroughly. Line a three-pint yellow bowl with more butter, one-fourth inch thick, then put in quenelle and steam three hours. Serve with cream sauce. Will serve ten people.

### SWEETBREAD MOUSSE

- |                                       |  |
|---------------------------------------|--|
| 1 $\frac{1}{2}$ cups of cooked sweet- | 1 tablespoonful of lemon               |
| breads put through meat               | juice,                                 |
| grinder,                              | 1 teaspoonful of minced                |
| $\frac{1}{2}$ cup of cream,           | parsley,                               |
| 3 eggs, beaten separately,            | $\frac{1}{4}$ teaspoonful of salt,     |
| 2 tablespoonfuls of bread-            | $\frac{1}{8}$ teaspoonful each of cay- |
| crumbs,                               | enne and white pepper.                 |

Heat cream, breadcrumbs, salt, and pepper together in porcelain sauce-pan. When boiling, pour over the well-beaten yolks of eggs and add lemon juice, parsley, and sweetbreads. Beat the whites of the eggs very dry and mix lightly into the other ingredients. Steam two hours in well-buttered mould. Serve with cream or Hollandaise sauce.

## ENTRÉES

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### CHICKEN CROQUETTES

7 tablespoonfuls of flour,	1 $\frac{1}{4}$ large coffee-cups of
3 $\frac{1}{2}$ tablespoonfuls butter,	chopped chicken,
1 teaspoonful each finely	$\frac{1}{2}$ teaspoonful salt,
chopped onion and	$\frac{1}{4}$ teaspoonful pepper,
parsley,	1 quart milk.

First, put butter in spider, then heat; partly cook onion in butter, then stir in flour thoroughly and cook about ten minutes, stirring all the time; lastly add seasoning and milk by degrees; cook until smooth—the consistency of thick cream gravy, then add the chicken. Don't stop stirring while putting in the milk. Put away until cold, then mould in two and one-half inch lengths. Dip first in bread crumbs, then in egg, then in bread crumbs. Fry in deep lard. Good made of veal, beef or fish. Served with mushroom or tomato sauce. Will make fourteen croquettes.

Meat cutlets are made by forming the croquettes in your hands in the shape of cutlets, putting a piece of large macaroni in the end for the bone and covering with a fancy paper frill. Dip in bread crumbs and egg and bread crumbs again as in croquettes.

### FRICANDEAU

3 $\frac{1}{2}$ pounds veal or beef,	$\frac{1}{4}$ teaspoonful thyme,
chopped fine,	4 soda crackers, powdered
$\frac{3}{4}$ pound fresh pork,	fine,
chopped fine,	3 eggs,
1 teaspoonful salt,	$\frac{1}{2}$ teaspoonful chopped
1 teaspoonful pepper,	onion.

Mix well together with the hand to make it adhere, mould in the form of a loaf, rub over with melted butter and sprinkle with bread crumbs. Bake two and one-half hours. Serve with tomato sauce. Can be served hot or cold.

## ENTRÉES

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### ASPIC JELLY

Make a rich chicken and veal or beef and veal stock, as given in the first chapter, then melt  $1\frac{1}{2}$  even tablespoonfuls of Knox's gelatine in one tablespoonful of cold water for ten minutes. If the stock is like jelly, this is enough for two quarts. When heated, pour over the gelatine and let it come to a boil. Put some in a mould in a pan of chopped ice; when partly cooled drop in vegetables cut in fancy shapes, celery or chicken cut in pieces. To be served with celery and lettuce mayonnaise.

### SWEETBREADS AND OYSTERS

3 dozen select oysters,	3 tablespoonfuls butter,
4 large sweetbreads,	3 tablespoonfuls flour.
4 tablespoonfuls cream.	

Blanch and trim the sweetbreads and cut them in dice. Remove the hard muscle from the oysters, strain the liquor into a saucepan and season with mace and pepper and salt; add the sweetbreads and the flour and butter creamed together. When the sweetbreads are done add the oysters and cook until plump, or about five minutes; take from the stove and add the cream. Serve very hot in a deep dish, or small fancy dishes. A tablespoonful of sherry may be added if liked.

### SALMI OF DUCK

2 large cold roast ducks	1 teaspoonful Kitchen
or 4 teal,	Bouquet.
1 quart clear stock,	$\frac{1}{2}$ teaspoonful salt.
1 can mushrooms,	$\frac{1}{4}$ teaspoonful pepper.
18 stoned olives.	1 tablespoonful butter.
	2 tablespoonfuls flour.

Cut the duck in pieces and cook a few minutes in the stock with the mushrooms and olives, thicken with the butter and flour creamed together, add Kitchen Bouquet, pepper and salt. Put in a wine glass of sherry just before serving. Will serve ten people.

## ENTRÉES

### CHICKEN AND MUSHROOM SALPICON

Take the breast of a	$\frac{1}{4}$ teaspoonful salt,
chicken,	$\frac{1}{4}$ teaspoonful white pepper
1 can French mushrooms.	(scant),
1 pint rich milk,	$\frac{1}{4}$ teaspoonful paprika,
2 tablespoonfuls butter.	Yolk of 1 egg.
3 tablespoonfuls flour,	

First melt butter in iron pan; then put in flour very slowly, so it makes a smooth paste; then add milk gradually; don't stop stirring until all the roux is thoroughly cooked with the milk; then put in seasoning.

Cut the cold chicken in pieces one-half inch long. mushrooms in halves; stir all together in the cream sauce; cook until hot; lastly put in beaten yolk of egg.

Delicious served on toast, small patty cases or in Vol au Vent cases.

### MACARONI A LA GARBARINO

Cook sufficient macaroni to make a good dish, in strong broth, either beef or chicken, making it absorb all the broth. Take half a cupful of dried mushrooms, soak all day in cold water, then let them stew in same water about an hour. Season the macaroni with a little salt and pepper while cooking unless the broth has been well seasoned before. Put a layer of macaroni in the bottom of a dish or platter, add a few mushrooms and a little of their liquor, sprinkle with grated cheese; and so proceed until the dish is full. Put plenty of grated cheese on top. The cheese used may be either Parmesan or Edam. Set in the oven until the dish is very hot. Serve at once. This makes a rich, substantial dish which Mr. Garbarino served as a principal course in a dinner.













## CHAFING DISH RECIPES

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Several of these suggestions given below can be made in a chafing dish by heating the butter first, then putting in the flour, slowly stirring until smooth, then add cream and eggs beaten together, then wine, if desired. This is the same for lobster, mushrooms and oysters. Sweet-breads, chicken and frogs' legs must be boiled tender before using them in this way. Any two of these recipes can be combined and make a nice dish, except lobster, which is always eaten alone. Salmi of duck is also good made in a chafing dish.

### OYSTER POULETTE

1 quart oysters,	$\frac{1}{2}$ tablespoonful flour,
1 pint cream,	Yolks of two eggs,
1 large tablespoonful	$\frac{1}{2}$ teaspoonful salt,
butter,	$\frac{1}{4}$ teaspoonful white pepper.

Drain the liquor from the oysters and let them come to a boil, add the flour and butter stirred to a cream, and lastly the yolks of eggs and cream beaten together; cook five minutes and serve on toast. Will serve six people.

### SCALLOPS POULETTE

Cream as you would for oysters, with or without wine. Serve on toast.

### WELSH RAREBIT

1 pound fresh cream	$\frac{1}{2}$ teaspoonful cayenne pep-
cheese,	per,
1 teaspoonful mustard,	$\frac{3}{4}$ cup beer,
	$\frac{1}{2}$ teaspoonful salt.

Put cheese, cut in thin slices, in chafing dish with seasoning; when melted add beer and serve on toast or crackers.

## CHAFING DISH RECIPES

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### LOBSTER NEWBURG

5 pounds lobster or 5 large 4 yolks of eggs,  
cups of lobster meat, 1½ pints cream,  
4 tablespoonfuls butter, 4 tablespoonfuls sherry.

Cut the lobster in good sized pieces and pour over it the wine, melted butter, pepper and salt; let it cook for five minutes. Add the cream to the well beaten yolks of eggs, then the lobster; cook two minutes, stirring constantly. Will serve eight people.

To prevent curdling, a teaspoonful each of melted butter and flour, creamed, may be added and cooked smooth before putting in the cream and eggs.

### RAREBIT

(For Twelve People).

2½ pounds cheese (put ½ teaspoonful paprika,  
through grinder), ½ teaspoonful salt,  
3 tablespoonfuls butter, 1 wineglass cream.  
1 teaspoonful flour,

Warm enough beer to moisten the cheese; first heat the chafing dish, put in the butter and melt, then add cheese, seasoning and flour. Mix the warmed beer in thoroughly and add the cream last. Serve on dry toast.

### GOLDEN BUCK

(For Four People)

1 pound New York Cream 1 heaping teaspoonful of  
cheese, grated, mustard,  
1 large cube of butter, ½ pint of beer or milk,  
1 egg, Dash of cayenne pepper.

Mix thoroughly the egg, mustard, and beer, in a bowl. Put butter in the chafing dish, and when melted add the cheese. When partially dissolved pour in the mixture of beer, etc., and stir constantly until it thickens, adding salt and cayenne pepper while cooking. Serve on salted wafers with a sprinkling of Paprika.





## MISCELLANEOUS

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### EAST INDIAN CHICKEN CURRY

1 good sized chicken,	1 quart can tomatoes,
1½ pounds fresh pork,	1 teacupful flour,
1 vegetable dish sliced	3 teaspoonfuls curry powder
onions,	mixed well through flour,
2 quarts milk.	

Put the onions in a granite kettle with a piece of butter the size of an egg, cover tight and place on the back of the stove, cut the pork in small slices, partly fry in butter and add to the onions. Cut the chicken in small pieces and fry in the same way and add to the pork and onions; the onions should by this time be almost entirely melted. Add the tomatoes, a quart of milk and the flour and curry powder stirred smooth with a little milk, let it simmer seven or eight hours, scrape from the bottom and stir frequently to prevent burning. Add more milk occasionally as it thickens until the two quarts have been used. Serve with border of boiled rice.

### FORMULA FOR EAST INDIAN CURRY POWDER

4 ounces tumeric,	4 ounces black pepper,
1 ounce cummin seed,	½ ounce cardamon seed,
4 ounces coriander,	3 ounces fenugreek,
1 ounce ground rice,	½ ounce cayenne pepper,
2 ounces ginger.	

Keep in tightly corked bottle.

### BOILED RICE

(East Indian Fashion)

Have a large kettle of water boiling fast, throw in a handful of rice for each person and boil ten minutes, salt and boil ten or fifteen minutes longer or until soft, keep it boiling constantly to prevent the grains from sticking together or to the bottom of the kettle. When the rice is done drain through a colander in warm place for a few minutes, then serve as a vegetable or garnish.

## MISCELLANEOUS

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### RAGOUT OF KIDNEY

1 beef kidney,	1 tablespoonful minced
1 pint milk.	parsley,
1½ tablespoonfuls flour.	1 teaspoonful vinegar,
1 large tablespoonful	½ teaspoonful salt,
butter,	¼ teaspoonful pepper.

Wash the kidney and cover with salt water and let it stand for an hour, drain and boil until tender. Heat the milk and thicken with the flour and butter stirred together to a cream, add salt and pepper, parsley and put in vinegar just before serving. Cut the kidney in small pieces, pour the sauce over it and serve hot.

### STUFFED GREEN PEPPERS

For six green peppers use :

1 cup uncooked rice.	½ cup bread crumbs,
6 ripe tomatoes,	Butter size of small egg
1 cup chicken, veal, or	(melted),
boiled ham chopped fine.	1 teaspoonful salt,
2 teaspoonfuls of finely	½ teaspoonful pepper.
chopped onion,	

Make a slit in the side of the peppers, stem end, and scoop out the inside, put in salt and water for half an hour. Cook onion and tomatoes together before putting in the rice. Boil the rice in salted water until soft and mix with the other ingredients. Stuff the peppers with the mixture and bake twenty-five minutes in a dripping pan with a little water. Tomatoes may be done in the same way, leaving out the rice.

### STUFFED GREEN PEPPERS NO. 2

Green peppers stuffed with chicken quenelle are excellent. Chopped truffles and mushrooms may be added to the quenelle.



## MISCELLANEOUS

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### CAULIFLOWER AU GRATIN

Cook one head of cauliflower in salted water until tender, pick apart and put in a buttered baking dish. Pour white sauce over it and cover the top with bread crumbs and small pieces of butter and brown in the oven. Grated cheese may also be sprinkled over the top if liked.

### SPINACH SOUFFLÉ

2 cups spinach (3 pounds),    1 tablespoonful flour,  
4 eggs,                            1 tablespoonful vinegar,  
2 tablespoonfuls butter,        $\frac{1}{2}$  teaspoonful salt,  
                                      $\frac{1}{4}$  teaspoonful pepper.

Cook the spinach tender, chop very fine and mash through a sieve, add vinegar, butter, pepper and salt. Beat the yolks and add the flour to them and mix with the spinach, cook until the yolks are set, stirring constantly, and put aside to cool. When cold add the whites of the eggs beaten to a stiff froth, butter small timbale moulds and half fill with the mixture, bake ten or twelve minutes in a quick oven. The moulds should be placed in a dripping pan with a little water to bake.

### SOUTHERN SWEET POTATOES

6 sweet potatoes (boiled).    2 cups white coffee A. or  
Butter size of an egg,        brown sugar.  
                                     1 cup water.

Slice the potatoes lengthwise and put in a buttered baking dish. Make a syrup of the sugar, water and butter and pour it over the potatoes. Sprinkle sugar and small pieces of butter over the top and bake in slow oven an hour and a half or until the potatoes have absorbed the syrup.

## MISCELLANEOUS

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### SOUTHERN SWEET POTATOES WITH APPLES

6 sweet potatoes (boiled),      1 cup water,  
6 small round apples.          Butter the size of an egg.  
2 cups brown sugar,

Wash and core the apples and cut them in one-fourth inch rings. Slice the potatoes **across**, one-fourth inch thick. Butter a pudding dish and put first a layer of apples and then of potatoes until the dish is full. Make a syrup of the sugar, water and butter and pour it over the potatoes and apples. Sprinkle the top with brown sugar and dot it with small pieces of butter. Bake in a slow oven until the apples are soft and the syrup is absorbed.

### SWEET POTATO CROQUETTES

4 large sweet potatoes,          Pinch of nutmeg,  
2 tablespoonfuls rich          Pepper and salt to taste,  
cream,                               $\frac{1}{2}$  cup blanched almonds.  
1 tablespoonful butter,

Boil, peel and mash the potatoes, add cream, butter and seasoning and beat until very smooth. When cold add the almonds cut in lengthwise pieces. Form in pyramid or croquette shape, roll in beaten egg, then in bread crumbs and fry in deep lard.

### CREAMED POTATOES

6 medium sized potatoes.      2 tablespoonfuls flour,  
1 heaping tablespoonful       $\frac{1}{2}$  teaspoonful salt,  
butter,                              1 pint of milk or cream.

Boil potatoes until almost done, peel and mince medium fine; make cream sauce of cream or milk with butter and flour stirred together, put in while cream is hot, boil until thick and smooth, pour over potatoes and heat again.

## MISCELLANEOUS

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### BOSTON BAKED BEANS

2 cups white beans,                      1 tablespoonful molasses,  
1 pound salt pork, sliced    1 teaspoonful salt,  
thin,                                      Baking soda size of a pea.

Soak the beans over night. In the morning add the soda and salt and boil until they are thoroughly done and will mash readily between the finger and thumb. Add the molasses and put in a pan or earthen bean dish with just enough of the water they were boiled in to cover. Cut the pork in squares and arrange on top of the beans, bake until the pork is brown and crisp.

### PRESSED CHICKEN

1 chicken, 3 pounds,                      1 tablespoonful Knox's  
2 sticks celery,                              gelatine, soaked in  $\frac{1}{2}$  cup  
 $\frac{1}{2}$  bunch parsley,                              of cold water,  
2 hard boiled eggs,  
Salt to taste.

Cut the chicken in pieces as for a fricassee and boil in salted water with celery and parsley. When done remove the meat from the bones and chop medium fine. Boil the broth down to a pint, add the gelatine and strain. Dip an oblong tin or bread tin in cold water, cover the bottom with the hard boiled eggs cut in rings. When the stock is nearly cold pour a little over the eggs, put in the chicken and the rest of the stock. When perfectly cold cut in slices or serve the mould entire.

### CREAMED TURKEY

Cut cold turkey in dice; make a white sauce; add turkey and serve very hot. Garnish with pieces of toast.

### TURKEY HASH

Mince cold turkey put in sauce-pan with a little milk, flour and butter, and stir until heated thoroughly and slightly thickened.

## MISCELLANEOUS

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### RICE AND MEAT RAGOUT

Take any cold meat. Cut in small thin pieces, take gravy left from day before, and if you have none, make gravy with water, butter, flour, salt and pepper. Boil one cup of rice tender in salt water. Butter a baking dish, place in it, first, rice, then meat and gravy alternately until dish is full and rice on top, sprinkle over a few bread crumbs with pieces of butter around, brown in oven. Good for a luncheon dish.

### CALF'S LIVER IN SHELLS

Calf's liver cooked until tender, chopped fine, seasoned with cayenne pepper, salt, Worcestershire sauce, mushroom catsup, one tablespoonful Madeira or sherry wine, thickened with a little butter, melted, and flour mixed together. Serve in individual shells.

### CHARPENTIER EGGS

Poach as many eggs as people to be served, in the French manner, not too hard. Take individual shells, dust with bread crumbs and cheese, then put in egg carefully, cover with a white sauce and sprinkle over Parmesan cheese. Bake in a hot oven to brown the cheese.

### OMELET

For three people take 3 eggs, beat separately, add 2 tablespoonfuls of milk to the yolks and a little salt. Have a saucepan hot, put in butter size of a walnut; when ready to cook stir in whites of eggs and pour into the pan; cook quickly, moving the saucepan about and raising the edges with a broad knife to prevent burning. Fold the omelet over in the middle and slip onto a hot platter before it is quite set. Its own heat will cook it enough. Can have rum poured over it and lighted if desired.

## MISCELLANEOUS

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### GOLDENROD EGGS

Six eggs boiled half an hour, make a white sauce with:

1 pint milk,	1 tablespoonful of butter,
2 tablespoonfuls of flour,	Salt to taste.

Cut the whites of the eggs in small pieces and add to the white sauce. Toast six slices of bread, butter them, and pour the white sauce over. Put the yolks of the eggs through the ricer over the top and serve very hot.

### ROAST BEEF WITH YORKSHIRE PUDDING

Pour off some of the gravy after beef has cooked within twenty minutes of being done, and pour around the beef.

1 cup milk,	1 cup flour,
Pinch of salt,	2 eggs.

Add one cup of milk gradually to one cup of flour, beating continually that it may be smooth; add two eggs, beaten very light, and a pinch of salt; mix well and pour to the depth of one-half inch around the beef. Bake twenty minutes in hot oven, basting occasionally with the stock or drippings. Cut in squares and serve around the meat.

### SPAGHETTI CREOLE

Cook  $\frac{1}{2}$  package of spaghetti in salted water until well done. Drain, and let cold water run over it to blanch it. Make sauce as follows: Fry in tablespoonful of lard, 2 large onions and 1 large green pepper chopped fine. (Do not brown too much.) Add  $\frac{1}{2}$  can of tomatoes and cook together ten minutes, **slowly**, with sauce-pan covered; add the cold spaghetti and cook half an hour. Season with salt, pepper and cayenne.

## MISCELLANEOUS

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### MINCED LAMB

Chop lamb very fine; pour over cold water, let it boil for half an hour; season with pepper and salt and thicken with butter and flour stirred together; color with kitchen bouquet if too light in color. All cold meats prepared in same way.

### CHICKEN CASSEROLE

2 chickens, leave out backs, 2 onions,  
    necks, etc., removing 1 turnip, small,  
    larger bones, 1 stalk celery and parsley.  
2 carrots,

Cut up and fry vegetables, except celery and parsley, in butter; when partially cooked remove from stove. Partially fry chicken in hot pan; remove chicken and make a thick gravy of flour and water; season well with salt and pepper. Place chicken and vegetables in casserole with gravy in alternate layers, adding cup of celery and parsley to the vegetables; then put casserole in oven in pan of water and cook slowly for four hours. Add water if it gets too solid.

### SCALLOPED CABBAGE

Boil one-half head of cabbage, cut medium fine, in skillet; when tender and transparent, fill baking dish with one layer of the cabbage and one layer of cracker crumbs; butter, pepper and salt in each layer; cover with milk and bake in oven.

### HOW TO COOK SWEETBREADS

Soak the sweetbreads in cold salted water two hours, drain and rinse in clear cold water. Boil in salted water until tender and blanch by immersing in cold water immediately after taking them from the boiling water. Remove all skin and tough parts before using.



## MISCELLANEOUS

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### HAM OMELET

4 eggs, whites and yolks	1 heaping teaspoonful of
beaten separately,	flour,
$\frac{3}{4}$ cup of milk,	Butter size of a walnut,
1 cup of boiled ham,	Pinch of salt.
chopped,	

Make a smooth paste of the butter and flour and a little of the milk; add the remainder of the milk gradually. then the beaten yolks; and lastly, the well-beaten whites of the eggs. Pour the mixture in a hot, well-greased skillet and bake in oven ten minutes.

### CORNED BEEF HASH

Soak a piece of corned beef over night in cold water. Next morning pour off that water and put boiling water over it and cook until tender (but not so it falls apart). Boil potatoes until they are soft enough to pierce with a fork. Peel and chop potatoes and meat separately—equal amount. Mix together with pepper. It is generally salty enough, but if not, season to your taste. Have iron spider hot, then put in a little water and plenty of butter. then your meat and potatoes. Cook until well-heated and seasoned.

If you wish to have some of the hash crisp and brown, do a little at a time and let it cook with less water. We like ours moist, so put more water in when we first put it in the spider.

The brisket is the best cut of corned beef, as there are streaks of fat through the meat, which makes the hash more juicy.

Roast beef hash is made in the same way.

## DELICIOUS FRIED APPLES

Pare, core, and slice the apples; put butter in hot iron skillet; then stir in sugar slowly until melted; put apples in one layer. fry until light brown; watch carefully or they will burn; this amount will make one skillet full; repeat, if desired.

Thoroughly wash and rinse a twelve to fourteen pound ham; soak over night in milk and water. Cover with clear, cold water, with two teacups of vinegar, six bay leaves, three pieces of whole mace, twelve whole cloves: boil until **almost tender**; cut off the heavy skin, some of the fat, and the dark edges; put in roasting pan; pour over one cup of cooking sherry until all is absorbed; stick top or fat part of ham with whole cloves, and sprinkle with brown sugar and bread crumbs; put in the oven, with some water and a cup of vinegar. Baste often, and bake until a pretty brown.

Cut a four or five-pound chicken into convenient sized pieces; wash and put in a kettle, and cover with boiling water, to which one teaspoonful of salt and one sliced onion have been added; boil until the chicken is tender. When done, remove the chicken and thicken the broth with flour and butter, creamed together; put the chicken back into the gravy, and just before serving, add the well-beaten yolks of two eggs. Serve with dumplings or a border of boiled rice around the platter, if preferred.



## MISCELLANEOUS

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### DUMPLINGS FOR CHICKEN FRICASSEE

Mix together one pint of flour, one-half teaspoonful of salt, and one heaping teaspoonful of baking powder; stir in sufficient sweet milk to mix to a soft dough; roll out and cut into biscuits. Drop these into the boiling gravy, cover closely, and cook without raising the lid for fifteen minutes, if small; twenty, if large.

### CHESTNUT STUFFING FOR TURKEY

Peel and blanch one quart of chestnuts; boil them in stock or salted water until tender; put through ricer or pound smooth while still hot. Reserve one-half to put in the sauce that goes with the turkey. Mix the remainder with the turkey dressing.

### SANDWICHES

To Serve with Afternoon Tea or Bridge Parties

### CHICKEN SALAD SANDWICHES

1 cup cold boiled chicken    1 cup celery.  
(breast).

Chop together very fine. Mix with one heaping tablespoonful of rich mayonnaise dressing; season highly with paprika; butter thin slices of bread and spread with the salad mixture. Will serve eight people.

## MISCELLANEOUS

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### SALAD EGG SANDWICH

1 hard boiled egg,                      1 tablespoonful chow-chow  
1½ tablespoonfuls celery,              pickle.

Chop all together very fine, and spread on thin slices of bread and butter. Will serve four people.

### CHEESE AND TOMATO SANDWICH

Mash one pat of Neufchatel cheese through ricer, add a little salt and paprika, a tablespoonful of cream, one-fourth teaspoonful of grated onion, mix together until smooth enough to spread. Cut slices of bread with a round sandwich cutter; the upper piece has a hole in center like a doughnut; spread the bread with butter; then cheese mixture, and place on that a slice of red tomato; then the upper piece of bread, with the center taken out.

### SARDINE SANDWICHES

1 can sardine paste,                      Pinch salt,  
1 teaspoonful lemon juice,              Dash pepper.  
¼ teaspoonful paprika,

Mash all together to a very smooth paste and spread between thin slices of bread and butter; cut in different shapes with fancy cutters.

Thin pieces of bread, three inches long, toasted and buttered and sprinkled with a mixture of granulated sugar and ground cinnamon, are very tasty.

## MISCELLANEOUS

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### MINCED HAM SANDWICHES

1 cup cold boiled ham,      4 pieces of chow-chow pickle.

Put through a meat grinder and season with paprika; spread on thin slices of bread, well buttered. This amount will serve four people.

### BROWN AND WHITE BREAD SANDWICHES NO. 1

Cut Boston brown bread and white sandwich bread in rounds, with a biscuit cutter; butter and put together.

### BROWN AND WHITE BREAD SANDWICHES NO. 2

Slice brown and white bread one-half inch thick; butter and put four slices together, alternately brown and white; then slice down like layer cake, in thin slices. Usually served with fish course.

### SANDWICHES

One ten-cent loaf of sandwich bread will make forty (three-cornered) sandwiches.

Two slices of bread, after trimming off crusts, cut diagonally across, will make number of sandwiches as above.

One can forty-cent size Russian caviar will make twenty-two small sandwiches as above.

One can twenty-five-cent size of sardine paste will make eighteen sandwiches the size above.

## MISCELLANEOUS

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### CURING A SHOULDER OF PORK

1 gallon water,	1 pint sugar,
2 pints coarse salt,	$\frac{1}{2}$ ounce saltpeter.

Select the shoulder of a young pig five or six pounds in weight, have the shoulderblade taken out, so it will slice easily, put it in the brine for twenty-four hours before commencing to use it, then if it should get too salty, add fresh water.

### RISSOLES

Cut any kind of cold meat in small pieces, season and mix with a little good gravy until it is well moistened. Roll some puff paste into oval pieces, lay a large spoonful of meat on one end, double it over, press the edges together and scallop them, brush the paste over with beaten yolk of egg, sprinkle vermicelli upon it and fry them. They have the appearance of hedgehogs.











# SALAD

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## MACEDOINE SALAD

2 hard boiled eggs,	3 medium sized potatoes,
9 long red radishes.	1 tablespoonful chopped
1½ bunches spring onions,	parsley,
3 small beets,	2 stalks celery.

Boil beets and potatoes, when cold cut in small pieces or fancy shapes if desired; slice onions, radishes and celery; add parsley. Serve with mayonnaise dressing, garnish with lettuce and the eggs put through a ricer. This amount will serve ten people. Put in beets the last thing, as they discolor the salad.

## TOMATO AND SWEETBREADS

6 tomatoes,	2 pairs sweetbreads.
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Boil sweetbreads tender in salted water—try with a fork; blanch in cold water, remove all the skin and tough parts, cut in pieces large as a dime. Soak sweetbreads two hours in cold water and salt before boiling. Peel and scoop out tomatoes, fill with the sweetbreads mixed with mayonnaise dressing. put a spoonful mayonnaise on each tomato and serve on lettuce.

## SALAD EGGS

8 hard boiled eggs,	3 tablespoonfuls mayon- naise, made quite tart with lemon juice.
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Cut eggs lengthwise, take out the yolks and mash with a fork very fine, mix with the mayonnaise and fill the whites of eggs. Serve on lettuce.

## SALAD

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### SALAD EGGS NO. 2

For six hard-boiled eggs mash the yolks light then mix in:

2 tablespoonfuls of butter,  $\frac{1}{2}$  teaspoonful of mustard,  
1 tablespoonful of vinegar,  $\frac{1}{2}$  teaspoonful of sugar,  
 $\frac{1}{2}$  teaspoonful of salt, Onion to taste,  
 $\frac{1}{4}$  teaspoonful of pepper, Sprinkle paprika on top.

Cut eggs in half, lengthwise, and fill the whites with the above mixture; serve on lettuce.

### CREAM CHICKEN SALAD

2 large chickens, 1 teaspoonful of salt,  
1 box Knox's gelatine, 1 quart cream (whipping),  
3 pieces celery.

Boil chicken and celery tender; take chicken stock and reduce to half; dissolve gelatine in a little cold water, put in stock; when half cold put in chicken cut in pieces (as large as for ordinary chicken salad); then whip cream stiff and put in the jelly, stirring thoroughly; then put in individual timbale moulds on ice; garnish with celery salad and lettuce. Half will serve twelve moulds.

### CUCUMBER SALAD

To serve with fish. Cut cucumber lengthwise in four pieces, then slice and mix with mayonnaise.

### POTATO SALAD

6 large potatoes, 2 teaspoonfuls chopped  
5 spring onions or 3 tea- parsley,  
spoonfuls chopped onion, 2 hard boiled eggs.

Boil potatoes, cut in dice; slice onion; mix all together with mayonnaise dressing; garnish with radishes and hard boiled eggs put through a ricer. Will serve four people.

## SALAD

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### FRUIT SALAD

4 grapefruits,	1 cup Maraschino cherries,
$\frac{1}{2}$ cup walnut meats, cut small,	1 cup pineapple, cut in small pieces.

Serve with French dressing on lettuce leaves. Will serve eight people.

### PINEAPPLE SALAD

Fresh or canned pineapple sliced and served on lettuce with French dressing.

### GRAPE FRUIT SALAD

4 grapefruits, seeded,	$\frac{1}{2}$ cup pecans,
1 cup celery, cut in small pieces,	1 cup grapes.

Served with a spoonful of mayonnaise on each plate. Will serve eight people.

### PEAR SALAD

Take canned Bartlett pears (they come in halves), chill them thoroughly, place one piece of pear on crisp lettuce leaves, with strips of pimiento (sweet red pepper) placed across the top. Serve with French dressing and a small amount of chili sauce, mixed, poured over each pear.

### GREEN GAGE SALAD

Green gages served whole on leaf lettuce, with French dressing poured over them.

## SALAD

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### PRUNE SALAD

Cook twelve large California prunes; remove the stones; cream two cakes of Neufchatel cheese and add one-half dozen shelled, chopped walnuts; stuff the prunes with cheese and nuts; serve on lettuce leaf, with French dressing. Will serve six people.

### FRUIT SALAD

4 large oranges.	2 bananas.
4 slices pineapple,	$\frac{1}{2}$ pint (liberal) mayonnaise
3 apples (red and fine),	dressing.
1 pound red and white cherries,	$\frac{1}{2}$ pint whipping cream
	(whip cream stiff).

Put mayonnaise dressing in bowl; then add whipped cream, slowly beating it; then pour over fruit the last minute.

#### To Prepare

Peel oranges, divide in sections, then skin each section and cut in two or three pieces, large as a quarter; cut pineapple in pieces; stone cherries; cut apples in dice, and the bananas the last ten minutes before serving, as they turn dark; pour over dressing the last minute, otherwise the dressing gets thin. Serve fourteen people.

### ARTICHOKE FONDS SALAD

1 can artichokes fonds,	1 cup blanched almonds
3 cups celery (cut in small pieces),	(cut in small pieces).

Mix celery and nuts together, with mayonnaise dressing; place artichoke fonds on leaf of lettuce and fill with the salad mixture. Asparagus tips can be used as filling for artichoke fonds.

To prepare artichoke fonds or tomatoes for salad:

Two hours before mixing the salad, cover with a mixture of  $\frac{2}{3}$  vinegar,  $\frac{1}{3}$  olive oil, salt and pepper to taste, or omit oil if preferred.

## SALAD

---

### PINEAPPLE AND CHEESE SALAD

Serve each person a slice of pineapple, with seasoned Neufchatel cheese put through a ricer on top; pour French dressing over.

### TOMATO WITH CRAB MEAT

Peel and take out the center of a tomato. Keep cool until ready to serve. Fill with fresh crab meat mixed with mayonnaise, with a spoonful of dressing over each tomato, with a dash of cayenne pepper over the top. To be served as a first course of a luncheon or dinner.









## SALAD DRESSING

---

### MAYONNAISE DRESSING

4 yolks of eggs,	1 teaspoonful of salt,
1 pint of olive oil,	$\frac{1}{2}$ teaspoonful of white pep-
3 tablespoonfuls vinegar, or	per or ten drops of ta-
part lemon juice if pre-	basco sauce.
ferred,	

Beat eggs with Dover egg beater ten minutes, then pour in oil very slowly; when partially thick, pour in vinegar and oil alternately, beating all the time; then salt and pepper the last thing. Will serve ten people or is sufficient for three pints of chicken salad.

### FRENCH

3 tablespoonfuls of oil,	$\frac{1}{2}$ teaspoonful salt,
1 tablespoonful of vinegar.	$\frac{1}{4}$ teaspoonful pepper,
1 clove of garlic.	

Mix salt and pepper together in a spoon, then oil, stirred in well; then vinegar; put clove of garlic in lettuce when mixing. This amount will serve one person generously.

### ASPARAGUS

1 bottle French mustard,	$\frac{1}{2}$ teaspoonful salt,
1 pint oil,	$\frac{1}{4}$ teaspoonful pepper,
2 teaspoonfuls onion	3 tablespoonfuls vinegar.
(chopped),	

Take mustard, stir in oil slowly as for mayonnaise, then add vinegar, salt, pepper and onion. Set away covered for four hours before using. Serve with cold boiled asparagus.

## SALAD DRESSING

---

### BOILED MAYONNAISE OR COLD SLAW DRESSING

2 eggs,	1 tablespoonful sugar,
2 tablespoonfuls butter,	1 cup vinegar,
1 tablespoonful flour,	$\frac{1}{2}$ cup water.

Put butter and flour in small saucepan over teakettle, when melted pour in vinegar, water, seasoning and lastly eggs, beaten light; cook until thick and smooth like cream. While hot pour over cabbage, or it may be used for chicken or potato salad if preferred to mayonnaise.

### RUSSIAN DRESSING

1 cup rich mayonnaise dressing,	1 sweet red pimienta sliced in thin strips.
$\frac{1}{4}$ cup of catsup or chili sauce,	

Mix all together in the mayonnaise; cut head lettuce in four quarters; pour over each quarter the above salad dressing and serve.

### CREAM DRESSING FOR FRUIT SALAD

Whites of 4 eggs, beaten dry,	3 tablespoonfuls of lemon juice.
$\frac{1}{2}$ cup of sugar,	4 tablespoonfuls of boiling water.
1 scant tablespoonful of flour,	Pinch of salt.

Mix flour and sugar with the boiling water, stir in the lemon juice and whites of eggs and cook until it thickens. When cold add plenty of whipped cream. Mix with a fork. Just before serving add some marshmallows.

## SALAD DRESSING

---

### ROQUEFORT CHEESE SALAD DRESSING

1 hard boiled egg,	3 tablespoonfuls Roquefort
1 tablespoonful tarragon	cheese,
vinegar,	Paprika.
$\frac{1}{4}$ teaspoonful salt,	Pepper,
	3 tablespoonfuls oil.

First mash hard-boiled eggs and cheese together smoothly, in soup dish; add salt, pepper, and paprika; then stir in oil slowly until it is smooth; then add vinegar. Put hearts of head lettuce in bowl; cut white of eggs in small pieces; pour dressing over last minute before serving. If onion flavor is desired, add half teaspoonful chopped very fine. Sufficient for three heads of California head lettuce.







## CHEESE DISHES

---

### CHEESE SOUFFLÉ

3 eggs,	2 level teaspoonfuls butter,
1 cup grated cheese,	$\frac{1}{2}$ cup milk,
$\frac{1}{2}$ teaspoonful salt,	1 heaping tablespoonful
$\frac{1}{4}$ teaspoonful cayenne pep- per,	flour.

Put butter on the stove in a small saucepan; when it is melted, add flour; stir the mixture until it is smooth and frothy, but do not let it brown; add milk gradually and boil for one minute; then add the seasoning and cheese and the yolks of eggs well beaten. Pour into a bowl and set away to cool; when cold add whites of eggs beaten stiff and light. Turn the mixture into eight individual baking dishes. Place in a shallow pan with a little water in it and bake twelve minutes in a moderate oven.

### CHEESE BALLS

1 cup grated cheese,	Whites of two eggs beaten stiff.
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Mix quickly with spoon; mould with floured hands into balls. Fry in deep lard in a basket; drain on a cloth. Served with salads.

### CHEESE STRAWS

3 heaping tablespoonfuls sifted flour,	$\frac{1}{4}$ teaspoonful salt,
3 heaping tablespoonfuls Parmesan cheese,	$\frac{1}{4}$ teaspoonful cayenne pep- per,
1 heaping tablespoonful butter,	A slight grating of nutmeg, Yolk of one egg, 1 tablespoonful of milk.

Mix dry ingredients, then add milk, then egg and butter (melted). Mix well with a spoon; when smooth divide it into two parts and roll these thin. Cut into narrow strips three inches long. Bake in slow oven fifteen minutes.

## CHEESE DISHES

---

### CREAM NEUFCHATEL

Put one pat of Neufchatel cheese through a ricer, add a little salt and cayenne pepper, then stir in one tablespoonful of whipped cream and beat until smooth and light. Put in fancy dish in mound shape and pour over it a glass of Bar-le-Duc jelly.

### FROZEN CHEESE

1 cup grated cheese (mild),  $\frac{1}{2}$  cup aspic jelly (made  
 $\frac{1}{4}$  cup cream, whip stiff, partly liquid).

Beat until stiff, then stir in cheese, a pinch of salt, dash of cayenne, a little dry mustard, mix all well together. Put in mould and pack in ice and salt. When ready to use cut in slices and serve with salad. Nice with watercress with French dressing and brown bread.

### CREAM OF ROQUEFORT

2 cups grated or mashed  $\frac{1}{2}$  saltspoonful cayenne pep-  
Roquefort cheese, per.  
 $\frac{1}{2}$  cup Madeira or sherry 1 tablespoonful whipped  
wine, cream.

Mix cheese, wine and pepper together, add the whipped cream and stir until smooth. Place in dish and sprinkle lightly with paprika.



## CHEESE DISHES

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### CHEESE CROQUETTES

3 tablespoonfuls butter,      2 eggs,  
5 tablespoonfuls flour,       $1\frac{1}{2}$  cups grated cheese (New  
 $\frac{3}{4}$  cup milk,      York).

Rub together butter and flour, add three-fourths cup of milk, stir over the fire until boiling, then stir in the yolks of eggs and the grated cheese; as soon as cheese melts, remove from the stove; season with salt, pepper and paprika; then spread on shallow pan to chill; then form in croquette shape; roll in egg and bread crumbs; fry in deep lard a golden brown.

### CHEESE TART

1 pat Neufchatel cheese.       $\frac{1}{4}$  teaspoonful salt,  
 $\frac{1}{4}$  teaspoonful paprika,      3 teaspoonfuls cream.

Put cheese through a ricer and mix with the other ingredients until smooth and light; put the cheese around the edges of oval or square crackers, leaving a space in the center for a little Bar le Duc, Sunlight strawberry or gooseberry, East Indian Chutney pickle. Will serve twelve people.

### CHEESE MUFFINS

2 tablespoonfuls butter,      1 cup grated American  
2 tablespoonfuls flour,      cheese,  
 $\frac{2}{3}$  cup milk,      4 eggs, beaten separately.

Beat in whites last. Bake in popover pans for 30 minutes.

## CHEESE DISHES

---

### CHEESE CRACKERS

1 pound mild N. Y. cream cheese.	1½ tablespoonfuls Worcestershire sauce,
1 egg (not beaten),	Butter size of a walnut,
½ cup cream,	Pinch salt,
	Pinch mustard.

Put all in a bowl and stir with a fork until smooth and about the consistency of whipped cream. Make little pyramids of the mixture, one-half or two inches high, on square salted crackers; place on a shallow tin and put under gas broiler, with the blaze turned low. As soon as they bubble they are done. They must not brown. Serve immediately. Serves sixteen people.









# CAKE

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## LAYER OR LOAF CAKE

5 eggs,	1 teaspoonful baking powder,
2 cups sugar,	
3 cups flour,	2 teaspoonfuls any flavoring desired.
1 cup milk,	
$\frac{1}{2}$ cup butter,	

Cream butter and sugar together, then add yolks of eggs, beaten light; then milk, flour with baking powder sifted in, then whites of eggs, beaten stiff, and flavoring. Good for dessert with wine sauce.

## ANGEL FOOD

12 eggs (whites only),	1 teaspoonful cream of tartar,
1 cup flour (measure before sifting, sift five times),	1 teaspoonful vanilla.
$1\frac{1}{2}$ cups sugar (measure before sifting, sift five times),	

Take the finest granulated sugar; beat eggs to a stiff froth, then add sugar gradually, beating all the time; put in flour lightly with cream of tartar. Bake fifty minutes in moderate oven.

## NUT CAKE

Walnut and hickory nut made like recipe of first white cake (page 88), with one and one-half cups of chopped nuts rolled in a little flour.

# CAKE

---

## WHITE CAKE

6 eggs (whites),	1 cup milk.
$\frac{3}{4}$ cup butter,	1 teaspoonful baking
3 cups flour (sifted before	powder.
measuring),	1 teaspoonful vanilla.
2 cups sugar,	

Cream butter and sugar together, then add milk, flour with baking powder, then lastly whites of eggs, beaten stiff. Bake and try with a broomstraw; if it comes out clean it is done, if not, bake a few minutes longer.

Same can be used for hickory nut or walnut cake. One and one-half cups nuts are required.

## WHITE CAKE

$1\frac{1}{2}$ cups pulverized sugar,	Whites of 8 eggs.
$\frac{1}{2}$ cup butter (scant),	1 teaspoonful baking pow-
$\frac{2}{3}$ cup milk,	der.
2 cups flour (measure, then	1 teaspoonful vanilla or
sift four times),	almond.

Beat butter and sugar to a cream (fifteen minutes), then add milk and as soon as possible mix in the eggs and flour alternately until it is all in. Bake in a rather slow oven for forty minutes or one hour.

## WHITE CAKE

Whites of 9 eggs,	1 teaspoonful baking
$1\frac{1}{2}$ cups pulverized sugar,	powder.
$2\frac{1}{2}$ cups sifted flour	$\frac{1}{2}$ cup milk,
(sifted four times),	Flavor with vanilla.
$\frac{1}{2}$ cup butter,	

Beat butter and sugar to a cream, then add milk, flour and baking powder; lastly whites of eggs, beaten stiff. Bake forty minutes in a moderate oven.



# CAKE

---

## WHITE CAKE

$\frac{1}{2}$ pound butter,	$\frac{1}{2}$ pint of milk,
$\frac{1}{2}$ pound granulated sugar,	$\frac{3}{4}$ teaspoon baking powder,
$\frac{3}{4}$ pound flour,	Flavor to taste.
5 whites of eggs,	

Cream butter and sugar, very light. Mix flour and baking powder by sifting together. Add whites well beaten to the sugar and butter; then the milk, and last the flour. Beat all well and bake in a moderately hot oven.

## FRUIT CAKE

2 pounds flour,	2 dozen eggs,
2 pounds brown sugar,	1 tablespoonful cloves,
2 pounds butter,	1 tablespoonful cinnamon,
3 pounds stoned raisins,	1 tablespoonful allspice,
4 pounds currants,	1 tablespoonful mace,
1 pound citron,	3 nutmegs (grated),
1 pound lemon peel,	$1\frac{1}{2}$ cups brandy,
1 pound fig paste,	1 cup brown sherry,
$\frac{1}{2}$ pound almonds (all	1 teacup molasses.
chopped fine),	1 teacup currant jelly.

Makes twenty-two pounds of cake.

Cream butter and sugar together, then add brandy and almonds, beat until smooth, then well beaten yolks of eggs, then jelly (melted), then whites of eggs. Take part of the flour and roll the fruit in it, then take remainder of the flour and beat in the mixture lightly. Bake three hours.

# CAKE

---

## FRUIT CAKE NO. 2

1 $\frac{1}{4}$ pounds butter,	1 pound brown sugar,
1 pound browned flour,	11 eggs,
$\frac{1}{2}$ cup dark molasses,	4 pounds seeded raisins,
2 pounds currants,	$\frac{1}{2}$ pound citron,
$\frac{1}{2}$ dozen black dates,	3 figs,
$\frac{1}{2}$ cup Brazil nuts, ground fine,	$\frac{1}{2}$ glass currant jelly,
	$\frac{1}{2}$ glass brandy.

Nine glasses grape juice to darken; grated rind and juice of lemon; spices to taste. Made like Fruit Cake No. 1.

## CHOCOLATE CAKE

2 cups granulated sugar,	1 teaspoonful cloves,
$\frac{1}{2}$ cup butter,	1 teaspoonful vanilla,
1 cup milk,	2 teaspoonfuls baking powder,
3 cups flour (level),	$\frac{1}{2}$ teaspoonful nutmeg,
5 eggs, beaten together,	$\frac{1}{2}$ cup chopped walnuts in cake.
3 squares of Baker's choc- olate, melted,	
2 teaspoonfuls cinnamon,	

Bake in two thick layers. Put one cup nuts chopped in frosting. Half this recipe makes an ordinary sized cake.

## CHOCOLATE FROSTING

Use twice the recipe for boiled icing. Melt one-half cake Baker's chocolate in granite cup over teakettle while making the icing, mix together, flavor with teaspoonful vanilla, spread between layer cake.

# CAKE

---

## POUND CAKE

1 pound eggs (nine or ten to a pound),	1 pound flour,
1 pound sugar (fine granulated),	$\frac{3}{4}$ pound butter,
	$\frac{1}{2}$ pound citron.
	1 wine glass of brandy.

Beat butter to a cream, then add sugar and beat fifteen minutes or until it is perfect cream; beat eggs separately, then add yolks, then flour and whites of eggs alternately; brandy and citron last. Bake one and one-half hours.

## PLAIN LAYER CAKE

$\frac{1}{2}$ cup butter,	1 cup milk,
2 cups sugar,	1 teaspoonful baking powder,
3 cups flour,	Flavor to taste.
4 eggs,	

Cream half the butter with the sugar, other half with yolks of eggs, then mix together, then add milk and flour (sifted four times), put baking powder in the last sifting; lastly the whites of eggs, beaten light. Can be used for chocolate, cocoanut, jelly, cream or lemon layer cake.

## SPICE CAKES

1 cup butter,	1 teaspoonful ground cinnamon,
2 cups sugar, brown.	$\frac{1}{2}$ teaspoonful ground cloves,
3 cups flour, sifted,	$\frac{1}{2}$ teaspoonful nutmeg.
1 cup milk,	2 teaspoonfuls baking powder.
4 eggs,	
1 cup seeded raisins,	

Cream butter and sugar, put in eggs beaten together, milk, spices, put in flour with baking powder, one cup raisins rolled in a little flour. Bake in muffin pans.

## CAKE

---

### SUNSHINE CAKE

11 eggs, whites,	Yolks of six eggs,
1½ glasses sugar, pulverized,	1 teaspoonful cream of
sift three times,	tartar,
1½ cups flour, sifted three	2 teaspoonfuls lemon or
times,	vanilla.

Cream yolks and sugar together light, then add whites beaten stiff, and flour alternately, then flavoring. Bake fifty minutes to an hour.

### LADY CAKE

1 pound flour, four cups,	Whites of 21 eggs,
1½ pounds sugar, three	Rind of two lemons,
cups,	Juice of one lemon.
9 ounces butter, 1¼ cups,	

Cream butter and sugar, then put in flour and eggs alternately, then flavoring. Bake one and one-half hours in moderate oven.

### GINGERBREAD

1 cup sour milk,	1 teaspoonful cinnamon,
½ cup molasses,	1 teaspoonful soda dissolved
2 eggs,	in two teaspoonfuls of
2 teaspoonfuls ginger,	water,
	2 cups flour.

# CAKE

---

## JELLY ROLL

4 eggs, beaten separately,     $\frac{1}{2}$  teaspoonful baking powder  
1 cup pulverized sugar,       if the eggs are not per-  
2 tablespoonfuls cold       fectly fresh,  
water,                           Juice of one lemon.  
1 cup flour, measure after  
sifting,

Beat yolks of eggs light, put in sugar, water and flour gently; lastly whites of eggs beaten stiff; flavor with the lemon juice. Bake in a hot oven quickly and spread with soft jelly, and roll. Bake in an oblong dripping pan.

## DOUGHNUTS

2 cups sugar,	1 teaspoonful cream of
7 tablespoonfuls melted	tartar,
lard,	1 nutmeg,
4 eggs,	Salt,
1 pint sour milk,	Flour enough to roll out
1 teaspoonful soda,	and cut.

## DOUGHNUTS NO. 2

1 large spoonful butter,	$\frac{1}{4}$ teaspoonful soda in water,
3 eggs,	or 2 teaspoonfuls baking
1 level cup sugar,	powder,
2 cups skim milk, sweet,	Flour enough to roll out well,
$\frac{1}{2}$ nutmeg,	$\frac{1}{2}$ teaspoonful cinnamon.

## DOUGHNUTS NO. 3

1 tablespoonful butter,	$\frac{1}{2}$ nutmeg, grated,
2 eggs,	3 level teaspoonfuls baking
$\frac{1}{2}$ teaspoonful salt,	powder,
4 cups flour,	1 small cup milk.

Sift flour, baking powder, salt, and nutmeg four times; then mash in butter; then milk and eggs well beaten together.

# CAKE

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## SOPAPILLAS—MEXICAN CAKES

Put into a bowl about  $1\frac{1}{2}$  pints of sifted flour. Make a hole in it and drop in one teaspoonful of baking powder, a little salt, one egg, a tablespoonful of lard. Mix all together with water enough to make a soft dough for rolling out. Roll into a thin sheet. Cut with a biscuit cutter and fry in hot lard as doughnuts. To make them puff up tap them on the top with a spoon and dip over them the hot lard. When done they should be like a ball and perfectly hollow. This will make two dozen.

## COOKIES

7 eggs,	Sprinkle with a little sugar,
2 cups sugar,	1 tablespoonful caraway
1 cup butter,	seeds.
Flour enough to make a	
dough soft enough to	
roll out,	

## COOKIES

$\frac{1}{2}$ cup butter,	2 eggs,
1 heaping cup sugar,	Flavor to taste,
1 cup sour milk,	Flour enough to roll soft.
$\frac{1}{2}$ teaspoonful soda,	

## COOKIES

4 eggs,	$\frac{1}{4}$ cup sweet milk,
$\frac{1}{2}$ cup butter,	$\frac{1}{4}$ teaspoonful soda,
$\frac{1}{2}$ cup of lard,	2 tablespoonfuls caraway
2 cups of granulated sugar,	seeds.

Flour enough to roll out, about two cups or a little more. Longer these are kept the better they are.

# CAKE

---

## NUT COOKIES FOR TEA

One cup of English walnuts chopped, but not too fine ; one egg, one cup of brown sugar, butter the size of an egg, one tablespoonful of flour, one teaspoonful of vanilla, mix ; drop the batter from a teaspoon on buttered tins, not too close ; bake in moderate oven.

## EGGLESS COOKIES

1 large cupful of butter	1 tablespoonful each of
and lard mixed,	cinnamon, cloves, ginger
1 cup of sugar,	and soda,
1 cup of molasses,	Flour enough for a stiff
$\frac{1}{2}$ cup of water,	dough.

Pour a little boiling water over the soda to dissolve it before adding to the mixture. Mix the ingredients **thoroughly** and roll a little thinner than sugar cookies. Will keep for weeks in closed jar.

## SOFT GINGERBREAD

1 cup of molasses,	1 egg,
$\frac{1}{2}$ cup of butter (scant),	1 teaspoonful ginger.
1 cup of warm water,	$1\frac{1}{2}$ teaspoonfuls soda.
2 cups of flour,	2 even tablespoonfuls sugar.

Put the soda and ginger in the flour and sift it, then put together in the following order: Molasses, sugar, melted butter, water, egg (beaten) and flour. Do not stir ingredients until the flour is put in, then stir all well together, but not too long, as it is nicer to get it into the oven as quickly as possible. Bake in moderate oven.



# CAKE

---

## GINGERBREAD

- |                                   |   |
|-----------------------------------|---|
| $\frac{1}{4}$ cup butter,         | 1 teaspoonful mixed spices              |
| 1 cup granulated sugar,           | (cinnamon, cloves, mace,                |
| 1 cup N. O. molasses,             | allspice and a dash of                  |
| 1 cup sour milk,                  | pepper),                                |
| $\frac{3}{4}$ cup flour,          | 1 egg (yolk and white                   |
| Pinch salt,                       | beaten together),                       |
| $\frac{1}{2}$ teaspoonful ginger, | $\frac{1}{4}$ tablespoonful soda, mixed |
|                                   | well with molasses and                  |
|                                   | sour milk.                              |

Sift flour, salt and spices together.

## WASHINGTON APPLE CAKE

- |  |   |
|--|---|
| $\frac{1}{2}$ cup butter,                | $1\frac{1}{2}$ teaspoonfuls ground cin- |
| 1 cup sugar,                             | namon,                                  |
| $2\frac{1}{2}$ cups flour, sifted twice, | 1 teaspoonful ground nut-               |
| 1 cup raisins, seeded and                | meg,                                    |
| chopped,                                 | 1 teaspoonful ground                    |
| 1 cup walnuts or hickory                 | cloves,                                 |
| nuts chopped,                            | 2 even teaspoonfuls soda.               |
| $1\frac{1}{2}$ cups apple sauce, with-   |   |
| out sugar,                               |   |

Stir butter and sugar to a cream, then add flour and apple sauce (with soda stirred in) alternately; then nuts and raisins, rolled in part of the flour; then spices and a pinch of salt. Bake sixty minutes in slow oven.



# CAKE

---

## MOCHA TART

1 cup granulated sugar,	1 teaspoonful baking powder, with flour,
5 eggs (yolks),	
1½ teaspoonfuls Mocha extract,	Add 5 beaten whites of eggs.
1 cup sifted flour,	

Bake five to ten minutes in three layers.

### Filling

One pint of cream whipped stiff and sweetened to taste.

### Icing

1 cup confectioners' sugar,	1½ teaspoonfuls Mocha extract.
-----------------------------	--------------------------------

Stir well with sugar and add cold water, one teaspoonful at a time, until thin enough to spread.

## CHOCOLATE SPONGE CAKE

### Part 1

1 egg and yolk of another,	1¼ cups flour,
½ cup of sugar,	1 small teaspoonful soda,
½ cup milk,	½ teaspoonful salt.

### Part 2

A little more than ¼ cake	½ cup sugar,
Baker's chocolate,	½ cup milk.

Let this come to a boil and mix with the above; bake in four layers in moderate oven. Put together with boiled frosting. **Don't add any more flour.**

# CAKE

---

## CHOCOLATE CAKE

- |                                       |                           |
|---------------------------------------|---------------------------|
| $1\frac{1}{2}$ cups of sugar,         | 3 eggs beaten separately, |
| $\frac{1}{2}$ cup of butter,          | Vanilla to taste,         |
| $2\frac{1}{2}$ cups of milk,          | 2 teaspoonfuls of baking  |
| $1\frac{3}{4}$ cups of flour,         | powder.                   |
| $\frac{1}{2}$ cake Baker's chocolate. |                           |

Scrape the chocolate fine, add five teaspoonfuls of sugar and three teaspoonfuls of boiling water. Stir over fire until smooth, then stir into the beaten yolks of eggs and sugar, then add milk, flour and whites of eggs, well beaten.

## DEVIL'S FOOD CAKE

- |                                       |                                       |
|---------------------------------------|---------------------------------------|
| 1 cup brown sugar,                    | $\frac{3}{4}$ cup boiling water (or 1 |
| $\frac{1}{4}$ cup butter creamed with | cup boiling water, $\frac{1}{2}$ tea- |
| sugar,                                | spoonful soda added to $\frac{1}{2}$  |
| $\frac{1}{4}$ cup sour milk,          | teaspoonful baking pow-               |
| 1 scant teaspoonful soda,             | der in flour),                        |
| 2 squares melted chocolate,           | $1\frac{1}{4}$ cups flour,            |
|                                       | 1 egg, beaten whole.                  |

Bake in loaf or layer.

## KENTUCKY JAM CAKE

- |                             |  |
|-----------------------------|--|
| Cream together 1 cup but-   | $\frac{1}{2}$ teaspoonful each of cloves |
| ter and 1 cup sugar,        | and allspice,                            |
| 5 tablespoonfuls sour cream | $3\frac{1}{2}$ cups flour,               |
| in which has been dis-      | 1 cup blackberry jam.                    |
| solved 1 teaspoonful soda,  |  |

# CAKE

---

## MOCHA NUT CAKE

$\frac{1}{2}$ cup of butter,	1 cup chopped nuts,
1 cup sugar,	1 teaspoonful baking
$1\frac{1}{2}$ cups flour,	powder,
$\frac{1}{2}$ cup cold coffee,	Whites of 3 eggs.

Cream butter and sugar, thoroughly; stir in coffee and flour, smoothly; then eggs and nuts rolled in a little flour. Bake slowly.

## CREAM MOCHA CAKE

$1\frac{1}{4}$ cups of granulated sugar,	1 teaspoonful of baking powder (heaping).
$\frac{3}{4}$ cup of strong coffee,	4 eggs beaten together
$1\frac{3}{4}$ cups of flour before sifting (sift 3 times),	very light.

Mix all the ingredients together except one-half cup of the flour, into which sift the baking powder and add this very lightly at the last.

### Filling

2 cups whipping cream, beaten very stiff,	Add $\frac{1}{2}$ cup very strong coffee, slightly sweetened; beat well into cream.
--	---

### Boiled Icing

$1\frac{1}{2}$  cups granulated sugar,  $\frac{3}{4}$  cup strong coffee.

Boil together until ropy. White of one egg beaten light; stirred slowly into syrup. Make in three layers, filling between, icing over all.

# CAKE

---

## ORANGE LAYER CAKE

- |                               |                            |
|-------------------------------|----------------------------|
| 1 tablespoonful butter,       | 1 cup sugar,               |
| 2 cups flour,                 | $\frac{1}{2}$ cup milk,    |
| 2 teaspoonfuls baking powder, | Orange flavoring to taste. |

## Custard for Cake

- |                    |                          |
|--------------------|--------------------------|
| 1 egg,             | $\frac{1}{2}$ cup sugar, |
| 1 pint sweet milk, | A little butter.         |

## SPONGE CAKE

- |                         |                              |
|-------------------------|------------------------------|
| 3 eggs,                 | 1 coffee cup sugar,          |
| 1 cup flour,            | 1 teaspoonful baking powder. |
| 1 saltspoonful of salt, |                              |

Beat eggs very light; pour into this mixture one-half cup of boiling water and beat five minutes. Bake in moderate oven half an hour; add one-half teaspoonful of vanilla.

## ROCKS

- |                              |                            |
|------------------------------|----------------------------|
| 1 cup butter,                | 1 teaspoonful soda,        |
| $1\frac{1}{2}$ cups sugar,   | 1 teaspoonful cinnamon,    |
| 3 cups flour,                | 1 teaspoonful nutmeg,      |
| 2 cups raisins (chopped),    | 1 pound English walnuts    |
| $\frac{1}{4}$ cup hot water, | (before shelled), chopped. |

Drop with a teaspoon.

# CAKE

---

## CREAM SCONES

2 cups flour,	2 teaspoonfuls baking
3 eggs,	powder,
2 tablespoonfuls butter,	$\frac{1}{2}$ teaspoonful salt,
	$\frac{1}{3}$ cup cream.

Sift dry materials together; work in the butter with the fingers; beat eggs well and add to the cream; stir this into the dry materials and butter; roll out three-fourths of an inch thick; cut into diamond shape; brush over with white of egg slightly beaten; sprinkle with powdered sugar.

## OAT MEAL COOKIES

1 cup white sugar,	$1\frac{1}{2}$ teaspoonfuls extract
2 eggs,	vanilla,
1 teaspoonful baking	$\frac{1}{2}$ teaspoonful salt,
powder,	2 large cups rolled oats,
	1 tablespoonful butter.

Cream butter and sugar together, add rolled oats, then eggs well beaten; mix thoroughly. Drop on a well greased pan with a teaspoon, quite a distance apart. Bake in a quick oven, as they burn very easily.

## BROWNIES—COOKIES

1 cup sugar,	$\frac{1}{2}$ cup flour,
$\frac{1}{2}$ cup melted butter,	$\frac{1}{2}$ cup broken walnuts,
2 squares Baker's choco- late.	2 eggs, beaten together.

# CAKE

---

## COFFEE CAKE

- |                                 |                             |
|---------------------------------|-----------------------------|
| 1 cup sugar,                    | $\frac{1}{2}$ cup molasses, |
| 2 cups flour,                   | 1 teaspoonful cinnamon,     |
| $\frac{1}{2}$ cup cold coffee,  | 1 teaspoonful ground        |
| 1 teaspoonful nutmeg,           | cloves,                     |
| $\frac{1}{4}$ teaspoonful soda, | 1 cup chopped raisins.      |
| $\frac{1}{2}$ cup butter,       |                             |

## “BROTHORTE”

(A Delicious German Cake)

- |  |                                   |
|--|-----------------------------------|
| Yolks of 12 eggs beaten                | or chopped very fine.             |
| with 2 cups of powdered                | $\frac{1}{4}$ pound of chocolate, |
| sugar,                                 | grated,                           |
| 2 loaves of rye bread—                 | Juice and rind of 1 lemon.        |
| 5 cent loaves—grated                   | Juice of an orange.               |
| fine and sifted to make                | Small teaspoon of allspice        |
| 2 small heaping cups of                | and cinnamon.                     |
| crumbs after sifting.                  | $\frac{1}{2}$ teaspoon of cloves. |
| $\frac{1}{4}$ pound of almonds grated. | $\frac{1}{2}$ cup of brandy.      |
| $\frac{1}{4}$ pound of citron grated   |                                   |

Mix crumbs, chocolate, citron and lemon peel together, then add to eggs and sugar. Beat whites of eggs and add to above. Add brandy last and bake in a **very** slow oven one hour.

## GOOD MOLASSES CAKE

- |                                |                                     |
|--------------------------------|-------------------------------------|
| 1 cup New Orleans mo-          | 2 $\frac{1}{2}$ cups flour,         |
| lasses,                        | 1 egg,                              |
| $\frac{1}{2}$ cup cold water,  | 2 teaspoonfuls soda, even,          |
| $\frac{1}{2}$ cup brown sugar, | $\frac{1}{2}$ teaspoonful ginger,   |
| $\frac{1}{3}$ cup butter,      | $\frac{1}{2}$ teaspoonful cinnamon. |

# CAKE

---

## WHITE CAKE

2 cups of sugar,	1 cup of sweet milk,
$\frac{1}{2}$ cup of butter,	3 small teaspoonfuls of
3 cups of flour,	baking powder sifted in
Whites of 4 eggs,	the flour.

Cream butter and sugar, then stir in milk and flour a little at a time; add the beaten whites last and flavor to taste. Bake about 45 minutes.

## GOLD CAKE

2 cups of sugar,	Yolks of 4 eggs,
$\frac{3}{4}$ cup of butter,	2 teaspoonfuls of baking
1 cup of milk,	powder sifted in the
3 cups of flour,	flour; flavor to taste.

Mix as usual and bake about forty-five minutes.

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All cakes and preserves in this book can be made with beet sugar as well as cane.













## FILLINGS

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### ICING—BOILED

1 cup granulated sugar,       $\frac{1}{2}$  cup water,  
White of 1 egg.

Boil sugar and water like candy, try in water, when hard enough to form a soft ball it is done. Beat white of egg until stiff, then add the syrup while hot, beating all the time until it gets hard enough to spread and becomes pure white. Once the recipe will be enough for loaf cake and twice the recipe for layer cake.

### COCOANUT FILLING

Use boiled icing the same as for loaf or layer cake, sprinkle each layer liberally with freshly grated or dry cocoanut.

### FIG FILLING

$\frac{1}{2}$  pound fresh figs,      Juice of  $\frac{1}{2}$  lemon or  
1 cup sugar,       $\frac{1}{2}$  wine glass sherry wine.

Chop figs fine, soak one night in enough water to cover them, boil tender next day, put in sugar, cook until smooth enough to spread nicely, then add flavoring.

### NUT FILLING

Make boiled frosting like former recipe, add one-fourth teaspoonful tartaric acid dissolved in a teaspoonful of boiling water to the syrup as you take it from the stove. Beat syrup in whites of eggs, chop one pound walnuts fine, reserve enough whole nuts to put on top, spread nuts one-fourth inch thick in icing.

## FILLINGS

---

### LEMON JELLY FILLING

One cup sugar, one-half cup butter, two lemons, grated rinds and juice, yolks of three eggs, one cup boiling water, one and one-half tablespoonfuls flour.

Cream butter and sugar, add flour, yolks beaten light, lemon juice and lastly water, put on the stove and boil until thick and smooth enough to spread on layer cake.

Orange filling is made in the same way, using one orange, rind and juice together.







## DESSERTS

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### LEMON JELLY

1 cup cold water poured	Juice 2 lemons, rind of 1,
over $\frac{1}{2}$ box Knox's	$2\frac{1}{2}$ cups boiling water,
gelatine,	2 cups sugar.

Stir all together, boil gelatine, water, lemon and rind, and sugar on stove, strain through jelly bag. Orange jelly made in the same way.

### WINE JELLY

2 pounds white sugar, 4	$1\frac{1}{2}$ pints boiling water,
cups,	Juice of 2 lemons,
1 pint sherry wine,	Grated peel of 1,
1 pint cold water,	2 sticks of cinnamon.
1 package Knox's gelatine,	

Soak gelatine thirty minutes in the cold water, mix all the other ingredients with the gelatine, pour on boiling water, then wine, boil ten minutes, then strain through jelly bag in jelly moulds previously dipped in cold water and set away on ice to get cold. Can be made in the morning for dinner at six o'clock, or for next day.

### FRUIT JELLY

The above jelly is delicious with

12 muscat grapes,	1 mandarin orange divided
$\frac{1}{2}$ of a banana, sliced,	in pieces, or $\frac{1}{2}$ of a large
$\frac{1}{2}$ cup chopped nuts,	orange.

Dropped in when jelly is half cold. Serve with cream.

## DESSERTS

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### PRUNE JELLY

1 pound dried prunes,	2 cups sugar,
$\frac{1}{2}$ cup sherry wine,	$\frac{1}{2}$ box Knox's gelatine,
3 figs chopped fine,	$1\frac{1}{2}$ quarts cold water,
1 teaspoonful lemon juice.	

Wash prunes, boil prunes and figs in water mentioned above until tender enough to mash through a colander, leaving all the juice in, soak gelatine in one-fourth cup cold water half an hour. Put all the ingredients together, let them come to a boil, put in a mould previously dipped in cold water set away to get cold. Served with whipped cream around it is delicious.

### COFFEE JELLY

1 quart clear coffee.	1 cup cold water,
$\frac{1}{2}$ box Knox's gelatine,	2 cups sugar.

Soak gelatine in cold water one-half hour, put in sugar, then coffee, let all come to a boil, strain through a jelly bag, put in a mould dipped in cold water.

### SPANISH CREAM

3 pints milk,	6 eggs,
1 ounce Knox's gelatine,	8 tablespoonfuls sugar.

Pour milk over gelatine to soak one hour, let it come to a boil, then add eggs and sugar beaten light, when almost cold pour mixture over whites of eggs which have been beaten stiff, flavor with two tablespoonfuls of rum or vanilla. Pour in moulds dipped in cold water.

## DESSERTS

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### ORANGE BAVARIAN CREAM

$1\frac{1}{2}$  pints whipping cream,      3 yolks of eggs,  
 $\frac{1}{2}$  pint orange juice,       $2\frac{1}{2}$  teaspoonfuls Knox's  
1 large cup sugar,      gelatine.  
 $\frac{1}{2}$  cup cold water.

Soak gelatine in the cold water twenty minutes. Grate rind of two oranges, put the juice and sugar in bowl and let it stand until needed. This should be done first. Then whip the pint of cream stiff. Take the half pint of cream, put in a double boiler, beat the yolks light, add when the cream is hot, stir until it coats the spoon, put in the soaked gelatine, stir until dissolved, put into a bowl, stir the mixture until it thickens, then add the orange juice, grated rind and sugar, stir this constantly until it thickens, then add the whipped cream. Continue to stir until quite thick, just so it can be poured in a mould.

### CHARLOTTE RUSSE

1 quart whipping cream,       $\frac{1}{2}$  box Knox's gelatine,  
1 cup granulated sugar,      soaked  $\frac{1}{2}$  hour in  $\frac{1}{2}$   
1 tablespoonful vanilla,      cup water.

Put bowl of cream on pan of ice when you whip it; when whipped stiff sprinkle with the sugar and vanilla. Put gelatine and water in a granite cup to soak, then dissolve over teakettle, just warm enough to pour easily. Beat all the time while putting in the gelatine, when partially set pour in moulds (dipped in cold water). If you desire you can line the moulds with lady fingers. Will serve ten people.

## DESSERTS

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### ORANGE SOUFFLÉ

1 pint orange juice,	Yolks of 5 eggs,
1 pint sugar,	$\frac{1}{2}$ box gelatine softened with
1 pint rich cream,	a little cold water and
whipped,	steamed over teakettle.

Beat yolks and sugar to a cream, add orange juice and gelatine. When mixture begins to thicken (not before), mix in whipped cream thoroughly. Put in melon mould on ice for four or five hours. Serve with a border of whipped cream.

### PINEAPPLE CHARLOTTE

Make a plain charlotte and add a teacupful of grated pineapple the last thing. Candied fruits chopped fine are nice put in it as a change.

### CHOCOLATE SURPRISE

Melt two cakes of sweet chocolate in the upper part of the double-boiler; remove from the fire, add two tablespoonfuls of boiling water, three tablespoonfuls of confectioner's sugar, the well-beaten yolks of four eggs, and lastly the egg whites stiffly whipped. Place a layer of split lady fingers in a small bread pan that has been lined with waxed paper, and over this pour half of the chocolate mixture; add a layer of nut meats, then arrange another layer of the lady fingers and add the rest of the chocolate. Prepare this dessert the day before you wish to use it and set it in the refrigerator until serving time. Serve with sweetened whipped cream slightly flavored with vanilla.

## DESSERTS

## FLOATING ISLAND

1 pint milk,  $\frac{1}{2}$  cup sugar,  
3 eggs, beaten separately, 1 stick cinnamon.

Boil milk and cinnamon together, beat whites of eggs very stiff and drop in spoonfuls on boiling milk to cook one minute on one side, then the other. Beat the yolks and sugar together, then take whites and lay aside on a plate, make custard of the milk and eggs together, boil five minutes, put in a dish with white of egg on top.

## CRUMBLIED TARTS

1 cup chopped dates,  
2 eggs,  
1 teaspoonful baking  
powder,

1 cup chopped pecans,  
1 cup sugar.

Mix baking powder with sugar, add dates, eggs and pecans. Bake in oven thirty minutes, in large, flat pan; when cold, break in small pieces. Serve in sherbet glasses with whipped cream on top.

## NESSSELRODE PUDDING

Make New York ice cream and add one pint boiled chestnuts mashed through a sieve, also candied fruits chopped fine, and a tablespoonful of rum the last thing.

## DESSERTS

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### SULTANA ROLL

Line a one-pound baking powder can with pistachio ice cream, sprinkle with sultana raisins soaked in brandy or sherry wine one hour; flavor and sweeten to taste and fill the center with whipped cream; cover with ice cream, pack in ice and salt; let stand two hours. Serve with claret sauce made as follows: One cup sugar, one-half cup claret, cook ten minutes.

### CAFE PARFAIT AND CAFE PRALINE

Put the yolks of five eggs into saucepan, beat them light; add three tablespoonfuls of sugar syrup and four tablespoonfuls of strong black coffee. Stir the mixture over a slow fire until it is enough thickened to make a thick coating on the spoon. Turn it into a bowl and beat until it is cold and light. If making cafe praline, add three tablespoonfuls praline powder, mix in lightly a pint of cream whipped to a stiff froth; if any liquid has drained from the cream do not let it go in. Turn the mixture into a mould holding three pints, and pack in ice and salt for four hours.

### PRALINE POWDER

Put one and a half cupfuls of sugar and half a cupful of water into a saucepan on the fire; stir until the sugar is well dissolved, then add a cupful of shelled almonds and a cupful of shelled filberts, without removing the skins. Let it cook without touching until it attains a golden color, the caramel stage; turn it on to a slab or oiled dish. When it is cold pound in a mortar to a powder. Keep the praline powder in an air-tight jar, ready for use.—From Century Cook Book.

## DESSERTS

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### PINEAPPLE ICE CREAM

1 can pineapple (grated)	3 cups sugar,
or any fruit mashed fine,	$\frac{1}{2}$ cup sherry wine,
$\frac{1}{2}$ can water,	$\frac{1}{2}$ pound candied cherries,
1 quart rich cream,	chopped fine,
1 pint milk,	$1\frac{1}{2}$ teaspoonfuls pink vege-
3 eggs,	table coloring,
2 tablespoonfuls vanilla.	

Make custard of milk, egg and sugar beaten together. Flavor the pineapple with the wine, when custard is cold put that in next, then the cream, beaten stiff, then coloring, cherries, then freeze, and mould if desired. This amount will serve eighteen people.

### NEW YORK ICE CREAM

1 pint milk,	2 tablespoonfuls vanilla or 2
3 eggs beaten together,	tablespoonfuls rum and
1 quart cream (whipping),	brandy,
	$\frac{3}{4}$ cup sugar.

Make custard of milk and eggs and sugar, boiled together, then flavor and whip cream stiff, mix all together, freeze. Will serve eight people. This cream is delicious with candied fruits all through it. One-half pound, chopped fine, or two cups of fresh or preserved fruit mashed in it, and moulded in form, with candied fruits put all over it as a decoration. Serve in nest of spun sugar.



## DESSERTS

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### COFFEE ICE CREAM

- |              |                             |
|--------------|-----------------------------|
| 1 pint milk, | 1 pint cold strong coffee,  |
| 3 eggs,      | 1 quart rich cream whipped. |
| 1 cup sugar, |                             |

Boil milk, beat eggs and sugar together, put them in milk for custard, let it come to a boil, cool, whip cream stiff, add coffee gently, then custard; freeze. Will serve twelve people.

Chocolate ice cream can be made by adding one-fourth cake Baker's chocolate with one-half cup more sugar, melt over teakettle before using.

### DESSERTS FROZEN WITHOUT CHURNING

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#### ANGEL PUDDING

- |                                     |                                 |
|-------------------------------------|---------------------------------|
| 1 quart whipping cream,             | $\frac{1}{4}$ pound shelled and |
| 1 teacup pulverized sugar,          | blanched almonds.               |
| 1 tablespoonful extract<br>vanilla, |                                 |

Whip cream stiff; then add sugar, vanilla, lastly almonds (shredded lengthwise, **very fine**). Add slowly to the cream. Fill mould with cold water for a minute, then pour out; sprinkle the mould with some of the almonds—about one-third of what you have shredded; put rest of the almonds lightly through the cream. This will make a three-pint mould. Seal the edges of the mould with lard so the ice and salt cannot get in. Pack in a freezer with salt and ice for six hours. Will serve twelve people.



## DESSERTS

(Frozen Without Churning)

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### TRILBY PUDDING

1 pint cream, whipped,      1 cup powdered sugar, mix  
1 pound marshmallows, cut      with cream,  
into small pieces and roll      1 cup chopped (blanched)  
in sugar,      almonds,  
1½ cups maraschino cherries.

Pack in mould in order given in ice and salt.

### RUM PARFAIT

1 cup of sugar,      1 cup of Jamaica rum,  
½ cup of water,      1½ cups of whipping cream,  
Yolks of 4 eggs,

Boil sugar and water together to a thick syrup, let it cool, then put in a double boiler with the well beaten yolks of eggs and cook until thick. Remove from the fire and beat until smooth. Let it stand until thoroughly cold, then stir in the rum and the cream, whipped until it is thick. Put in a mould and pack in ice and salt for three hours.

### BISCUIT GLACE

1 pint cream beaten stiff,      ½ cup sugar,  
18 macaroons rolled to      ¼ cup water,  
powder,      1 teaspoonful vanilla.  
3 eggs,

Boil sugar and water very gently half an hour, beat the eggs light and add to the syrup, put in a pan of water and heat ten minutes, take from the stove and beat until cold, then add the whipped cream. fill little paper boxes with the cream mixture, dust with the macaroon powder, pack the freezer, let it stand while you are making the cream, then fill the freezer with the cases, one on top of the other, with paper between. and let them stand for six hours, when they are ready for serving. This amount will fill twelve small boxes.

## DESSERTS

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### MAPLE MOUSSE

Beat four eggs very light or separately; add gradually, beating all the time, one cup of warm maple syrup; cook in a double-boiler until thick; then add one pint of whipped cream, but first let the eggs and syrup get good and cold. Pack four hours or more, like the above recipe.

### PISTACHIO MOUSSE

2 quarts whipping cream,	3 tablespoonfuls pistachio
1 box Knox's gelatine,	flavoring,
20 cts. worth pistachio	2 tablespoonfuls spinach
nuts,	coloring.
1 cup powdered sugar,	

Dissolve gelatine in one-half cup cold water, then pour one pint hot plain cream on it, whip stiff the remainder of the cream, three pints, and pour the gelatine cream over it, whipping all the time, then add sugar, nuts, chopped fine, then flavoring, stir in well, put in a mould dipped in cold water, pack in a freezer or pail with ice and salt for six hours, serve with preserves around it. Will serve eighteen people.

Raspberry, peach or strawberry mousse are made in the same way as the preceding recipe, except one-fourth cup more of sugar and one and one-half cups of fresh or preserved fruit are added, mashed fine through a colander. In making fruit mousses leave out pistachio nuts and flavoring.

### MARRON MOUSSE

One pint boiled and mashed chestnuts, added to the first or plain mousse, leaving out the pistachio nuts and flavoring, with a little sherry wine, is delicious. Color with two teaspoonfuls of pink vegetable coloring bought at the druggist's.

## DESSERTS

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### PINEAPPLE PARFAIT

1 can sliced pineapple,	1 cup sugar, $\frac{1}{2}$ cup water,
$\frac{3}{4}$ cup sugar syrup,	boil until thick, makes the
Yolks of 4 eggs,	syrup,
$1\frac{1}{2}$ cups whipping cream.	$\frac{3}{4}$ cup juice (pineapple),
	$\frac{1}{2}$ cup pineapple in pieces.

Put two pieces of pineapple on each side of mould and one at either end.

Put in double-cooker three-fourths cup of juice and syrup and beaten yolks of eggs, cook until thick, remove from stove; beat until smooth, then add one-half cup of pineapple cut in small pieces, cold. Whip cream until thick, mix with above; put into mould; pack in ice and salt for three hours.

## DESSERTS

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### PÊCHE MELBA

(Peach)

A slice of white cake half inch thick (cut out in round pieces). A piece of plain ice cream half an inch thick (cut out in round pieces). A medium size brandy peach. Plum or currant syrup seasoned with rum.

First place cake on plate, then ice cream, then brandy peach, then pour fruit syrup over all.

### IMPERIAL RICE

Boil one-half cup rice an hour in plenty of water, strain and allow to cool; then soak one-third of a box of Knox gelatine in some preserve syrup (we use the Batavia pineapple). When dissolved add to rice with two or three tablespoonfuls of the preserve, and sugar to taste. Beat well.

Whip one pint cream, add to rest and stir thoroughly. Turn into mould and place on ice.

### Sherbets

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#### FRUIT SHERBET

1 pint preserved straw-berries,	2 cans or $1\frac{1}{2}$ quarts water,
1 pint preserved rasp-berries,	$\frac{3}{4}$ pint sherry wine,
2 cans grated pineapple,	$\frac{1}{4}$ pint Jamaica rum,
	6 oranges and 6 lemons,
	squeeze juice out,
	4 cups sugar.

Boil sugar and water to a syrup. Put all the preserves through a ricer or sieve, mix all together and freeze, color with two tablespoonfuls of pink vegetable coloring. Will make six quarts, may be a little more. Fresh fruits can be used when in season.

## DESSERTS

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### LEMON SORBET

1 pint lemon juice,	1 quart water in which the
1 pint sugar,	rinds of the lemons have
	stood 3 hours.

Make syrup of sugar and water, put in lemon juice, when partly frozen put in whites of three eggs, beaten stiff. Will serve eight people.

### ORANGE SORBET

Is made in the same way as above, only adding the juice of two lemons, with the juice of six oranges, proceed as above. Can be made of one pint of any fresh fruit put through a ricer.

### MINT SHERBET

Boil four cups of water and two cups of sugar together. Take the leaves from twelve large stalks of mint, bruise them, and add to the hot syrup. Let it stand three hours, then strain and add the juice of two lemons and three tablespoonfuls of creme de menthe and one-half teaspoonful of green vegetable coloring. Freeze and serve before game course.

### CANTALOUPE SHERBET

2 large cantaloupes,	$\frac{1}{2}$ cup sherry wine,
$\frac{1}{2}$ cup of sugar (for 1 pint	Juice of half a lemon,
pulp),	$\frac{1}{4}$ teaspoonful salt.

Scrape pulp from the rind after removing the seeds and pass through a potato ricer. Add the salt, sugar, wine and lemon juice and freeze. Remove the dasher and let it stand until ready to serve.

## DESSERTS

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### FRUIT PUNCH

Take equal parts of orange, maraschino cherries, strawberries, pineapple and bananas, cut the large fruit in small pieces, put all together and put in punch glasses. Over each pour a teaspoonful of sugar syrup and a table-spoonful of maraschino, or sherry and brandy mixed. Shaddocks may be used instead of oranges. To be served as the first course of a luncheon.











# BREAD

---

## GOOD WHITE BREAD

- |                                 |   |
|---------------------------------|---|
| 2 Hunter sifters full of flour, | 1 tablespoonful butter or lard,   |
| 1 medium sized potato, boiled,  | 1 cake Fleischmann's compressed yeast dissolved in one coffee cup full of warm water, |
| 1 tablespoonful salt,           |   |
| 1 tablespoonful sugar,          |   |
| 1 quart of boiling water.       |   |

Sift the flour into the bread pan and take from it a large cupful, put in a two-quart dish and add the sugar, salt and butter, mix well together, then add the hot boiled potato rubbed through sieve or ricer, and stir in the boiling water very slowly; let it stand until luke-warm and then stir in the water with yeast dissolved in it. Make a hole in the flour in the bread pan, pour the sponge in and let it stand in a warm place until light, or about two hours. When light mix twenty minutes, cover and set away over night in a cool place. In the morning make into loaves and let them rise until they have doubled in size. Glaze the tops of the loaves with milk and bake one hour. This makes three large or four small loaves.

## GRANDMA'S BROWN BREAD

- |                           |                             |
|---------------------------|-----------------------------|
| 1 large cup bread sponge, | 1 large cup N. O. molasses, |
| 1 large cup sweet milk.   | A little salt.              |

Mix all together and then stir in enough graham flour to make a stiff batter (two cups or a little more).

Put in buttered two-quart pail and let it rise. When light steam three hours, then put in the oven long enough to brown.

# BREAD

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## CORN BREAD

- |                              |                         |
|------------------------------|-------------------------|
| 1 cup flour,                 | 1 tablespoonful sugar,  |
| $\frac{3}{4}$ cup corn meal. | 2 teaspoonfuls baking   |
| 1 cup sweet milk,            | powder,                 |
| 2 eggs,                      | 1 tablespoonful butter. |

Stir butter, sugar and eggs together, add the milk, then corn meal and flour with the baking powder sifted in it. Bake in shallow tins or dripping pan.

## CORN BREAD NO. 2

- |                           |                           |
|---------------------------|---------------------------|
| 2 scant cupfuls of flour, | 2 teaspoonfuls of butter, |
| 1 cupful of corn meal,    | 2 teaspoonfuls of baking  |
| 1 cupful of milk,         | powder.                   |
| 1 egg,                    |                           |

## BOSTON BROWN BREAD

- |                      |                            |
|----------------------|----------------------------|
| 3 cups sour milk,    | 1 cup corn meal,           |
| 1 cup molasses,      | 1 heaping teaspoonful soda |
| 3 cups graham flour, | in sour milk.              |

Steam three hours and bake one hour.

# BREAD

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## LIGHT ROLLS

$\frac{1}{2}$  cake compressed yeast,      1 cup milk,  
1 cup flour,                       $\frac{1}{4}$  cup lukewarm water,  
                                  $\frac{1}{2}$  teaspoonful salt.

Dissolve the yeast in the warm water, then add milk, flour and salt, let it rise four hours. When light add enough flour to make a stiff dough and knead ten minutes and let it rise again, make into rolls, let them stand until light and then bake. This can be "set" either at night or in morning.

## SOUTHERN BEATEN BISCUIT

1 quart sifted flour,                       $\frac{1}{2}$  pint milk,  
 $\frac{1}{2}$  coffee cup lard,                      1 level teaspoonful salt.

Rub flour, salt and lard together until there are no lumps, then add the milk. Beat twenty minutes, or until the dough blisters and pops when pulled apart. Roll out about a quarter of an inch thick, cut with small biscuit cutter and prick each with a fork. Bake twenty minutes in rather hot oven. This quantity makes about thirty biscuits.

## GRAHAM BISCUITS

1 quart graham flour,                      1 heaping tablespoonful  
1 teaspoonful baking                      lard and butter mixed,  
powder,                                      1 teaspoonful salt.

Add enough milk to make a soft dough, just stiff enough to roll out. Cut with medium-sized biscuit cutter and bake twenty minutes.

## BISCUIT

1 cup of flour measured                      1 teaspoonful of baking  
before sifting;                                      powder,  
    $\frac{1}{4}$  teaspoonful of salt.

Shortening the size of a small egg and milk enough to make a soft dough. Mix with a spoon. Knead slightly and mash (not roll) with the rolling pin. Bake in a quick oven.

## BREAD

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### QUICK BISCUIT

- 2 cups flour, sifted 3 times,  $\frac{1}{4}$  spoonful salt,  
1 tablespoonful butter and 1 teaspoonful, heaping,  
lard mixed, baking powder.  
1 cup sweet milk,

Sift flour into large bowl with the baking powder and salt, rub the butter and lard well through it, stir in the milk. Turn on moulding board, roll about three-quarters of an inch thick and cut with medium-sized biscuit cutter. Handle as little and as quickly as possible and bake in steady oven.

### MUFFINS WITH RICE

- |                         |                               |
|-------------------------|-------------------------------|
| 2 cups flour,           | Butter size of an egg, small, |
| 1 cup cold boiled rice, | 2 teaspoonfuls baking         |
| 1 cup milk,             | powder,                       |
| 2 eggs.                 | $\frac{1}{2}$ spoonful salt.  |

Sift the flour, baking powder, sugar and salt together, and rub butter well through it. Beat the eggs very light, add the milk and pour into flour and beat until smooth and light, then put in the rice and beat again until well mixed. Bake in buttered muffin rings for half an hour in quick oven.

### CORN MEAL MUFFINS

- |                             |                         |
|-----------------------------|-------------------------|
| 1 $\frac{1}{2}$ cups flour, | 2 tablespoonfuls melted |
| 1 small cup of corn meal,   | butter,                 |
| $\frac{1}{2}$ cup sugar,    | 1 tablespoonful baking  |
| 1 pint milk,                | powder,                 |
|                             | 2 eggs.                 |

# BREAD

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## SALLY LUNN

1 pint flour,	2 tablespoonfuls baking
1 scant cup milk,	powder,
$\frac{1}{3}$ cup butter, melted,	$\frac{1}{2}$ teaspoonful salt,
2 tablespoonfuls sugar,	2 eggs, beaten separately.

Sift flour, baking powder, sugar and salt together, beat the yolks of the eggs light and add the milk and melted butter, stir quickly into the flour, then put in lastly the whites of the eggs beaten to a stiff froth. Put in a shallow pan and bake fifteen minutes in a very hot oven.

For graham muffins use above recipe, only taking half graham flour.

## PUFFS

1 cup flour,	$\frac{1}{2}$ teaspoonful salt,
1 cup milk,	3 eggs, beaten separately.

Beat the yolks of the eggs until light, then add the milk, stir in the flour and salt, and lastly the whites of the eggs beaten to a stiff froth. Bake twenty minutes in moderate oven without opening the door.

## RICE WAFFLES

1 cup rice,	1 egg,
1 pint sour milk,	*4 tablespoonfuls flour,
	$\frac{1}{2}$ teaspoonful soda.

\*For low altitudes two tablespoonfuls flour.  
Stir together like the following waffle recipe.

## BREAD

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### WAFFLES

- |  |                                 |
|--|---------------------------------|
| 1 pint sour milk,                      | Flour enough to make a          |
| 3 eggs,                                | batter as for cakes.            |
| $\frac{1}{2}$ teaspoonful soda, scant, | $\frac{1}{2}$ teaspoonful salt. |

Stir the soda into the milk until it is all foaming, then add to the yolks of the eggs beaten light with the salt. Stir in the flour and beat until perfectly smooth. Beat the whites of the eggs to a stiff froth and put in last. Bake in waffle irons.

### WAFFLES WITH SWEET MILK

- |                                 |  |
|---------------------------------|--|
| 1 scant cupful milk,            | $\frac{1}{2}$ teaspoonful baking powder, |
| $\frac{1}{4}$ teaspoonful salt, |  |
| 2 eggs, beaten separately,      | 1 tablespoonful melted                   |
| 1 heaping cupful flour,         | butter.                                  |

Sift together flour, salt and baking powder, then add the beaten yolks of eggs to the milk and butter: lastly the whites of eggs beaten stiff. Have waffle iron very hot, brush both sides with melted lard, and bake.

### CRULLERS

- |                                    |                                   |
|------------------------------------|-----------------------------------|
| 3 tumblers flour,                  | 1 teaspoonful soda.               |
| 7 tablespoonfuls granulated sugar, | 1 teaspoonful salt.               |
|                                    | 4 eggs.                           |
| 4 tablespoonfuls melted lard,      | $\frac{1}{4}$ teaspoonful nutmeg. |
|                                    | 4 tablespoonfuls milk.            |

Dissolve soda in the milk.



# BREAD

---

## CREAM GRIDDLE CAKES

- |  |  |
|--|--|
| 1 pint cracker or grated bread crumbs, | 1 teaspoonful soda,                    |
| 1 pint sour cream,                     | 1 even teaspoonful salt,               |
| $\frac{1}{2}$ pint milk,               | $\frac{1}{4}$ eggs, beaten separately, |
|  | $\frac{1}{2}$ cup flour.               |

## SOUTHERN EGG BREAD

- |                            |                            |
|----------------------------|----------------------------|
| 1 cup corn meal,           | 1 teaspoonful salt,        |
| 1 cup boiled rice,         | Milk enough to make batter |
| 3 eggs, beaten separately, | as for cakes,              |
|                            | Butter size of an egg.     |

Cook the corn meal in enough boiling water to make mush, add the salt and butter, then the rice and yolks of eggs, then whites and milk last. Pour into buttered baking dish and bake half an hour.

## CORN DODGERS

- |                            |   |
|----------------------------|---|
| 1 quart white corn meal,   | $\frac{1}{2}$ pint boiling water poured |
| 1 tablespoonful lard,      | over the corn meal, then                |
| 1 teaspoonful salt, scant. | add lard and salt.                      |

Mix and form with the hands in cone-shaped pieces while hot; dent with a knife three times and fry in deep lard.

# BREAD

---

## OAT MEAL NUT BREAD

- |                                |   |
|--------------------------------|---|
| 1 tablespoonful salt,          | 1 cake compressed yeast,                        |
| 1 full cup broken pecan meats, | dissolved in $\frac{1}{3}$ cup luke-warm water. |
| 8 tablespoonfuls sugar,        |   |

In morning add two cups of boiling water to one cup of Quaker Oats, and next morning add another cupful of hot water to above ingredients, adding sufficient flour to form loaf; knead until it will not stick to board; let rise; then form into three loaves; let rise again and bake three-quarters of an hour to an hour. Let oven be hot when bread is put in, then turn down gas.

## NUT BREAD

- |                                 |                               |
|---------------------------------|-------------------------------|
| 2 cups flour,                   | 1 cup milk,                   |
| 2 eggs,                         | 1 cup fine chopped walnuts,   |
| 2 tablespoonfuls sugar,         | 2 teaspoonfuls baking powder. |
| $\frac{1}{4}$ teaspoonful salt, |                               |

First beat eggs well together, then add milk; sift dry materials together, mix with the liquids; then, lastly, add nuts and beat well. Bake three-quarters of an hour in a moderate oven.

## BRAN GEMS

- |                                |                             |
|--------------------------------|-----------------------------|
| 2 eggs,                        | $\frac{1}{2}$ cup molasses. |
| 2 heaping cupfuls bran.        | 1 teaspoonful soda.         |
| $\frac{1}{2}$ cup white flour. | Pinch salt.                 |
| 1 cup sour milk,               |                             |

# BREAD

---

## MUFFINS—PLAIN

1½ cups flour,	¼ cup melted butter,
2 eggs, beaten together,	2 teaspoonfuls baking
2 teaspoonfuls sugar,	powder.
1 cup milk,	

Measure and then sift flour, salt, sugar and baking powder together into bowl; then add milk, then egg, and beat well. Bake fifteen minutes in moderate oven.

## COCOA MUFFINS

1 cup sugar,	2 tablespoonfuls butter,
1½ cups flour,	1 teaspoonful baking pow-
1 cup milk,	der,
2 eggs, well beaten, yolks	1 small teaspoonful vanilla.
and whites separately,	3 teaspoonfuls cocoa.

Stir butter and sugar to a cream and mix with the yolks of the eggs; add milk, flour and baking powder: lastly, the cocoa and the whites of the eggs. Bake in a moderate oven. This makes two and a half dozen, size of a dollar.

## BATTER CAKES NO. 1

1 egg,	1 cup milk,
1 teaspoonful baking pow-	1 cup flour.
der,	½ teaspoonful sugar,
¼ teaspoonful salt,	2 teaspoonfuls melted
	butter.

First beat egg in bowl, then add part of milk, then flour in which baking powder and salt have been sifted, then melted butter; stir all well together.

## BREAD

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### BATTER CAKES NO. 2

2 eggs, beaten separately,    1 small cup flour,  
1 cup milk,                      Pinch salt.  
1 teaspoonful baking  
powder,

Put in beaten whites of eggs last. Bake on hot griddle which has been greased with lard.

### CORN MEAL SOUFFLÉ

$\frac{1}{2}$  cup corn meal,                      1 cup milk,  
3 eggs,                                  Pinch salt and pepper.

Heat milk to boiling point, add corn meal and cook five minutes; cool; add well-beaten yolks and then fold in the whites after they have been beaten stiff; put in pudding dish. Cook thirty minutes, in a pan of water.

### HOMINY BREAD

1 cup hominy (cooked).            2 tablespoons flour,  
1 cup milk.                            1 tablespoon melted butter,  
2 eggs,                                   $\frac{1}{2}$  teaspoon salt.

Butter baking dish and bake twenty minutes.

# BREAD

---

## BAKING POWDER BISCUIT

- |                           |                                 |
|---------------------------|---------------------------------|
| 1 pint flour,             | 1 tablespoonful lard,           |
| 2 heaping teaspoonfuls of | $\frac{1}{2}$ teaspoonful salt, |
| Dr. Price's baking        | Enough milk to moisten the      |
| powder,                   | flour (about 1 cup).            |

Sift flour, baking powder and salt together, put in the lard and work well together with your hands, then add the milk and stir two or three minutes or until smooth and light. Turn onto a floured board roll out and cut with small biscuit cutter. Glaze the tops with milk.

## BREAD AND ROLLS

- |                          |                                 |
|--------------------------|---------------------------------|
| 1 cake compressed yeast, | $\frac{1}{2}$ teaspoonful salt, |
| 1 teaspoonful sugar,     | 2 tablespoonfuls lard           |
| 1 Hunter sifter flour,   | (melted).                       |
| 1 cup lukewarm milk,     |                                 |

Stir yeast and sugar together smooth, add salt and pour over milk; put flour in four-quart yellow bowl, make a hole in center and put in the above. Mix well and let it rise an hour, then mix with a spoon; roll out in thin paste on board and beat with rolling pin. Take out enough dough for rolls and the remainder will make two loaves of bread.









# PIES

---

## PIE CRUST

1½ cups flour,  
½ cup lard,  
½ teaspoonful salt,

Ice water to make a stiff  
dough.

Mix with a knife the flour, salt and lard together and add the ice water; cut in half, roll thin and use for the lower crust. Roll other half and spread lard all over, sprinkle with a little flour, fold together with two folds and roll for upper crust. Let it stand for five minutes before rolling out the last time; glaze the top crust with milk.

## CUSTARD PIE

1 scant quart of milk,  
4 eggs, beaten light,

5 tablespoonfuls sugar  
(heaping),  
½ grated nutmeg.

Add eggs to milk and sugar, then nutmeg. Bake in rich pie crust in pan one inch thick (more like layer cake pan). Bake twenty minutes in slow oven, slower the better; test if done by putting a knife in center—if done the knife will come out clean.

Add one cup of freshly grated cocoanut to above recipe for cocoanut pie.

## LEMON PIE

1 cup sugar,  
1 cup boiling water.  
3 eggs.

1 lemon (grated), rind  
and juice,  
1½ heaping tablespoonfuls  
flour.

Beat the yolks of eggs and add sugar, flour and lemon, stir in the boiling water and let it boil up once. Line a pie tin with a good puff paste and bake, then fill with the mixture, cover with a meringue made with the whites of the eggs and bake again.

# PIES

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## SQUASH PIE

1 coffee cup cooked squash (scant),	$\frac{1}{4}$ teaspoonful nutmeg,
1 coffee cup milk,	2 eggs,
4 heaping tablespoonfuls sugar,	1 level teaspoonful ground ginger,
1 tablespoonful melted butter,	1 level teaspoonful ground cinnamon,
	$\frac{1}{4}$ teaspoonful salt.

Put the squash through sieve or ricer, add the sugar, butter, spices and salt and beat thoroughly, then put in the eggs (well beaten) and lastly the milk.

This amount makes medium size pie. If not enough of the mixture to fill the dish full, add a little more milk or cream.

## COCOANUT PIE

1 quart milk,	1 cup sugar,
1 cocoanut,	1 tablespoonful butter,
Whites of four eggs.	1 tablespoonful cornstarch.

Boil the milk and sugar, dissolve the cornstarch in a little cold milk and add to the boiling milk, stir in the butter and take from the stove, then put in the cocoanut and lastly the well beaten whites of eggs.

## SOUTHERN SWEET POTATO PIE

2 cups of finely mashed sweet potato,	$1\frac{1}{2}$ cups sugar,
1 cup sweet milk,	1 pinch salt,
$\frac{1}{2}$ cup butter,	4 eggs,
	2 teaspoonfuls cinnamon.

Cream butter and part of the sugar together, beat rest of the sugar with yolks of eggs. Stir in these the milk, potato, cinnamon, salt and lastly the whites of eggs beaten stiff. Bake with a lower crust.

## PIES

### MINCE MEAT

6 pounds lean beef boiled and chopped fine,	3 pounds brown sugar,
Twice as much chopped apple as beef,	3 quarts cider,
2 pounds suet, chopped fine,	1 quart N. O. molasses,
4 pounds raisins,	1 quart brandy,
4 pounds currants,	1 cup vinegar,
1 pound citron,	$\frac{1}{2}$ cup cinnamon,
	$\frac{1}{4}$ cup each cloves and allspice,
	3 nutmegs.

Mix all the ingredients together and cook until they are well scalded. Put in fruit jars for winter use.

### NELLIE'S SQUASH PIE

1 coffee cup granulated sugar,	$\frac{1}{4}$ teaspoonful ginger,
3 eggs,	$\frac{1}{4}$ teaspoonful ground cloves,
2 cups cream,	1 teaspoonful cinnamon (level),
1 teacup cooked squash,	Pinch salt put in squash.
$\frac{1}{2}$ nutmeg,	

Beat eggs and sugar together and add spices; mix squash and cream and put through a strainer into the eggs and sugar and beat thoroughly at least five minutes, then pour immediately on to the crust and bake in a moderate oven about three-quarters of an hour.

### ALMOND CREAM PIE

1 pint of rich milk,	$\frac{1}{4}$ pound blanched almonds
Yolks of 2 eggs,	chopped fine.
$\frac{1}{4}$ cup of sugar,	Vanilla or almond flavoring.
2 tablespoonfuls of flour,	

Heat the milk in double boiler; then add eggs, sugar, flour and a little salt, well beaten together with a little cold milk. Stir briskly until thick; then add almonds and flavoring. Bake a rich pie crust separately and fill with the mixture. Beat the whites of two eggs with two tablespoonfuls of sugar, spread over pie and brown slightly.







# FRITTERS

---

## PINEAPPLE

$\frac{1}{2}$ can pineapple (sliced),	$\frac{1}{2}$ teaspoonful baking
1 egg,	powder,
$\frac{1}{2}$ cup milk,	$\frac{1}{4}$ teaspoonful salt,
1 cup flour,	1 teaspoonful sugar.

Beat egg and milk together, put baking powder in flour, stir all together. Dip pineapple in batter and fry in deep lard. To be eaten with plain pineapple or claret pineapple sauce.

The above batter will be good for any kind of fritters—apple, orange or banana.









## PUDDINGS

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### LEMON MERINGUE

1 coffee cup sugar,	1½ pints boiling water,
Yolks of three eggs,	2½ tablespoonfuls corn-
Juice of three lemons,	starch,
	Pinch of salt.

Wet the cornstarch in a little cold water, add boiling water and stir until thoroughly mixed; while it is cooling beat the eggs and sugar together, add the lemon juice and salt and put with the cornstarch. Pour into cups and bake twenty minutes. Serve with cream.

### PRUNE SOUFFLÉ

1 pound French prunes,	1 cup powdered sugar,
	Whites of 6 eggs.

Cook the prunes until tender, remove the stones and put through ricer or sieve, add the sugar and then the whites of the eggs beaten to stiff froth. Bake twenty minutes and serve at once with cream. Rinse the dish with cold water before putting the pudding in.

### FIG PUDDING

½ pound chopped figs,	½ cup sweet milk.
¾ pint bread crumbs,	2 eggs (beaten separately),
1 cup flour,	1 teaspoonful baking
1 cup sugar,	powder,
½ cup suet (chopped fine),	¼ teaspoonful ginger.

Beat the yolks of the eggs and the sugar together, add the milk; sift the baking powder with the flour and mix the suet with it; put the bread crumbs with the eggs, sugar and milk, then the flour and suet, ginger, figs, and last the whites of the eggs beaten to a stiff froth. Steam three hours.

## PUDDINGS

---

### CUSTARD SOUFFLÉ

1 cup milk,	2 tablespoonfuls (scant)
2 tablespoonfuls sugar,	butter,
2 tablespoonfuls flour,	4 eggs (beaten separately).

Boil the milk and add the butter and flour stirred together to a cream, cook eight minutes, stirring constantly. Beat the yolks of the eggs and sugar together and add to the cooked mixture and set aside to cool. When cold add the whites of the eggs beaten to a stiff froth. Pour into a buttered dish and bake twenty minutes. Serve with cream.

### SPONGE PUDDING

2 cups sweet milk,	Whites of 3 eggs,
Yolks of 5 eggs,	4 tablespoonfuls flour,
	$\frac{1}{2}$ teaspoonful salt.

Mix the flour with one cup of milk, add beaten yolks, salt and then the other cup of milk; beat the whites to a stiff froth and put in last. Pour in buttered dish and bake in moderate oven. Serve with lemon sauce made as follows:

### LEMON SAUCE

1 cup sugar,	Whites of 2 eggs,
1 cup boiling milk,	Juice of 1 lemon.

Beat the eggs and add the sugar, pour the boiling milk over them, stir in the lemon juice just before serving.

# PUDDINGS

## PLUM PUDDING

- |                                  |                                   |
|----------------------------------|-----------------------------------|
| 1 $\frac{1}{2}$ cups of raisins, | 1 teaspoon soda,                  |
| 1 cup citron,                    | 1 $\frac{1}{2}$ cups bread-crumbs |
| 1 cup suet, chopped fine,        | rolled fine.                      |
| 1 cup molasses,                  | 1 teaspoon cinnamon,              |
| 1 cup milk,                      | $\frac{1}{2}$ teaspoon cloves.    |
| 2 eggs.                          | $\frac{1}{2}$ teaspoon allspice.  |
- Salt and grated rind of lemon. Boil five hours.

## INDIAN PUDDING

- |                                   |                                     |
|-----------------------------------|-------------------------------------|
| 3 pints milk,                     | 3 eggs,                             |
| 3 tablespoonfuls corn             | 1 teaspoonful cinnamon.             |
| meal,                             | $\frac{1}{2}$ teaspoonful cloves,   |
| 1 tablespoonful butter.           | $\frac{1}{2}$ teaspoonful allspice, |
| $\frac{1}{2}$ cup brown sugar,    | $\frac{1}{2}$ teaspoonful nutmeg,   |
| $\frac{1}{2}$ cup N. O. molasses, | $\frac{1}{4}$ teaspoonful salt.     |

Boil one pint of the milk and thicken with the corn meal, add salt, butter, spices, sugar, beaten eggs and molasses in the order named and mix well together, then stir in one quart cold milk. Bake one and one-half hours, when half done stir again and then let it brown. Cover with meringue, brown and serve with cream.

## BATTER PUDDING WITH FIGS

- |                          |                          |
|--------------------------|--------------------------|
| 1 can preserved figs,    | $\frac{1}{2}$ cup milk,  |
| $\frac{1}{2}$ cup sugar, | 2 tablespoonfuls butter, |
| 1 cup flour (measured    | 1 teaspoonful baking     |
| after sifting),          | powder,                  |
|                          | 1 egg.                   |

Beat butter and sugar together, then add the beaten yolk of egg, then milk, then flour with the baking powder mixed well through it, and lastly the white of egg beaten stiff. Butter a deep dish, put the figs in the bottom, pour the batter over and steam three-fourths of an hour. Serve with cream. Any canned fruit may be used.

# PUDDINGS

## FIG DESSERT

One pound figs, open and fill with chopped nuts, cover with boiling water, cook until tender. Five minutes before removing from the fire add one-third cup of sugar and the juice of half a lemon. Serve with sweetened whipped cream.

## SAWDUST OR SUET PUDDING

1 cup chopped suet,	1 cup milk,
1 cup molasses,	1 cup raisins,
3½ cups flour,	1 teaspoonful soda,
½ cup currants,	1 teaspoonful cinnamon,
	½ teaspoonful cloves.

Mix together like fig pudding. Steam three and one-half hours. Serve with sauce.

## SUET PUDDING

1 cup chopped suet,	1 cup currants,
1 cup chopped crackers,	2 eggs,
1 cup molasses,	1 teaspoonful soda,
1 cup sweet milk,	½ teaspoonful cinnamon,
1 cup flour,	½ teaspoonful salt,
1 cup raisins,	A little nutmeg.

Steam three or four hours.

## CHOCOLATE PUDDING

1 pint cake crumbs,	5 tablespoonfuls grated
1 pint milk,	Baker's chocolate,
3 eggs, beaten separately,	½ cup sugar.

Melt the chocolate and add to the milk and sugar, heat to the boiling point and pour the mixture over the well beaten yolks, then add the cake crumbs and bake half an hour. When done cover with meringue made of the whites of the eggs beaten stiff with half cup of sugar. Set in the oven to brown.

## PUDDINGS

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### SNOW PUDDING

$\frac{1}{2}$  box gelatine, dissolved      3 eggs, whites only.  
in 1 pint hot water,      Juice of 1 lemon.  
2 cups sugar.

Add sugar and lemon juice to dissolved gelatine. When it is cool and begins to thicken add the whites of eggs beaten to a stiff froth. Beat all until thick and like snow, put in a mould and set on ice until time to serve. Serve with soft custard.

### PINEAPPLE SNOW

$1\frac{1}{2}$  cups grated pineapple,       $\frac{1}{2}$  cup water,  
    $\frac{3}{4}$  cup sugar.

Simmer all together for 15 minutes, then add one-quarter box gelatine soaked in one-quarter cup of cold water; strain.

Set in ice water and stir constantly until it begins to set, then add the juice of half a lemon and the whites of two eggs beaten to a stiff froth; turn into a mould and set on ice until time to serve. Serve with sweetened whipped cream.

### SOFT CUSTARD

1 pint milk,      Pinch of salt,  
4 tablespoonfuls of sugar,      A little grated lemon rind,  
   Yolks of 3 eggs.

Serve very cold.

### BAKED CUSTARD

1 pint milk,      3 tablespoonfuls sugar,  
4 eggs,      2 tablespoonfuls vanilla.

Boil milk first, put it in the baking dish, stir in yolks and sugar beaten light, then vanilla, lastly whites of eggs, beaten stiff; stir all well together. Bake twenty minutes in moderate oven in pan of water.

## PUDDINGS

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### RAISIN PUFFS

2 cups flour,	1 cup seeded raisins
1 cup water,	(chopped fine),
3 teaspoonfuls baking	2 tablespoonfuls melted
powder,	butter,
2 tablespoonfuls sugar,	2 eggs.

Steamed one-half hour in buttered cups or moulds.

### CARAMEL CUSTARD

2 cups milk,	2 eggs,
$\frac{1}{2}$ cup sugar,	$\frac{1}{2}$ teaspoonful vanilla.

Put the sugar in a saucepan and melt it without water until it is brown, but not burned; add the milk and let it come to a boil, then take from the stove and add the well-beaten eggs. Pour into a pudding dish, grate a little nutmeg over the top and put into the oven in a pan of water. Bake thirty minutes.

### MAPLE TAPIOCA PUDDING

1 quart milk,	3 tablespoonfuls minute
1 cup maple syrup,	tapioca,
3 tablespoonfuls cornmeal,	$\frac{1}{2}$ teaspoonful salt,
	Butter size of a walnut.

Put the milk in a double-boiler; when warm, slowly add the corn meal and tapioca, stirring all the time to avoid lumps, add salt and boil until the tapioca is tender and clear. Remove from the fire and add the maple syrup; turn into a buttered pan and allow to stand ten minutes. Turn one-half cup of top milk or the contents of one small can of evaporated cream over the top. Bake slowly one and one-half hours. Serve with cream. Any syrup may be substituted for the maple.



## PUDDINGS

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### APPLE BATTER PUDDING .

1 cup milk,	2 heaping teaspoonfuls
$\frac{1}{2}$ cup sugar,	baking powder,
Butter size of an egg,	1 egg.

Sift baking powder in flour. Butter a baking dish and fill with six large quartered apples, or smaller pieces if preferred; sprinkle well with sugar and a little salt and steam in oven in covered dish; when cooked, pour over the batter while apples are hot; bake a fine brown. Serve with whipped cream, or foamy sauce, without white of egg. Flavor with Dr. Price's vanilla.

### DATE PUDDING

1 cup chopped dates,	1 cup English walnuts,
2 tablespoonfuls bread	1 teaspoonful baking pow-
crumbs,	der.
3 eggs, well beaten,	

Bake thirty to forty minutes, and serve with whipped cream. Bake in individual or one large mould.

### RICE PUDDING

1 quart milk,	2 heaping tablespoonfuls of
$\frac{1}{2}$ teaspoonful salt,	well washed rice.

Fill the dish with milk, add rice; let it cook in oven for half an hour, stirring it two or three times; take out and add two tablespoonfuls of sugar, a scant teaspoonful of vanilla, half cup of stoned raisins, and half teaspoonful of grated nutmeg; cook slowly two hours; as the milk boils down, lift the skim off and add more hot milk. The pudding should be creamy, and is made so by slow cooking and plenty of milk.

## PUDDINGS

---

### BROWN BETTY

$\frac{1}{2}$  cup melted butter,            1 quart sliced apples,  
1 pint sifted bread crumbs,  $\frac{1}{2}$  cup cold water,  
 $\frac{1}{2}$  teaspoonful of cinnamon,  $\frac{1}{2}$  cup sugar.

Stir the butter into the bread crumbs; into a buttered baking dish put a layer of sliced apples, sprinkle with the cinnamon and sugar, and continue until the materials are used, having the last layer of crumbs; if the apples are juicy use less water. Bake about one hour. Serve with cream.









## PUDDING SAUCES

## HARD SAUCE

1 even teacup pulverized sugar,  
1½ tablespoonfuls of butter,  
 $\frac{1}{4}$  grated nutmeg.

Cream butter and sugar very light, put in nutmeg—serve.

## CREAMY HARD SAUCE

1 teacup pulverized sugar,    3 tablespoonfuls milk,  
1 heaping tablespoonful    2 tablespoonfuls rum or  
    butter,                      brandy,  
                                     1 egg, beaten separately.

Cream butter and sugar together, very light, add slowly yolk of egg and milk beaten together; when ready to serve put in brandy, and lastly whites of eggs beaten stiff.

## PLAIN SAUCE

1 cup sugar,  
½ cup butter (creamed),  
3 yolks of eggs (beaten with above).

1 teacup of boiling water,  
4 tablespoonfuls brandy,

Pour **water** over the last thing before serving.

## FRUIT SYRUP AND RUM SAUCE

1 pint currant, cherry or raspberry juice boiled with  $\frac{3}{4}$  pint sugar,  $\frac{3}{4}$  cup of rum.

Boil the juice and sugar to a syrup, when cold add the rum. Serve with plain ice cream or mousse. Can be kept in Mason jars for winter use.

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Boil sugar and water to a clear, thick syrup, then add rum when cold.

## CLARET AND PINEAPPLE SAUCE

1 cup sugar,	2 whites of eggs,
$\frac{1}{2}$ cup butter (creamed),	1 cup pineapple juice,
3 yolks of eggs,	5 tablespoonfuls claret wine.

Beat sugar and butter to a cream, add yolks of eggs, well beaten, then pour over pineapple juice, boiling hot with the wine, keep stirring all the time; put beaten whites of eggs on top.

## FOAMY SAUCE

4 tablespoonfuls sugar,	2 tablespoonfuls butter,
1 white of egg,	1 tablespoonful flour.

Beat sugar, butter and flour together to a cream, add nine tablespoonfuls boiling water, boil until thick and clear; add two tablespoonfuls of wine to the above; lastly white of egg, beaten stiff. Serve hot.

## CHOCOLATE SAUCE

Take about one-fifth of a pound of chocolate with one pint of milk, sweeten and let boil. Four yolks of eggs, well-beaten with a little cold milk, in a separate bowl. When chocolate is boiling put the eggs in and heat it up again, **but do not let it boil**; add a little essence of vanilla and serve with vanilla ice cream.











# BEVERAGES

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## MARTINI COCKTAIL

Tom Gin, 3 parts,                      A dash of Orange Bitters  
Italian Vermouth, 1 part,              to each glass.

The above is shaken up with finely-cracked ice. This cools and dilutes the mixture. The cocktail may be made milder by the addition of a little water; or, better, orange juice. Gordon Gin and French Vermouth may be used if a drier cocktail is desired. Pour through a strainer before serving.

## BRONX COCKTAIL NO. 1

$\frac{1}{2}$  jigger of Gordon Gin,               $\frac{1}{4}$  jigger Italian Vermouth,  
 $\frac{1}{4}$  jigger French Vermouth, 1 jigger orange juice.

Put a lump of ice in a shaker, pour the liquids over it, shake well and serve in a cocktail glass.

## BRONX COCKTAIL NO. 2

1 jigger of Gordon Gin,               $\frac{1}{3}$  jigger of Italian  
 $\frac{1}{3}$  jigger of French                      Vermouth,  
Vermouth,                              1 large slice of orange.

Prepare as in foregoing recipe.

## DRY STATE LOGANBERRY COCKTAIL

Use following proportions:

$\frac{2}{3}$  loganberry juice,  
 $\frac{1}{3}$  ginger ale and the juice of  $\frac{1}{2}$  lime.

Shake well, with a lump of ice, and serve in cocktail glasses.

## DRY STATE GRAPE-JUICE COCKTAIL

2 jiggers of grape juice,               $\frac{1}{2}$  jigger of orange juice.  
 $\frac{1}{2}$  jigger of lemon juice.

Stir together, pour over a glass of cracked ice, and serve.

## BEVERAGES

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### MARYLAND EGG NOG

- |                |                          |
|----------------|--------------------------|
| 1 gallon milk, | 15 tablespoonfuls sugar, |
| 1 dozen eggs,  | 1 pint Jamaica rum,      |
| 1 pint brandy, | 1 grated nutmeg.         |

Beat the yolks of the eggs and sugar until light, add the brandy and rum, stirring constantly, nutmeg, then milk (or part cream), and cover the well-beaten whites of the eggs.

### HOT SCOTCH

- |                            |                                    |
|----------------------------|------------------------------------|
| 1 lump sugar,              | Thin rind or peel of lemon,        |
| $\frac{1}{2}$ glass water, | $\frac{1}{2}$ glass Scotch whisky, |
- Brew 10 minutes on stove.

### RUM PUNCH—HOT

For one glass.

- |                       |                           |
|-----------------------|---------------------------|
| 2 tablespoonfuls rum, | 2 lumps sugar, 2 ozs. for |
| 1 thick slice lemon,  | 4 tablespoonfuls water.   |

Boil these so as to have the punch hot and rum “mellow,” squeeze the lemon with a spoon to get out juice, and remove the slice at once after boiling; if left in it will make the punch bitter.

Same recipe will be correct for Arrac Punch. Avoid getting in too much lemon.

### PUNCH—DRY

- |                           |   |
|---------------------------|---|
| 1 quart champagne,        | 1 quart sweet Jamaica rum,              |
| 1 quart claret,           | 1 claret glass kummel,                  |
| 3 quarts Carlsbad Apolli- | 1 claret glass kirschwasser,            |
| naris water,              | $\frac{3}{4}$ claret glass lemon juice, |
| 1 pint brandy,            | 6 lumps sugar.                          |

Use ice and fruits to decorate.

## BEVERAGES

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### PUNCH—CHAMPAGNE

- |   |                              |
|---|------------------------------|
| 1 pound sugar or rock<br>candy,           | 3 wineglasses rum,           |
| 1 large cup strong black<br>tea (liquid), | 1 bottle champagne (Calif.), |
| 3 wineglasses brandy,                     | 2 oranges (juice only),      |
|   | 3 lemons, 1 large lump ice.  |

### PUNCH—SWEET

- |                                    |  |
|------------------------------------|--|
| 2 dozen lemons,                    | 1 quart rum,                           |
| Lemonade made sweet and<br>strong, | 1 glass sherry, or more if<br>desired, |
|                                    | 1 pint brandy or whisky.               |

Use ice and fruit to decorate.

Will serve sixteen people.

### PUNCH—REGENT

- |                 |                                    |
|-----------------|------------------------------------|
| 1 quart whisky, | 1 quart champagne,                 |
| 1 quart rum,    | 1 quart water,                     |
| 1 quart tea,    | $\frac{1}{2}$ dozen lemons, juice, |
|                 | 1 pound sugar.                     |

Make syrup of sugar and water, put in lemon juice, then the other ingredients. Put a large lump of ice in bowl with bunch of grapes on top, pour the punch over it.

### FISH HOUSE PUNCH

- |                      |                     |
|----------------------|---------------------|
| 1 quart Jamaica rum, | 1 pint lemon juice, |
| 1 quart water,       | 2 pounds sugar,     |
| 1 pint brandy,       | 4 pounds ice.       |

Will make about a gallon.

Dissolve the sugar in the water, add the lemon juice, then the other ingredients, and lastly the ice.

## BEVERAGES

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### MULLED WINE

Put in porcelain lined kettle. One pint boiling water with three sticks of cinnamon, simmer fifteen minutes.

Put in one quart claret and one and one-half cups sugar.

Heat boiling hot, strain and drink hot.

### POUSSE CAFÉ

$\frac{1}{4}$  sherry glass maraschino,  $\frac{1}{4}$  glass chartreuse,  
 $\frac{1}{4}$  sherry glass curaçoa,  $\frac{1}{4}$  sherry glass cognac.

Put in glass in order named.

### MINT JULEP

Put mint in bottom of shaker with a lump of ice.

Dissolve one lump or one teaspoonful sugar for each person in a little water and put with mint and ice, add sherry glass of whisky or brandy and shake the whole thoroughly.

Put fine cracked ice in glass and pour the mixture over it, put a sprig of mint in the top of the glass. Drink through a straw.

### SAUTERNE CUP

1 quart sauterne,	1 cocktail glass of brandy.
Juice of four lemons,	$\frac{3}{4}$ cocktail glass of mara-
1 teaspoonful of bitters,	schino,

Put on ice until ready to serve, then add a syphon of soda and some cherries and pineapple. Sweeten to taste with white syrup.



# BEVERAGES

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## MOSELLE CUP

1 quart Braunberger,	1 slice of cucumber peel,
1 liqueur glass of brandy,	1 pint Apollinaris water,
Juice of one orange.	Juice of one lemon,
No sugar unless desired.	

## HOW TO MAKE COFFEE

$\frac{2}{3}$ Java,	$\frac{1}{3}$ Mocha.
---------------------	----------------------

Browned and ground; 1 tablespoonful coffee for each cup of coffee. 1 cupful of boiling water to each person.  $\frac{1}{2}$  egg beaten together. Stir coffee and egg together with one cup of cold water, then pour on boiling water and boil ten minutes after it begins to boil; put on back of stove five minutes or so, to let it settle. Make twenty minutes before breakfast is served.

## SIMPLE PUNCH

Juice of 6 oranges,	1 pint sugar, $\frac{1}{2}$ pint water,
Juice of 6 lemons,	made into a syrup,
1 doz. sprigs of mint, put	2 quarts domestic cham-
in syrup while hot and	pagne,
stand for three hours,	1 quart lemon ice,
	Peel of 1 cucumber.

Put orange and lemon juice, mint, syrup, and cucumber in a bowl for two hours, then strain; pour over lemon ice and lastly put in champagne before serving. Pour all over large piece of ice. Garnish pitcher with slices of orange and maraschino cherries and put a bunch of mint in mouth of pitcher so punch will pass over each time. This will make six quarts of punch if oranges and lemons are juicy. Will serve seven people to the quart in champagne glasses.

## BEVERAGES

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### WHITE WINE CUP

2½ quarts white wine,	Sliced fruit all through,
1 quart sparkling water,	½ cup fresh mint syrup.
¼ pint lemon sherbet,	

Twenty-one glasses for luncheon.

### CHAMPAGNE PUNCH

1 case Red Seal champagne,	1 gallon plain water sherbet,
	or lemon sherbet if desired.

For "cup" at dinner, for one hundred people. Two tablespoonfuls of rum for each four bottles of champagne adds to the flavor of the punch.

### CLARET PUNCH

1 pony brandy,	1 pony lemon juice,
1 pony curaçoa.	3 or 4 lumps sugar,
	to
	1 quart claret,
	1 quart Manitou water.

### SWISS-ESS

1 jigger white absinthe,	White of 1 egg,
1 teaspoonful powdered sugar,	½ small glass of cream,
	Shaker full of fine ice.

Shake a long time until well mixed and very cold.

### PUNCH—DRY

Use ice and fruits to decorate like Regent Punch.

## BEVERAGES

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### PUNCH

Put a brick of lemon ice into punch bowl and pour over it sparkling Moselle.

### CAFÉ BRULÉ

2 tablespoonfuls of strong coffee,	1 piece of stick cinnamon, 2 inches long.
1 piece of orange peel,	1 lump of sugar,
1 piece of lemon peel,	1 liqueur glass of brandy.
4 whole cloves,	

Put all the ingredients together in a bowl and touch with a lighted match; let it burn until all the alcohol is consumed, then strain into after-dinner coffee cup. Repeat the recipe for each person.

### MEXICAN CHOCOLATE

1 ounce chocolate to a cup, 1 egg to a cup.  
1 cup milk to a cup,

Pound chocolate—counting for each cup as above—and put it in the milk. Keep stirring. Put in eggs, either whole or beaten, when chocolate and milk are warm. Stir and beat constantly till it comes to a boil. Sweeten to taste.

### RASPBERRY VINEGAR

Place red raspberries in a stone jar and cover with good cider vinegar. Let stand over night. Next morning strain, and to one pint of juice add one pint sugar. Boil ten minutes and bottle while hot.





## BEVERAGES

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### CURRENT AND RASPBERRY SHRUB

4 quarts ripe currants,      4 pounds sugar,  
3 quarts red raspberries,    1 quart best brandy.

Pound the fruit in a stone jar or wide-mouthed crock, with a wooden masher. Squeeze out the juices. Boil hard for ten minutes in a porcelain kettle, with sugar. (Bring to the boil quickly, as slow heating and boiling has a tendency to darken all acids.) Bottle while hot.

# PICKLES

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## CUCUMBERS

Put pickles into strong brine, with one large piece alum, twenty-four hours. Take out, wash and cover with two-thirds vinegar and one-third water, a little sugar (handful), peppers, cinnamon and cloves. Put them in a kettle on back of stove with another piece of alum, and let simmer, **not boil**, for two or three hours. Pour off that vinegar and put on fresh.

To one gallon of vinegar, three pounds of sugar, one-half cup each of celery seed and cloves, two bay leaves, twelve small red peppers, four sticks cinnamon. Boil all together to a syrup and pour over pickles; it needs enough vinegar to cover them. Put a piece of alum in last vinegar, it keeps the pickles brittle, and don't be afraid to use it as directed. Three pounds of tiny white onions added to 500 pickles are very nice put in uncooked.

## OIL CUCUMBER PICKLES

2 dozen slender cucumbers,	1 cup salt,
2 cups olive oil,	1 quart small pickling
$\frac{1}{4}$ cup white mustard seed,	onions,
$\frac{1}{4}$ cup celery seed,	A little cayenne pepper,
1 cup vinegar,	$\frac{1}{4}$ cup whole black pepper.

Peel and slice cucumbers and onions thin; cover with salt for four hours. Wash well with cold water, then pour over oil and vinegar with spices stirred in and mix thoroughly. Bottle cold with a little clear vinegar on top of each bottle. Serve with fish.

# PICKLES

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## TOMATO SOYE

10 pounds of green tomatoes,	6 sticks cinnamon,
5 pounds old onions, small,	$\frac{1}{4}$ cup cloves,
4 green peppers,	$\frac{1}{4}$ cup mace,
3 pounds coarse salt,	$\frac{1}{2}$ cup little red peppers,
1 gallon vinegar,	$\frac{1}{2}$ cup celery seed,
3 pounds sugar,	$\frac{1}{2}$ cup white mustard seed.

Slice tomatoes very thin, also onions—put in crock—for twenty-four hours—first, layer of onions, then layer of tomatoes, then salt; until crock is full—salt on top. When ready to fix, wash thoroughly in cold water, then boil until they look transparent, pour off water—cover with the syrup made of the vinegar, sugar and spices boiled together—cook one hour in the syrup—put away in a crock or Mason jars. It is better to stand for 2 months before using.

## UNCOOKED PICKLES

1 peck ripe red tomatoes,	1 ounce white mustard
2 cups chopped celery,	seed.
2 cups chopped onions,	3 pints vinegar,
4 red peppers,	2 cups brown sugar,
1 teaspoonful ground cloves,	2 cups salt.

Cut the tomatoes in pieces and sprinkle the two cups of salt over them, for one night; in the morning drain through a colander and press all the water out of them. Mix all the ingredients together with three pints good vinegar, put in a crock—ready for use in a month.

## GREEN PEPPERS FOR WINTER USE

Cut an opening in side of each pepper about an inch long, put in brine for future use.



# PICKLES

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## TO MAKE BRINE

Take enough water to cover peppers, pickles, etc., add enough salt to make the brine strong enough to hold an egg; also a handful of powdered alum to keep the pickles crisp.

## PICCALILLI

Chop fine each of the following:

2 pounds green tomatoes,	1 pound onions,
1 head cabbage, 1 quart,	6 stalks celery.
4 green peppers,	

Two cups salt put through it and left over night, wash thoroughly next day. Make syrup—three quarts vinegar, two pounds sugar, one-fourth cup celery seed, one-fourth cup mustard seed, four sticks of cinnamon, whole pepper corns and a little whole allspice. Cook vinegar and sugar together with spices for one and one-half hours, then pour over the chopped pickle and put away for two months in a crock.

## PICKLED PEACHES

7 pounds of peaches,	1 quart cider vinegar,
3½ pounds granulated	1 ounce whole cloves,
sugar,	4 sticks cinnamon.

Peel peaches, weigh, then put four cloves in each peach; make syrup of sugar and vinegar with cinnamon. Boil ten minutes, put in peaches, boil until tender enough to stick with a straw. When peaches are all cooked, put in Mason jars or a crock. Boil the syrup until quite thick—about twenty minutes more—and pour over the peaches. Repeat for every seven pounds of fruit.

White and red cherries and blue plums are delicious made in the same way.

## PICKLES

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### WATERMELON PICKLES

3½ pounds watermelon rind,	Alum, size of a walnut, 1 tablespoonful whole cloves
1¾ pounds granulated beet sugar,	4 sticks cinnamon broken in small pieces.
1 pint white wine vinegar,	

Remove all the green and pink from the melon rinds and cut in one inch cubes. Soak twenty-four hours in strong brine to which a piece of alum the size of a walnut has been added. Drain and boil until tender and brittle in fresh water with a little alum in it, pour off and boil up once more, quickly, in fresh water with a little alum. Make a syrup with the vinegar, sugar; add alum, cinnamon and cloves. Drain all the water from the melon rinds and boil them slowly in the syrup until very clear and rich.

If liked, a few raisins may be boiled in the syrup with the rinds, or omit raisins and put a few maraschino cherries in each bottle when putting the pickle away.

### CHILI SAUCE

12 large ripe tomatoes,	2 tablespoonfuls salt,
2 ripe or three green peppers,	2 tablespoonfuls sugar,
2 onions,	1 tablespoonful cinnamon,
	2 cupfuls cider vinegar.

Cook slowly three or four hours. If you cannot get fresh tomatoes and peppers, you may use two quarts of canned tomatoes and one even tablespoonful of ground red pepper.

# PICKLES

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## MANILA SAUCE

4 quarts canned tomatoes,	$\frac{1}{2}$ teaspoonful powdered
6 green peppers,	cloves,
4 large onions,	$\frac{1}{2}$ teaspoonful powdered
5 cloves garlic,	mace,
2 bottles horseradish,	2 bay leaves,
2 cups tarragon vinegar,	2 pieces mace,
1 teaspoonful salt,	12 whole cloves.
$\frac{1}{2}$ teaspoonful white pepper,	

Boil tomatoes with salt, pepper and spices until thick. strain through a colander.

Chop peppers, onions and garlic as fine as possible.

Mix tomatoes, peppers, onions, garlic and horseradish together and cook slowly, not boil, for an hour on back of stove. Bottle hot. Serve with oysters and cold meats.







## PRESERVES

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### “SUNLIGHT” STRAWBERRIES

To 1 pint of choice straw-      1 pint of sugar,  
berries,                               $\frac{1}{4}$  pint of water.

Make syrup of sugar and water. When it boils two minutes put in the fruit. Let it boil ten minutes. Pour out on a platter, let it stand in the sun until the syrup is like soft jelly. Make **only a pint at a time**. Use the same formula for currants.

### “SUNLIGHT” SPICED GOOSEBERRIES

Select large gooseberries, wash and pick off the stems and blossoms. For one quart of gooseberries make a syrup of one-half pint of vinegar and one quart of granulated sugar; add a few whole cloves and a stick of Ceylon cinnamon and boil five minutes. Drop in the gooseberries and boil ten minutes, or until the gooseberries puff out; pour on a platter and let them stand in the sun until the syrup is heavy on a spoon. Make only one quart at a time.

### “SUNLIGHT” RASPBERRIES

For one quart of raspberries use one and one-half pints of granulated sugar and one-half pint of water. Make a syrup of the sugar and water, boil five minutes, add the fruit and boil ten minutes longer. Pour on a platter and let them stand in the sun until the syrup is like soft jelly.

# PRESERVES

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## BRANDY PEACHES

7 pounds peaches,	2 cups water, or enough to
3½ pounds sugar,	melt sugar,
	1 pint French brandy.

Make syrup of sugar and water, boil ten minutes, peel peaches, weigh, cook in syrup until tender, put fruit in Kerr Economy jars, boil down syrup until very rich, remove from fire, and then put in brandy, and bottle. If you don't take it from the heat the fumes are often set on fire by putting brandy in hot syrups.

Cherries are very fine prepared in the same way.

## BRANDY PEACHES WITHOUT BRANDY

In peach season fill a Mason jar with clingstone peaches, carefully selected and pared. Then fill in all spaces in the jar with granulated sugar. Screw on the top of the jar very tight, and bury three feet in the ground and leave there for six months. The peaches will then be ready for use; they will be covered with most delicious brandy and be far richer and better flavored than when preserved in the usual way.

## NOTES

All jams are made, pound of sugar for pound of fruit.  
Preserves, one-half of sugar for pound of fruit.

Jellies are made, pint of sugar for pint of juice, except Concord grape jelly, which requires less sugar.

Spiced fruits are made like the preserves recipe, with the addition of ground cinnamon and cloves to taste, always half as much cloves as cinnamon.



# PRESERVES

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## CRANBERRY JELLY

Cook two quarts of cranberries in four cups of water until tender. Strain through colander and measure; add sugar, cup for cup, and boil twelve minutes. Pour into a mold that has been dipped in cold water first.

## MINT JELLY

Wash, core and quarter thirty green juicy apples. Cook until soft in enough water to nearly cover them. Strain through jelly bag and add sugar (heated before using), pint for pint if the apples are very sour, if not, about three-fourths as much sugar as juice.

Pick the leaves from three dozen stems of fresh mint, wash and tie in a cheese-cloth or thin muslin bag, put into the apple juice and boil until the leaves turn brown; remove and boil the juice until it drops heavy from spoon. Take from fire and add Dr. Price's leaf green coloring until it is the desired shade, and pour into the glasses. If not strong enough of mint, put in a little white Creme de Menthe. Will make about thirteen glasses of jelly.

## PEACH MARMALADE

8 pounds peaches (weigh      6 pounds sugar,  
after being peeled and      1 lemon.  
stoned).

Slice peaches into small pieces, shred lemon very fine, place in porcelain kettle, cover with the sugar and let stand over night. The next morning strain through a colander, place the juice on the stove and boil until it is reduced about one-third, skimming all the time, mash the peaches very fine and add to the juice while boiling hot, stirring constantly to keep from burning, using a wooden spoon; seal while boiling hot in Kerr's Economy jars.

## PRESERVES

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### CITRUS FRUIT MARMALADE

- |                |          |
|----------------|----------|
| 1 orange,      | 1 lemon. |
| 1 grape-fruit, |          |

Cut in thin strips and remove all the core and white parts. Add three times as much water as there is fruit and let it stand over night. In the morning boil ten minutes only, and let it stand another night. Next morning add as much sugar (pint for pint) as juice and pulp and boil rapidly until it jellies. Will make about twelve glasses.

### APRICOT MARMALADE

- 8 lbs. very ripe fruit (after 4 lbs. sugar.  
stones have been taken  
out),

Wash and cut fruit in small pieces (do not peel). Place sugar and enough water to melt it (little as possible) on stove; when it is boiling hot add well mashed fruit, stirring and skimming constantly, cook until quite heavy; seal while hot in Kerr Economy jars.

### FRUIT ASPIC JELLY

- |   |  |
|---|--|
| $\frac{1}{2}$ box Knox's gelatine<br>soaked in 1 cup cold<br>water, | 1 lemon, juice and grated<br>rind,   |
| 1 orange, juice and $\frac{1}{2}$<br>grated rind,                   | $\frac{1}{2}$ cup pineapple juice,<br>$\frac{1}{2}$ cups sugar,<br>2 cups boiling water. |

Boil all together and strain through a cheese-cloth bag; add small cubes of pineapple, green grapes peeled and cut in half, pecans or blanched almonds, before pouring the jelly into the mould. Pour in small moulds, previously dipped in cold water; serve on a leaf of lettuce with a border of cucumbers or celery cut in very small pieces, mixed with mayonnaise dressing.

## PRESERVES

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### CURRANT JELLY

Wash fruit, place on stove without any water, stir constantly until the juice is well extracted. strain, measure, return to stove and boil ten minutes; add sugar, pint for pint, and cook until it jellies.

### PLUM JELLY

Wash fruit, place on stove with a little water and cook until well done, strain, measure, return to stove and boil fifteen minutes; add sugar, pint for pint, and cook until it jellies.

### PLUM PRESERVES

6 lbs. plums,

3 lbs. sugar.

Wash, remove seeds and weigh. Put in a preserving kettle with sugar, **no water**; place on stove and stir constantly, using a wooden spoon. Bottle while hot in Kerr Economy jars.

### BLACKBERRY JAM

6 lbs. berries,

6 lbs. sugar.

Wash and weigh the berries, put in a preserving kettle with half pint of water, cook until soft enough to mash, then add sugar and cook until it drops heavy from the spoon. Bottle while boiling hot in Kerr Economy jars.

## PRESERVES

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### LOGANBERRY JAM

Made in the same manner as blackberries.

### LOGANBERRIES FOR PIES

Use one-half the amount of sugar as for jam; seal when boiling hot.

### RASPBERRY JAM

4 lbs. berries,

3 lbs. sugar.

Wash and weigh the berries, put in a preserving kettle with one-half pint water, cook until they are soft enough to mash; add sugar and cook until they drop heavy from the spoon, stirring constantly. Bottle hot in Kerr Economy jars.





## SAUCES

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For Meats, Fish, Etc.

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### CUMBERLAND SAUCE

1 pint of brown stock,	1 tablespoonful of flour,
1 cup orange juice and	$\frac{1}{2}$ teaspoonful "Kitchen
finely-shredded rind of	Bouquet."
the orange,	Salt and pepper to taste.

Cook shredded orange rind in a little water until tender. Thicken the stock and orange water with the flour, then add the coloring, then the rind, and lastly, the orange juice. To be served with duck, squab, filet of beef. Will serve six people.

### DRAWN BUTTER

1 heaping tablespoonful	1 tablespoonful flour,
butter,	1 cup boiling water.

Melt butter over teakettle, put in flour, stir smooth, add water slowly until well cooked. Delicious for fish with sliced hard boiled egg all through it.

### CAPER SAUCE

Is made the same as the above recipe with the addition of one-half a cup of capers.

### BÉCHAMEL SAUCE

Make a white sauce with white stock or equal parts of stock and milk. Fry a slice of onion and a slice of carrot in the butter before the flour is added. Strain before serving.

## SAUCES

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### HOLLANDAISE SAUCE

$\frac{1}{4}$  tablespoonfuls vinegar,      4 eggs, yolks, well beaten,  
Butter size of an egg,       $\frac{1}{2}$  teaspoonful salt,  
                                  $\frac{1}{4}$  white pepper.

Put vinegar in granite bowl over teakettle, heat well, add butter, pepper and salt; let it cool a while, then add yolks of eggs, beaten light; stir all the time, until it becomes thick like cream. Make just before using.

Bearnaise Sauce is made the same as the above, using tarragon vinegar instead of plain vinegar, and adding a tablespoonful of chopped parsley.

### DUTCH SAUCE

$\frac{1}{2}$  teacupful butter,       $\frac{1}{2}$  teaspoonful salt,  
Juice of half a lemon,       $\frac{1}{2}$  cup of boiling white stock.  
Yolks of 2 eggs,      A little cayenne pepper.

Beat the butter to a cream and add the yolks, one at a time, the lemon juice, pepper and salt. Place the bowl in which these are mixed in a saucepan of boiling water, beat with an egg-beater until it begins to thicken, then add the boiling water, beating all the time. When like soft custard it is done.

### BREAD SAUCE

1 pint milk,      1 tablespoonful butter,  
1 cup fine bread crumbs,       $\frac{1}{2}$  teaspoonful salt,  
2 tablespoonfuls chopped       $\frac{1}{2}$  saltspoonful pepper.  
onion,

Boil the fine bread crumbs and onion in the milk fifteen minutes, add the butter, salt and pepper. Fry two-thirds of a cupful of coarse bread crumbs in one tablespoonful of butter until brown. Pour the sauce around roast duck and sprinkle the brown crumbs over all.



# SAUCES

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## WHITE CREAM SAUCE

$\frac{1}{2}$  cup butter,                      1 pint cream,  
1 large tablespoonful flour.

Melt butter and stir flour in gradually, then add cream slowly, boil until smooth and thick. A well beaten yolk of egg may be added just before serving. Season to taste. Serve with Timbale.

## PLAIN WHITE SAUCE

1 pint milk,                       $1\frac{1}{2}$  tablespoonfuls flour,  
2 tablespoonfuls butter,       $\frac{1}{2}$  teaspoonful salt.

Heat the milk, melt the butter and add the flour and salt, stirring until smooth, then add it to the hot milk and stir until it thickens.

## TOMATO SAUCE

Place on the stove 10 ripe tomatoes, 1 onion, 3 sprigs of parsley,  $\frac{1}{4}$  teaspoonful white pepper, 1 teaspoonful salt. Boil all together for two hours, mash through a fine sieve, thicken with a little flour if necessary.

## SAUCE TARTAR

To a rich mayonnaise dressing add some chopped pickle, parsley and capers chopped fine. Serve with fried fish.

## NOTE

Mushroom, Lobster and Shrimp Sauces are made like White Cream Sauce with the addition of these things chopped medium fine.

## SAUCES

### “SWEET AND SOUR” SAUCE

To Be Served with Boiled Tongue or Boiled Leg  
of Mutton

- |                                |   |
|--------------------------------|---|
| 1½ cups granulated sugar,      | ¼ cup raisins,                            |
| 1 rounded tablespoonful flour, | 2 or 3 slices lemon, cut in small pieces, |
| 1 tablespoonful vinegar,       | 6 cloves and 1 bay leaf.                  |
| 1 teaspoonful salt,            |   |

Melt sugar in sauce-pan, without water, being careful it does not burn. When entirely melted and brown, add boiling water, to make the desired quantity of sauce (probably two cupfuls); put in flour, stirred smooth, with a little water, vinegar, lemon, cloves, bay leaf, and salt; scald the raisins and add them. Let the mixture simmer slowly for an hour or more, or until all lumps of caramel are dissolved, and the sauce is smooth and slightly thickened.

### SAUCE FOR GAME

- |                                     |                                |
|-------------------------------------|--------------------------------|
| 1 glass of jelly (currant or plum), | and the juice of half a lemon. |
| 2 tablespoonfuls of butter          |                                |

Melt all together in double boiler or bowl over boiling teakettle.

### SAUCE FOR PLANKED FISH OR GAME

½ cup of butter, juice of half a lemon, salt, white pepper and paprika to taste. Melt all together.

### CHEESE SAUCE

- |                                       |                            |
|---------------------------------------|----------------------------|
| 1 cup of milk,                        | 1 scant tablespoonful of   |
| 1 cup of grated cheese (N. Y. Cream), | flour,                     |
| 1 tablespoonful of butter,            | Paprika and salt to taste. |

Melt the butter in double boiler, add flour, then milk. When boiling add the cheese and seasoning. Stir often and cook until it is smooth and creamy. Serve in a very hot dish, as the sauce congeals when cool.





# CANDY

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## BUTTER SCOTCH

3 tablespoonfuls molasses,    1 tablespoonful butter,  
2 tablespoonfuls sugar,    2 tablespoonfuls water,  
Add a pinch of soda before    1 teaspoonful vanilla.  
taking from stove,

Boil all together. Good with chopped peanuts stirred through it.

## CREAM CANDY

2 cups sugar,    Butter size of small egg,  
 $\frac{1}{4}$  cup of water,    1 teaspoonful of any flavor-  
 $\frac{1}{4}$  cup of vinegar,    ing.

Boil all together, try in cup of ice water, when almost stiff pour out in buttered pans and pull when cool.

## NEAPOLITAN CREAM

$\frac{1}{4}$  cake Baker's chocolate,    2 cups milk,  
4 cups C sugar.

Boil all together. To see if cooked try a little in a saucer, when it creams take off the stove and stir in the kettle until thick. Pour an inch deep on buttered platters, cut in squares.

## MOLASSES TAFFY

1 cup molasses.     $\frac{1}{4}$  cup vinegar,  
 $\frac{1}{2}$  cup sugar,    1 teaspoonful vanilla.  
Butter size of walnut.

Boil, try in ice water until hard enough to pull.

# CANDY

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## CHOCOLATE CARAMELS

1 cup sugar,	$\frac{1}{2}$ cup melted chocolate, or
$\frac{1}{2}$ cup milk,	$\frac{1}{4}$ cake,
1 cup molasses,	1 tablespoonful flour.

Boil sugar, flour and molasses together until crisp in water, then add milk and chocolate and boil.

## CHOCOLATE FUDGE

3 cups sugar,	$\frac{1}{4}$ cake Baker's chocolate,
1 cup milk,	Butter size of an egg.

Cook all together until it forms in ice water, then stir in the kettle until perfectly smooth, pour out in buttered platters one-fourth inch thick, cut in squares when almost cold.

## MEXICAN PINOCHE

2 cups dark brown sugar,	1 butter ball,
$1\frac{1}{2}$ cups pecan nuts,	A pinch of salt,
	1 cup milk.

Boil milk and sugar together first (to prevent curdling), then add butter and salt, boil until creamy, take off the stove and beat until smooth, then put in pecans.

# CANDY

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## PUFFED RICE CANDY

1 cup molasses,	$\frac{1}{2}$ teaspoonful soda,
1 cup brown sugar,	$\frac{1}{2}$ tablespoonful butter,
$\frac{1}{2}$ cup cold water,	$\frac{1}{2}$ package puffed rice.
$\frac{1}{2}$ teaspoonful cream of tartar,	

Boil molasses, brown sugar and water together, when boiling hard add cream of tartar and butter. When it drops brittle in cold water stir in quickly the puffed rice which has first been crisped in the oven. Just before adding the rice stir in the soda.

Spread thin on buttered tins.

## CANDIED GRAPEFRUIT PEEL

Cut grapefruit peel in strips, then make a syrup of one cup of sugar to one-half cup of water; boil until sugar is dissolved, then drop in peel and cook until tender; remove and roll in sugar. This may be used as a confection; it also makes a delicious seasoning for custards, puddings, etc.

## CANDIED ORANGE PEEL

Quarter oranges deep enough to peel; cut quarters lengthwise in narrow strips; can be soaked in water for ten days or boiled for fifteen minutes.

### Thick Syrup

4 cups granulated sugar,    1 cup water.

Simmer three hours on back of stove; remove and put in colander; let colander drain into bowl. Keep syrup. Put granulated sugar in plate. Take pieces, one at a time, and roll in sugar while moist; put on dry plates.









## USEFUL REMEDIES

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### BLACKBERRY BRANDY

2 quarts blackberry juice,	1 pound sugar,
1 tablespoonful grated nutmeg,	1 tablespoonful Ceylon cinnamon,
1 tablespoonful ground allspice,	1 tablespoonful ground cloves.

Boil all together for one hour, when cold add one pint best French brandy, **cork well**. Dose—One sherry glass full.

### COUGH SYRUP

4 ounces gum arabic,	1 pint whisky,
2 ounces rock candy,	1 pint water,
2 ounces glycerine.	

Dissolve rock candy in water with the gum arabic on back of stove, add glycerine and whisky.

### HAIR TONIC

$\frac{1}{2}$ pint rosemary,	1 oz. tincture of cantharides.
4 ozs. cologne or bay rum,	1 oz. menthol,
Apply after shampoo.	

### FOR MOSQUITO BITES

$\frac{1}{3}$ alcohol,	$\frac{1}{3}$ camphor,
$\frac{1}{3}$ ammonia,	Mix all together.

### HEALING SALVE

$\frac{1}{2}$ pound resin,	3 ozs. camphor gum,
$\frac{1}{4}$ pound beeswax, yellow,	1 pound tallow or vaseline.

Heat all together until dissolved, adding camphor last, strain through cheese cloth, stir until cold and smooth, put away in china jars; can be kept any length of time.

## USEFUL REMEDIES

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### SALVE—FOR HEMORRHOIDS

1 dram oxide of zinc,            1 drop attar of rose,  
1 oz. benzoated cerate.

### NERVE REMEDY

1 ounce soda bromide,            4 ounces aqua q. s.

One teaspoonful in one-half glass of water, two or three times daily, when nervous.

### COUGH MEDICINE

10c worth rock candy,            1½ pints water,  
10c worth licorice,                ½ pint best brandy,  
2½c worth senna leaves,        ½ pint honey, strained.

Dissolve rock candy and licorice in the water with the senna leaves, over the teakettle; strain and add the other ingredients.

### COUGH CURE

1 oz. White Pine com-            2 ozs. syrup of tolu ad.  
pound,

One teaspoonful every two to four hours.

### LINIMENT FOR STIFF NECK

1 ounce tincture of fr.,            1 ounce aqua ammonia,  
1 ounce tincture aconite,        2 ounces alcohol ad.,  
1 ounce menthol.

Local application. Mark "Poison."

### HAIR TONIC

1 ounce rosemary,                6 ounces bay rum.

Apply every few days with a brush.

# USEFUL REMEDIES

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## FOR DYSENTERY

1 ounce bismuth subnit.,	1 ounce syrup acacia,
20 drops acid carbolie	6 ounces aqua cinnamon
(Calvert's),	i. q. s.,
3 ounces elix. codia sulph.	

Dose—One to two teaspoonfuls every two to four hours.

## FURNITURE POLISH

4 ounces of alcohol,	4 ounces linseed oil,
$\frac{1}{2}$ ounce balsam fir,	$\frac{1}{2}$ ounce sulphuric ether.

Shake well before using and rub until perfectly dry. Use the **top only** for bad scratches and stains. Apply with cotton flannel.

## REMEDY FOR FLATULENCE

2 tablespoonfuls water,	$\frac{1}{2}$ teaspoonful aromatic spirits of ammonia.
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Take every fifteen minutes for four doses.

## RHEUMATISM NO. 1

1 pint Holland gin,	5c worth poke root (pulverized).
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Dissolve in gin. One tablespoonful, three times a day, after meals.

## LINIMENT FOR LAMENESS IN ARMS

10c worth best lard,	10c worth ammonia.
10c worth turpentine,	

Melt lard and mix together; rub on lame part.

# USEFUL REMEDIES

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## CHOLERA MIXTURE

$\frac{1}{2}$  oz. spirits of camphor,       $\frac{1}{2}$  oz. tincture of rhubarb,  
 $\frac{1}{2}$  oz. spirits of peppermint,    $\frac{1}{2}$  oz. tincture of capsicum.  
 $\frac{1}{2}$  oz. tincture of opium,

Dose. one-half teaspoonful in water.

## FOR STIES

Cold pressed castor oil, rubbed on the lids; first pour in palm to heat a little before using.

## UROTROPIN

(German Remedy by E. Schering for Bladder Trouble)

Dose: Three tablets dissolved in half glass of water. Take three times, an hour apart; start first after eating and last at bed time. (Four doses will not hurt you.)

## FOR RHEUMATISM

Piperazine, \$1.75 a bottle.

## CLEANING FLUID

1 part alcohol,                      3 parts ether (Spells Ace).  
2 parts chloroform,

## MOTH POWDER

Equal parts of saltpeter, camphor and sulphur.

## USEFUL REMEDIES

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### FOR BURNS OR SCALDS

A piece of absorbent cotton saturated with spirits of camphor, applied immediately to a new burn will prevent its blistering and hasten healing.

### FLAXSEED TEA FOR BLADDER TROUBLE

For each cup of boiling water allow one tablespoonful of flaxseed. Pour the water over the flaxseed and let it stand until cool, strain and drink three or four cups a day until relieved.









## HELPFUL HINTS

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To make whites of eggs stiff, add a pinch of salt before beating.

Kitchen Bouquet is used in all my soups and gravies for coloring.

Warm the mixing bowl before making cake; the cake will be lighter and can be made more quickly.

Always sift flour before measuring, unless the recipe states that unsifted flour is to be used.

If you have not enough muffin or gem batter to fill all of the tins, a little water poured in each of the empty ones will keep them from discoloring or melting.

A teaspoonful of vinegar in the hot water for poaching eggs will keep the whites from spreading.

When baking tomatoes or peppers put them in muffin pans and they will keep their shape. Butter the pans to prevent sticking.

To remove fruit stains from table linen moisten the stains with pure glycerine before sending to the laundry.

When putting dishes on the ice in the refrigerator a rubber fruit jar ring under them will prevent slipping as the ice melts.

A test that there is enough flour in cake: when it drops in a continuous line and not in lumps.

### TO BLANCH ALMONDS

Shell the nuts and then cover them with boiling water; let them stand five minutes, drain, and slip the skins off.

### HOW TO CLEAN GLASS BOTTLES AFTER VINEGAR, ETC., HAVE STAINED THE INSIDE

Take a raw potato, chopped fine; put in bottle and shake well; all particles will adhere to potato; wash well with soap and water.







# MENUS

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## LUNCHEONS AND DINNERS

Puree of Peas.  
Lobster Terrapin, Cucumbers.  
Sweetbreads, Mushroom Sauce.  
French Peas.  
Sherbet.  
Quail, Lettuce Salad.  
Charlotte Russe, Cake.  
Nuts, Raisins, etc.  
Coffee.

Chestnut Puree, Celery.  
Halibut Timbale, Pickles.  
Brown Bread Sandwiches.  
Fillet of Beef, Larded.  
Spinach Souffle.  
Sherbet.  
Ducks. Salad. Pickle Peaches.  
Strawberry Mousse, Cake.  
Coffee.

Consomme Royale.  
Salmon Timbale, Hollandaise Sauce.  
Chicken Cutlets, Cream Sauce.  
Raspberry Sorbet.  
Roast Grouse, Jelly, Sweet Potatoes.  
Cream Chicken Salad.  
Cheese Balls.  
Pineapple Fruit Ice Cream, Cake.  
Coffee.

# MENUS

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Chicken Okra Soup.  
Fish, au Gratin.  
Mushroom Sweetbread Patties.  
Sherbet.  
Prairie Chicken, Potato Croquettes, Jelly.  
Cheese Souffle.  
Fruit Jelly and Whipped Cream, Cake.  
Coffee. Mints.

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Chicken Salad for 42 people, 2 gallons.  
Two gallons of brick ice cream.  
Four gallons of sherbet or sorbet.  
Two pounds almonds, 2 pounds mints for an evening  
supper of 80 people.







## BUFFET LUNCHEON FOR 75 PEOPLE

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16 quarts bouillon

For salad—

15 pounds chicken,  
12 large stalks celery or 3 dozen small ones,  
2 quart bottles olive oil,  
18 eggs, yolks,  
Mayonnaise dressing.

1 turkey, 13 pounds,	2 cans mushrooms,
180 New York Counts,	6½ dozen patty cases,
2 quarts cream sauce,	2 pounds fancy cakes,
1 large cake,	2 pounds almonds,
1 small cake,	6 quarts sherbet (fruit),
7 quarts ice cream,	2 quarts plain cream,
1 pound tea,	3 quarts milk,
½ pound cocoa,	1½ pounds mints,
	6 lemons.



## CHAFING DISH SUPPER FOR 40 PEOPLE

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8 quarts bouillon,  
6 dozen frogs' legs, 1 quart cream,  
7 mallard ducks for salmi of duck, 1 pint sherry wine,  
20 stoned olives,  
1 tablespoonful extract of beef for coloring,  
150 New York Counts for frying,  
16 pounds of turkey or 1 baked ham,  
120 biscuits or rolls, 3 pounds butter,  
2 pounds coffee,  
3 pounds loaf sugar, 2 quarts coffee cream,  
1½ pounds salted almonds, 1 bottle olives or pickles.

### MERINGUE GLACE

4 dozen meringue shells,  
1 gallon any kind of ice cream to fill shells,  
2 pounds fancy cakes,  
1 larger cake and one loaf nut cake.  
Make the different things as I have described in the  
first of the book.

### SUPPER FOR ONE HUNDRED PEOPLE

4½ gallons soup (clear, 16 cans peas, or  
velvet or asparagus), 13 gallons fresh peas.  
2 roasted hams (14 pounds  
each),



# RECIPES FOR THE TROPICS

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## ICE CREAM

(This may be used for most of the ice cream.)

One and one-half cans of cream (not Eagle brand, but Pioneer, Carnation or Bear), same amount of water, one cup of sugar, two tablespoonfuls of flour, two eggs—if it is possible to get them. Mix the cream and water and put on to boil; beat the eggs, sugar and flour together and stir into the cream; let boil for about twenty minutes. Put away and cool, then add more sugar if desired, flavor, and freeze.

## COCOANUT ICE CREAM

Grate two ripe cocoanuts and put half of what is grated into a quart of water and let stand for a couple of hours; then squeeze in a vegetable press. Use this juice in place of plain water; the other half of cocoanut add just before your cream is quite frozen.

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## SALADS

### BANANA SALAD

Carefully cut one strip off your banana; cut out in little cubes the meat; mix with mayonnaise; put back into the skin, which should resemble a little boat; sprinkle rather thickly with peanuts.

### HEART OF THE COCOANUT TREE—SALAD

There is no salad so delicious as the heart of the cocoanut tree, shredded very fine and served with mayonnaise.

# RECIPES FOR THE TROPICS

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## BAMBOO SHOOTS SALAD .

Obtain young bamboo shoots, boil and pour off the water four or five times until they are quite tender; put away to cool; slice very thin. Serve with mayonnaise or French dressing, with a few celery seeds sprinkled on top.

## CANNED SALMON SALAD .

Drain a can of salmon; mix with mayonnaise, to which have been added two tablespoonfuls of cooked spinach, one tablespoonful of capers and one-half onion chopped very fine. A few anchovies may be added, but are not necessary.

## GARNISH FOR SALADS

A couple of pounds of what are called black-eyed peas, put in water to swell peas, and set in a dark place until they have sprouted, and have sprouts about an inch long; wash very carefully and remove only those which may not have sprouted. Use as garnish around any salad. It will be found crisp and quite nice to eat.

## MANGOSTINE PRESERVES

Hull the fruit and use pound for pound of sugar and fruit; cook until very thick. The great secret of this preserve is do **not** seed; when cooked the seeds are like the most delicious nuts mixed all through the preserve. This fruit Queen Victoria gave a pound sterling for every fruit arriving in England in good condition.



# RECIPES FOR THE TROPICS

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## MISCELLANEOUS DISHES

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### SPANISH RICE

Melt two heaping tablespoonfuls of butter in a saucepan, add two cups of cooked rice, four tablespoonfuls of grated cheese, five tablespoonfuls tomato pulp, a pinch of mustard, one teaspoonful chutney, salt to taste and few grains of cayenne pepper; mix and beat thoroughly. Put in baking dish, sprinkle surface with browned bread crumbs and serve very hot.

### CURRY, SHIRIMPS, AND CONDIMENTS

Grate one cocoanut, put in a quart of water, let stand two hours and squeeze with vegetable press; put one and a half tablespoonfuls of butter in a saucepan, add half an onion chopped very fine, six or eight Chinese mushrooms, which have been well soaked; cover and fry a few minutes until onions are nearly done; add part of the cocoanut water and one tablespoonful of Indian curry powder (Cross & Blackwell); let cook slowly. As liquid is needed, add cocoanut water; it should cook nearly an hour; add two cans of shrimps and cook five minutes. Serve with boiled rice and many condiments, grated cocoanuts, chutney (sweet mango is very good), Bombay duck, chopped onion, shredded lettuce, very thin omelet shredded, small pickled fish, etc; these should be served around the curry and rice in small dishes. An excellent way is to put the shrimps and curry in a large dish with rice border, and all the little dishes of the same size, and place all on large tray; this gives the appearance of an English curry service.

# RECIPES FOR THE TROPICS

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## DRINKS—VERY COOLING

Make a syrup of one cup of sugar and one pint of water, boil ten minutes; add one can of grated pineapple and the juice of three lemons, cool and strain; when ready to serve add one quart of ice water.

## ICE TEA

### I

When tea is hot add three whole cloves for each cup of tea; add cloves after tea has been poured off the leaves, and then put away to cool.

### II

Pour the boiling water over crushed mint leaves and tea, and draw off the liquid and put away to cool.

# TIME TABLES

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## TIME TABLE FOR BOILING VEGETABLES

	Time
Potatoes .....	20-30 min.
String beans .....	20-30 min.
Lima beans .....	30-40 min.
Peas .....	15-20 min.
Spinach .....	15-20 min.
Asparagus .....	20-25 min.
Turnips .....	30 min.
Beets .....	40 min.
Green corn .....	20-25 min.
Cabbage .....	20 min.
Cauliflower .....	20 min.
Brussels sprouts .....	10-15 min.
Parsnips .....	30-40 min.
Onions .....	30-40 min.
Rice .....	15-20 min.
Macaroni .....	20 min.

## TIME TABLE FOR BOILING MEATS

	Time per Pound
Corned beef .....	30 min.
Potted beef .....	30-35 min.
Ham .....	20 min.
Mutton .....	15 min.
Turkey .....	15 min.
Chicken .....	15 min.
Fowl .....	20-30 min.
Tripe .....	3-5 hrs.

# TIME TABLES

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## TIME TABLE FOR MISCELLANEOUS BAKING

Large fish .....	about 1 hour
Small fish .....	20-30 min.
Bread .....	1 hr.
Biscuits .....	20 min.
Cake .....	20-45 min.
Custards, very slow oven.....	1 hr.

## TIME TABLE FOR BAKING MEATS

	Time per Pound
Beef, rare .....	8-10 min.
Beef, well done .....	12-15 min.
Beef, boned and rolled .....	12-15 min.
Beef, round .....	12-15 min.
Mutton, leg, rare .....	10 min.
Mutton, leg, well done .....	15 min.
Mutton, loin, rare .....	8 min.
Mutton, shoulder, stuffed .....	15 min.
Mutton, saddle, rare .....	9 min.
Lamb, well done .....	15 min.
Veal .....	18-20 min.
Pork .....	20 min.
Venison, rare .....	10 min.
Chicken .....	15 min.
Goose .....	18 min.
Braised meats .....	3-4 hrs.
Fillet, hot oven .....	30 min.
Liver, whole .....	2 hrs.
Turkey, 8 lbs. ....	1¾ hrs.
Turkey, very large .....	3 hrs.
Ducks, tame .....	45 min.
Ducks, mallard and canvasback.....	20-25 min.
Ducks, teal, very hot oven.....	10 min.
Birds, small, hot oven.....	15-20 min.
Partridge .....	35-40 min.
Grouse .....	20-25 min.

# TIME TABLES

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## TIME TABLE FOR BOILING FISH

	Time per Pound
Salmon .....	10-15 min.
Codfish .....	6 min.
Halibut .....	15 min.
Bluefish .....	10 min.
Bass .....	10 min.
Haddock .....	6 min.
Small fish .....	6 min.
Lobster .....	30-40 min.

## TIME TABLE FOR BROILING MEATS AND FISH

	Time
Steak, 1 inch thick.....	8-10 min.
Steak, 1½ inches thick.....	10-15 min.
Mutton chops, French .....	8 min.
Mutton chops, English .....	10 min.
Spring chicken .....	20 min.
Quail .....	8-10 min.
Grouse .....	15 min.
Squabs .....	10-15 min.
Shad, bluefish, and trout.....	15-25 min.
Small fish .....	5-10 min.

## TABLE OF USEFUL MEASURES

- 2 gills=1 cup (teacup).
- 2 cups=1 pint.
- 2 pints=1 quart.
- 4 cups flour=1 pound or 1 quart.
- 4 cups liquid=1 quart.
- 2 cups butter packed solidly=1 pound.
- 2 cups granulated sugar=1 pound.
- 2 tablespoonfuls butter, solid and level=1 ounce.
- 2 tablespoonfuls granulated sugar=1 ounce.
- 2 tablespoonfuls flour=1 ounce.



# Modern Cooking Methods

BY JOHN M. CONNELLY

Advertising Manager Denver Gas & Electric  
Light Company

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Words fail utterly to describe what gas fuel has done for womankind. Speech would be an inadequate vehicle to convey to the mind of the average person the revolution that has been brought about in the home and the emancipation of woman that has been evolved through that revolution.

It has opened up for woman an ideal home with perfect service. She has been made acquainted with the best living, which means the doing of her work with ample leisure and opportunity for the hundred and one other things which broaden life's outlook.

In the past the making of a home was synonymous with household slavery and drudgery. Today home-making is not even synonymous with housekeeping, the introduction of the gas range and electricity into the home making it possible for a maximum amount of work to be done in the minimum time.

The contrast between the kitchen of today and yesterday is so marked that one can hardly believe that any one labor-saving agency could be made to so materially alter the conditions of womankind.

The pictures that are called up by the contrast are, on the one hand, an overheated and dingy coal or wood kitchen, ashes, smoke, coal hods, back-breaking lifts and the passing of time, and a sooty, dust-begrimed housewife. On the other hand, one sees the new, modern gas kitchen with its compact and artistic range, and a housewife fresh and dainty-looking in a light frock preparing in a little while the family victuals which ordinarily would require hours of work and back-breaking labor.



Think for a moment of the saving in time and labor where fuel is always ready to burn at the turn of a valve, the striking of a match—no further attention, no waits, no preparation.

Not many years ago the gas range was looked upon as a novelty and a luxury to be possessed only by those born with silver spoons in their mouths. Today it would be almost impossible to speak of the number of gas ranges that have been installed in the city without giving the number of homes there are in Denver.

The gas range seemed the one thing to make the work of the modern woman progressive and up-to-date. And with the introduction of gas ranges they literally spread over the entire country; no woman, regardless of her position in life, feeling that she could, in justice to herself or her family, do without one.

The economy of the gas range, the cleanliness of the kitchen where one was installed, the saving in time and strength for the housewife, spoke for themselves. These factors in the bettering of the modern home and the advantages so received explain the wide popularity of the gas range and the refusal of any woman to be without one.

The ease with which the gas range may be made to work is the first thing that has appealed to women. It is so easy that women who had been used to spending from ten to thirty minutes in building a coal fire didn't think that it was possible. Money wouldn't hire a woman who has once used a gas range to go back to a coal range, any more than a live business man would be tempted to go back to the old methods of doing his work by hand instead of by electricity.

The three words "Cook With Gas" suggest an absolutely new plan of kitchen work. It means that the drudgery of kitchen work is reduced to less than one-half. It means that the tired housewife is given a breathing spell and a chance to rest and recreate herself.

Cooking with gas means more than those things, however; it means that cooking has been reduced to a domestic science and an art. You cook better and quicker on a gas range than on any coal or wood stove that can be bought.



Boiling, frying, stewing, are all done on one range top with the right fire under each article to do it in the right way. No preparation is necessary, no waits are in order, the thing is done in a moment.

And the strangest thing is that cooking with gas with all its advantages costs less than cooking with any other fuel. Actual tests show that gas is one-third cheaper than coal. And the reason for that is obvious, for in cooking with gas, a fire is not kept burning until you get it right and as long as you need to keep it right. A gas fire is right the instant that it is lit and does not have to be kept burning.

For baking, a gas range is ideal; it is the quickest and best way. With gas, stove worry is out of the question; the whole time of the housewife can be given to the baking. Baking days come and go as a matter of course, and do not mean a long day of shutting oneself up with a fiery hot range that takes a whole lot of time to get it ready, and a great deal more time to keep it fired up. A match is struck, a valve is turned, and baking is in order. The oven is ready, the fire being neither too hot nor too cold, but just right to bake evenly and thoroughly light, flaky bread, cakes, or pastry.

Another feature of the gas range that makes it superior to any other is the special oven for broiling. Gas does broiling quicker and better than coal or charcoal, none of the nutritious elements are lost, the full force of the heat being directed against the broil. Then, too, the broiler can be used for toasting.

A gas range is always ready, morning, noon or night. From every point of view gas is superior to a coal or wood stove. It will do everything that any other fuel would do, and do it with less cost, less labor, less time, and **BETTER RESULTS.**

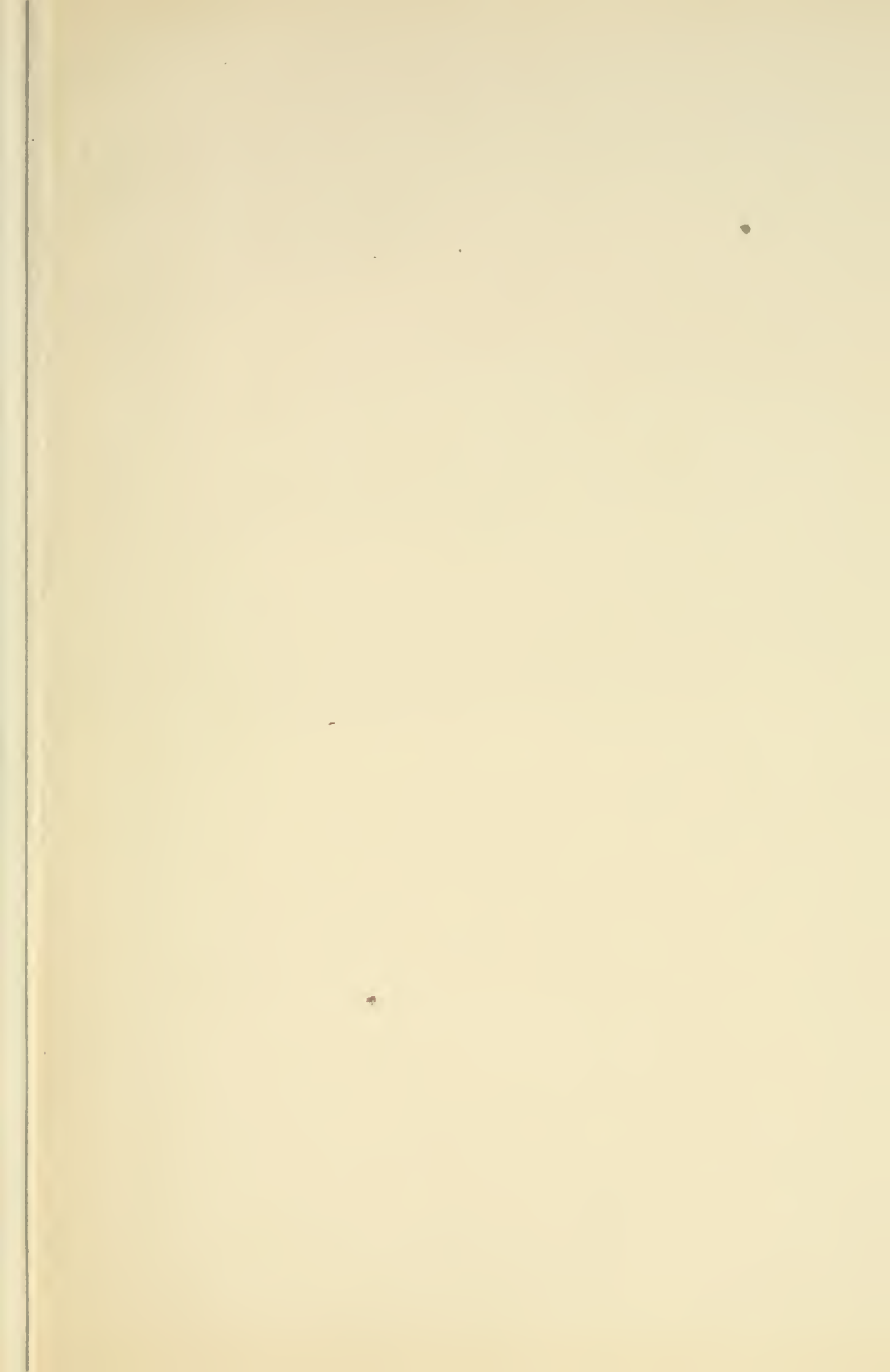
And to the home that has been fully blessed with the benefits and advantages of the gas range have been added other labor-saving devices, introducing electricity as a servant in the home. With the gas range and the number of electrical cooking appliances on the market today, no woman need be a household drudge.

The modern housewife looks upon electricity as a household commodity. Electrical cooking appliances mean to her personal comfort, household convenience, and labor saving. The electrical household conveniences that today add to the comfort of every home include the coffee percolater, bread toaster, and egg cooker that make of breakfast a pleasure for the woman who does her own cooking as well as the family for whom she cooks. Hot coffee, warm toast, and eggs shirred just right, are the breakfast dishes that take but a moment to prepare by way of cooking electrically. The chafing dish, the kettle, the grill, the samovar, the milk warmer, and the electric fireless cooker are the other labor-saving devices introduced to make the work of the kitchen a household joy and not a household drudgery.

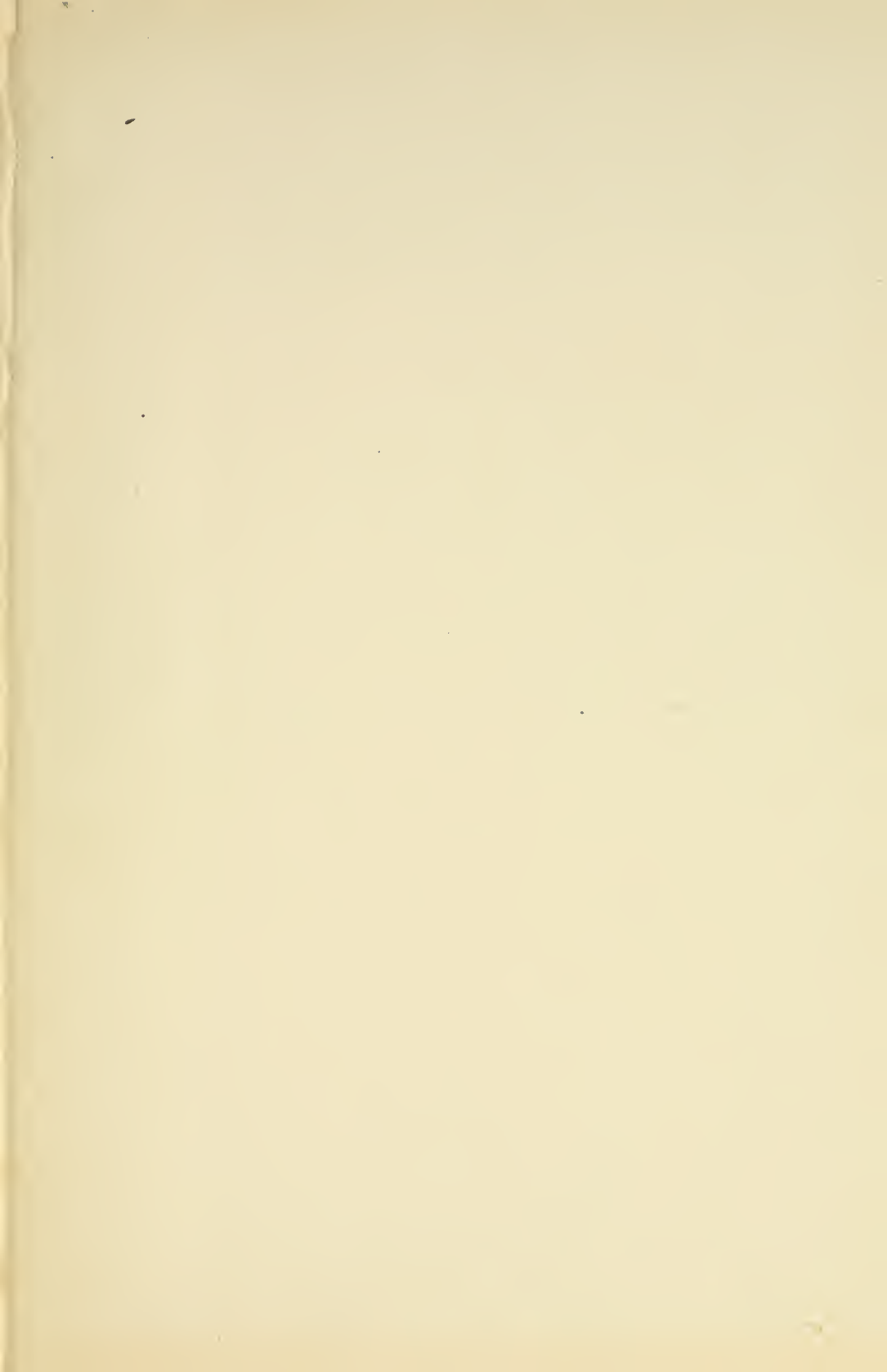
Not a woman in Denver today who has not made of "Electricity" a friend ever ready to serve her economically and quickly.











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