

NEW ENGLAND
• COOK • BOOK •



MARY GOLD.



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THE NEW ENGLAND

COOK BOOK



MARY GOOLD

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BY
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PREFACE

IN compiling this cook book no attempt has been made to compete with the larger ones, as that would be well-nigh impossible, but merely to give some cherished recipes of old housewives from manuscript books which have been transmitted to them through generations. They have been thoroughly tried and proved successful and have been found to give the most satisfactory results at the least possible cost. The greater number have been obtained from women of New England; quite a number were either contributed or dictated by Southern colored cooks of high reputation in the art and who seem to have a natural aptitude for that work; whilst a very few were given by people from foreign countries. The most of these recipes are designed for families who live well, but moderately, and who find it necessary to live in a plain and economical way. A very few are arranged for elaborate occasions. If these recipes are carefully and fairly tried, I feel that few, if any, will cause disappointment, and that a new interest may be awakened in old-fashioned dishes, now almost extinct.

M. G.

Table of Measures

- 2 cupfuls of granulated sugar make 1 pound.
- 2½ cupfuls of powdered sugar make 1 pound.
- 2 1-3 cupfuls of brown sugar make 1 pound.
- 4 cupfuls of flour make 1 pound.
- 2 cupfuls of solid butter make 1 pound.
- 8 heaping tablespoons make 1 cup.
- 12 tablespoons dry material make 1 cup.
- 16 tablespoons of liquid make 1 cup.
- ¼ teaspoon make 1 saltspoon.
- 2 level teaspoons make 1 rounding teaspoon.

All ingredients used in these recipes are measured level, unless otherwise stated.

Tin measuring cup, holding ½ pint, is the regulation size.

CHAPTER I.

Bread, Breakfast Dishes and Beverages

Hint: Bread must not be moved in the oven until after the first quarter, or until it has set or risen. The temperature of the water used in making bread must be 98-100 degrees F.

MILK BREAD. (Prize recipe.)

Dissolve $\frac{1}{2}$ magic (dry) yeast cake in 1 pint of warm water, thicken with flour, add 2 tablespoons white sugar and 1 teaspoon salt; let this rise over night, or about 10 hours. Scald 2 teacups of milk; when cool dissolve $\frac{1}{2}$ teaspoon soda in the milk, add 1 quart of flour to the batter, stirring with a knife; then add the milk and enough more flour to knead, until it will not stick to the fingers. Let it rise until light, knead it again, let it rise again, divide into 2 loaves, let it rise in the pan and bake 1 hour. This may be started about 10 A. M. and the bread made about 8 P. M., and let rise over night and bake in the morning.

GRAHAM BREAD.

One pint of milk, scalded, and cooled, $\frac{1}{2}$ cup of sugar, 1 teaspoon salt, $\frac{1}{4}$ yeast cake dissolved in $\frac{1}{4}$ cup of lukewarm water, 4 or 5 cups of fine granulated wheat flour or $1\frac{1}{2}$ cups of white flour and $3\frac{1}{2}$ cups of sifted graham flour. Mix in the order given into a dough, a little softer than for white bread; let it rise till light, stir it down, pour into well-greased pans or, if stiff enough,

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into loaves. Let it rise again and bake a little longer and in a cooler oven than for white bread. This should be mixed in the morning, as when done at night it is liable to become sour.

RUSK.

Make a dough at night by the rule for Parker House rolls. In the morning make half the quantity into bread or biscuits; with the remainder add $\frac{1}{2}$ cup of butter, 1 cup of sugar, 2-3 cup of currants, a little cinnamon and a little nutmeg, 1 egg well beaten; mix and beat well with the hand; add enough flour to shape easily. Let it rise in the bowl, shape into small rounds, put them in a shallow cake pan, so to have them rise high, have a little sugar and milk in a cup dissolved; rub over the top of the biscuits and sprinkle with sugar. Bake at once in a moderate oven.

STICK DOUGH.

One cup of milk, scalded. Add 1-3 cup of butter, 2 tablespoons of sugar, $\frac{1}{2}$ teaspoon salt. When lukewarm add the white of 1 egg well beaten and a quarter of a yeast cake dissolved in 3 tablespoons of lukewarm water. Then add about 4 cups of flour and knead about 10 minutes. Let them rise in a cool place. If desired perfectly dry, bake in a slow oven, but if liked soft inside, bake in an oven as hot as for bread. Roll into round balls, then roll long with no flour on the board.

WATER BREAD.

One tablespoon lard or drippings, 1 teaspoon salt, 2

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tablespoons sugar, 2 cups boiling water, about 6 or 7 cups of flour. Put the sugar, salt, lard in the mixing bowl, add 2 cups of boiling water to dissolve them. When cool add $\frac{1}{2}$ yeast cake dissolved in $\frac{1}{2}$ cup of lukewarm water and stir in the flour, adding it gradually after 5 cups are used, so that it will not be stiff; use just enough to knead, until smooth and elastic. Cover, let it rise over night, cut it down, divide into four parts, shape into loaves. Let it rise again in the pans. Bake about 1 hour.

DOUGH CAKES.

Take a piece of bread dough, after it has risen and ready to be put into the pans, flour a board, roll out about $\frac{1}{2}$ inch thick, cut in squares. Have a frying pan, about 1-3 full boiling fat, put in your cakes and fry until brown, then turn and fry the other side, remove to griddle without being greased, put in oven, cover, and let them cook slowly for 10 minutes, or until well puffed up. Drain on brown paper, and serve hot.

PARKER HOUSE ROLLS.

Pour 1 pint of scalded milk on 2 tablespoons each of butter and sugar and 1 teaspoon of salt; when lukewarm add $\frac{1}{2}$ cup of yeast, if mixed in the morning and $\frac{1}{4}$ if mixed at night. Stir in 3 cups of flour and beat well. Let it rise over night or, if mixed in the day, about 3 hours; then add flour till stiff enough to knead; knead

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20 minutes. Let it rise until double its size. Shape into rolls, and let them rise in the pans.

RAISED BISCUITS.

One quart of bread flour, 1 large tablespoon of butter, or lard, 2 tablespoons sugar, 1 teaspoon of salt, $\frac{1}{2}$ cup of yeast or $\frac{1}{2}$ yeast cake dissolved in $\frac{1}{2}$ cup of lukewarm water, a bowlful of milk and water or enough to make a stiff batter. Cover, let rise over night; in the morning, roll out on a floured board, cut into rounds, spread with softened butter, put two together, having the buttered sides in the middle, and bake 15 or 20 minutes.

Hints: Gem pans should be heated through, then buttered and placed on back of the range and batter put in, giving a chance to rise, before putting in the oven.

Any muffins or gems may be baked in muffin rings, placed on a griddle or baking pan, and cooked a little on top of stove, then finish baking in the oven.

GRAHAM MUFFINS.

Sift $1\frac{1}{2}$ cups of graham flour, $\frac{1}{2}$ cup of white flour, $\frac{1}{4}$ cup of sugar, $\frac{1}{2}$ teaspoon salt, 4 teaspoons baking powder together. Beat 1 egg, add 1 cup of milk, and stir quickly into the dry ingredients. Beat thoroughly and add 1 tablespoon melted butter. Put in hot gem pans and fill to the top. Bake 25 minutes.

RICE MUFFINS.

Mix 2 cups of boiled rice with 2 cups of sweet milk, beat well, add the yolks of 3 eggs, well beaten. In

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another bowl sift 4 cups of flour with 2 rounding teaspoons of cream of tartar and 1 level teaspoon of soda, 1 teaspoon of salt, 2 tablespoons of sugar. Stir the first mixture into the dry ingredients and beat well, add $\frac{1}{4}$ cup of melted butter and the beaten whites and bake in greased muffin tins, in a hot oven, for 15 or 20 minutes. If baking powder is used, use 4 rounding teaspoonfuls. This recipe can be halved, and baked as a cake.

RICE MUFFINS. (No. 2.)

One cup of flour, 1 cup of warmed boiled rice, a pinch of salt, 2 rounding teaspoons of baking powder, 2 tablespoons of sugar, 2 eggs, $\frac{1}{4}$ cup of butter and lard, melted. Mix flour, salt, sugar and baking powder together. Beat the egg, and add $\frac{1}{2}$ cup of milk. Stir gradually into the flour. When it is a smooth, light paste, add the melted lard and rice. If not thin enough, add a little more milk. Beat thoroughly. Bake about $\frac{1}{2}$ hour. This recipe can be used for waffles.

FRIED RYE MUFFINS.

Three-quarters cup of rye meal, $\frac{3}{4}$ cup of flour, 4 teaspoons of baking powder, 1 tablespoon sugar, $\frac{1}{2}$ teaspoon salt, 1 egg, well beaten, $\frac{1}{2}$ cup of sweet milk. Mix in the order given, beat well and drop from a small tablespoon into hot fat. Cook until the muffins will not stick when tried with a fork. These may be baked by adding 2 tablespoons of melted butter.

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MEAL MUFFINS.

One teacup of white meal, scald it thoroughly, thin with milk, add 2 beaten eggs, 2 heaping tablespoons of flour and 2 heaping teaspoons of baking powder, mixed together, a little sugar, pinch of salt and a small piece of butter. Bake in gem pans.

CORN MEAL PUFFS.

Two cups of sifted corn meal, 1 teaspoon of salt, and 1 teaspoon of sugar, sift again, add 1 tablespoon of drippings, pour over this a pint of boiling milk, $\frac{1}{2}$ teaspoon of saleratus (dissolved in a little warm milk). When the dough is sufficiently cooled, add 1 large beaten egg, mix well, and if the dough is not soft enough add a little more milk. Bake in gem pans in a hot oven.

SALLY LUNNS. (Southern recipe.)

Two eggs, 2 tea-cups of cream, 2 cups of granulated sugar, 1 teaspoon of cream tartar, 1 pint of flour, $\frac{1}{2}$ pound of butter, 1 teaspoon mace. Put cream and butter into a heated bowl, to be warmed together, when melted pour into the well-beaten eggs and sugar; sift the flour, mace and cream of tartar, mixed together, into it gradually. Beat thoroughly for 3 or 4 minutes. Dissolve $\frac{1}{2}$ teaspoon soda in a little warm water and mix well. Have the pans buttered, then stir the soda in quickly to the mixture, put into the oven immediately, before the effervescence ceases. Bake in a hot oven about 20 minutes.

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BREAKFAST GEMS.

Mix and sift together 1 cup of pastry flour, $\frac{1}{2}$ teaspoon of salt and $\frac{1}{4}$ of a cup of sugar. Beat the yolks of 2 eggs and add 1 cup of rich milk; stir into the dry ingredients. Beat the whites very stiff and cut in. Bake in hot buttered gem pans 20 minutes.

OLD FASHIONED JOHNNY CAKES.

One quart of sifted Indian corn meal, 1 scant teaspoon of salt and 1 teaspoon of sugar. Sift the dry ingredients together, melt 1 tablespoon of butter in 1 quart of boiling water and pour over the meal. If the mixture is not soft enough, add a little more boiling water. Make and shape like fish cakes. Place on a well-greased frying pan, bake till a light brown, turn and bake the other side till well browned. Remove from fire and place in the oven for 10 minutes, to puff up, and serve very hot.

RHODE ISLAND JOHNNY CAKE.

Take $\frac{3}{4}$ cup meal, 1 teaspoon of salt and scald thoroughly with boiling water. Thin with hot milk so that it will drop easily from spoon on to a hot well-greased frying pan. Cook over a moderate fire, and when brown on one side, turn and brown the other. (Add more grease if necessary.)

TO STEAM BREAD.

Put over the fire a large saucepan of boiling water, and place over it a steamer. Fill steamer with stale

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bread or biscuits. Spread over the bread a perfectly clean cloth and steam 15 or 20 minutes. Serve piping hot.

POP OVERS.

Sift 1 cupful of flour and $\frac{1}{4}$ teaspoon of salt together, add 1 cup of milk slowly and beat with an egg beater; when smooth, add 1 beaten egg. Cook in hot buttered (iron) gem pans or earthen cups, in a moderately hot oven for half an hour, or until they are crisp and dry.

GRAHAM GEMS.

Coffee cup of sour milk, level teaspoon of soda, 2 tablespoons of sugar, 3 tablespoons melted lard, 1 egg, graham flour enough for a batter. Yellow corn meal may be used instead of graham. Bake in a hot oven for 20 minutes.

MUFFINS.

One pint of flour, 4 teaspoons baking powder, $\frac{1}{2}$ teaspoon salt, 2 eggs, $\frac{1}{2}$ cup of milk, $\frac{1}{4}$ cup of melted butter. Sift the flour, the baking powder and salt together three times. Beat the yolks of the eggs, add the milk and pour over the dry ingredients. Beat well, then add melted butter, and lastly cut in the whites beaten stiff. Bake in hot gem pans about 25 minutes.

WAFFLES.

Beat the yolks of 4 eggs, add 1 quart of milk, $\frac{1}{2}$ teaspoon of salt, $\frac{1}{4}$ of a pound of melted butter, and flour enough to make a batter not very thick. Cut in the

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whites, beaten stiff. Heat and butter the irons well, fill and bake quickly. Serve with butter or maple syrup.

RICE WAFFLES.

One cup of rice cooked very soft and mashed fine, $\frac{1}{4}$ of a pound of butter, $\frac{1}{2}$ teaspoon of salt, the beaten yolks and whites of 4 eggs, 1 tablespoon of sugar and a little nutmeg. Flour enough to make a batter. Bake as for waffles.

BOSTON BROWN BREAD.

Measure and sift 1 cupful each of rye meal, corn meal and graham flour, $\frac{1}{2}$ teaspoon salt, and 1 heaping teaspoon of soda mashed fine, add $\frac{3}{4}$ cup of molasses and 2 cups of very thick sour milk. Beat well, pour into buttered mould and steam $3\frac{1}{2}$ hours, having the water in the kettle boiling, when the brown bread mould is put in, and have enough water to come one-half way up the side of the mould. Add boiling water when it is necessary to replenish. Remove cover and place in the oven for 10 minutes. If sweet milk be used, the teaspoon of soda should only be slightly rounding.

GERMAN TOAST.

Beat 1 egg slightly in a pudding dish, add 1 saltspoon salt, 1 tablespoon sugar and 1 cup of milk. Have ready 4 or 5 slices of stale bread, and soak each slice in this mixture until soft. Have a griddle hot and well buttered. Brown them on one side, turn and place a piece of butter on the top of the other side and brown. To be

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eaten hot, with butter or sugar, mixed with cinnamon. This is a very nice and convenient way of using up stale bread.

MILK TOAST.

One pint of milk scalded, 4 tablespoons flour, 3 tablespoons of butter, $\frac{1}{2}$ teaspoon salt, 6 slices of toast. Scald the milk, put the butter in a saucepan, when melted, add the flour, salt and pepper mixed together, stir well, add the milk gradually, stirring well. Moisten each slice with boiling water and put the toast in a hot deep dish; then pour over the thickened milk. Keep the dish over hot water until ready to serve.

MELISSA'S CORN CAKES.

1 quart of sifted white Indian meal, a saltspoon of salt. Mix the two ingredients together and sift again, then pour on a pint of boiling milk or enough to make a soft dough, stir it vigorously and add $\frac{1}{4}$ of a pound of butter; let it cool. Beat 4 eggs lightly, and when the dough is sufficiently cooled, turn them gradually into the mixture. Pour into well-greased gem pans and bake well in a moderate oven for 40 or 45 minutes. Serve them very hot with butter or maple sugar.

SOUR MILK CORN CAKE.

1 cup of flour, $\frac{1}{2}$ cup of corn meal, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ teaspoon of soda (mashed), 1 cup of sour milk, 1 egg and 2 tablespoons of drippings. Sift and mix the dry ingredients together. Beat the egg very light and add

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the milk, pour into the dry ingredients and beat well. lastly add the drippings, melted. Beat well, bake in a shallow pan, about 25 minutes, in a hot oven.

CORN CAKE.

One pint of milk, corn meal enough to make it the consistency of sponge cake, 1 egg, 2 teaspoons of baking powder, 1 saltspoon of salt, 1 tablespoon of butter, melted. Mix in the order given and beat thoroughly. Bake in a hot oven for 25 minutes.

BAKING POWDER BISCUITS.

Sift 1 quart of flour, 1 teaspoon of salt and 2 teaspoons of sugar, 4 teaspoons of baking powder together. Stir and rub in 6 tablespoons of butter. Add milk enough to make a soft dough (about 1 pint). When stiff enough to handle, roll out in a sheet $\frac{1}{2}$ inch thick. Cut in rounds. Place slightly apart on greased pans, brush the tops with milk, and bake in a quick oven for 10 or 12 minutes.

CORN BREAD. (No. 2.)

Sift 1 cup of flour, $\frac{1}{2}$ cup of sugar, 1 saltspoon salt, 3 rounding teaspoons of baking powder. Beat 3 eggs separately and add 1 quart of milk to the beaten yolks, and stir into the dry mixture. Thicken with Indian meal to make a batter and beat well. Cut in beaten whites, add 4 tablespoons of melted butter. Bake in flat pan about 25 minutes.

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RAISED SALLY LUNN.

One quart of flour, 1 teaspoon of salt, 2 tablespoons sugar, $\frac{1}{2}$ cup of yeast, 3 eggs, yolk and whites beaten separately, and milk enough to make a drop batter. If intended for tea, allow 6 hours to rise, then add 2 tablespoons butter, melted. When well mixed, fill muffin pan two-thirds full. Let them rise about 20 minutes, and bake in a hot oven about 20 minutes. If intended for breakfast, make a batter of salt, sugar, flour, yeast and milk and keep in a cool place. In the morning add the eggs.

CORN MUFFINS.

Mix together 2 cups of sifted corn meal, 1 teaspoon sugar, 2 teaspoons baking powder and 1 teaspoon salt. Scald with 1 quart of boiling milk, and when slightly cool add the yolks and whites of 4 eggs, beaten separately, 1 tablespoon butter, melted. Bake in buttered gem pans, heated, 25 minutes.

PUFFS.

Three coffee cups of flour, 1 teaspoon of soda (mashed fine), 2 rounding teaspoons cream tartar, butter size of an egg, 1 egg well beaten, 1 cup of milk. Bake like muffins in a hot oven.

HOMINY CAKE.

One-half cup of warm boiled hominy, 1 cup of milk, 1 cup of flour, 3 teaspoons baking powder, $\frac{1}{2}$ teaspoon of salt, 2 tablespoons of butter, 2 teaspoons sugar and 2

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eggs. Sift and mix all the dry ingredients together. Mix the butter into the hominy, pour milk into the beaten eggs and add to the hominy. Then add the dry ingredients and beat well. If not stiff enough for a drop batter, add a little more flour. Pour batter into a shallow pan and bake $\frac{1}{2}$ hour, or it may be baked in muffin pans instead. Part flour and corn meal may be used instead of all flour, to give variety.

SPIDER CORN CAKE.

Mix and sift together 1 1-3 cups of Indian corn meal, 1-3 cup of white flour, 2 teaspoons of baking powder, 2 tablespoons of sugar, 1 teaspoon salt. Beat 2 eggs very light, add 1 pint of sweet milk; stir this into the dry mixture. Melt 2 tablespoons butter in a spider or shallow round pan, and pour the mixture into it, then pour over 1 cup of sweet milk, but do not stir. Bake about 30 minutes, in a hot oven. When done it should have a streak of custard through it, and must be cut and served on hot plates.

NEVER FAIL CORN CAKE.

Three-quarters of a cup of corn meal, $1\frac{1}{4}$ cups of flour, 2 heaping teaspoons baking powder, 2 heaping tablespoons sugar, $\frac{1}{2}$ teaspoon salt, 1 generous cup of milk, 1 large egg, well beaten, 2 tablespoons melted butter. Sift dry ingredients together twice, mix thoroughly, add the milk to the beaten egg, and pour on slowly, then add melted butter. Beat well, and bake in shallow pan, in

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a hot oven, at least 25 minutes. By using 4 tablespoons of butter, the egg may be omitted, and will be found to be very good.

HOE CAKE.

Put 1 cup of corn meal, 1 teaspoon of salt, into a granite dish. Scald with boiling water; pour on enough to make it stiff, but thoroughly wet. Add 1 large tablespoon butter and let the mixture cook on top of stove for 10 minutes, stirring to prevent burning. Butter a pan and spread mush on it, 1 inch thick. Dot over with small pieces of butter, and bake in a moderately hot oven from 45 minutes to 1 hour. The crust should be brown and crisp, and the inside soft and white.

SOUTHERN CORN CAKE.

Sift and mix together 1 pint of corn meal, 1 teaspoon soda, 1 teaspoon of salt, 2 teaspoons sugar. Stir in 2 cups of sour milk, 1 tablespoon of butter, melted, beat 2 eggs, yolks and whites separately, and add to the mixture. Beat thoroughly and bake in shallow pans, in a very hot oven, for 30 minutes.

OATMEAL CAKE.

One-half cup of corn meal, $\frac{1}{2}$ cup of cooked oatmeal, 1 cup of flour, 5 teaspoons of baking powder, $\frac{1}{2}$ teaspoon of salt, 2 tablespoons of sugar, 1 scant cup of milk, 1 egg and 2 tablespoons of butter. Mix corn meal, flour, salt, sugar and baking powder together; beat the egg, add the milk, and stir into the dry ingredients, then add the

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hot oatmeal and melted butter. Beat well and bake in a shallow pan for 25 minutes. This is delicious.

ABOUT GRIDDLE CAKE BATTER.

Hint: If you can drop a spoonful of the batter into the bowl containing the batter, and it lies on the surface, in a smooth heap, and only gradually sinks, you have the right consistency. If it lies in a heap, but has stiff, ragged edges, it needs more wetting.

Let the batter stand for 5 minutes before frying cakes.

Muffins and griddle cakes should be made light, by using butter or cream instead of a number of eggs, which toughen it instead.

Sour milk is best for griddle cakes.

Pastry flour should be used with baking powder; bread flour in all recipes where yeast is used.

The griddle must be merely greased by rubbing a piece of salt pork lightly over it when hot, then pour the batter on at once.

BREAD GRIDDLE CAKES. (No. 2.)

One pint of stale bread crumbs, 1 pint of scalded milk, 1 heaping tablespoon butter. Pour the hot milk over the crumbs, add the butter and soak over night or until crumbs are soft. Rub through a coarse strainer, and add 2 eggs, yolks and whites beaten separately, and 1 cup of flour in which $\frac{1}{2}$ teaspoon salt and 4 teaspoons of baking powder have been sifted, and cold milk to thin. Bake slowly on a hot griddle. Serve with sugar and butter.

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BREAD GRIDDLE CAKES.

One coffee cup of bread crumbs, 4 cups of flour, $2\frac{1}{2}$ heaping teaspoons baking powder, 3 eggs, beaten separately, and sweet milk to make a thin batter. These should not be made with sour milk and soda.

RICE OR HOMINY GRIDDLE CAKES.

Mix together 1 cup of hot boiled rice, 1 cup of sweet milk, $\frac{1}{2}$ teaspoon of salt; add the beaten yolks of 2 eggs and 2 tablespoons of melted butter, then add $\frac{1}{4}$ cup of corn meal and about $\frac{3}{4}$ of a cup of pastry flour mixed and sifted with 2 teaspoons of baking powder. Lastly add the whites beaten stiff. Fry on a hot buttered griddle. Cold boiled rice may be used, but must be warmed in butter. Pack solidly.

SOUR MILK GRIDDLE CAKES.

One pint of lobbared milk, 1 egg, $\frac{1}{2}$ teaspoon of salt, 1 to $1\frac{1}{2}$ teaspoons of bi-carbonate of soda, tablespoon of melted butter and flour enough to make a stiff batter (about $2\frac{1}{2}$ cups). Fry on a smoking hot griddle. The rule is to use enough soda to make the milk sweet. One-half cup of corn meal and 2 cups of flour may be used instead of all flour.

GRAHAM GRIDDLE CAKES.

Sift $\frac{1}{2}$ cup of graham flour, 1 cupful of pastry flour, 2 teaspoons of baking powder, $\frac{1}{4}$ teaspoon of salt, $1\frac{1}{2}$ tablespoons of sugar. Mix together and add 1 beaten egg, mixed with $1\frac{1}{4}$ cups of milk and $\frac{1}{4}$ cup of melted

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butter. Fry on a hot buttered griddle and serve at once, with syrup.

INDIAN MEAL GRIDDLE CAKES.

Sift 1 cup of meal, $1\frac{1}{2}$ cups of flour, 1 teaspoon soda and 1 saltspoon of salt together and mix. Beat 2 eggs, add 1 pint of sour milk or buttermilk, and add to the first mixture. Beat thoroughly for 3 or 4 minutes, then pour on 2 tablespoons of melted butter. Bake on a very hot griddle to a nice brown. Serve with maple syrup. If sweet milk be used, use 3 teaspoons of baking powder.

OATMEAL GRIDDLE CAKES.

Sift and mix 1 cup of flour, $\frac{1}{2}$ cup of corn meal, 2 slightly rounding teaspoons of baking powder, $\frac{1}{2}$ teaspoon of salt, 2 tablespoons of sugar together; beat 1 egg, add $\frac{1}{2}$ cup of milk, and add to the dry ingredients, then mix in $\frac{1}{2}$ cup of hot cooked oatmeal and 2 tablespoons of butter (melted). Add enough more milk to make a thin batter. Bake on a hot greased griddle; turn when full of bubbles and bake on the other side until brown.

PUMPKIN GRIDDLE CAKES.

One cup of steamed and sifted pumpkin, 1 cup of milk, $\frac{1}{4}$ cup of sugar, pinch of salt, 1 egg beaten, 1 heaping cup of flour, mixed and sifted, with 1 rounding teaspoon of baking powder, and $\frac{1}{4}$ cup of melted butter. If cold pumpkin be used, heat in a saucepan, adding 2 tablespoons of water.

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OLD FASHIONED PAN CAKES.

Scald 1 cup of Indian meal and 1 cup of rye meal thoroughly with boiling water, add a pinch of salt, 2 tablespoons of butter, the beaten yolks of 2 eggs and $\frac{1}{2}$ cup of sour milk. Then add 1 cup of flour mixed with 1 salt-spoon of saleratus, and beat well; lastly the beaten whites and enough more milk to make a thin batter. Fry on a hot griddle and serve at once, with butter or syrup.

SWEET PAN CAKES.

Sift and mix together $1\frac{1}{2}$ cups of flour, 2 teaspoons of baking powder. Beat the yolks and whites of 4 eggs, separately. Add 1 pint of milk to the yolks, a pinch of salt, and 2 tablespoons of powdered sugar. Pour a little of this on the dry mixture, and stir to a smooth paste. Add the remainder of the milk and beat well; then add 2 tablespoons of melted butter. If needed, add more flour to make a moderately thin batter. Lastly add the beaten whites. Heat and butter a small griddle, and butter each as it comes from the fire. Place four in a pile, spread jelly over each one, roll up, and sprinkle with powdered sugar.

PANCAKES. (No. 2).

Take 1 pint of sifted flour, 2 slightly rounding teaspoons baking powder, $\frac{1}{2}$ teaspoon salt. Sift three times and mix well. Add milk enough to make a stiff batter (about 1 cup), then add 1 teaspoon melted butter, or 1 tablespoon of cream. Beat vigorously. Lastly, the

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white of 1 beaten egg. Fry on a hot griddle and serve at once.

BUCKWHEAT CAKES.

Dissolve $\frac{1}{2}$ yeast cake in lukewarm water, sift in 2-3 of a cup of corn meal, 2 heaping cups of buckwheat flour and a little salt. Mix well; get batter thin enough to pour. Let rise over night, in the morning stir well, add 1 tablespoon molasses, $\frac{1}{4}$ teaspoon soda dissolved in $\frac{1}{4}$ cup of lukewarm water, and cook as griddle cakes. Save about $\frac{1}{2}$ cup of the mixture in a pitcher, fill with lukewarm water, and turn off the water every day, using the $\frac{1}{2}$ cup to raise the batter instead of a fresh cake.

BUCKWHEAT CAKES. (No. 2.)

Pour 1 cup of boiling water on 2 heaping tablespoons of corn meal, add 1 saltspoon of salt, mix well, and when lukewarm add 1 yeast cake dissolved in lukewarm water and 1 pint of buckwheat flour. Beat vigorously. Let rise over night; in the morning stir down and beat again. When risen add 2 tablespoons of molasses and $\frac{1}{4}$ teaspoon soda. Beat again and fry. Serve with maple syrup. Reserve $\frac{1}{2}$ cup of the batter to raise another mixing instead of using yeast cake.

TEA.

The water should be freshly boiled that is to be used in making tea. Scald and heat the teapot and put in the tea, allowing 1 teaspoon for each cup and 1 extra one, let stand on back of range for a few minutes; then pour

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on boiling water, cover closely and place it where it will keep hot, but not boil, for 5 minutes. Serve at once.

RUSSIAN TEA.

Put the tea into a fine strainer; pour $\frac{1}{2}$ a cup of boiling water over it to cleanse the grounds; then turn into a teapot which has been scalded, and pour on freshly boiling water, in the proportion of 1 cup of water for each tablespoon of tea. Keep hot for 5 minutes. A slice of lemon and 1 preserved strawberry is allowed for each cup. Sugar may be added if liked, but never milk. Serve hot or cold.

CHOCOLATE.

Take an ounce of chocolate for each cup. Melt over boiling water, pour on 1 cup of sweet milk, scalded; add sugar to taste and set over boiling water for 5 minutes. If a saucepan be used, place where the fire is not too hot and stir while it simmers slowly for 5 minutes. The chocolate may first be grated and dissolved in cold milk, until smooth, if preferred. Take egg beater and whip the mixture until it is a creamy smoothness. Whip some cream and pile on top of the chocolate in each cup.

COFFEE.

Scald a granite or agate coffee pot. Mix 1 cup of coffee, 1 egg, cold water to moisten. Add 6 cups of boiling water and boil 5 minutes; add 1 cup of cold water and place where it will keep hot, but not boil. Serve with cream or hot milk.

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COFFEE. (No. 2.)

Scald the coffee pot and put in $\frac{3}{4}$ cup of coffee and 6 cups of cold water and 1 teaspoon of sugar. Stir and cover closely, putting a stopper in the spout; let stand over night, about 12 hours. In the morning place over the fire, and when it comes to a boil it is ready for use. Do not let it boil longer, as that weakens the coffee. Serve with hot milk. The sugar may be omitted if desired.

FILTERED COFFEE.

Put 1 cup of coffee in the top of a French coffee pot. Pour on 4 cups of boiling water; keep the coffee pot where it will keep hot, but not boil. When all the water has been used, pour it through again. Serve it with hot milk and cream and loaf sugar.

COCOA.

Scald 1 pint of milk; mix 2 tablespoons of cocoa, 2 tablespoons sugar, a dash of salt and 1 cup of boiling water; stir until smooth, then boil 5 or 10 minutes. Add scalded milk, beat well with an egg beater and serve at once, otherwise the scum will form on the top.

CHAPTER II.

Soups and Chowders

SOUP STOCK.

Six pounds of lean beef, from the lower part of round, wind with twine, to keep from falling to pieces, and 4 quarts of cold water. When the water boils add 2 carrots cut up fine, 2 leeks, 1 onion stuck with 4 cloves and 1 turnip. The head and neck of a chicken may be added if on hand. Boil slowly for 6 hours. Remove from fire and strain. Put away in a cool place. When needed, skim off the grease and place on fire to boil. Season with salt and pepper. A shin bone may be used in place of the round.

BOUILLON.

Wipe and cut 3 pounds of lean meat and a bone weighing about 1 pound and 3 quarts of water, 1 medium-sized turnip, 2 medium-sized carrots, 10 or 12 sprigs of parsley, 1 or 2 celery leaves, 3 large leeks. Scrape the carrot, pare the turnip, cut off the heads of the leeks and remove decayed leaves, then cut them crosswise; wash them all in 2 or 3 waters. When well washed put in a dish with water until needed. Put meat, bone and cold water on to boil slowly with 1 teaspoon of salt. When the scum begins to rise, skim at once or the bouillon will not be

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celery, leeks and parsley together, add these to the soup, together with the carrot and turnip, and add the leeks within 2½ hours before the end of the cooking, they not taking as long as the other vegetables. Simmer 5 hours. If liked dark, use 1 teaspoon of Parisian essence or caramel coloring. When done, strain, remove the fat, if any, and season with salt and pepper. Set away when cold to a cool place.

VIRGINIA SOUP.

One cup of cooked chicken meat, 1 pint of white stock, 1 cup of hot cream, ½ cup of cracker crumbs, yolks of 2 hard-boiled eggs, ½ teaspoon of salt, ½ saltspoon of salt, ½ saltspoon of paprika, and 1 saltspoon of mace or nutmeg. Chop the chicken in a tray, add a few drops of onion juice and the stock, and put on to boil in a stewpan, season with salt, pepper and mace. Mash the yolks of the eggs fine, and mix them with the cracker crumbs, which have been soaked until soft in ½ cup of milk, add the hot cream, turn into the soup. Cook 10 minutes. Strain and serve with croutons. This is like a puree.

LOBSTER BISQUE.

Remove the meat from 3 lobsters, and cut the tender part into small dice. Put the claw meat and any other tough parts with the bones of the body into 1 pint of cold water and boil 15 minutes, adding more water as it boils away. Scald 3 pints of cream, Melt ¼ cup of

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butter, add 6 tablespoons of flour, 1 teaspoon of mustard, clear, and continue doing it every few minutes. When the soup begins to boil, put in an onion, in which you have stuck 4 cloves; then tie the green leaves of the 1 teaspoon of sugar, $\frac{1}{2}$ teaspoon of salt, 1 tablespoon of vinegar, a dash of cayenne pepper, the strained water from the bones and the tender meat, and turn into the cream, and cook 10 minutes. Serve at once. The coral may be dried in the oven and rubbed through a strainer and enough added to the soup to give it a pink color.

ST. GERMAINE SOUP.

Put 1 can of peas or 1 quart of fresh in a stew-pan, cover with water, a bit of bay leaf, 1 sprig of parsley, 1 saltspoon of nutmeg, $\frac{1}{2}$ teaspoon sugar, $\frac{1}{2}$ teaspoon of salt, $\frac{1}{2}$ saltspoon of pepper, $\frac{1}{2}$ onion, cooked in 1 tablespoon of butter. Add to the soup and simmer 45 minutes. Stir in 1 pint of white stock, the yolk of 1 egg, 1 teaspoon of salt, $\frac{1}{2}$ saltspoon pepper and $\frac{1}{2}$ saltspoon of nutmeg. Press through a sieve and return to the fire and add 2 tablespoons of butter and 2 tablespoons of corn-starch, cooked together; let it come to the boiling point and add 1 cup of hot cream or milk. Serve with toasted crackers.

CREAM OF CHESTNUT SOUP.

Shell and blanch 2 pounds of chestnuts, cook in 1 quart of water until tender. Rub through a sieve, add 1 pint of chicken stock, put on to simmer for 15 minutes. Melt

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2 tablespoons of butter, add 2 tablespoons of flour, pour on 1 pint of hot milk; season with 1 teaspoon of parsley, 1 teaspoon of celery salt and a dash of paprika or cayenne and nutmeg. Stir into the hot soup and cook for 5 minutes. Add 1 cup of whipped cream and serve hot.

POTATO SOUP.

Parboil 8 medium sized potatoes for 5 minutes; drain. Put on to boil again, with 3 cups of boiling water, and 1 tablespoon of salt, 2 onions sliced, 1 slice of turnip cut in cubes and 1 bunch of celery cut fine. Boil slowly for 1½ hours or until the potatoes are very soft. Mash through a sieve; melt 2 tablespoons of butter; add 2 tablespoons of flour, ¼ tablespoon mace or nutmeg, ¼ salt-
spoon of pepper and 1 teaspoon of salt. Stir into the soup and boil 5 minutes. Add 2 cups of hot cream or milk and more seasoning if needed, and a little chopped parsley. This soup should be of the consistency of thick cream.

POTATO SOUP. (No. 2.)

Cook 6 medium sized potatoes, in boiling salted water, until soft; drain, then rub through a strainer. Scald 1 quart of milk, add a slice or two of onion, then strain into the potatoes. Melt 3 tablespoons of butter in a saucepan, add 2 tablespoons flour, a dash of cayenne, a little celery salt, nutmeg, pepper and salt to taste. Stir until well mixed and then pour into the boiling soup. Cook 5

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minutes; strain and sprinkle in 1 teaspoon of chopped parsley.

TOMATO CLAM SOUP.

Wash $1\frac{1}{2}$ pints of clams, add 1 cup of water; strain. Chop the hard part of the clams fine, add to it the clam water and 1 pint of tomatoes, 1 slice of onion, 1 teaspoon of salt and a few sprigs of celery. Cook 20 minutes. Strain. Add $\frac{1}{8}$ teaspoon of soda. Melt 4 tablespoons of butter, add 2 tablespoons of flour, add to the tomatoes and also the soft part of the clams. Cook slowly 10 minutes then add 1 pint of milk, salt and pepper.

TOMATO SOUP.

One quart can of tomatoes, 1 pint of hot water, 2 cloves, 1 teaspoon of salt, 1 saltspoon pepper and 2 teaspoons of sugar, 1 red pepper, cut up fine and free from seeds, a pinch of bi-carbonate of soda. Boil all together for 2 hours. Melt 4 tablespoons of butter, add 2 tablespoons of chopped onion, the same of parsley; when pale yellow add 4 tablespoons of flour; stir into the tomatoes. Let simmer 15 minutes. Add more salt and pepper if needed. Strain and serve with toasted crackers.

TOMATO SOUP. (No. 2.)

Put into a granite stewpan 1 can tomatoes, 2 quarts cold water, pinch of soda, 1 onion sliced fine, 1 bay leaf and a few celery leaves or stalks; when it comes to a boil, set back on range and simmer. After simmering 2 hours, add $\frac{1}{2}$ cup of washed rice and cook slowly until

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rice is tender. Add 1-3 cup of butter; season with 1 tablespoon sugar, $\frac{1}{2}$ teaspoon cloves, pepper and salt to taste. This is like a puree. If too thick add more hot water. Serve hot with toasted crackers. A ham bone cooked with it improves it.

CRECY SOUP.

Wash, scrape and cut into cubes 12 fine young carrots. Cook in 2 teaspoons of butter with 1 tablespoon of raw chopped ham, 1 onion, $\frac{1}{2}$ turnip, a bay leaf, sweet marjoram, a blade of mace and parsley. Stir while cooking; add 1 quart of stock; simmer $1\frac{1}{2}$ hours. Melt 1 tablespoon of butter, add 1 tablespoon of flour, $\frac{1}{2}$ teaspoon of salt, $\frac{1}{2}$ saltspoon pepper; pour on the hot stock. Simmer 5 minutes. Strain and serve with croutons.

BLACK BEAN SOUP.

Soak 1 pint of black beans over night. Pour off the water and put on to boil in 2 quarts of fresh water, $\frac{1}{4}$ teaspoon soda, $\frac{1}{4}$ pound raw ham, cut up, 1 teaspoon of allspice, 4 cloves, parsley and thyme. Brown 1 onion in 2 tablespoons of butter and add to the soup. Simmer 4 hours or until beans are soft. Add a little cold water as it boils away, so as to have about 2 quarts when done. Press through a sieve, add 1 teaspoon of salt, $\frac{1}{2}$ saltspoon pepper, a dash of cayenne, 1 lemon, 1 hard boiled egg, $\frac{1}{2}$ wineglass of sherry wine. Wine may be omitted.

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ONION SOUP.

Six medium sized onions, cut fine ; fry in 2 tablespoons of butter, but do not let them brown ; 1 quart of cold water, 1 bunch of parsley. Boil till soft—about 2 hours. Strain and add 1 quart of milk, and thicken with 2 tablespoons of corn starch or 4 tablespoons of flour dissolved in 2 tablespoons of cold water. Cook 10 minutes and, just before serving, add 6 tablespoons of butter. White stock may be used instead of butter, in which case it should be cooked another hour.

TURNIP SOUP.

Boil 3 large turnips until soft, and mash in the water in which they were cooked. Rub through a coarse strainer and add enough stock to make it the consistency of thick cream. Boil all together for 10 minutes. Season with salt, sugar and black pepper or a few pods of red pepper to taste. Serve very hot.

OKRA SOUP. (Southern recipe.)

Cut up in small pieces $\frac{1}{4}$ peck of okra. Skin $\frac{1}{2}$ peck tomatoes and put them with 10 pounds of shin or leg of beef into 10 quarts of cold water. Simmer for 7 hours, skimming often. Strain through a coarse strainer and season with salt and black or cayenne pepper. A ham bone boiled with the other ingredients is considered an improvement by some people. Reheat and serve.

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SALMON SOUP.

Remove the contents of a can of salmon; place in a bowl and let it become aerated for 1 hour. Remove skin and bones and rub through a strainer; season with salt and pepper. Put a slice of onion and 2 quarts of milk on to cook in a double boiler; melt $\frac{1}{2}$ cup of butter, add $\frac{1}{4}$ cup of flour and pour on the hot milk. Strain, add the fish, reheat and serve at once. This recipe may be halved.

CELERY SOUP.

Boil 1 head of celery, cut into small pieces, in a pint of water 45 minutes; put 1 pint of milk, a small piece of mace and 1 slice of onion on to cook in a double boiler; mix 1 tablespoon of flour with 2 tablespoons melted butter until smooth, and add to boiling milk. Cook 10 minutes. Mash celery in water in which it was cooked and stir into boiling milk. Season with salt and pepper. Strain and serve at once. A few pieces of celery, cut in inch pieces, may be cooked separately and put in whole after the soup has been strained and ready to be served.

OYSTER SOUP.

Put 1 pint of milk on to scald in a double boiler. Wash and cut up 3 or 4 stalks of celery and put on to boil in 1 pint of boiling salted water. Put 1 quart of oysters in a bowl and pour over them 1 cup of cold water. Pick over carefully. Strain the oyster liquor into a stew-pan and put on to boil. Remove the scum; mash the celery

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in the water it was cooked in and strain into the oyster liquor; there should be 1 pint of liquid. Melt 4 tablespoons of butter and add 4 tablespoons of finely sifted cracker crumbs; add some of the milk and when thin enough to pour, turn into the oyster soup; add 1 saltspoon of mace and cook 5 minutes. Add the remainder of the milk and the oysters and cook until the oysters are plump about 1 minute. One-quarter cup of hot cream may be added. Season with salt and pepper and serve at once.

SPLIT PEA SOUP.

Pick over and wash 1 cup of dried split peas. Soak over night. Drain; put on to boil in 1 quart of cold water with 1 ounce of raw ham and $\frac{1}{2}$ onion; simmer slowly till soft. Rub through a sieve. Return to fire and add thickening made of 2 tablespoons of butter melted, 2 tablespoons of flour, 1 teaspoon of sugar, 1 teaspoon of salt and 1 saltspoon of pepper and 1 saltspoon of celery salt. Boil for 5 minutes. Add enough hot milk, cream, stock or water to make it the consistency of a puree. Serve very hot, with croutons.

MOCK BISQUE.

One-half can of tomatoes, 4 tablespoons of butter, 2 tablespoons of flour, 1 teaspoon salt, 1 saltspoon salt and 1 teaspoon sugar. Stew the tomatoes until soft enough to strain. Scald 1 quart of milk in a double boiler. Melt the butter in a saucepan, add the flour, salt and pepper and enough hot milk to make it pour easily. Stir

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into the milk in double boiler and cook 5 minutes; add the strained tomatoes. Take from fire, add a pinch of soda, strain, add more pepper and salt.

SCOTCH BROTH.

Soak $\frac{1}{2}$ cup of pearl barley over night. Wipe and cut 2 pounds of neck of mutton, in small pieces; add 2 quarts of cold water and soak 1 hour. Heat slowly, skim, add barley, skim again; simmer 1 hour; add $\frac{1}{2}$ cup each of diced carrot, turnip, onion, celery that have been fried in 1 tablespoon of butter. Simmer 3 hours. Season well, thicken with 2 tablespoons of butter, melted, and 2 tablespoons of flour. Cook for 3 minutes longer; add 1 tablespoon chopped parsley and serve.

CORN CHOWDER.

Cut enough green corn off the cob to make 1 quart; pare and slice 5 medium sized potatoes; peel and slice 2 onions. Cut $\frac{1}{4}$ pound of salt pork; add $\frac{1}{2}$ teaspoon of pepper, $1\frac{1}{2}$ teaspoons of salt and 1 tablespoon flour and 1 tablespoon of butter. Boil cobs in water (enough to cover) for 15 minutes, then skim them out. Wash, pare and parboil potatoes for 5 minutes. Cut up pork into dice and put in omelet pan, and when melted add the onion and fry until light brown; then turn all the fat into the corn water, removing the onion, after pressing all the juice out. Add potatoes, corn, salt and pepper; cover with boiling water and cook at least 20 minutes. Melt butter, add the flour and boil up once; then turn

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into the chowder and cook for 5 minutes. Add 1 pint of hot milk and serve very hot with toasted crackers.

CLAM CHOWDER.

Take $\frac{1}{4}$ pound of fat salt pork and fry until all the fat has been extracted; add 1 large onion, cut into dice, and fry until a light yellow. Put 1 quart of fresh or 1 can of tomatoes on to boil; strain pork fat into the boiling tomatoes; add the liquor from 12 large clams and an equal amount of cold water and 1 quart of parboiled potatoes, cut into cubes. Tie in a bag 6 whole cloves and 6 allspice berries and drop into the boiling soup. Cook for 2 hours. Half an hour before it is done put in 12 large clams, chopped fine. Add 1 teaspoon of table sauce, Worcestershire, etc., and 1 teaspoon of salt and a pinch of pepper. Serve hot with crackers.

BELMONT CHOWDER.

Remove the skin and bones from a 3-pound fish, cut into large pieces, sprinkle with $\frac{1}{4}$ cup flour. Boil the bones in cold water (enough to cover) for 30 minutes; then strain. Cut and fry $\frac{1}{4}$ pound of fat pork, add 2 onions cut fine, 6 sprigs of parsley. Strain the fat into a stew-pan, add 2 cups of sliced and parboiled potatoes, 1 teaspoon of white pepper and $\frac{1}{2}$ saltspoon of red pepper, 2 teaspoons of salt, 6 whole cloves and 6 allspice berries, tied in a bag. Cover with $1\frac{1}{2}$ cups of clam liquor and the water in which the bones were boiled.

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Cook slowly for 40 minutes; add fish and soft part of the clams; then add the beaten yolk of 1 egg, 2 table-spoons butter, 6 crackers, split; add more seasoning if necessary. Cook 5 minutes and serve.

SALT CODFISH CHOWDER.

Cut $\frac{1}{4}$ pound of fat salt pork into bits; when melted fry 2 onions, cut in rings, to a golden brown. Pick 1 pound of salt codfish into small pieces, rinse in cold water; put in a saucepan, cover with cold water and put on the stove to heat, but not boil. In 2 hours add 1 quart of potatoes that have been pared, sliced and par-boiled for 5 minutes. Strain the pork over the potatoes and fish and add 1 cup of boiling water. Cook until potatoes are soft. Add 1 cup each of scalded cream and milk and season with salt and cayenne. Serve at once with toasted crackers. The cream may be omitted and 1 pint of rich milk used.

CHAPTER III.

Meat, Fish, Sauces and Croquettes

HINTS ON COOKING MEAT.

Meat should always be removed from paper as soon as it comes from market.

Wipe meat with a damp cloth before cooking.

The rule for broiling meat is to quickly sear each side, then remove it a little from the fire to finish cooking.

When frying is desirable, always let the pan heat before putting in the fat, thus avoiding unnecessary smoke.

When frying is done by immersion in deep fat, the article should always be drained on brown paper, unless in the case of doughnuts, when it is best to plunge them into rapidly boiling water and remove at once.

Long, slow cooking is recommended for boiling meat, and when tough a pinch of soda or a little vinegar is added to make it tender.

In roasting meat put some fat in the bottom of the pan and baste every 15 minutes; allow 20 minutes to the pound if liked well done; less time if liked rare. When done remove to hot platter.

CURRY OF MUTTON.

Cut 1 large onion fine and fry in 3 tablespoons of butter until it is a pale yellow. Mix 1 teaspoon of salt, 1 tea-

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spoon curry powder, 2 tablespoons of flour, a shake of pepper together, and add to the butter; then pour on 1 pint of hot water and 1 cup of stewed and strained tomato slowly and mix well. Wipe and cut 2 pounds of lean mutton into small pieces and fry in hot fat (using the fat that had been removed). Add the meat to the sauce and simmer slowly until tender.

BREAKFAST BACON.

Cut the bacon into thin slices. Grease a broiler with the rind that has been removed and put in the bacon. Set the broiler into a dripping pan and put it into a hot oven. Cook until bacon is crisp, from 10 to 15 minutes. Drain on brown paper. The grease may be saved for frying purposes.

BREAKFAST BACON. (No. 2)

Cut off the rind and slice very thin; cook in a frying pan until the fat is tried out and bacon is crisp. Drain on paper and serve.

FRIZZLED BEEF.

Take $\frac{1}{2}$ pound of smoked beef, cut into fine shavings. Pour warm water over it and let it simmer for 15 minutes. Drain and heat it in 2 tablespoons of butter. Make a cup of thin white sauce; pour it over 1 egg, well beaten; add the beef and season with salt and pepper. Serve very hot.

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HARICOT OF MUTTON.

Wipe 2 pounds of mutton and cut into pieces suitable for serving, removing all superfluous fat, and put into a stewpan. Melt 2 tablespoons of butter and brown; then add 4 tablespoons of flour. Pour on slowly 1 pint of hot water, add $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ saltspoon of pepper, 1 bay leaf, 1 tablespoon mushroom catsup (if on hand), stalk of celery or a shake of celery salt. Pour this sauce over the meat. Cut a small carrot and onion into dice and cook for 10 minutes. Drain and add to the meat. Simmer for 1 hour.

FRIED HAM.

Cut the ham in thin slices, remove the outside and wipe; then gash the meat and cook in a frying-pan till the fat is crisp.

BEEF STEAK PIE.

One quart of cold meat, cut in dice; 2 slices of bacon, cut in small pieces; 4 potatoes, cut into slices or dice, and parboiled 10 minutes. Fill a baking dish with meat, bacon and potatoes; cover with a brown sauce made of 1 tablespoon of butter, melted, 1 tablespoon of onion, 1 tablespoon carrot, cut fine; fry till light brown; add 2 tablespoons of flour and brown. Pour on slowly 1 pint of brown stock or liquor in which the meat was cooked. Season with salt and pepper. Cover with a biscuit crust and bake $\frac{3}{4}$ of an hour.

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CRUST FOR BEEF STEAK PIE.

One pint of flour, 2-3 or 1 cup of butter, $\frac{1}{2}$ teaspoon of salt. Chop well; mix into a dough with ice water.

BOILED MUTTON OR LAMB.

Trim and wipe the meat with a damp cloth. Have ready kettle of rapidly boiling salted water and put in meat and boil 5 minutes. Skim and simmer, allowing 12 minutes for each pound of meat. Sometimes $\frac{1}{4}$ cup of rice is added to the meat. Serve with a Caper or Mint Sauce. Lamb should always be well done; mutton may be rare.

LAMB OR MUTTON CHOPS.

Wipe with a damp cloth; remove the skin and extra fat. Heat frying-pan until it smokes all over; then rub with a bit of fat. Lay in chops and sear first one side then the other; then cook more slowly until done (5 minutes if liked rare). Stand them up on the fat edge to brown the fat, without cooking the meat. When nearly done season with salt and pepper. Drain on paper and serve very hot on a hot dish previously rubbed with a little onion, thereby imparting a fine flavor. Chops may be broiled if preferred.

IRISH STEW.

Wipe and cut into pieces 2 pounds of the shoulder of mutton, removing skin and fat. Put a little of the fat into a heated saucepan, and when it boils remove the scraps of fat and add 3 or 4 onions, cut fine, and cook

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until light brown. Sprinkle the meat with salt, pepper and flour and add the onions; when slightly brown cover with boiling water. Add 1 turnip and 1 carrot cut into cubes and parboiled. Simmer for 2 hours. Wash, pare and cut 4 large potatoes into slices and parboil for 5 minutes; drain, add to the stew and cook until potatoes are soft. Season with salt and pepper. Take out the dumplings, put meat and vegetables in the centre of a hot platter. Remove the fat, add more salt and pepper to the stew and, if not thick enough, add a little flour wet with cold water; strain; cook 5 minutes. Pour the gravy over the meat.

DUMPLINGS.

Sift 1 pint of flour, $\frac{1}{2}$ teaspoon salt, 3 teaspoons baking powder together, mix 1 tablespoon butter with the tips of the fingers, moisten with sweet milk to make a soft dough. Toss on a floured board, pat it half an inch thick and cut into small rounds, or mix softer and drop by the spoonful into the boiling stew. Cook 15 minutes without removing the cover.

PEASANT'S POTTAGE. (French chef.)

Chop the meat of a cold turkey fine; add $\frac{1}{4}$ cup of grated cheese, $\frac{1}{2}$ saltspoon of salt, $\frac{1}{2}$ saltspoon pepper and $\frac{1}{4}$ saltspoon nutmeg or mace. Make 4 slices of toast and put in bottom of a buttered baking dish. Mix 1 cup of stock with the meat, add juice of $\frac{1}{2}$ lemon and put over the toast. Moisten $\frac{1}{2}$ cup of cracker crumbs

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with $\frac{1}{4}$ cup of melted butter and sprinkle on top. Bake 45 minutes in a moderately hot oven.

CASSEROLE OF MEAT.

Chop the remains of any cold meat fine, add some bacon or ham, and for every pint of meat add $\frac{1}{2}$ small onion, chopped fine, salt, pepper, parsley, sweet marjoram and a pinch of nutmeg to taste, 1 egg, well beaten, and 2 tablespoons cracker crumbs. Moisten with gravy, stock or hot water. Pour into a dish, sprinkle buttered bread crumbs over the top. Bake $\frac{1}{2}$ hour and serve with tomato or curry sauce; or butter a mould, line bottom and sides with cooked rice, fill centre with meat mixture and cover with a thick covering of rice. Steam 1 hour.

PORTER HOUSE STEAK.

Cut off all the superfluous fat and wipe with a damp cloth. Place on a broiler that has been greased with a bit of the fat from the steak and rubbed over with a slice of onion, having the fat next the handle. Broil over a bed of hot coals, searing each side every 10 seconds, and letting it cook from 6 to 8 minutes. Serve with Maitre d'Hotel Butter.

BEEF STEW.

Cut 2 pounds of beef in small pieces. Melt some of the fat in a saucepan and when hot add one-half the meat which has been sprinkled with salt, pepper and flour. Put the tough part of the meat in a stew-pan, cover with cold water and, when it comes to a boil, remove the

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scum and add the browned meat and enough boiling water to cover; simmer for 3 or 4 hours. Cut up and wash $\frac{1}{4}$ cup each of carrots, turnips and onions and add them to the stew. Within 45 minutes of the stew being done cut 4 or 5 potatoes into slices and parboil for 5 minutes. Drain and add to the stew. When meat and vegetables are cooked place in a dish and thicken the gravy with a little flour dissolved in cold water and cook for 5 minutes. Season with salt and pepper and strain. A beef bone is best for beef stew and should be removed before serving.

PORK CHOPS.

Wash, trim off skin and fat, and put them in a hot frying pan with a little salt pork fat or butter. Cook slowly, as they should be well done. Lay on a hot dish; make a gravy, adding flour enough to absorb fat in pan, and when brown add hot water until of the right consistency. Season with salt, pepper and, if liked, $\frac{1}{2}$ cup of strained tomato and a little sugar. Cook 5 minutes; pour over the chops and serve hot.

ROAST PORK.

The loin and the spare ribs are the best pieces for roasting. Rub well with pepper, sage, onion, salt and flour and 1 tablespoon of drippings, and bake 20 minutes for each pound. Baste often, and do not have the oven as hot as for other meat. Serve with apple sauce.

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TO ROAST BEEF.

Wipe, put on a rack in a dripping pan, skin side down; rub over with salt, pepper and dredge with flour and $\frac{1}{4}$ cup of drippings. Place in a hot oven, so as to sear the surface and keep the juices in. After the flour has browned, reduce the heat and baste with the fat; if meat is quite lean, put in some of the fat that has been cut off. Baste every 15 minutes, this making the meat more juicy. When meat is half done, turn it over, dredge with flour, baste, and have the skin well browned.

ROAST BEEF GRAVY.

Remove from the pan all the fat but $\frac{1}{4}$ cup; place pan on front of range, add enough flour to absorb all the fat, stir until brown and well mixed. Add gradually enough boiling water until gravy is of the right consistency. Cook 5 minutes. Season with salt and pepper and strain. Be careful not to burn.

YORKSHIRE PUDDING.

Beat 3 eggs very light; add 1 pint of milk. Pour it over 1 cup of flour and 1 teaspoon of salt. Beat well. Bake in hissing hot gem pans for 45 minutes. Baste with the drippings from the beef. Place gem pans in a dripping pan to prevent fat from getting on floor of oven.

GRAVY FOR ROAST POULTRY.

Put the giblets or neck, gizzard, liver and heart on to boil in 1 quart of water, and boil till tender and the water reduced to one-half. Pour off excess of fat in pan and

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place pan on stove and sprinkle in sufficient flour to absorb fat. Stir until well browned and gradually add the water in which the giblets were cooked; stir till smooth and thick; strain. Season with salt and pepper. Add the liver, gizzard and heart, chopped fine.

STUFFING.

Moisten 1 cup of cracker or soft bread crumbs with 1-3 cup of melted butter; season with 1 teaspoon of finely minced onion, salt, pepper, thyme and sage, marjoram or poultry seasoning. Fry in a hot buttered pan for 5 minutes. This makes a dry stuffing.

CHESTNUT STUFFING.

Roast 1 pint of chestnuts and peel off the outer and inner skin. Take $\frac{1}{2}$ pound and simmer in stock enough to cover; drain and let them cool; then pound them in a mortar with 4 tablespoons of butter, 3 ounces of bread crumbs, a small quantity of grated lemon peel and powdered mace, salt, and a pinch of cayenne; bind the mixture with the beaten yolks of 2 eggs or 1 whole egg.

SMOTHERED VEAL. (Creole style.)

Wipe 3 veal cutlets and cut each into 3 or 4 pieces, and saute in a little hot butter. Melt 1 large tablespoon of butter in a saucepan, add 1 large onion, cut fine, and cook until a pale yellow. Peel and chop up one-half dozen tomatoes and put in saucepan with a red pepper bean, a sprig of parsley, and season with salt and pepper. Simmer until the tomato has thickened; then add the veal,

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cover and place where it will cook slowly for 30 minutes or until meat is done.

BROILED HAM.

Cut thin slices of ham and, if very salty, let soak in hot water for 20 or 30 minutes. Dry and put on a broiler and broil over a bed of hot coals for 5 minutes. Serve with poached eggs.

TO BOIL A HAM.

Soak over night in cold water. Scrub well; trim off the hard black part, cover with cold water, add a few cloves, a sprig of thyme and 2 bay leaves, and let it simmer slowly, allowing half an hour to the pound. Remove kettle and let it remain in the water until cool. Then remove the skin carefully and press a cloth over it to absorb as much grease as possible. Sprinkle sugar and grated crumbs over the top and place in the oven for nearly an hour to brown. Serve with currant jelly or cider sauce.

FRICASSEE OF CHICKEN.

Clean and disjoint chicken. Wipe each piece. Put in pot, cover with boiling water and add $\frac{1}{2}$ tablespoon of salt, 1 slice of onion, 1 stalk of celery and simmer till tender, reducing the water to nearly 1 pint. (Remove scum occasionally.) To the liquor add $1\frac{1}{2}$ cups of milk or cream, and thicken with flour dissolved in a little cold water. Cook 5 minutes. Season with salt, pepper, a little mace, parsley and butter the size of an egg. Strain.

ROAST DUCK.

Pick, singe and remove the crop, oil bag, legs and pinions. Put $\frac{1}{2}$ an onion in the body of the duck. Wipe, truss, dredge with salt, pepper, butter and flour. Roast in a very hot oven about 45 minutes. As ducks should be cooked rare, it is best not to stuff them. Squeeze the juice of 1 lemon over each one and serve with currant jelly and gravy made as for turkey, or serve with a sauce made of equal quantities of butter, currant jelly and port wine; melt the butter, add the jelly and, when melted, pour in the wine; bring to the boiling point and serve with the duck.

BOILED DUCK.

Plunge into boiling water, so that the feathers will come off easily; wipe and dry inside and out. Take the gizzard, heart and liver and chop fine, adding 3 or 4 shallots and 1 red pepper pod, finely minced, and 2 table-spoons of butter, melted. Stuff the bird with this mixture. Make a bouquet of a sprig of thyme, a little parsley, a couple of bay leaves and 2 or 3 cloves, and fasten to the breast; roll the duck in a wet cloth and wrap a cord around it; put into boiling salt water to cover and cook for 30 minutes or until thoroughly done. Remove the cloth and bouquet, place on a hot dish, garnished with lemon points. Serve with currant sauce or gravy. This way of cooking a duck is preferable to roasting, as all the juices are retained.

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ROAST POULTRY.

Singe; remove pin feathers, oil bag, crop, entrails, legs and tendons. Wash and wipe, stuff, sew, tie or skewer into shape. Place on rack in a dripping pan, with breast uppermost; rub all over with softened butter; sprinkle with salt inside and outside, pepper and flour and a little water, and put in a hot oven. If liked a small piece of salt pork may be put on top; if not, 1 large tablespoon of butter or drippings. When the flour is brown, check the heat, baste with the fat every 15 minutes. When each side browns, turn on the other side, so that all the chicken will be browned evenly. Roast 3 hours for an 8-pound turkey. If fowl is very large and heavy, lay several thicknesses of brown paper over breast and legs that they may not burn.

MOCK LAMB CHOPS.

Take as many pork chops as needed. Wipe with a damp cloth and scrape the bone clear of meat, making them look like lamb chops. Dip in beaten egg, then in fine cracker crumbs and fry in hot fat until brown on both sides. Remove to a platter, place in the oven and make a sauce of 2 tablespoons butter; when melted add 2 tablespoons of flour and 1 cup of hot cream or milk. Season with salt, pepper and mace and pour over chops.

CORN BEEF.

Select a piece which has a fair amount of fat, the brisket being especially good. If very salty soak in cold

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water for a little while. Put on to boil in enough cold water to cover and let simmer until you can pick it to pieces with a fork; when nearly done, let the water almost boil away and let the beef stand in the water until it is cool. Pack in a brick loaf pan, having the fibres run lengthwise of it; mix in the fat so it will be well marbled. Put a thin board, a little smaller than the pan, over it and press down with a heavy weight. When cold, cut into thin slices.

MEAT TOAST.

Take cold tongue, ham, beef or mutton and mince it very fine. Add yolk of 1 beaten egg and cream enough to moisten. Season to taste with salt, pepper, a shake of cayenne, celery salt, a pinch of sweet herbs, and a few drops of onion juice; mix well and place in a saucepan and let it heat thoroughly over the fire. Toast as many slices of bread as needed, and butter slightly. Lay them on a flat dish that has been heated and cover each slice thickly with the hot mixture, and place on each slice a poached egg. Send to the table covered. This is a nice dish for breakfast or supper.

MUTTON CHOPS ON PAPIER.

Wipe and trim 10 French chops. Take 3 boiled eggs and chop the whites very fine and mash the yolks through a sieve; roll and sift 3 crackers, add to the eggs and mix well; then add $\frac{1}{2}$ an onion chopped fine, $\frac{1}{2}$ tablespoon butter, melted, salt and pepper to taste. Cream may be

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added if the mixture is too thick to spread. Spread on each side of the chop, wrap in buttered paper and bake for 25 minutes. Remove the paper cases, place on hot platter, and garnish with parsley.

BRAISED OXTAIL.

Wipe and cut oxtail into joints, the larger ones into 3-inch pieces; put into a stewpan, cover with cold water and 1 tablespoon of salt; bring to the boiling point; strain, rinse the tail and wipe. Put into a stewpan 1 heaping tablespoon of butter or dripping, $\frac{1}{2}$ a carrot cut in long strips, 1 turnip, 2 or 3 onions, a little celery or celery leaves, 6 peppercorns or $\frac{1}{2}$ teaspoon of white pepper, a blade of mace, 3 or 4 cloves. Place the oxtail on the top, put on the cover and fry all the ingredients together for 20 minutes; then add 1-3 cup of well-flavored brown stock, $\frac{1}{2}$ glass of sherry. Put in the oven in a covered pan and cook gently for 3 hours, basting every 20 minutes; as the gravy boils away, add 1 cup of boiling water. Remove tail and strain gravy over it.

HAMBURG STEAK.

Chop 2 pounds of the round of beef and $\frac{1}{2}$ onion. Season with 2 teaspoons of salt and $\frac{1}{4}$ teaspoon of pepper and a dash of cayenne. Make into flat cakes and fry in a hot spider in pork fat. Remove and drain on paper. Serve with gravy made by browning 1 tablespoon of flour in the pork fat, adding 1 cup of boiling water, and seasoning with salt and pepper.

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POT ROAST OF BEEF.

Wipe with a clean, wet cloth and place the meat in a mixture of white wine vinegar, a dozen whole allspice berries, 1 dozen whole peppers, 1 bay leaf, for 1 day, turning meat occasionally; then remove meat, wipe dry. Melt some suet, add 2 onions, chopped fine, and put in meat and brown on all sides. Put into the meat kettle 2 cupfuls of the spiced vinegar, 2 carrots, cut in dice. When it boils, add the browned meat, cover closely and simmer for 3 hours, turning the meat occasionally, and adding more vinegar as it boils away. Remove the meat; strain the vinegar in which it was cooked, add 1 cupful of boiling water, salt to taste, and thicken with 2 table-spoons of flour, moistened in a little cold water. Just before serving 1 cup of cream may be added. Pour over the meat and serve very hot. This recipe requires four or five pounds of meat, from the middle of the rump, vein or round.

BAKED PORK AND BEANS.

Pick over carefully 1 quart of beans and let them soak over night. In the morning wash and drain in another water. Put on to boil in cold water with $\frac{1}{2}$ teaspoon of soda and cook $\frac{3}{4}$ of an hour; turn into a colander and drain; put into a bean pot and, when filled, bury a piece of pork ($\frac{1}{2}$ pound), well scored, leaving only the rind exposed; sprinkle with a pinch of salt and red pepper and add 2 tablespoons of molasses. Cover with hot

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water and bake in a moderate oven 8 hours. Keep closely covered so they will not burn; add more water if necessary until the last hour, and then let them bake nearly dry, removing the cover to allow them to brown. The beans cannot cook too long. Serve with Chili Sauce.

BAKED PORK AND BEANS. (Southern recipe.)

Soak 2 quarts of pea beans in cold water over night. In the morning, drain and put them in fresh cold water and a pinch of soda and simmer until the beans are soft; then turn into the colander and pour cold water over them. Whilst beans are cooking, cut 1 pound of pork into strips and put on to boil, separately, until well done. Place the beans in a bean pot, moisten with a little of the water the pork was boiled in; add 1 teaspoon of mustard and 3 tablespoons of molasses and stir until well mixed. Bury the pork in the middle of the beans, leaving only the rind exposed. Set into a hot oven for $\frac{1}{2}$ hour to brown.

BAKED FISH.

Clean, wipe and dry the fish, rub with salt and pepper and lemon juice; stuff and sew. Cut gashes 2 inches apart and insert strips of salt pork; skewer into shape of S and put on a fish sheet in a dripping pan; put the trimmings from the pork around the fish and brush over with melted butter and flour. Put it into a hot oven without water, baste often and bake 1 hour. Remove carefully on to a hot platter. Serve with a sauce.

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STUFFING.

Mix 1 cup of cracker crumbs, $\frac{1}{4}$ teaspoon of salt, 1 teaspoon of lemon juice, 1 saltspoon of pepper, 1 teaspoon parsley, 2 tablespoons chopped onion, 1 teaspoon poultry seasoning and $\frac{1}{4}$ cup melted butter; moisten with hot water.

HALIBUT A LA CREOLE.

Wipe 4 pounds of halibut, scrape off the black skin. Season with salt and pepper. Put the fish on a baking sheet and pour over it a tomato sauce; baste 3 or 4 times and bake for 1 hour. When done serve on a platter; pour the sauce that remains over it. This is delicious.

FILLETS OF HALIBUT A LA POULETTE.

Cut $1\frac{1}{2}$ pounds halibut in long, narrow strips. Sprinkle with salt, pepper, lemon juice and add thin slices of onion. Cover and let stand $\frac{1}{2}$ hour; remove the onion, dip the strips in melted butter. Skewer into shape, dredge with flour and bake about 20 minutes. Serve with white sauce, in which 1 sprig of parsley, 1 bay leaf and 1 slice of onion have been boiled with the milk.

CLAMS A LA CREME.

Drain and chop 1 quart of clams. Melt 4 tablespoons butter, add 4 tablespoons of flour; strain and pour on the clam liquor, add 1 teaspoon of salt, 1 saltspoon of pepper, 1 saltspoon of celery salt and cook 3 minutes. Add clams and boil up once. Serve with toast.

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CREAMED FISH.

Four pounds of cod or haddock, 1 pint of cream sauce, 1 cup of cracker crumbs moistened in 1-3 cup of melted butter. Put the fish into boiling water, enough to cover, to which has been added 1 tablespoon of salt and 1 tablespoon of vinegar, and let simmer until the fish separates easily. Then lift out of the water and drain. When cool, remove the skin and all the bones and pick apart in flakes. Sprinkle with 1 tablespoon of salt and 1 teaspoon of pepper. Put a layer of fish on a platter; cover with a rich white sauce, letting it soak in; then a layer of fish and continue doing so until all are used. Moisten cracker crumbs in melted butter and spread over the fish. Place platter on the upper part of oven grate, over a pan of hot water and bake until the crumbs are light brown.

RICH SAUCE FOR CREAMED FISH.

Melt 2 tablespoons of butter, add 2 heaping tablespoons of flour, $\frac{1}{2}$ teaspoon of salt and $\frac{1}{2}$ saltspoon of pepper; put a sprig of parsley, 1 slice onion, $\frac{1}{2}$ blade of mace, 1 bay leaf and 1 pint of milk on to cook, in double boiler, for 15 minutes; strain; then pour over butter and flour and add the yolks of 2 eggs or 1 whole egg beaten.

HALIBUT AU GRATIN.

One pint of cooked halibut, free from skin and bones, $1\frac{1}{2}$ cups of cream or milk, 2 tablespoons of flour, 2 tablespoons of butter, $1\frac{1}{2}$ teaspoons of salt, 1 saltspoon of pepper, 1 teaspoonful of onion juice and $\frac{1}{2}$ cup of bread

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crumbs. Flake the fish with a fork, sprinkle and mix with half the salt and pepper. Put the milk on to scald in a double boiler; melt the butter, add the flour and the remainder of the salt and pepper; pour on the hot milk slowly until the mixture is free from lumps; then add the onion juice. This mixture may be put on a platter or arranged on six scalloped shells by putting a spoonful of the sauce on the shells, then a thin layer of the fish and alternate until the dishes are filled. Melt 1 tablespoon of butter and add the bread crumbs, cover the scalloped dishes with this; place all the dishes in a pan and put in a hot oven, to brown, for 10 or 15 minutes.

FISH TOAST.

Toast 6 slices of bread, 1 pint of cold cooked fish, freed from skin and bone, $1\frac{1}{2}$ cups of milk, 4 tablespoons of butter, 2 tablespoons of flour, a dash of red pepper or paprika, $1\frac{1}{2}$ teaspoons of salt and 1 teaspoon of lemon juice. Put one-half the quantity of milk on to scald in a double boiler. Melt the butter and add the flour, salt and pepper, and cook for 5 minutes, being careful not to burn. Pour the scalded milk on slowly, and when free from lumps turn into the double boiler, add the fish and let cook for 10 minutes. Beat the eggs until light; add the remainder of the cold milk. Turn this into the double boiler, stir all together and remove from fire. Add the lemon juice and spread the fish mixture on hot

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buttered toast and serve at once. This dish is not satisfactory if it is allowed to become cold.

SCALLOPED SALMON.

Scald 1 cupful of milk in a double boiler. Melt 1 tablespoon butter, add 2 tablespoons flour, salt and pepper to taste; pour milk on slowly and, when thick as cream, add 1 can of salmon that has been drained and cut up into small pieces. Butter a shallow dish, put in the mixture, grate a little nutmeg over it and cover with 1 cup of powdered cracker crumbs, stirred into 1-3 cup of melted butter. Bake until crumbs are brown.

FISH BALLS.

One cup of raw salt codfish, picked and flaked, 1 pint of raw sliced potatoes, 1 well beaten egg, 1 teaspoon of butter, $\frac{1}{2}$ teaspoon of onion juice. Parboil potatoes for 5 minutes; wash the fish. Put fish and potatoes in a stewpan and cover with boiling water. Boil 20 minutes or until the potatoes are soft. Do not let them boil long enough to become soggy. Drain off every drop of water; mash until creamy and light; add butter, onion juice, pepper and salt if needed and, when slightly cool, add the beaten egg. Shape on a tablespoon, put in a frying basket (not more than four or five) and cook 1 minute. Drain on unglazed brown paper. These are very delicate.

FLAKED FISH. (Creole style.)

Free the remnant of any cooked fish of skin and bone; flake. Cream $\frac{1}{4}$ cup of butter, add 1 teaspoon dry mus-

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tard, a dash of cayenne, and salt to taste; moisten with lemon juice, to form a smooth paste. Put the fish on buttered shells or platter, cover with paste and sprinkle buttered cracker crumbs over the whole. Bake 10 minutes. Serve with cress, moistened with lemon juice.

ESCALLOPED FISH.

Make a cup of sauce, rather thick as given for creamed fish; butter a baking dish, and, having freed the remnants of the fish from skin and bone, flake it and put a layer of it into the dish, with the cream sauce, to moisten it; continue alternating, having the sauce for the last layer. Cover with buttered cracker or bread crumbs and bake until crumbs are brown.

CREAMED FINNAN HADDIE. (Norwegian recipe.)

Cut up a fish weighing 4 or 5 pounds into several good sized pieces and put on to boil with a small onion, cut into slices, 1 tablespoon vinegar and cook until the flesh separates from the bone. Drain and, when cool, remove the skin and bones, and cut it up in small pieces and add about a teaspoon of poultry seasoning or mixed herbs; mix it with a cream sauce and let it heat up. Season with a little nutmeg; sprinkle with finely chopped parsley.

BOILED SALMON.

Place in a frying basket or put in whole, tied in a piece of cheesecloth, and have enough boiling water in saucepan to cover fish; add 1 tablespoon salt and 1 tablespoon lemon juice, and cook until fish separates from the bone.

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When done, remove skin, place on a hot platter and pour white sauce over it, or serve with Hollandaise sauce.

BROILED OYSTERS.

Wash, pick and drain large oysters; sprinkle with a pinch of mace; dip in melted butter or beaten egg, then in fine cracker crumbs, and broil in fine wire broiler over a clear, hot fire.

BROILED SMELTS. (Swedish recipe.)

After dressing, smelts are laid on a towel to dry. Cut as many white papers as you have fish and spread with buttered cracker crumbs. Wrap in paper and broil over a bright fire from 5 to 8 minutes.

FRIED FISH.

Fish for frying should be thoroughly cleaned and dried, seasoned with salt and pepper and sprinkled on both sides with indian meal or cracker crumbs. Fry in hot butter or lard ($\frac{1}{2}$ butter and $\frac{1}{2}$ lard makes a good mixture for frying fish) from 2 to 5 minutes. Drain on brown paper. Serve with tomato or tartare sauce.

BROILED FISH.

Clean, wash with a wet cloth and wipe dry. Split so when laid flat the back bone will be in the middle; cover with a mixture of 3 tablespoons of olive oil, 1 tablespoon vinegar, 1 teaspoon salt, 1 saltspoon pepper and 1 tablespoon of chopped onion. Set away in a cool place. Drain and place on a buttered gridiron, flesh side down, over a

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clear fire until brown; then turn. When done, place on a hot platter and serve with tartare sauce.

BROILED FINNAN HADDIE.

Rub broiler with butter or a piece of pork fat; put in finnan haddie rubbed with butter and broil; sprinkle with salt and pepper. Serve with horse radish sauce.

LOBSTER NEWBURG.

Cut 1 pint of boiled lobster meat in small pieces and heat with 1 wineglass of sherry wine, 1 tablespoon of brandy, a little pepper and salt and 2 rounding tablespoons of butter. Cook 2 or 3 minutes. Beat in yolks of 4 eggs, 2 tablespoons of butter and 1 pint of cream. Serve at once.

POINTS TO REMEMBER.

This is the formulae for most sauces: Melt the butter, put in the flour, to which has been added all the dry seasonings; stir till the mixture bubbles all over; then gradually add the hot liquid, beating after each addition before putting more in. The constant beating renders it smooth and glossy as nothing else can make it. Cook slowly for a few minutes; if too thick add more hot liquid.

HOW TO ADD YOLKS OF EGGS TO SOUPS AND SAUCES.

In adding yolks of eggs to soups and sauces (to insure richness), beat yolks very light, add a little of the hot

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liquid and mix until smooth; then add enough more to have it pour easily.

TO BROWN FLOUR.

Put the flour in a shallow pan and set in a moderately hot oven. Stir often to prevent burning and have it of uniform color—good, rich brown when done. If desired to keep it on hand for brown gravies and sauces, let it cool when taken from the oven, then put in glass jars and it is ready for use.

MAITRE D' HOTEL SAUCE.

Chop 1 tablespoon of parsley to a powder, then add a little chives; mix these with 1 heaping tablespoon of butter, creamed, 1 teaspoon of lemon juice, a speck of nutmeg, $\frac{1}{2}$ saltspoon pepper and $\frac{1}{2}$ teaspoon of salt. Spread on hot beef steak.

CREOLE SAUCE.

Yolks of 4 hard boiled eggs, $\frac{1}{2}$ cup each of tarragon, cress, chives and parsley, all pounded to a paste and then sifted through a wire sieve. Add 1 cup of olive oil, 2 tablespoons lemon juice, a pinch of salt and a dash of cayenne pepper and a pinch of anisette. Stir with a wooden spoon. To be served with flaked cold fish or any cold meat.

CREOLE SAUCE. (No. 2.)

Boil 1 egg hard; rub the yolk smooth with a little cold water, then add 1 teaspoon mustard, 1 saltspoon of salt and a dash of cayenne pepper. Take 2 pinches (about

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$\frac{1}{2}$ cup) of chives and shallot and the smallest bit of garlic; boil these 1 minute in water. Strain them and hash fine. Rub into the egg mixture, oil and vinegar until you have the quantity needed (about $\frac{1}{4}$ cup of oil and $\frac{1}{2}$ tablespoon vinegar); lastly add the herbs and pour over cold meat. This sauce is nice with fish or poured over eggs, boiled, it makes a nice entree.

HORSE RADISH SAUCE.

Four tablespoons of grated horse radish (using the horse radish root), 1 tablespoon of vinegar or lemon juice, $\frac{1}{2}$ teaspoon of salt, 1 teaspoon of powdered sugar, dash of cayenne pepper and $\frac{1}{2}$ cup of heavy cream. Mix and heat over boiling water.

MINT SAUCE.

One-half cupful chopped mint, $\frac{1}{4}$ cupful of sugar, $\frac{1}{2}$ cupful of vinegar, grain of salt. Use only the leaves and tender tips of the mint. Let it stand 1 hour before using.

TOMATO SAUCE.

Put 1 pint tomato, 1 cup of water, 3 cloves, a dash of cayenne, a pinch of soda, 1 teaspoon of poultry seasoning, 1 teaspoon sugar, 1 slice of onion, on to boil for 30 minutes. Melt 4 tablespoons butter, add 2 tablespoons flour, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ saltspoon pepper. Simmer 10 minutes and strain over boiled meat or fish. A little parsley may be cooked in it if liked.

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CURRY SAUCE.

Melt 2 tablespoons of butter, add 1 tablespoon of chopped onion and cook slowly for 5 minutes. Add 1 teaspoon of curry powder and 2 tablespoons flour and cook for 10 minutes; then add 1 cup of white stock or mutton liquor free from grease. Cook 10 minutes; season with salt and pepper. Strain.

WHITE SAUCE.

Melt 2 tablespoons of butter; mix 2 tablespoons flour, 1 saltspoon white pepper, $\frac{1}{2}$ teaspoon salt and add to the melted butter; mix well, being careful not to burn it; then pour on gradually 1 cup of hot milk. Beat until smooth and free from lumps.

EGG SAUCE. (for fish.)

To 1 cup of white sauce add 2 hard boiled eggs, chopped fine, 1 tablespoon chopped parsley, 1 teaspoon of lemon juice. Parsley is not to be added until after being removed from fire.

ONION SAUCE.

Boil 1 pint of onions in boiling salted water for half an hour, changing the water two or three times. Drain, add 1 teaspoon sugar, 2 tablespoons butter, cover and stew slowly for 1 hour, being careful lest they burn; rub through a sieve, add $\frac{1}{2}$ cup of white stock, 1 cup of milk, 1 teaspoon salt, 1 saltspoon pepper. Melt 4 tablespoons butter, add 2 tablespoons flour and add to the onion. Cook 5 minutes, stirring well and serve very hot.

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DRAWN BUTTER SAUCE.

Melt $\frac{1}{2}$ cup of butter, add 4 tablespoons of flour, mixed with $\frac{1}{2}$ teaspoon salt, shake of pepper and 1 pint of hot water, poured on slowly.

THICK CREAM SAUCE. (For croquettes.)

Scald 1 pint of thick cream or rich milk. Melt 2 tablespoons of butter, add 4 tablespoons of flour, $\frac{1}{2}$ teaspoon salt, dash of cayenne, $\frac{1}{2}$ teaspoon celery salt. Pour cream on slowly and beat well. This sauce is very thick.

CAPER SAUCE.

To each cup of drawn butter sauce add 1 tablespoon of chopped capers and 1 teaspoon lemon juice. Chopped cucumbers and pickles may be used instead.

BECHAMEL SAUCE.

Melt 4 tablespoons butter, add 3 tablespoons of flour, 9 peppercorns, a bit of mace, very small slice of onion and carrot, 1 bay leaf, sprig of parsley and 1 pint of hot stock; simmer 20 minutes; strain and add 1 cup of milk or cream; if yellow sauce be desired add the beaten yolks of 2 eggs.

VELVET SAUCE.

Melt 1 heaping tablespoon of butter in a saucepan, add 2 tablespoons of flour and stir well, being careful not to let it get brown; add 3 cups of white stock slowly, stirring until well mixed, and beat until smooth and thick. Add 4 parsley stalks, 1 bay leaf, 1 sprig of thyme, 2 cloves, all tied together; salt and pepper to taste. Boil

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the sauce for 10 minutes, stirring continuously; then place where it will simmer for 1 hour. Strain and place on ice. If not to be used at once, put a few bits of butter on top to prevent crust from forming.

OLIVE SAUCE.

Remove stones from 1 dozen olives, leaving meat in 1 piece. Cover with boiling water and cook 5 minutes. Drain and chop fine. Melt 4 tablespoons of butter, add 6 tablespoons of flour, 1 teaspoon of minced onion and cook until light brown, stirring constantly; add $1\frac{1}{2}$ cups of brown stock, a little at a time; stir until smooth; season with salt and pepper. Strain; add the chopped olives.

SAUCE TARTARE.

Make $\frac{1}{2}$ pint of mayonnaise dressing No. 2; chop very fine 1 tablespoon each of chopped capers, olives, pickles, a shallot and parsley. Put in a towel and dry. Add to the mayonnaise and mix thoroughly. This will keep for several weeks; if too thick, add a little more melted butter and vinegar.

CIDER SAUCE.

Melt $\frac{1}{4}$ cup of butter, add 1-3 cup of flour and mix well; then gradually pour in 1 pint of hot ham liquor, and when smooth stir in 1-3 cup of hot cider. Season with a little salt, pepper and a few grains of cayenne or paprika.

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MAITRE D'HOTEL BUTTER.

Cream $\frac{1}{4}$ cup of butter, add $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ salt-spoon pepper, dash of cayenne, 1 tablespoon chopped parsley, 1 tablespoon lemon juice. Keep very cold. Serve with fried fish or broiled steak.

ONION SAUCE FOR BEEF. (German recipe.)

Melt 2 tablespoons butter, add 1 small onion, chopped fine, and cook until a pale yellow; add 2 tablespoons of flour: season with salt, pepper to taste, enough to flavor slightly, and a dust of sugar if liked. Stir the mixture thoroughly; add juice of your meat and a dash of cold water and serve hot.

HOLLANDAISE SAUCE.

Cream $\frac{1}{2}$ cup butter, add the unbeaten yolks of 2 eggs; stir well and add 2 tablespoons lemon juice, a dash each of salt, pepper and $\frac{1}{2}$ cup boiling water; cook in a double boiler until thick as boiled custard. Add 1 teaspoon of capers and serve immediately.

FISH CROQUETTES.

Free from skin and bone 1 pint of cold cooked fresh fish and tear into shreds; add 1 pint of hot mashed potatoes, 1 tablespoon of butter, $\frac{1}{2}$ cup of hot milk, 1 well beaten egg, 1 rounding teaspoon of salt, $\frac{1}{2}$ saltspoon of pepper, 1 teaspoon of chopped parsley and a few drops of onion juice. Mix all these thoroughly together and set away to cool; when the mixture is cold, shape into balls, then dip in beaten egg, then in fine bread crumbs,

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then in egg again. Just before serving time, place the croquette in a frying basket and plunge into the boiling fat and cook 2 minutes. Remove from basket and drain on brown paper. Serve at once. These may be prepared the previous day, frying them when needed.

OYSTER CROQUETTES.

One pint of oysters, washed and drained; parboil until the edges are curled. Drain, saving the liquor; chop oysters. Melt 4 tablespoons of butter, add 4 tablespoons of flour; pour on slowly $\frac{1}{2}$ cup of oyster liquor and $\frac{1}{2}$ cup of cream. Add 1 teaspoon chopped parsley, a few grains of cayenne, celery salt, mace, $\frac{1}{2}$ teaspoon salt and the beaten yolks of 2 eggs. Cook 2 or 3 minutes; add oysters. Cool, shape, roll in crumbs, egg and crumbs, and fry in smoking hot fat. Drain on brown paper. If sauce is too thin, thicken with cracker crumbs.

RICE CROQUETTES.

To 1 pint of cooked rice add 1 egg well beaten, 1 tablespoon butter, salt, pepper, sugar and cayenne to taste, 1 tablespoon of parsley. Cool, shape, roll, fry as usual. If cold rice be used, warm in a saucepan and add enough milk to soften.

SALMON CROQUETTES.

Chop up cold cooked salmon, and for every pint of fish add 1 teaspoon salt, $\frac{1}{2}$ teaspoon mustard, speck of cayenne, a few drops of onion juice, 1 tablespoon parsley. Moisten with 1 cup of thick cream sauce and pour over 1

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egg, well beaten. When thoroughly mixed, spread on a platter. When cool, shape like croquettes. Roll in crumbs, beaten egg, and then in crumbs again. Fry in smoking hot fat. Drain on brown paper. If canned salmon be used, drain off the oil and remove the bones, and chop the salmon fine.

POTATO CROQUETTES.

One pint of hot mashed potatoes, 2 tablespoons of butter, season with salt, pepper, onion juice, a speck of cayenne, nutmeg, celery salt. When slightly cool, add the beaten yolk of 1 egg. Put through a seive and add 2 teaspoons of chopped parsley. Shape into smooth round balls, then into rolls. Roll in fine bread crumbs, then dip in beaten egg, then roll in crumbs again. Fry in smoking hot fat for 1 minute. Drain on brown paper.

HOMINY CROQUETTES.

Warm 1 pint of cooked hominy in 2 tablespoons of cream or milk; add 1 beaten egg and a pinch of salt and mace. Cool, shape, roll in crumbs, dip in beaten egg, and then in crumbs again. Fry in deep boiling fat and drain on brown paper.

VEAL CROQUETTES.

Chop cold veal very fine; season highly with salt, pepper, cayenne, onion juice, celery salt, nutmeg or mace and parsley, mixing all the seasonings together before adding to the meat. Moisten with cream sauce and 1 egg, well beaten. Cool, shape into rolls. Roll in sifted bread

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crumbs, then in beaten egg and again in crumbs. Fry in smoking hot fat. Drain on brown paper.

BEEF CROQUETTES.

Chop cold roast beef very fine, add $\frac{1}{2}$ the quantity of bread crumbs, that has been previously soaked in stock or milk, to moisten. Melt 1 tablespoon of butter and 1 tablespoon of onion and cook to a pale yellow, season with $\frac{1}{2}$ teaspoon of salt, $\frac{1}{2}$ saltspoon of pepper, 1 tablespoon of tomato ketchup, add to the first mixture and stir over the fire until smooth, then add the beaten yolk of 1 egg. When cool make into croquettes, dip in crumbs, beaten egg, then in crumbs again. Fry in smoking hot fat. Drain on brown paper. Serve with tomato or curry sauce.

CHICKEN CROQUETTES.

Chop $\frac{1}{2}$ lb. of chicken quite fine, add 1 teaspoon of salt, 1 saltspoon of paprika, 1 teaspoon lemon juice, a little parsley, a few drops of onion juice and a pinch of nutmeg and celery salt. Moisten with a thick cream sauce, to which add 1 egg, well beaten, and when thoroughly moistened, set away to cool. Roll in crumbs, eggs, and crumbs, and fry in smoking hot fat.

CHICKEN CROQUETTES (NO. 2).

To $\frac{1}{2}$ pint each of chicken and sweetbreads, chopped very fine, add $\frac{1}{2}$ cup of powdered cracker crumbs, 1 beaten egg and enough white sauce to moisten; season with salt, pepper, onion juice and mace. Shape in any

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shape desired; roll in fine cracker crumbs, then in beaten egg and lastly in cracker crumbs. Fry in smoking hot fat. Drain on paper.

MEAT CROQUETTES.

These are made of left overs, any meat from roast beef, pork, lamb or mutton or chops; a thin slice of sausage, ham or tongue may be added and all chopped very fine. Season 1 cup of meat highly with salt, pepper, onion juice, 1 teaspoon lemon juice, nutmeg, thyme, marjoram, celery salt or poultry seasoning, 1 tablespoon of cracker crumbs and add 1 cup of cream or gravy to moisten and 1 beaten egg. Cool. Shape. Roll in crumbs, beaten egg and crumbs again. Fry in smoking hot fat. Drain.

LOBSTER CROQUETTES.

Make a white sauce by melting 1 tablespoon butter and adding 2 tablespoons of flour; pour on slowly 1 cup of hot milk; when thickened stir in 1 pint of lobster meat, 1 beaten egg, the juice of $\frac{1}{2}$ a lemon, a dash of cayenne and salt. If too soft, add a little sifted bread crumbs. Roll in crumbs, then in egg, then crumbs again, and fry in the usual manner.

FRITTER BATTER.

Beat 2 eggs very light, add $\frac{1}{2}$ pint of milk. Sift 2 cups of flour, a pinch of salt, $\frac{1}{2}$ teaspoon of soda and 1 rounding teaspoon cream of tartar together and add to the first mixture. Beat well, add 1 tablespoon of melted

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butter. (Two rounding teaspoons of baking powder may be used in place of soda and cream of tartar.)

APPLE FRITTERS.

Wipe, pare, core and cut apples in small pieces and stir into batter. Drop by spoonfuls and fry in deep fat, boiling, until a light brown. Drain on brown paper and sprinkle with powdered sugar or powdered sugar and cinnamon.

BANANA FRITTERS.

Peel bananas, cut in lengthwise slices, cover with sugar and lemon juice and 1 tablespoon wine and let steep on back of stove for $\frac{1}{2}$ hour. Drain. Add 4 tablespoons of sugar to fritter batter and dip each slice in batter; fry in deep fat, and drain on brown paper. Sprinkle with powdered sugar.

FRUIT FRITTERS.

Fresh peaches or apricots may be cut in small pieces, sprinkled with sugar and let stand 10 or 15 minutes; then add to fritter batter and fry as other fritters. Canned fruit may be used, after draining from their syrup, using the syrup for a sauce.

CLAM FRITTERS.

Drain and chop a pint of clams and season with salt and pepper. Make a fritter batter, using the clam liquor instead of milk. Add the chopped clams and fry in small spoonfuls in hot fat. Drain on brown paper.

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CORN FRITTERS.

Add 1 pint of scraped corn, (cooked), season with salt and pepper, to fritter batter and beat well. Fry in small spoonfuls. Drain.

OYSTER FRITTERS.

Make the same as clam fritters, using oysters instead of clams.

CHAPTER IV.

Eggs, Vegetables and Salads

PLAIN OMELET.

Beat the yolks of 2 eggs till light colored and thick; add 2 tablespoons of milk, $\frac{1}{4}$ teaspoon of salt and a shake of pepper. Beat the whites of 2 eggs till stiff and dry. Cut and fold them into the yolks till just covered. Have a clean, smooth omelet pan; when hot, rub 1 teaspoon of butter around the edge with a broad knife, let the butter run all over the pan, and when bubbling turn in omelet quickly and spread it evenly on the pan; shake and stir until the eggs commence to set. Put it on the upper grate of the oven to dry. Then run a broad knife round the edge, crease through the middle and fold over on a hot platter.

ORANGE OMELET.

Beat the yolks of 2 eggs, very light, add 2 tablespoons orange juice and about 1 teaspoon of the grated rind, and 4 teaspoons of powdered sugar and a pinch of salt. Beat the whites stiff, fold in lightly. Cook in an ometlet pan. Spread with sweetened pulp of 2 oranges. Fold over and turn out. Sprinkle with sugar.

RICH OMELETTE.

Beat the yolks of 5 eggs until thick and lemon color, add 1 tea-cup of milk. Mix 1 large tablespoon flour, 1

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teaspoon salt and a little pepper together; pour over this the egg mixture, add 2 tablespoons butter, melted. Pour mixture into a hot buttered spider and let it harden a little, then add the whites beaten to a stiff froth. As it cooks, lift with a griddle cake turner, so that the uncooked part may run underneath. Place on hotter part of range to brown, shaking the pan continuously. Crease with back of knife and fold over.

SOFT FRIED EGGS.

Heat a frying pan thoroughly and add a piece of butter or bacon fat size of an egg. Place muffin rings in pan and break eggs into them, sprinkle with salt and pepper, dip the melted fat over them, with a spoon, and cook until white is firm. Remove muffin rings and serve eggs at once.

SOFT BOILED EGGS.

Drop into boiling water, put saucepan, covered, where it will simmer, but not boil, for 8 or 10 minutes, or until the egg dries as soon as removed from water. Or

Put into cold water, place over a hot fire, and when water boils, remove the egg.

EGG VERMICELLI.

Boil 3 eggs 20 minutes. Separate the yolks and chop the whites fine. Make 1 cup of thin white sauce and stir the whites into it and mix well. Pour the sauce over 4 or 5 slices of toast and rub the yolks through a strainer

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over the whole. Garnish with points of toast and slices of bacon.

CUPPED EGGS.

Put 1 tablespoon of good high-seasoned brown gravy into each cup and set the cups in a pan of boiling water. When gravy heats, drop a fresh egg into each cup. Set the pan on back of stove, cover it until the eggs are cooked. Serve on a hot plate.

POACHED EGGS.

Place 4 muffin rings in a pan of boiling water and add 1 teaspoon of salt. Break the eggs one at a time in a saucer and then slip off carefully into a ring. Baste each with hot water while cooking. Let simmer until firm enough to lift with a skimmer; place on buttered toast.

SCRAMBLED EGGS.

Beat 4 eggs slightly, add $\frac{1}{2}$ cup of milk, $\frac{1}{2}$ teaspoon salt, 1 saltspoon pepper. Put 2 teaspoons butter in a saucepan, and when it bubbles turn in the egg mixture and cook over boiling water until creamy. Serve at once. Chopped ham or tongue may be added, just before removing from fire (about 1 tablespoon).

STUFFED EGGS.

Boil 6 eggs 20 minutes. Plunge into cold water for 1 minute. Remove the shells and cut lengthwise, then scoop out the yolk, being careful not to break the white; put the two whites of each egg together. Mash the yolk, add $\frac{1}{2}$ the quantity of cold ham chopped fine, a few

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drops of onion juice, 1 teaspoon melted butter, dash of cayenne, a few grains of celery salt and a little chopped parsley. If veal, chicken or lamb be used, season highly with salt, cayenne, mustard and chopped parsley. Fill the whites with the mixture, smooth them, and press the two halves together. Spread the remainder of the mixture on a buttered dish, place the eggs on it. Cover with a thin white sauce; sprinkle with buttered cracker crumbs and cheese and bake until a light brown.

STUFFED EGGS. (No. 2.)

Drop as many eggs as needed into boiling water; cover and place the saucepan where the water will keep hot without boiling, about 20 or 30 minutes. Plunge the eggs in cold water for 1 minute; remove the shells and cut in halves lengthwise. With a sharp pointed knife, take out the yolk and mash through a coarse strainer; add $\frac{1}{2}$ quantity of chicken, veal, beef or lamb and moisten with Sauce Tartare. Fill the whites with this mixture, and press the two halves together. When ready to serve, pour over the rest of the sauce. Mayonnaise dressing may be used. This is nice for lunch or picnics.

EGG SANDWICHES.

Chop the white of hard boiled eggs very fine. Put the yolks through a strainer and mix with them melted butter or cream to moisten, salt and pepper to taste; then add the chopped whites and spread on buttered bread, cut very thin, putting two together.

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HAM SANDWICHES.

Cream $\frac{1}{2}$ cup of butter, add 1 teaspoon made mustard, $\frac{1}{4}$ teaspoon salt, shake of cayenne pepper and the beaten yolk of 1 egg. Mix with finely minced ham and spread on thin slices of bread, cut in any shape desired. One teaspoon each of finely chopped pickles, capers, onion and parsley may be added, if desired.

ROAST BEEF SANDWICH.

Cut some rare beef and chop very fine; season with salt and pepper. To $\frac{1}{2}$ cup of Mayonnaise dressing add 2 tablespoons of whipped cream, 1 small tablespoon grated horse radish and 2 teaspoons of chopped olives or cucumbers, and mix enough chopped beef to spread easily. Butter end of loaf of bread and cut slices very thin; spread evenly with the meat. Cut in any desired shape.

HINTS ON COOKING VEGETABLES.

The principle underlying the cooking of vegetables are the softening of the cellulose, the cooking of the starch properly, the saving of the proteids and minerals and rendering the proteids more digestible and the development of flavor.

Firm vegetables, as roots or fibres, are best baked; owing to the high temperature of the oven, the bursting of the starch cells takes place properly.

Any green vegetable is best cooked slowly in its own juice, thus retaining the mineral salt.

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All green vegetables should be cooked with the sauce pan uncovered.

Have them as fresh as possible, and cook on day they are gathered. Pick over, and cut off any decayed leaves and wash in several waters. Put vegetables, when pared, into cold water to prevent discoloration, until ready to cook in boiling salted water.

HASHED BROWN POTATOES.

One quart of cold potatoes cut into cubes, sprinkle with 1 teaspoon salt, 1 saltspoon of pepper. Brown 1 tablespoon of butter, add 1 tablespoon of flour and mix well; pour on slowly 1 cup of stock, add potatoes; season with salt and peper. Cook 10 minutes, fold over and brown.

FRIED POTATOES.

Cut cold potatoes into slices about a quarter of an inch. Melt 2 or 3 tablespoons of drippings in a frying pan, and when hot, add the potatoes, season with salt and pepper. Cook potatoes until brown, then turn and brown the other side. 1 tablespoon of cold chopped ham may be sprinkled over the potatoes.

POTATOES EN SURPRISE.

Season 1 pint of hot mashed potatoes with 2 tablespoons of butter, $\frac{1}{2}$ saltspoon of pepper, speck of cayenne, $\frac{1}{2}$ teaspoon of salt, 1 saltspoon of celery salt and a few drops of onion juice. When slightly cool add the yolk of 1 egg, beaten well. Shape into small balls and fill the centers with creamed fish or meat; roll in

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crumbs, then in egg and then in crumbs again. Fry in hot lard until light brown. Drain on brown paper and serve hot.

POTATOES A LA MAITRE D' HOTEL.

Prepare the Maitre d'Hotel butter. Cream 2 tablespoons of butter, add 1 teaspoon lemon juice, $\frac{1}{2}$ teaspoon salt, 1 saltspoon pepper and a shake of celery salt, 1 tablespoon chopped parsley. Cut 1 pint cold potatoes in cubes and put in a hot spider, add enough milk to cover, and when nearly absorbed stir in the Maitre d'Hotel butter and serve at once.

MASHED POTATOES.

Mash boiled potatoes with a wire masher until free from lumps. For every 2 cups of potato add 2 tablespoons of butter, 1 teaspoon salt, $\frac{1}{4}$ teaspoon each of white pepper and celery salt, and enough hot milk to moisten. Beat vigorously and pile lightly on a hot dish. Do not put in the oven, as that makes them heavy.

CREAMED POTATOES.

Cut cold boiled potatoes into cubes. Melt 2 tablespoons butter, add 4 tablespoons of flour, 1 saltspoon salt and a shake of pepper and cook until well mixed, being careful not to burn. Then pour on gradually 1 pint of boiling milk and beat well to prevent lumps. Add 1 pint of potatoes and stir until they become hot. Add 1 teaspoon of chopped parsley and serve at once.

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LYONNAISE POTATOES.

Melt 1 tablespoon of butter, add 1 tablespoon of chopped onion and cook until a pale yellow. Then add 1 pint of cold potatoes cut in cubes, season with salt and pepper. Stir with a fork until all the butter has been absorbed, being careful not to break. Add 1 tablespoon of chopped parsley and serve very hot.

BOILED POTATOES.

Select potatoes of uniform size. Scrub thoroughly, either with a small brush or coarse cloth. Pare them (except when new) as thinly as possible, and soak in cold water. Put on to boil in a porcelain or granite stewpan and cover with boiling water, to which has been added 1 tablespoon of salt, and cook gently for half an hour or until soft; should potatoes remain hard in the centre add 1 cup of cold water and continue boiling until done. Drain off every drop of water and serve at once. If necessary to wait, place on back of range and cover with a folded towel, to let the steam escape.

BAKED POTATOES.

Select smooth potatoes of the same size. Scrub well. Bake on the grate, in a hot oven, for 1 hour or until soft. Turn once or twice whilst baking. Pinch to break the skin and let the steam escape. Serve at once.

FRANCONIA POTATOES. (Baked with meat.)

Select potatoes of uniform size. Scrub, pare and soak in cold water. Put in the dripping pan with meat, and

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baste when meat is basted. They can be parboiled for 10 minutes if in a hurry. Time required for baking about 40 minutes.

POTATO SOUFFLE.

Choose 3 potatoes as nearly alike as possible in size and shape; scrub and bake, and when well done cut in halves lengthwise or remove 1 thick slice and carefully scoop out the inside. Mash, and add 1 tablespoon butter, 1 tablespoon of hot milk, 1 saltspoon of salt and a shake of cayenne or paprika. Beat the whites of 2 eggs stiff or 1 whole egg and mix it with the potato and pile lightly in the skins, heaping them on top. Moisten the tops with a little of the egg.

STUFFED EGG PLANT. (Southern recipe.)

Cut egg plant in halves, crosswise; scoop out the pulp, being careful not to work too near the skin. Mash the pulp, add 1 cup of finely sifted cracker crumbs, butter the size of an egg, a little salt, and pepper to taste, and about $\frac{1}{4}$ teaspoon mace, and moisten with a little hot water or stock. Fill shells with stuffing, smoothing it even with the top. Sprinkle a little very fine cracker crumbs over and dot with butter. Bake in a hot oven about one-half an hour.

STEWED TOMATOES.

Pour boiling water over them, remove skins and the hard green stem. Cut them up and stew slowly in a saucepan until the juice has nearly boiled away. Add

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salt, pepper, butter and sugar. If you like, you may thicken with cracker crumbs.

BOILED CARROTS.

Wash, scrape and cut into half-inch dice; put on to cook in boiling salted water until tender. Drain; add pepper, salt and a little butter, stir well and serve at once.

BOILED BEETS.

Wash and boil beets for 1 hour or until tender, in boiling salted water. When cooked put in a pan of cold water and rub off the skins and slice thin. Serve with salt, pepper and vinegar or cut into cubes and serve with white sauce.

STRING BEANS.

Cut off all strings carefully; break into short lengths and wash. Boil in salted water until tender, from 1 to 3 hours. Drain. Season with butter, salt, pepper and nutmeg, or pour over 1 cup of thin white sauce to 1 quart of beans and simmer 10 minutes. Serve at once.

MASHED TURNIPS.

Wash and cut French turnips into half-inch slices; pare and cut into cubes. Cook in boiling salted water until tender. Drain. Mash and season with butter, pepper and salt.

BAKED SQUASH.

Wash and cut a Hubbard squash into halves. Remove the seeds and pulp, scrape thoroughly, place on the grate

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of the oven and bake nearly 2 hours. When done, remove from the shell, put through a colander and season to taste with 3 teaspoons salt, 1 teaspoon pepper, 2 teaspoons sugar, 3 tablespoons butter and a grating of nutmeg, for a squash weighing 6 or 7 pounds.

BOILED SQUASH. (Southern recipe.)

Wash and cut in slices, then in cubes, and put on to cook in boiling water, to which has been added a tablespoon of salt and 1 tablespoon of sugar, and cook until soft. Season with butter, salt and pepper. Put in a dish, set in the oven for about 20 minutes to dry. (Drain well before putting it into the oven.)

BOILED ONIONS.

Pour boiling water over them, and rub off the skin. Put them in boiling salted water and cook for 5 minutes. Drain; put on again in boiling salted water and cook until tender, but not broken. Drain, and pour over white sauce, and serve hot.

STUFFED PEPPERS.

Select large peppers, cut in halves, crosswise; remove seeds with an apple corer, cut off the stem, and keep in salted water until ready to use. Drain. For 6 peppers, chop enough veal, chicken or lamb, free from gristle and fat, to make 1 cup. Cook $\frac{1}{2}$ cup of milk and $\frac{1}{2}$ cup of bread crumbs together, until a smooth paste is formed. Add 1 teaspoon of salt, 1 saltspoon white pepper, a few drops of onion juice, 2 teaspoons butter, 2 eggs, well

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beaten, meat and 1 tablespoon of parsley, if on hand. Mix thoroughly, and fill the peppers with the mixture. Set them into an agate pan, and pour 3 cups of white stock or water around them. Bake about 30 minutes in a moderate oven. Baste the peppers (not the filling) every 10 minutes. If liked highly seasoned, a few of the seeds may be used in the filling. These may be also cooked by placing in a stewpan, adding 1 bay leaf to the water and simmer three-quarters of an hour.

BAKED ONION.

Boil, and if large, cut into quarters. Put into a shallow dish, cover with a white sauce and buttered crumbs and bake until brown.

BOILED CABBAGE.

Select a small heavy cabbage. Remove the outside leaves, cut into quarters, cut off the tough stalk, soak in salted water for 1 hour. Have a kettle of rapidly boiling salted water. Add $\frac{1}{4}$ teaspoon soda and cabbage. Uncover and keep at a galloping boil, for 1 hour or until tender. Drain. Chop fine, season with salt and pepper; put in a hot dish and serve.

Hint: Put a little vinegar in a separate saucepan, and let it boil all the time, and you will have no odor of cabbage cooking.

CREAMED TURNIPS.

Wash turnips, cut in slices and then in $\frac{1}{2}$ -inch cubes. Cook 1 quart in boiling salted water until soft. Drain; pour over 1 pint of white sauce.

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CAULIFLOWER.

The leaves should be green and fresh, and the heads creamy white. Pick off the outside leaves. Wash and put on to cook gently in boiling salted water 1 hour, or until tender. Take up with a skimmer, being careful not to break it. Pour over it a cream sauce.

ARTICHOKES.

Peel and throw into cold water and vinegar. Cook in boiling salted water until tender; remove at once. Drain. Serve with white sauce.

EGG PLANT.

Cut into slices $\frac{1}{2}$ -inch thick; soak in cold water (to which salt has been added) for 1 hour, and wipe peel dry. Dip each slice in cracker crumbs, beaten egg, and then in crumbs again. Fry in hot fat in a frying pan for 10 minutes. The slices will be soft and moist when done.

SPINACH.

Pick over, trim off the roots and decayed leaves. Wash several times in warm water, changing the spinach from one pan to another, that the sand may be left in the water, and continue washing until the water looks clear. (Warm water cleans it best.) Put the spinach in a large saucepan and place on the back of the range. When there is about a tablespoon of water, push a little forward, where it will cook slowly (uncovered), in its own juices, until tender. Drain, and chop fine in a chopping tray. For $\frac{1}{2}$ peck of spinach add 3 tablespoons of butter, $\frac{1}{2}$

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teaspoon salt, a shake of cayenne and a grating of nutmeg. Heat again and serve very hot.

SPINACH NO. 2. (French style.)

Pick over, wash in several waters until free from grit. Put the spinach in a saucepan with plenty of boiling salted water. Stir it frequently, letting it boil 15 or 20 minutes. Take it out, and drain through a strainer. Chop very fine and drain off every drop of water. For 1 peck of spinach, put 2 large tablespoons of butter into a saucepan and melt; add 1 large tablespoon flour, 4 or 5 spoonfuls of rich cream, 1 teaspoon sugar and 1 saltspoon nutmeg. Mix well, and when they have come to a boil, add the spinach; simmer for 10 minutes, stirring frequently. Serve at once.

ASPARAGUS.

Wash carefully and break into small pieces as far as each stalk can be broken easily. Cook in boiling salted water for 20 minutes or until tender. Drain, season with salt, pepper and butter, or pour over white sauce.

GREEN PEAS.

Wash the pods; then shell; put into boiling salted water and cook 20 minutes, or until tender. Let the water boil nearly away and serve without draining. Season with salt, $\frac{1}{2}$ saltspoon pepper, $\frac{1}{2}$ saltspoon nutmeg, 1 tablespoon butter and a little sugar. A tablespoon of cream may be added.

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STUFFED TOMATOES.

Cut a thin slice from the stem end of large, smooth tomatoes; remove the seeds and soft pulp and mix with it an equal amount of buttered cracker or bread crumbs, season to taste with salt, pepper, sugar and onion juice, a bay leaf (ground) and a pinch of nutmeg. If not moist enough, add a little hot gravy or water. Fill cavities with this mixture and sprinkle buttered cracker crumbs over the top, allowing 1 cup of crumbs to 1-3 cup of melted butter. Bake in a hot oven about 20 minutes. A bit of ham or bacon, chopped fine, may be used with the filling, if liked.

CORN.

Remove the husks and every thread of the silky fibre. Put into a saucepan of boiling water, and cook 10 to 15 minutes. Long cooking renders corn tough.

CELERY.

Wash, scrape clean and cut the stalks into inch pieces; cook in boiling salted water until soft. Drain, and mix with a white sauce. Serve hot at once.

BOILED PUMPKIN.

Wash, cut into quarters, pare, remove seeds and steam or cook in boiling salted water. Scrape out the soft part, rub through a coarse strainer; season with salt, pepper, sugar, a few grains of nutmeg and a little butter.

OYSTER PLANT.

Scrape and throw at once into cold water, with a little vinegar, to keep it from being discolored. Cook in boil-

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ing salted water until tender. Drain, cut about an inch long and mix with a white sauce, or dip in fritter batter and fry in smoking hot fat.

SHELL BEANS.

Wash and cook in boiling salted water and cook until tender. Turn into a colander, pour boiling water over them, and season with salt, pepper and butter. Serve at once.

BOILED RICE.

Put 1 cup of rice in cold water and rub thoroughly between the hands; put on to boil in 2 quarts of cold water until tender. Drain.

SCALLOPED CABBAGE.

Soak 2 heads of cabbage, cut in slices, 1 hour. Boil until tender; drain, chop the cabbage, rather coarse. Melt 2 tablespoons of butter in a frying pan, add 2 tablespoons of flour and the cabbage, and cook 3 or 4 minutes; stir well, and add about 1 cup of milk, season with salt and pepper to taste; simmer 10 minutes. Put in a baking dish, cover with buttered cracker crumbs and bake until light brown.

SCALLOPED TOMATOES.

Remove the contents of a can of tomatoes and let it (to become aerated) stand for 1 hour; season with a pinch of soda, salt, pepper, sugar and nutmeg to taste. Butter a deep dish and sprinkle with a little fine cracker crumbs. Pour in the tomatoes and cover with 1 cup of

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cracker crumbs moistened in $\frac{1}{2}$ cup of melted butter. Bake in the oven about 30 minutes, or until crumbs are brown. Raw tomatoes may be used by arranging them in the following manner. A layer of sliced raw tomatoes, seasoning, and then a layer of buttered cracker crumbs, and so on until all are used, having cracker crumbs on top. Bake until soft.

STUFFED ONIONS.

Boil 6 onions 1 hour, cool, then with a sharp knife cut a piece from the centre of each; mix 2 tablespoons chopped ham, 3 of stale bread crumbs, 2 tablespoons of butter (melted), 3 tablespoons of cream or milk, salt to taste and a shake of cayenne together. Fill cavities with this mixture. Sprinkle with buttered cracker crumbs and bake slowly $\frac{1}{2}$ hour. Serve with white sauce.

FRIED TOMATOES.

Wipe and cut into slices about $\frac{1}{2}$ -inch thick. Mix $\frac{1}{2}$ cup of flour and 1 tablespoon of brown sugar, 1 saltspoon of black pepper, $\frac{1}{2}$ teaspoon salt and 1 saltspoon of cayenne pepper together. Dredge well on both sides with the dry mixture and fry in equal parts of drippings and lard.

BAKED TOMATOES.

Wipe and remove a thin slice from stem end of a half dozen tomatoes. Dip the top of the tomato in beaten egg, then in cracker crumbs, in which a little sugar, salt and

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pepper have been mixed ; dot over with bits of butter and bake in a hot oven until soft.

IRISH CREAM CABBAGE.

Wash in several waters 1 white hard head of cabbage. Boil until tender ; drain, chop very fine ; add $\frac{1}{2}$ large onion, mix well together and place in saucepan. Add 1 cup of cream or 2 cups of milk thickened with butter and flour and seasoned with salt and pepper. Serve very hot.

CREAMED PARSNIPS.

Wash parsnips well, pare and place in a saucepan with fresh boiling water ; cook until tender. Drain, and cut in small pieces about an inch long. Pour over it a white sauce that has been thickened to liking, and boil slowly for 5 minutes.

MACARONI.

Break 1 pound of macaroni into small pieces and put on to cook in plenty of boiling salted water for 10 minutes ; remove the cover, stir the macaroni well and cook until it can be cut in two with a fork. Drain and let cold water run over it through the colander, to remove pastiness ; then place strainer over hot water to heat again. Put 1 tablespoon butter on to melt in a saucepan, add macaroni and 1 cup of tomato sauce ; toss over the fire until thoroughly mixed, sprinkle it rather thickly with grated Parmesan cheese and pour it into a hot dish, adding, if liked, 1 or 2 tablespoons of strong gravy or stock to the mixture. Serve at once. Macaroni may be served

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with white sauce, grated cheese or cracker crumbs on top and baked for 10 minutes.

MACARONI NO. 2. (Italian recipe.)

Have a large kettle nearly full of rapidly boiling water. Break 1 pound of macaroni into 2 or 3-inch pieces and drop into the water and boil for 1 hour, or until tender, adding a handful of salt, after it has been boiling $\frac{1}{2}$ hour; just before taking it off, pour in 1 cup of cold water. Drain, put in a hot dish, set on back of range, add a little pepper, a lump of cheese, and, when melted, stir, and serve at once. In place of cheese, tomato sauce may be poured over it.

STEAMED RICE.

Pick over and wash 1 cup of rice in several waters until it looks clear. Put in a double boiler with 2 cups of boiling water and a teaspoon salt. Steam 30 minutes, or until the grains feel soft when crushed between the fingers.

LETTUCE.

Lettuce leaves should be thoroughly washed and dried without breaking the leaves. To dry them, place in a wire basket and swing the leaves until dry. A bag of cheese cloth will answer. They may then be laid in a cool place, wrapped in a damp cloth.

FRENCH DRESSING.

Six tablespoons oil, 2 tablespoons tarragon vinegar, $\frac{1}{2}$ teaspoon salt, 1 saltspoon paprika. Add the salt and

pepper to the oil and mix thoroughly; add vinegar, drop by drop, and stir vigorously. This mixture will separate in about 20 minutes.

MAYONNAISE DRESSING.

One-half teaspoon of salt, $\frac{1}{2}$ teaspoon of mustard, $\frac{1}{2}$ teaspoon of powdered sugar, a few grains of cayenne, the yolks of 2 raw eggs, 1 pint of olive oil, 2 tablespoons lemon juice and 2 tablespoons of vinegar. Mix the dry ingredients in a bowl. Add the yolks of the eggs, which must be fresh; beat with a wooden spoon until the mixture is slightly thickened; add $\frac{1}{2}$ teaspoon vinegar, and when well blended with the other ingredients, add the oil, drop by drop, beating constantly. After several teaspoons of oil have been used, the oil may be added faster. When the mixture becomes too thick, add a little of the lemon juice, then more oil, and continue alternating, and lastly add the vinegar. Put on ice. Never mix it with anything until ready to use, as it liquifies.

MAYONNAISE DRESSING (NO. 2).

Yolks of 2 hard boiled eggs, yolks of 2 raw eggs, 1 teaspoon of salt, 1 tablespoon of mustard, a pinch of cayenne pepper, $\frac{1}{2}$ cup of melted butter, $\frac{1}{2}$ cup of vinegar. Rub the yolks of the hard boiled eggs smooth, using a small wooden spoon; beat in the yolks of the raw eggs, then add salt, pepper, mustard. Beat well. Add vinegar and butter alternately, using only a little at a time.

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BOILED DRESSING (NO. 2).

Mix $\frac{1}{2}$ teaspoon salt, pepper and mustard to taste, 2 tablespoons flour, 1 heaping tablespoon butter, melted, and 1 egg, well beaten. Beat them all together, then pour over $\frac{1}{2}$ cup of hot vinegar; set on stove and let come to a boil.

CELERY SALAD.

Wash and cut celery into half-inch length pieces; moisten with a little vinegar, salt, dash of cayenne and pour over it mayonnaise dressing. This salad is to be served at once.

POTATO AND WATERCRESS SALAD.

Cut into cubes freshly boiled potatoes and season slightly with salt, pepper, oil and vinegar. Add carefully picked watercress, similarly seasoned; mix well and serve with stoned olives or triangular croutons, spread alternately with egg and anchovy butter.

DANDELION SALAD.

Cut some dandelions as low down as possible so as to get white stalks; wash thoroughly and mix with an equal quantity of watercress and a few drops of onion juice. Dress with French dressing.

BEET SALAD.

Cut cold cooked beets into cubes, marinate with a French dressing and place on ice until ready to serve. Add more dressing and place on crisp lettuce leaves and serve.

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COLD SLAW.

Take 2 cups of finely shaved cabbage. Boil 1 scant cup of vinegar, add 1 heaping tablespoon of butter; pour this over 2 eggs, well beaten, to which has been added 1 tablespoon of mustard, $\frac{1}{4}$ teaspoon of salt, a shake of cayenne pepper and 2 teaspoons sugar. Mix well and pour over the cabbage.

CELERY AND CHICKEN SALAD IN TOMATO CUPS.

Cut in centres from the tops of some tomatoes that are firm and uniform in shape; scoop out the inside after cutting away the fleshy sections with a sharp knife, then when quite hollow set on ice until serving time; lift from the ice with a spoon or broad knife, so as not to get them out of shape. For the filling, cut 1 stalk of celery into very small cubes; chop 1 apple very fine and sprinkle with lemon juice, chop $\frac{1}{2}$ cup of chicken meat, rather coarsely, and mix all together with a French dressing. Put this into the tomato cups and place a heaping tablespoonful of mayonnaise on top of each. Garnish with watercress. In very warm weather cover tomato cups with cracked ice and salt, to have them keep their shape.

DUCK SALAD.

One cupful of duck, chopped very fine, 4 oranges sliced and cut fine and freed from seeds and skins, 2 lemons, sliced and cut fine, and 1 cupful of chopped celery. Mix together and place on lettuce leaves. Cook 1 cup of English walnuts, 1 quart of water, 1 slice of

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onion, 1 bay leaf, salt and pepper. Drain. Put nuts over the salad and cover with a mayonnaise or boiled dressing.

FRUIT SALAD.

Take equal parts of cherries, raspberries and currants, keep on ice till needed, then cover with a foamy sauce. This sauce will be found very nice for any fruit salad.

FRUIT SALAD (NO. 2).

Equal parts of each. Take pineapple and slice very thin, removing cores, sliced oranges cut in circles, seeds removed, and bananas, sliced thin. The pineapple should be covered in sugar for 10 or 12 hours and chilled before adding to the other. Place in a salad bowl and mix all together, sprinkle with powdered sugar, and pour over 1 cup of sweet muscatel wine. Garnish with candied cherries cut in quarters.

SPRING SALAD.

Take crisp white celery and cut it into dice, and tart juicy apples, cut as fine as the celery, and cover with lemon juice. Use one-half as much celery as apple. Cover with a French dressing and place on the ice. When ready to serve, place on lettuce leaves and cover with a mayonnaise dressing.

SALMON SALAD.

Cut 1 pint of salmon into dice, season with a French dressing and set on ice until ready to serve. Add enough more French dressing to make it very moist. Make a

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mayonnaise dressing, add 1 tablespoon each of chopped capers and olives and gherkin pickles. Then add one-half of the mayonnaise dressing to the salmon and mix well. Place on lettuce leaves and cover with the remainder of the mayonnaise.

TOMATO SALAD.

Mix 1 scant tablespoon of sugar, $\frac{1}{2}$ teaspoon of salt, a pinch of red pepper, 1 teaspoon of mustard, $\frac{1}{4}$ cup of cream, 2 eggs, slightly beaten, and $\frac{1}{2}$ cup of vinegar. Cook over boiling water until thick like custard. Put on ice, and when ready to serve, pour over peeled sliced tomatoes placed on lettuce leaves.

SHRIMP SALAD. (Chef.)

One can of shrimps, 3 or 4 whole tomatoes, cut into slices, the inside leaves of 2 heads of lettuce; the whole covered with the following dressing: Boil 2 scant tablespoons of mixed mustard and 2 full tablespoons of vinegar together and stir in the beaten yolks of 4 eggs, $\frac{1}{2}$ cup of cream and $\frac{1}{4}$ pound of butter; cook in double boiler until it looks like soft custard; if it looks too thick add a little more cream. Add 1 teaspoon of salt, 1 teaspoon of sugar, 3 drops of onion juice and $\frac{1}{4}$ saltspoon of cayenne pepper. Strain and set away. This dressing will keep a fortnight on ice.

SHRIMP SALAD (NO. 2).

Cut the shrimps rather fine with a sharp knife and mix with French dressing. At serving time, heap upon crisp lettuce leaves and pour over mayonnaise dressing.

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SHRIMP SALAD (NO 3).

Cut shrimps up fine and moisten with a dressing made of 3 tablespoons olive oil, 1 tablespoon lemon juice, 1 salt-spoon salt and a dash of cayenne. Serve on a crisp lettuce leaf on each plate.

LOBSTER SALAD.

Cut into shreds the meat of a lobster and season with plenty of French dressing, and keep on ice until ready to serve. Mix with enough of the mayonnaise dressing to moisten. Make cups of crisp lettuce leaves, fill with salad and cover with mayonnaise dressing. Garnish with capers and coral.

CHICKEN SALAD.

Cut 1 pint of cooked chicken into dice, add $\frac{1}{2}$ pint of crisp celery, also cut in dice. Pour over this a dressing made of 2 tablespoons oil, 1 teaspoon of salt, 1 salt-spoon paprika, 1 tablespoon vinegar. Mix well and set away in a cold place. Just before serving add 1 tablespoon each of chopped olives and capers and mix all with 2 tablespoons of mayonnaise dressing. Place in a salad bowl, pour the remainder of the dressing over it and garnish with lettuce leaves.

MOCK CHICKEN SALAD.

Cut 1 pint of cooked fresh pork into dice, add $\frac{1}{2}$ pint of crisp celery, also cut in dice. Pour over this a dressing made of 2 tablespoons of oil, 1 teaspoon of salt, 1 tablespoon of vinegar. Mix well and set away in a cold

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place. Just before serving, add 1 tablespoon of chopped olives, 1 tablespoon of capers and 1 red pepper that has been parboiled, seeds removed and chopped very fine, and mix all with 2 tablespoons of mayonnaise. Place in a salad bowl, pour the remainder of the dressing over it and garnish with lettuce leaves.

APPLE AND NUT SALAD.

Chop up equal portions of greenings and any kind of nut meat, mix with mayonnaise dressing to moisten. Place on a crisp lettuce leaf, cover with mayonnaise dressing and garnish with olives, celery leaves and slices of hard-boiled eggs. This may be served on a large platter.

CLUB SALAD.

Take the meat from the breast of a duck, slightly rare, and cut into dice, add $\frac{1}{2}$ the quantity of crisp white celery, also diced. Make a bed in the salad bowl of crisp lettuce leaves, a little French sorrel and a sprinkling of chives; mix the meat and celery, put over the greens and cover with a French dressing. When ready to serve, garnish with $\frac{1}{4}$ of a tart orange and a few radishes and put on top 1 large tablespoon of mayonnaise dressing.

LETTUCE SALAD.

Pick over and wash each leaf, without breaking. Put in a bag made of cheese cloth and shake until dry. Keep the lettuce in a cool place until ready to serve. Arrange the leaves in a salad bowl, the larger ones around the edge

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and the smaller ones in the centre. Serve with a boiled dressing or sugar, salt and vinegar to taste.

POTATO SALAD.

Slice freshly boiled potatoes, and when cool toss them lightly in oil and vinegar; add a sprinkling of chopped shallot or chives. Add $\frac{1}{2}$ the quantity of smoked salmon; season with enough more oil to make it moist, add salt and pepper to taste. Cold boiled potatoes may be used, but are not as satisfactory.

POTATO SALAD (NO. 2).

Wash and boil 6 large potatoes, without paring, and when done let them cool. Peel, cut into slices or cubes and pour the dressing over, whilst hot. Mix together 2 tablespoons of cream, 1 tablespoon oil, 2 tablespoons of tarragon or cider vinegar, dash of cayenne, salt to taste, 1 tablespoon each of chopped onion and parsley.

POTATO SALAD (NO. 3).

One pint of hot potatoes, cut in cubes, 1 cup of chopped celery, juice of 1 small onion, 2 hard-boiled eggs, whites chopped fine and yolks sifted, and 1 tablespoon chopped parsley; season with a dash of cayenne, salt to taste. Mix with a French dressing. Keep on ice, and when ready to serve, add boiled dressing to moisten and place on lettuce leaves.

WELSH RAREBIT.

Rub the bottom of the chafing dish with a clove or garlic. Put in 1 round tablespoon of butter to melt,

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pour in 1 gill of ale or beer, and when it begins to boil add $\frac{1}{2}$ pound of American cheese, grated; stir till smooth and creamy, and add a dash of cayenne, $\frac{1}{4}$ teaspoon mustard, 1 teaspoon celery salt. Beat 2 eggs very light and beat into them gradually a few tablespoons of the cream mixture. When they are thoroughly blended, add the egg mixture to the contents of the chafing dish, stirring constantly. Just before serving add 1 teaspoon each of lemon juice and Worcestershire sauce. Serve hot on toast. Cream may be used in place of ale.

CHAPTER V.

Desserts, Sweet Sauces and Candy

SURPRISE PUDDING.

Wipe, core and pare 6 apples and sprinkle 7 teaspoons of sugar and 7 tablespoons water over them and bake until soft. Make a custard of the yolks of 3 eggs beaten well; add 3 tablespoons of sugar, a speck of salt, nutmeg and 1 pint of scalded milk. Pour over the apples and bake until the custard is firm. When custard is cool, cover with a meringue made of the whites of the egg, beaten stiff, 3 tablespoons of sugar added gradually and a few drops of vanilla. Put in the oven and bake until a light brown.

STEAMED APPLE PUDDING.

Fill a 2 quart granite pan two-thirds full of apples, cut into eighths; if not juicy, add $\frac{1}{4}$ cup of water; sprinkle over them a scant $\frac{1}{2}$ cup of sugar, pinch of cinnamon; butter the edge of the pan and the inside of the cover. Cover with a biscuit crust, made of 1 pint of flour, 4 teaspoons of baking powder, $\frac{1}{2}$ teaspoon salt, 3 tablespoons of butter, 2 teaspoons sugar and milk enough to make a soft dough. Steam $1\frac{1}{2}$ hours. Serve with lemon, molasses or hard sauce.

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STEAMED BLUEBERRY PUDDING.

May be made the same as steamed apple pudding, sweetening the blueberries before steaming.

STEAMED FRUIT PUDDING.

Two and one-half cups of flour, 1 teaspoon of soda (mashed fine), $\frac{1}{2}$ teaspoon salt, 1 saltspoon nutmeg, 1 saltspoon cinnamon, 1 cup of chopped suet, 1 cup of boiled and chopped raisins, 1 cup of currants, $\frac{1}{4}$ cup of citron, 1 cup of milk or cold water and 1 cup of molasses. Mix in the order given and steam in a buttered mould 3 hours. Serve with hot sauce.

JELLIED PEACHES.

Dissolve $\frac{1}{2}$ box of gelatine in $\frac{1}{2}$ cup of cold water until soft; add 1 pint peach syrup, 1 cup of sugar, the rind and juice of 1 lemon, 1 cup water. Stir over the fire until it boils. Strain and put in the peaches, cut in thin slices. Pour into a mould, previously wet with cold water; place on ice. Serve with soft custard.

BREAD PUDDING.

Remove the crusts from 4 slices of stale bread and soak (bread) in 1 quart of milk. Beat 2 eggs, add 1-3 cup of sugar, $\frac{1}{2}$ teaspoon of salt, $\frac{1}{4}$ teaspoon of cinnamon, mace or nutmeg and 2 tablespoons of melted butter. Pour into the bread mixture, beat well; turn into a buttered pudding dish and bake 1 hour. Serve with hard sauce. One-half cup of raisins may be added if liked. They should first be cooked till soft and plump.

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COTTAGE PUDDING.

Cream $\frac{1}{4}$ cup of butter, add 1 small teacup of sugar, beat until creamy, add 1 egg, well beaten. Mix 4 teaspoons baking powder, with 1 pint of flour and sift into the first mixture; then pour in 1 cup of sweet milk. Beat thoroughly and flavor with lemon or vanilla. Bake $\frac{3}{4}$ of an hour in a slow oven and serve with a hot sauce.

CHOCOLATE PUDDING.

Soak 1 cup of stale bread crumbs in 1 pint of cold milk 1 hour. Add the beaten yolks of 2 eggs and 1 saltspoon of salt. Put 1 ounce of chocolate, $\frac{1}{4}$ of a cup of sugar and 1 tablespoon of water in a stewpan and stir until smooth. Turn into the first mixture, add 1 tablespoon of melted butter and $\frac{1}{2}$ teaspoon of vanilla. Bake in a slow oven about 30 minutes. When the pudding is cold, spread on the meringue, made of the beaten whites of the eggs and 2 tablespoons of sugar. Set the pudding in the oven over a pan of hot water and bake until light brown.

SNOW PUDDING.

Dissolve $\frac{1}{4}$ of a package of gelatine in a little cold water, and when softened pour on 1 cup of boiling water; add 1 scant cup of sugar, $\frac{1}{4}$ cup of lemon juice; let boil up once; strain and set away to cool. When cold and beginning to thicken, add the whites of 3 eggs, beaten stiff, and continue beating until stiff enough to keep its shape.

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Put in a melon mould and set on ice. Serve with boiled custard.

BOILED CUSTARD.

One quart of milk, 4 or 6 eggs, 6 tablespoons of sugar, 1 teaspoon of Jamaica rum, rose, almond, rind of 1 lemon or cinnamon. Scald the milk. Beat the eggs, add the sugar and the scalded milk. Turn all into the double boiler and cook until smooth and creamy or as soon as the froth disappears. Strain through a hair sieve into bowl previously wet with cold water. When cold, add flavoring and a pinch of salt.

BAKED CUSTARD.

Beat 6 eggs very light, add 1 quart of boiling milk, 6 tablespoons of sugar, 1 teaspoon of almond essence and grain of salt. Strain and fill cups. Set them in a pan of boiling water, which must nearly reach the tops of cups. Cover with another pan and let stand on the range, where a moderate boil can be obtained. Watch closely until the tops of the custards are set. Remove cups, cover tops with powdered nutmeg or cinnamon or a bit of red jelly and place in a cold place. If more convenient, put the pan with the cups in the oven and cook uncovered until a spoon comes out clear.

CARAMEL CUSTARD.

One pint of brown sugar to 3 pints of milk. Melt the sugar in a frying pan, being sure it does not scorch in the least. Pour it slowly into the milk, which must be

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boiling; then stir it steadily. Beat 7 eggs well, pour sweetened milk over them slowly. Flavor. Strain into cups and place in a pan of hot water and bake either on the top of the range or in the oven from 30 to 40 minutes or till firm.

CHOCOLATE CUSTARD PUDDING.

Scald 1 quart of milk; stir into it $2\frac{1}{2}$ ounces of chocolate, grated, and stir until smooth. Take from the fire and pour over 6 eggs, well beaten, leaving out 2 of the whites. Sweeten and flavor with vanilla; it will need to be very sweet. Bake in a deep dish and place in a pan of boiling water and cook like a custard, removing from oven when a knife blade comes out clear. Cool and set on ice. Just before serving, beat the whites of 2 eggs, add $\frac{3}{4}$ cup of powdered sugar and spread over the top. Place in the oven to brown lightly.

CORN STARCH PUDDING.

Scald 3 cups of milk; dissolve $\frac{1}{2}$ cup of corn starch in 1 cup of cold milk, pour it slowly into the scalded milk, add 1-3 of a cup of sugar, 1 saltspoon of salt and cook in a double boiler for $\frac{3}{4}$ hour, stirring continually for first 5 minutes, after that occasionally. Beat the whites of the 3 eggs stiff and add to the first mixture and remove from the fire; flavor to taste. Pour into a mould, previously wet with cold water. Turn out when cold and serve with a liquid sauce or preserved raspberries.

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HARRIET PUDDING.

Three tablespoons of tapioca, soaked in cold water until it has swelled enough; then add 1 quart of milk and put into a double boiler and cook until tender; mix the beaten yolks of 3 eggs, a teacup of sugar, a pinch of salt together and add to the boiling mixture and flavor. Pour in one-half into a buttered pudding dish, spread with the beaten whites and pour over the remainder. Serve very cold.

TAPIOCA PUDDING.

Take 4 large tablespoons of tapioca and soak over night in 1 quart of milk. Add $\frac{1}{4}$ cup of butter, the beaten yolks of 4 eggs, $\frac{1}{2}$ cup of sugar and a grated nutmeg. Stir the whole well together and bake in a deep dish 1 hour. When cool, spread the whites, beaten stiff, on top and place on the oven grate until it becomes a light brown.

BROWN BETTY.

Two and one-half cups of thinly sliced apples, 2 cups of bread crumbs, $\frac{1}{2}$ cup melted butter, $\frac{1}{2}$ cup of sugar, 1 teaspoon of nutmeg and cinnamon mixed, $\frac{1}{2}$ cup of boiling water. Melt butter, add crumbs, mix sugar and spices together. Put a layer of crumbs on the bottom of a pudding dish, then a layer of apples and sugar, then $\frac{1}{2}$ the water, and so alternate, having the crumbs on top. Cover and bake from 30 to 40 minutes. Remove cover and place on the grate to brown. Serve with cream or a pudding sauce. Berries or peaches may be used in place of the apples.

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INDIAN MEAL PUDDING.

Scald 1 quart of milk and pour it over $\frac{3}{4}$ of a cup of indian meal. Cook in double boiler for 30 minutes; add 2 tablespoons of butter, a pinch of nutmeg, a generous speck of soda, dissolved in 2 tablespoons of cold milk and $\frac{1}{2}$ saltspoon of salt, $\frac{3}{4}$ of a cup of N. O. molasses, 1 egg beaten well and 2 cups of thinly sliced apples. Bake in a moderately hot oven for 1 hour. Serve with rum sauce. If Porto Rico molasses is used, add a deserts spoon of sugar.

INDIAN MEAL PUDDING (NO. 2).

Pour enough boiling water on 2 cups of indian meal to wet thoroughly, add $\frac{1}{2}$ cup of butter, 1 cup of sugar, a pinch of salt, 2 cups of milk, $\frac{1}{2}$ cup of molasses and 1 cup of seeded raisins (if you wish); 1 teaspoon of cinnamon and a little nutmeg. Bake 3 hours and serve with cream.

STRAWBERRY CUSTARD.

Scald 1 pint of cream; pour it over 4 eggs, well beaten, 4 tablespoons of sugar and flavor with lemon rind. Cook in a double boiler until smooth and thick; when a little cool, stir in $\frac{1}{2}$ ounce of gelatine, dissolved in cold water, stirring briskly just before pouring into moulds. Select large, firm red berries, put into a strainer, without removing hulls, and let the cold water run on them. Drain well; when dry, remove hulls, dip each one into some dissolved gelatine. Place a tin mould in a pan where it can remain steady; line sides and bottom with the strawberries; turn in the cold custard. Place on ice

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for several hours. Serve on a glass dish, having a border of whipped cream.

FLOATING ISLAND.

Scald 1 quart of milk, pour over the well-beaten yolks of 6 eggs, add 6 tablespoons of sugar. Cook over boiling water until smooth and creamy. Flavor with 1 teaspoon of Jamaica rum, rose, almond or vanilla extract, and pinch of salt. Place some slices of stale sponge cake or lady fingers in a glass dish, moisten with a little hot milk. Pour over the hot custard. Just before serving, beat the whites of the eggs stiff, add 3 tablespoons of sugar. Put over the custard and dot here and there with a candied cherry or a bit of red jelly.

BLUEBERRY PUDDING.

Wash and stew 1 quart of blueberries, 1 pint of cold water, 1 cup of sugar together or heat 1 can of blueberries and sweeten to taste. Cut 4 or 5 slices of stale bread, butter and put in a mould and cover with the stewed berries. Steam 1 hour and serve with a hot liquid sauce.

SNOW CREAM. (Southern recipe.)

Put some thin slices of sponge cake on the bottom of a dish; pour in wine enough to soak it. Beat up the whites of 3 eggs very stiff, add 2 tablespoons sifted powdered sugar, a glass of sweet wine and 1 pint of rich cream. Beat well and pour over the cake.

WHITE MOUNTAIN PUDDING.

Boil 1 cup of rice with 3 cups boiling water and $\frac{1}{2}$

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teaspoon salt for 5 minutes; then steam until tender (about $\frac{3}{4}$ hour); add 2 tablespoons sugar, 1 saltspoon nutmeg. Remove and put a layer of rice in a buttered pudding dish, then a layer of apple sauce, flavored with lemon; dot over with 1 tablespoon of butter and continue, alternating until dish is filled, having the apple (and butter) on top. Place in the oven to become a pale yellow. Serve either hot or cold with soft custard.

CRACKER PUDDING.

Three-quarters cup of sifted cracker crumbs; soak in $\frac{1}{2}$ cup of cold water for 5 minutes. Squeeze. Beat the yolks of 3 eggs very light; add $\frac{3}{4}$ cup of sugar, $\frac{3}{4}$ cup of melted butter, a pinch of salt, 1 quart of cold milk and 3 ounces of grated chocolate, dissolved in milk enough to pour. Stir all together. Bake in a rather quick oven for 25 minutes. Set aside to cool and cover with a meringue made of the whites of eggs beaten stiff and 1 cup of powdered sugar; put it back in the oven and brown slightly.

CHOCOLATE BLANC MANGE.

Allow 2 ounces of grated chocolate to a quart of sweet milk. Melt the chocolate and add the sweet milk scalded; care must be taken to have it free from lumps. Dissolve 4 heaping tablespoons corn starch in cold water to make a smooth paste to pour easily, and add to the chocolate and cook for 40 minutes or until the raw taste has entirely disappeared. Take from the fire, add sugar to make very sweet and flavor with vanilla to taste. This quantity fills

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a 3 pint mould. Serve with plain custard or whipped cream. It should be smooth and free from lumps.

COCOANUT PUDDING.

Three pints of rich milk scalded and poured on 3 whole eggs and yolks of 3 all beaten together; add 2 cups of sugar and 1 heaping tablespoon of butter; flavor with 1 teaspoon of rum or rose water. Strain over 1-3 package of cocoanut. Pour into a buttered pudding dish, set into a pan of hot water and bake slowly about 40 minutes, being careful not to let it whey. Beat the whites of 3 eggs with enough powdered sugar to make it stiff; add a teaspoon of any flavoring. Put on upper grate of oven for 2 minutes. Remove and place in a cold place for several hours.

PLAIN RICE PUDDING.

Take 1-3 cup of rice, put in a saucepan, cover with cold water and add 1 teaspoon of salt. When it boils, drain off the water, rinse with cold water and drain well. Put into a stewpan with 2 tablespoons of sugar, 1½ pints of milk, and the thin rind of 1 lemon. Bring milk to boiling point and then let simmer for 1 hour, stirring occasionally with a fork. Add 1 tablespoon of butter. Remove any large piece of rind and pour into a buttered pudding dish and bake slowly in a moderate oven for 1 hour.

POOR MAN'S PUDDING.

A teacup 2-3 full of rice, 3 pints of milk, a little salt, coffee cup of sugar and 1 cup of raisins. Bake 3 or 4

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hours, slowly at first. Serve hot or cold. This is creamy and delicious.

SUET PUDDING.

Two eggs, 1 cup of milk, $\frac{1}{2}$ cup of molasses, $\frac{1}{2}$ cup of finely chopped suet, $\frac{1}{2}$ teaspoon of soda (mashed fine), about $3\frac{1}{2}$ cups of flour, 1 teaspoon of spice and 1 teaspoon of salt, 1 cup of chopped raisins. Stir it all together and steam for 3 hours. Serve with hot sauce.

CRANBERRY PUDDING.

Cream $\frac{1}{2}$ cup of butter. Add 1 cup of sugar, 2 eggs beaten light; alternately add 1 cup of milk and 3 cups of pastry flour, mixed with 6 teaspoons of baking powder. Cut 1 cup of cranberry in halves, sprinkle with 1 cup of sugar and add to the first mixture. Bake in either a shallow buttered pan or in gem pans; dredge the top with granulated sugar and bake for 25 minutes. Serve with lemon or foamy sauce.

NEW ENGLAND PLUM PUDDING.

One pound of suet, chopped fine, $\frac{3}{4}$ pound of stale bread crumbs, $\frac{1}{4}$ pound of brown sugar, the grated rind of 1 lemon, $\frac{1}{4}$ pound of flour, 1 pound each of currants and stoned raisins, $\frac{1}{2}$ pound of citron cut in strips, $\frac{1}{2}$ nutmeg, 1 tablespoon each of mace and cinnamon, 5 eggs, $\frac{1}{2}$ pound of minced orange, $\frac{1}{2}$ pint of brandy or Jamaica rum. Clean, wash and dry the currants and stone and chop the raisins. Rub the dried fruit briskly with a cloth, to break off any little stalks that may remain.

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Carefully mix the dry ingredients together. Beat the eggs till frothy, add to them the brandy and pour them over the dry ingredients, mixing and beating thoroughly. Put in a large, well-buttered mould and steam 6 hours. Serve with rum, hard, or brandy sauce or vanilla ice cream.

ENGLISH PLUM PUDDING. (English recipe).

Chop very fine 1 pound of beet suet, mixed with $\frac{1}{4}$ cup of flour and 2 ounces each of candied orange and lemon peel. Wash and dry 1 pound of currants; stone and chop 1 pound of sultana raisins and 1 pound of muscatel raisins, also chop $\frac{1}{4}$ pound of citron. Blanch 2 ounces each of sweet and bitter almonds. Grate 3 nutmegs and 1 pound of stale bread crumbs, weighed after grating, the grated rind and juice of 1 lemon, $\frac{3}{4}$ of a pound of flour, 1 pound of powdered sugar, 1 tumbler of any tart jelly, 9 eggs, teaspoon of powder-ginger root, 1 tumbler of Jamaica rum. Beat eggs very light, add the jelly, then the suet, then a little flour, alternating with the other ingredients, mixed together, and lastly add the ginger root and salt. Beat thoroughly, using the hand. Butter a mould and steam for 6 hours. Serve with wine sauce.

On day it is wanted, steam again for 2 hours. Turn out on a dish, stick in blanched and sliced almonds, put a sprig of holly in the center, pour a small glass of cognac over it and light the liquor, and serve while blazing.

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CABINET PUDDING.

Butter a mould and decorate sides and bottom with boiled seeded raisins and chopped citron; then put in a layer of lady fingers or sponge cake, then some fruit and lady fingers and so on until the mould is filled. Pour 1 pint of scalded milk on 3 eggs, well beaten; add 3 table-spoons sugar and 1 saltspoon of salt and 1 teaspoon of flavoring. Pour over the cake and steam 1 hour for a 2 quart mould. Serve with a hot liquid sauce.

LEMON PUDDING.

Three pints of milk, beaten yolks of 4 eggs, 1 cup of soft bread crumbs, 1 cup of sugar or sweeten to taste and 2 tablespoons of flour; cook the ingredients as a custard in a double boiler. When thick, remove from the fire, strain and set away to cool. When cold, add the juice and rind of 3 lemons, and if not flavored enough add more. Just before serving, add the whites of the eggs beaten stiff with 2 tablespoons of powdered sugar; heap lightly on pudding dish and serve very cold. If liked, it may be placed on the upper grate of a hot oven to brown a golden brown.

RICE AND STRAWBERRY PUDDING.

Cream $\frac{1}{2}$ cup of butter, add $1\frac{1}{2}$ cups of sugar, cream again and add 3 pints of strawberries. Mix together and put in a dish and cover with $1\frac{1}{2}$ cups of rice. Steam for 40 minutes and serve with a hot sauce.

FRUIT TRIFLE.

Beat the whites of 4 eggs till stiff, add 3 tablespoons

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currant jelly and 2 tablespoons of raspberry jam, beat very light with the egg beater. Put some lady fingers and macaroons in a dish and pile the mixture in lightly. A poker may be heated and passed over the top to brown slightly, or it may be dotted with jelly.

CREME AU CAFE.

Use 3 heaping tablespoons of Java and Mocha coffee to 1 quart of milk. Put the milk on to boil and add the coffee; let it come to a full boil, then place it where it will simmer for 15 minutes. Beat together 6 eggs and add 3 tablespoons of sugar; bring the milk once more to a boil, being careful not to burn; strain it over the eggs, stirring vigorously. Add more sugar if liked. Strain into cups and bake like custard.

PEACHES AND GELATINE.

Soak $\frac{1}{2}$ cup of gelatine in $\frac{1}{2}$ cup of cold water; and 1 dozen halves of peaches; sprinkle with 1 cup of sugar; let stand for 1 hour. Then pour over all 1 cup of boiling water and strain. Put into a saucepan and cook until the gelatine is dissolved. Set it away to cool and when it begins to thicken, add 1 pint of rich cream, whipped stiff, and a pinch of soda, and stir into the gelatine, a spoonful at a time. Turn into a mould wet with cold water and set away to harden. Serve with a sauce.

PEACH CHARLOTTE.

Line the bottom and sides of a mould with sponge drops or slices of sponge cake. Pare and cut into quarters ripe peaches, sprinkle sugar over them and fill the

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dish nearly full. Then whip 1 pint of sweetened cream and put over the fruit. Serve very cold with or without a boiled custard.

CHARLOTTE RUSSE.

One quart of cream, beaten light, 1 ounce of gelatine dissolved in 1-3 cup of cold water. The whites of 4 eggs beaten stiff. Put 1 cup of sugar and 1-3 cup of water together and boil until it threads, then pour it over the dissolved gelatine. Beat the cream very light, flavor, then add the whites of the eggs and lastly the gelatine. Add more sweetening if necessary. Line a mould or cups with lady fingers or sponge cake; fill in with cream mixture. Keep on ice until ready to serve.

ICE CREAM.

Put 1 pint of milk on to scald with a 1-inch piece of vanilla bean. Beat 2 eggs (or yolks of 4) very light, add 2 cups of sugar, 2 teaspoons of corn starch and beat well. Add to the boiling milk. Cook in a double boiler at least 20 minutes (to prevent any taste from corn starch), stirring often. Add a pinch of salt and, when cool, add 1 pint of cold milk and $\frac{1}{2}$ to 1 cup of cream. A larger quantity may be made by using more milk and sugar. Before freezing, remove the bit of pod, carefully scraping all the little seeds into the custard.

RASPBERRY ICE CREAM.

Boil 2 quarts of raspberries with 2 cups of sugar for 10 minutes. Squeeze as much of the pulp and juice as

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possible through a jelly bag, and add 1 pint of boiling milk to it. Freeze at once, and when almost ready to pack, stir in a pint of stiffly beaten cream.

COFFEE ICE CREAM.

Add $\frac{1}{4}$ cup of very strong black coffee to Philadelphia ice cream, and omit vanilla flavoring.

PHILADELPHIA ICE CREAM.

One pint of thick cream, mixed with 3 cups of milk; add 1 cup of sugar, 1 tablespoon vanilla and freeze.

FRENCH ICE CREAM.

Put on to scald 1 pint of milk in the double boiler, with a piece of vanilla bean about 1 inch length. Beat the yolks of 4 eggs until the froth disappears; add $\frac{1}{2}$ cup of sugar, 2 slightly rounding tablespoons of flour and mix until very light; pour on the scalded milk and let it cook in the double boiler for 15 or 20 minutes, stirring frequently. Add a pinch of salt and pour into a bowl, previously wet with cold water. When cold, add 3 cups of cream and $\frac{1}{2}$ cup of sugar and 1 tablespoon Madeira wine. Before freezing, remove the pit of pod, scraping all the black seeds into the custard. This makes a smooth and delicious ice cream, and if the milk be boiling and the custard allowed to cook hard the full time, there will be no taste of the flour.

PINEAPPLE SHERBET.

Take 2 or 3 very ripe pineapples, pare and grate them into a bowl. Put the grated pineapple on a sieve and press it down, to get out every drop of juice; add an

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equal amount of boiling water and sugar to make it very sweet, as all things when frozen have less sweetness. Strain when sugar is dissolved and freeze in the usual manner.

COFFEE JELLY.

Soak 1 box of gelatine in 1 cup of cold water; when soft add $1\frac{1}{2}$ cups of boiling water, 1 pint of boiling coffee and 2 cups of sugar or enough to make very sweet. Place on stove to heat for 2 minutes; strain into moulds; put away to harden. Serve with whipped cream.

ORANGE JELLY.

Soak $\frac{1}{2}$ box of gelatine in $\frac{1}{2}$ cup of cold water until soft. Add 1 cup of boiling water, juice of 1 lemon, 1 cup of sugar, 1 pint of orange juice and the rind of 3. Place over the fire to boil up once, then strain through a flannel bag; turn into moulds and set away to harden.

LEMON JELLY.

Soak 1 box of gelatine in 1 cupful of cold water until dissolved. Put 1 small piece of stick cinnamon, the grated rind of the lemons and 1 quart of boiling water on to simmer for 15 minutes; then pour over the dissolved gelatine, add 2 cups of sugar and 1 cup of lemon juice. Put over the fire to boil up once. Strain through a flannel bag, put into mould previously wet with cold water and set away to harden.

WINE JELLY. (Southern recipe.)

Soak 2 ounces of isinglass in cold water for 2 hours. Drain off that water and add 2 quarts of fresh boiling

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water, $1\frac{1}{2}$ pounds of loaf sugar, the beaten whites of 3 eggs, the juice of 3 lemons and the peel of 1 and spice to taste. Stir the whole together and boil 5 minutes; add 1 pint of wine. Strain through a flannel bag as often as may be necessary to make it clear. Pour into moulds previously wet with cold water, and set away to cool for several hours. The wine may be omitted and have plain jelly.

WINE JELLY (NO. 2).

To a package of gelatine add 1 pint of cold water and let it stand $\frac{1}{2}$ hour; add the juice of 3 lemons and the rind of 1; 3 pints of boiling water, 2 cups of sugar. Set over fire and boil once; add 1 pint of wine and strain through a flannel bag into moulds and place on ice.

WINE JELLY (NO. 3).

One box of gelatine, 1 cup of cold water, 3 cups of boiling water, 1 cup of sugar, 2 cups of sherry wine and juice of 1 lemon. Soak the gelatine 2 hours in the cold water. Pour the boiling water on it and stir until dissolved; add sugar. When cold add the lemon juice and wine. Strain through a flannel bag, turn into moulds and place in the ice chest for several hours.

CIDER JELLY.

Dissolve 1 box of gelatine in 1 cup of cold water for 2 hours; add 5 cups of boiling cider, 2 cups of sugar and place on the stove to boil up once. Strain through a flannel bag and turn into moulds. When cool, place in the refrigerator for several hours.

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FRUIT JELLY.

Soak a scant $\frac{1}{2}$ box of gelatine in $\frac{1}{2}$ cup of cold water until soft. Add 1 pint of boiling water, 1 cup of sugar, the juice and grated rind of 1 lemon. Place over the fire for 1 minute; then add $\frac{1}{2}$ cup of Maraschino wine. Strain through a flannel bag. Put a layer of jelly 1 inch deep in a mould and harden it. Decorate with angelica, cover with jelly; when hard put in a smaller mould and fill the space between with jelly; when stiff, remove the mould and fill the space thus made with peaches, oranges, candied fruit, bananas or mixed fruits. Serve with whipped cream.

MERINGUES.

Beat the whites of 6 eggs very stiff, add 1 pound finely powdered sugar and beat well. Spread sheets of note paper with oil, then drop the meringue mixture from a teaspoon with a quick jerk, and place quite a distance apart. Place the sheets in a cool oven; they must cook through, but not brown in the least (about 30 minutes). When quite firm, let them cool thoroughly, then pack away in tin boxes; this quantity makes 26. When ready to use, press in the centre and fill in the hollow with sweetened whipped cream, flavored with a little wine. The meringues may be filled with bright jelly.

CRANBERRY JELLY (NO. 1).

Wash 1 quart of berries thoroughly; put into a granite

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saucepan, sprinkle over them 2 cups of granulated sugar and 3 tablespoons cold water. Set over the fire closely covered. When they start to boil, place on back of range where they will cook (without boiling over) for exactly 10 minutes, without stirring; shake the saucepan occasionally. Remove the scum with a wooden or silver spoon and turn into a dish to cool. Cooked in this way, the cranberries are nearly whole but tender and the syrup a clear jelly.

CRANBERRY JELLY (NO. 2).

Wash 1 quart of cranberries thoroughly; put into a granite stewpan with 1 cup of cold water and 2 cups of sugar; place over a hot fire, stirring all the time until it boils; then set back and let simmer for 8 or 10 minutes. If not sweet enough add more sugar. Mash through a colander into a dish and set away to harden.

RHUBARB SAUCE.

Wash 1 pound of rhubarb, trim off the tops and peel it. Cut into small pieces and put into double boiler with 1½ cups of sugar; cook without stirring until the sugar is dissolved and the fruit tender. If not sweet enough, add sugar to taste. Rhubarb cooked this way will be much nicer than when cooked to a mush.

APPLE SAUCE.

Pare, core and cut apples into eighths, put into cold water until ready to cook. Drain off the water and put

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into a stewpan; cover with boiling water and cook until soft; sweeten to taste and strain into a dish. Set away to cool. (Cook in a granite or porcelain stewpan and use a wooden spoon).

APPLE SAUCE (NO. 2).

Wipe, quarter and pare tart apples and put in a dish with enough cold water to cover. Turn into a granite or porcelain stewpan and boil slowly for 10 minutes, stirring occasionally. Then set it back and cook slowly until tender; sweeten with sugar to taste. Strain through a coarse strainer into a glass dish.

BAKED APPLES.

Wipe, core and pare sour apples. Put them into a shallow dish or pan, fill cavities with sugar, mixed with a little cinnamon; add water, allowing 2 tablespoons for each apple. Bake in a quick oven till soft but not broken; baste frequently with the syrup.

GINGER APPLES.

Scrape and cut into slices $\frac{1}{4}$ of a pound of ginger root and put on to boil in 1 quart of water for half an hour. Then add 4 pounds of sugar, the juice and yellow rind of 3 lemons and lastly 5 pounds of apples, pared, cored and cut in quarters. Boil a few of the apples at a time in the syrup until they are clear. When they are all cooked in this way, pour the syrup over them with the ginger root and lemon peel. Let them stand sealed up

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2 or 3 weeks before using them. Any firm, well flavored fall apple will do for this purpose.

COMPOTE OF APPLES.

Wipe, pare, core and quarter tart apples and put in a porcelain dish in the oven with just enough water to keep from burning (about a cupful for 1 quart of apples). Add 1 cup of sugar, the grated rind of half a lemon and let the apples cook for 45 minutes, covered. Cool a little of the juice and, if not jellied, boil it down. Put the apples in the serving dish, add 1 tablespoon rum or brandy to the juice and pour over the apples. Set aside for several hours until they are thoroughly set. Serve with whipped cream.

STEWED PRUNES.

Wash carefully in several waters and soak over night in cold water. Drain, put them into a stewpan with boiling water to cover. Boil, closely covered, for 10 minutes. Sweeten to taste and simmer until soft, but not broken. If the flavor of lemon is liked, a little juice may be added.

WINE SAUCE. (for plum pudding.)

Cream $\frac{1}{4}$ cup of butter, add 1 cup of powdered sugar, 1 egg, well beaten, 1 saltspoon of nutmeg or mace. Wet 2 tablespoons of potato flour in a little cold water and stir into $1\frac{1}{2}$ cups of boiling water, being careful not to

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have it lump; boil 10 minutes. Pour over the other mixture, stirring until well mixed; then add $\frac{1}{2}$ cup of wine.

WINE SAUCE FOR PLUM PUDDING NO. 2.

Mix 1 cup sugar and 2 tablespoons corn starch together, add $1\frac{1}{2}$ cups boiling water and boil for 15 minutes, stirring occasionally; add $\frac{1}{4}$ cup of butter, $\frac{1}{4}$ teaspoon of nutmeg and $\frac{1}{2}$ cup of wine. Remove from the fire and pour over 1 egg, well beaten, and mix well. Serve hot.

WINE SAUCE.

One cup of butter, $1\frac{1}{2}$ cups of sugar, 1 egg, 1 tablespoon flour, 1 gill of wine. Cream the butter, add sugar gradually, then beaten egg. Wet the flour in a little cold water and stir into 1 cup of boiling water; boil 10 minutes, then add the wine. Pour over the other mixture, stirring until well mixed.

LEMON SAUCE.

Mix 1 cup of sugar and a scant $\frac{1}{4}$ cup corn starch or potato flour and the grated rind of 1 lemon together, and pour on 1 pint of boiling water. Cook 10 or 15 minutes, stirring all the time; add the juice of 1 lemon and 2 teaspoons of butter. If the sauce becomes too thick, add more boiling water until of the right consistency.

RUM SAUCE.

Two cupfuls of sugar, 1 cupful of water, 1 inch of stick cinnamon. Boil 10 minutes. Strain; add $\frac{1}{2}$ cup of Jamaica rum.

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CLARET SAUCE.

Boil 1 cup of sugar and $\frac{1}{4}$ cup of water and 1 inch piece of stick cinnamon for 10 minutes; strain. Cool and add $\frac{1}{2}$ cup of claret.

CREAMY SAUCE.

Cream $\frac{1}{4}$ cup of butter, add $\frac{1}{2}$ cup of powdered sugar slowly and $\frac{1}{2}$ teaspoon of vanilla, 2 tablespoons cream or wine. If it curdles, heat it to bring it together again.

HARD SAUCE.

Cream $\frac{1}{2}$ cup of butter, add 1 cup of sugar slowly and beat until white; flavor with 1 teaspoon vanilla and a speck of nutmeg. Keep on ice until very hard.

HARD SAUCE (NO. 2).

Cream $\frac{1}{4}$ cup of butter, add 6 heaping teaspoons ($\frac{3}{4}$ cup) of powdered sugar and beat until very light; then add the whites of 2 eggs and beat again until light and frothy. Flavor with vanilla or brandy. Before serving sprinkle with nutmeg.

MOLASSES SAUCE.

Mix together 1 cup of molasses, rind and juice of 1 lemon, 1 tablespoon butter and a speck of salt. Boil 10 minutes.

FOAMY SAUCE.

Beat the whites of 2 eggs till foamy; add 1 cup of white sugar; beat well; add $\frac{3}{4}$ cup of boiling milk, juice and grated rind of 1 small lemon, or 1 teaspoon of vanilla.

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PUDDING SAUCE.

Cream $\frac{1}{2}$ cup of butter, add 1 cup of sugar and beat well, then 1 egg, well beaten; flavor with nutmeg, vanilla or a little brandy. Set it in a warm place.

TAFFY CANDY.

Half fill a quart saucepan with coarse brown sugar, moisten with molasses, add 2 tablespoons of butter, a little lemon peel and juice. Let it boil and pour into well buttered tins. It must be thin.

PEANUT CANDY.

Remove the skin from shelled peanuts; chop the nuts fine and fill a pan to the depth of 1 inch. Boil 2 pounds of brown sugar, 1 cup of water and $\frac{1}{2}$ cup of molasses until it hardens. Pour the hot candy on the meat. When nearly cold, divide into squares.

OLD FASHIONED MOLASSES CANDY.

Boil the molasses until a little dropped in water will stretch; but not until it becomes brittle. Pour on buttered plates and leave until it stiffens. Then stretch, using the tips of the fingers and it will not stick unless butter is used. If the candy sticks, let it cool a trifle more. The point is to keep it light and grainy; $\frac{1}{2}$ teaspoon of soda is added for each quart of molasses while it is boiling; flavoring may be added if desired.

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CREAMED WALNUTS.

The white of 1 egg, an equal amount of cold water and 1 teaspoon of vanilla flavoring. Beat thoroughly and stir in confectioners' sugar, sifted until dough is soft enough to mould. Break off pieces the size wanted; roll them in the palm of the hand until smooth. Put $\frac{1}{2}$ walnut meat on each side, letting the cream show slightly between the meats. These may be made by using grated maple sugar instead of confectioners' sugar and are delicious.

CHOCOLATE CREAMS.

Put the white of 1 egg in a cup or glass and measure an equal amount of water or milk; add 1 teaspoon flavoring and beat thoroughly. Beat in enough powdered sugar, sifted, to make a stiff dough. Mould small pieces of the mixture into the shape of thimbles; butter a pan, sprinkle a little corn starch over it and put the cream balls in a cool place to harden. Melt some chocolate in a double boiler, and when the balls are hard, dip them in; let drain and put on the pan till dry.

TAFFY.

One quart of roasted peanuts, shell and chopped or pounded very fine; 1 pound of brown sugar, a teaspoon of butter, the strained juice of a lemon or a teaspoon of vinegar and a tablespoon of water, or just enough to dissolve the sugar when put on the fire. Boil the sugar,

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lemon, etc., for 20 minutes, stirring to keep from burning. Then mix in the nuts, boil up once and pour in buttered pans.

BUTTER SCOTCH.

One pound of brown sugar, 1 teacup of molasses, $\frac{1}{2}$ teacup of butter, 2 tablespoons of vinegar. Boil all together about 20 minutes or till it hardens in cold water. Then pour thin on buttered tins, cutting in squares while still warm.

CARAMEL.

One large cup of molasses, a teacup of sugar, 1 cup of milk, 1 heaping tablespoon of butter, a pinch of salt, $\frac{1}{4}$ of a pound of chocolate, cut or scraped fine. Boil all together half an hour or until it hardens when dropped in cold water; then pour on buttered tins and, as it cools, cut into small squares.

FUDGE.

Two cups of sugar, 2 squares chocolate cut fine, $\frac{1}{2}$ cup of milk, 4 tablespoons of butter or butter the size of an egg. Boil 7 minutes (counting from the time it begins to boil). Flavor with vanilla and beat a few minutes after taking off the stove. Pour into hot greased pans and, after it cools, mark in squares.

CHAPTER VI.

Pastry and Cake

HINTS ABOUT PASTRY.

A marble slab is an ideal arrangement for rolling pastry. The following rules are necessary to insure a perfect pie:

First. Pound the pastry well until it is filled with air spaces.

Second. Always put in a cool place to chill.

Third. Rub the undercrust with the white of an egg before putting in the mixture, to prevent it from soaking into the pastry.

Fourth. Place it in a hot oven.

Fifth. Place on the floor of the oven, later put on top to brown.

The secret of good pastry is to have it rich, without being greasy; and flaky, without being brittle.

Pastry flour is a necessity and should be sifted before using.

Work it as quickly and lightly as possible.

PASTRY.

Three cups of flour, $\frac{3}{4}$ cup of butter, $\frac{3}{4}$ cup lard or drippings, 1 teaspoon of baking powder and a pinch of salt. Sift flour, salt and baking powder together; rub in butter and lard; mix quite stiff with cold water. Pat and roll out on a floured board, rolling from you.

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PASTRY FOR ONE PIE.

Sift twice 1 heaping cup of pastry flour, $\frac{1}{4}$ teaspoon of salt, $\frac{1}{4}$ teaspoon of baking powder; rub in $\frac{1}{4}$ cup of butter and $\frac{1}{4}$ cup of lard until it looks mealy. Add about $\frac{1}{4}$ cup of cold water (using more if needed). Mix with a knife, then beat and turn out on a floured board and pat with rolling pin until light and smooth. Divide in 2 parts and roll to fit the plate.

MOCK CHERRY PIE.

One cup cranberries chopped, $\frac{1}{2}$ cup of raisins chopped, $\frac{1}{2}$ cup of water, 1 cup of sugar, 1 teaspoon of vanilla, 2 tablespoons of flour; $\frac{1}{4}$ cup of currants may be added if liked. Bake with two crusts.

MOCK MINCE PIE.

Three-quarters cup of rolled crackers, 3 pints of chopped apples, $\frac{1}{2}$ pound of raisins, $\frac{1}{2}$ pound of currants, $\frac{1}{4}$ pound of citron, $\frac{3}{4}$ cup of melted butter; 3 eggs, beaten well, $\frac{1}{2}$ cup of molasses, $\frac{1}{2}$ cup of cider, 2 tablespoons of whiskey, 1 teaspoon each of cloves, allspice, nutmeg, cinnamon and mace, 1 saltspoon of salt. Bake as mock cherry.

COLONIAL PUMPKIN PIE.

Cut up a dark yellow pumpkin into strips and steam until soft. When done strain through a sieve. To 2 quarts of pumpkin add 2 quarts of milk and 12 eggs, well beaten, and a grating of nutmeg. Fill pie plates with

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undercrust and fill with pumpkin, scalding hot. Bake 1 hour if pies are deep. (The more eggs used, the less time it takes to bake.)

PUMPKIN PIE (NO. 2).

Two cups strained pumpkin, add 1 pint hot milk, 1 saltspoon of nutmeg and cinnamon, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ cup of sugar. Cool slightly; add 2 eggs, well beaten, 1 tablespoon of whiskey. Line a plate with paste and fill with pumpkin. Bake in a moderate oven $\frac{3}{4}$ of an hour.

LEMON PIE.

Juice of 2 lemons, the yolks of 4 eggs, 9 large spoonfuls of sugar, 2-3 of a tumbler of milk, a pinch of salt. After the pies are cool, make a meringue of the beaten whites and add 4 tablespoons of sugar.

SQUASH PIE.

Take 1 quart of steamed and sifted squash; add 3 eggs, well beaten, and 1 quart of milk, 1 tablespoon flour or sifted cracker crumbs, 1 tablespoon of butter, 1 tablespoon molasses and sugar to taste. Flavor with nutmeg, ginger or allspice. Fill pie plates with crust and bake 1 hour.

CUSTARD PIE.

Beat 3 eggs slightly, add 3 tablespoons of sugar, a pinch of salt, 1 saltspoon of mace. Pour on 3 cups of hot milk. Line a deep pie plate with paste and strain the custard

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into it. Bake slowly, and when a knife blade comes out clean, it is done.

BRISTOL PIE

Take some sweet, mellow apples, pare and grate. To a pint of the grated pulp add 1 pint of milk, 2 eggs, well beaten, 2 tablespoons butter, melted, the grated peel of a lemon and $\frac{1}{2}$ wineglass of brandy. Sweeten to taste with brown sugar. Bake pies in a deep plate without upper crust. If preferred the apples may be stewed as for apple sauce and the other ingredients added.

APPLE PIE.

Pare 4 or 5 apples, core and cut into quarters and put into stewpan, with water to cover; add 1 cup of sugar and a little nutmeg; when soft, remove and strain through a coarse strainer. When cold, fill pie plate, previously lined with plain paste; dot over with 1 teaspoon butter; wet the edges, cover with paste rolled out very thin. Bake in a steady moderate oven 1 hour.

HUCKLEBERRY OR BLUEBERRY PIE.

Pick over the berries and wash. Use about 3 cups fruit for each pie. Heap fruit in center. Sprinkle with 1 teaspoon flour and add sugar to taste; dot over with bits of butter and bake in a deep pie plate with 2 crusts for about 45 minutes.

DRIED APPLE OR PEACH PIE.

Wash and soak in lukewarm water over night; when

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needed drain off the water; line a deep pie plate with paste, wet the edge and put on a rim; fill with fruit, sprinkle with sugar and a grating of nutmeg; dot over with 1 heaping tablespoon butter; cover with crust and bake until apples are soft.

ELDERBERRY PIE.

Line a plate with pastry and fill with ripe elderberries; sprinkle with a generous 1-3 cup of white sugar, add 2 tablespoons of vinegar, and then sift over 1 rounding tablespoon of flour or corn starch and dot with 1 tablespoon of butter. Cover with an upper crust of pastry with openings in centre for steam to escape, and bake in a moderate oven about 1 hour.

RHUBARB PIE.

Peel the rhubarb, cut into small pieces and put on to cook in a stewpan, with sugar to taste; flavor with mace and 1 tablespoon butter. Set away to cool. Line pie plate with plain paste; wet rim; add rhubarb; lay paste on to form diamond shape spaces; put a rim around and moisten with beaten egg or use an upper crust instead.

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PUMPKIN PIE (NO. 3).

Mix together 2 coffeecups of steamed and strained pumpkin, $\frac{3}{4}$ cup of butter, 6 beaten eggs, 1 cup of sugar, 1 teaspoon of nutmeg or mace, $\frac{1}{2}$ saltspoon of salt. Pour 2 cups of scalded milk over 1-3 cup of finely sifted cracker crumbs; add to the first mixture; then add $\frac{1}{2}$ cup of whiskey and beat thoroughly. Line a plate with paste and fill with pumpkin. Bake in a moderate oven.

MINCE MEAT.

Four pounds of lean meat, 2 pounds of suet, 8 pounds of apples, 4 pounds of sugar, 2 pounds of the best raisins and other fruit as you wish (currants and citron), 1 pint of molasses, 1 quart of cider, 1 teacup of brandy, 4 nutmegs, 1 tablespoon each of allspice, mace, cinnamon and cloves. Put meat and suet in pot and cover with boiling water and cook suet only one-half the time (about 1 hour). Chop the meat and suet fine; add the chopped apples, the raisins stoned and cut, also the other fruit, the sugar, molasses, cider, salt and spices. Simmer for 2 hours. When cool, add the brandy.

MINCE MEAT (Creole recipe).

Boil 1 fresh tongue (about 7 pounds), skin and mince fine. Chop 3 pounds of fresh beef suet, freeing it thor-

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oughly from all fibre; stone 4 pounds of raisins; wash and dry the same quantity of currants and 1 pound of citron, cut very fine, 1 pound of brown sugar, a cup of Porto Rico molasses, 1 heaping tablespoon each of ground cinnamon, mace and allspice, $\frac{1}{2}$ tablespoon of cloves, a grated nutmeg and 2 cups of cider. Put all the ingredients into a large stone crock and set in a moderate oven for $1\frac{1}{4}$ hours, stirring several times. Then take from oven and pour in enough of either brandy or whiskey (or, if preferred, Jamaica rum may be added) to make the mixture very soft; if on hand, a cup of preserved quinces, will add greatly; mix vigorously with a wooden spoon. Cover the crock closely and set away to mature from 2 to 6 weeks. If it dries out during that period, add a little liquor from time to time. When ready to make into pies, add apples, allowing 3 juicy apples to each pint of mince meat.

HINTS ON CAKE MAKING.

These are some of the essentials necessary—good materials, fresh eggs, best butter, *pastry* flour, powdered, fine granulated or light brown sugar. In winter, the eggs should not be cold, but put in a warm place; in summer, chill them with the coldest water. The flour, heated, either by placing where the sun will shine on it or putting it in a bag and placing it in the oven where it will heat through, then sift twice.

Sugar should be sifted and dried, but not made hot.

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Do not make the batter too stiff.

Make as soon after breakfast as possible (unless a gas oven be used), as then the fire is at its best.

Use the hand for final beating.

In beating eggs, do not leave off when the eggs become foamy, as they are then only beginning to be light, but continue beating until the froth and bubbles have disappeared and the surface is smooth.

The secret of making good cake is to *beat* it thoroughly after all ingredients have been put in.

In all sorts of sponge cake mixture or cakes made without butter, flour must always go in last, and be folded in slowly and lightly, for if the flour is stirred in *hard*, the cake will be tough and leathery. Sponge cake when cut should look coarse grained and rough.

In baking, cake may be moved during the first quarter, but not afterwards.

Sprinkle a little flour on a piece of white paper and lay it on the oven floor. If the flour browns without burning in 5 minutes the oven is right for all cake and bread, excepting sponge and pound cake, when it should turn yellow.

To bake cake, divide the time into quarters. In the first quarter, the cake begins to rise; in the second quarter, it continues rising and begins to brown; in the third, it continues to brown, and in the last quarter, it finishes browning and shrinks from the pan. To remove the

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cake, stand the pan on its side, so as to let the weight of the cake help it out.

Never slam the oven door, open and close it gently.

To slice fruit cake without crumbling, use a very sharp, thin knife blade, cutting when needed into thick slices, to be afterwards cut into desired size.

CREAM CAKE.

Two cups water, 1 cup butter, 2 cups flour, 6 eggs. Boil butter and water together and stir in the flour dry; when it boils remove from the fire to cool, then add the eggs without beating. When well mixed, drop by table-spoons on a buttered pan and bake in oven that is moderately hot for 25 minutes. When cool, split and fill with cream and sprinkle powdered sugar on top.

FILLING FOR CREAM CAKES.

To 1 pint of scalded milk, stir in 2 tablespoons of corn starch, dissolved in 2 tablespoons of cold water, and cook 3 minutes. Beat 2 eggs, add 1 cup of sugar, 1 heaping tablespoon of butter and add to the first mixture; stir and cook 15 minutes in double boiler. Flavor.

CREAM CAKE (NO. 2).

One and one-half cups sugar, 5 eggs, 2 cups flour, 2 teaspoons baking powder. Beat yolks of eggs very light; add sugar, then the flour, to which has been added the baking powder, add flavoring.

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CREAM FILLING.

Scald 1 pint of milk. Beat 2 eggs very light, add $\frac{1}{2}$ cup of sugar, 2 heaping teaspoons flour and beat well until smooth. Pour the scalded milk over the mixture; return to the double boiler and stir all the time till it thickens. Put it to cool; then flavor with vanilla or lemon.

CREAM CAKES (NO. 3).

Beat yolks of 4 eggs, add 1 cup of sugar, then the well-beaten whites, and lastly 1 cup of flour, sifted, with a pinch of salt and 1 teaspoon of vanilla. Bake in round, shallow pans.

FILLING.

One pint of milk, scalded, 2 well-beaten eggs, 2 heaping teaspoons of flour, mixed with 1 cup of sugar; add this to the egg and stir all together. Add mixture to the milk and stir all the time until it thickens. When cool, flavor with lemon, vanilla or almond.

SPONGE CAKE.

Six eggs, 2 cups of sugar, 2 cups of flour and 1 full tablespoon of cold water, 1 teaspoon flavoring. Beat the yolks of the eggs and water together till light colored, then add the sugar and flavoring; cut in the well-beaten whites and lastly fold in the flour and put it at once into a moderate oven to bake for about 40 minutes.

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POUND CAKE.

Cream 1 cup of butter, add 2 cups of sugar, then the yolks of six eggs, well beaten, 1 saltspoon of mace; add 2 cups of flour and 2 teaspoons baking powder, mixed together, and lastly the whites beaten stiff and dry. Bake in a paper-lined cake pan in a moderately hot oven for 40 minutes.

POUND CAKE. (No. 2.)

One pound of butter, 1 pound of sugar, 1 pound of flour, 12 eggs, $\frac{1}{2}$ teaspoon mace, mixed with grated rind of 2 oranges and 2 tablespoons each of brandy and wine or the juice of $\frac{1}{2}$ orange. Cream the butter, add the sugar slowly, beating well; then the well-beaten yolks of the eggs and flour, alternately; the mace and flavoring, then the whites beaten stiff. Beat vigorously for 5 minutes. Bake in a slow oven for $1\frac{1}{2}$ hours.

SPONGE CAKE.

Beat yolks of 4 eggs until lemon color, add 1 cup of sugar, then the well-beaten whites and 1 cup of flour, a pinch of salt, 1 teaspoon vanilla. Beat well. Bake in round tins.

LIGHTNING CAKE.

Sift together 1 cup of sugar, $1\frac{1}{4}$ cups of flour, 2 teaspoons baking powder. Into a measuring cup put $\frac{1}{4}$ cup melted butter; drop in 2 eggs, without beating, and fill cup with milk. Add this to dry ingredients and beat well;

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add $\frac{1}{2}$ teaspoon of vanilla. Bake either in layer or little cakes. Frost.

STRAWBERRY SPONGE CAKE.

Beat yolks of 3 eggs until light; add 1 cup of sugar gradually, beating until creamy; then 3 tablespoons of hot water and 1 teaspoon of vanilla. Cut and fold in 1 cup of flour, mixed with 2 teaspoons of baking powder. Bake in a low tube pan from 25 to 40 minutes, according to size of pan. Cool; frost top and sides with boiled frosting and decorate with large strawberries. Just before serving, fill hollow with whipped cream, sweetened and flavored with strawberry juice. This should be eaten the day it is made.

STRAWBERRY SPONGE CAKE. (No. 2).

Beat yolks of 3 eggs until light; add 1 cup of sugar gradually, beating until creamy; then 3 tablespoons of hot water and 1 tablespoon of vinegar. Mix and sift 1 cup of flour with 2 teaspoons of baking powder, a pinch of salt and nutmeg, and add to the first mixture; beat until smooth. Fold in the whites of the eggs, beaten stiff and dry. Turn into two greased pans and bake in a moderately quick oven 20 minutes. Cool. Cut the strawberries in halves, sprinkle with sugar and let stand covered for $\frac{1}{2}$ hour. Put the strawberries between and on top of cake, and dot over with a meringue made of the whites of 2 eggs beaten stiff and 2 tablespoons of powdered sugar and $\frac{1}{2}$ teaspoon of vanilla. Put in a

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slow oven for 2 minutes to dry. Whipped cream may be used in place of meringue.

STRAWBERRY SHORTCAKE.

Cream $\frac{1}{2}$ cup of butter, add 1 cup of sugar, 1 egg, beaten light; mix 2 heaping cups of flour and 4 teaspoons baking powder together, and add alternately with 1 cup of milk to the first mixture, and flavor with 1 teaspoon vanilla. Bake in layer pans in a moderate oven $\frac{1}{2}$ hour. Wash and hull some strawberries, mash and sweeten to taste, and spread between layers. Frost top with plain frosting and cover with whole strawberries; sprinkle with sugar.

GOLD CAKE.

Cream $\frac{1}{2}$ cup butter, add $1\frac{1}{2}$ cups of sugar, the beaten yolks of 6 eggs, $\frac{1}{2}$ teaspoon of flavoring; $1\frac{1}{2}$ cups flour, $\frac{1}{2}$ cup of corn starch, 2 teaspoons of cream of tartar, $\frac{1}{2}$ teaspoon of soda, sifted together, and 1 cup of milk. Bake in a loaf pan in a moderate oven.

DROP CAKES.

Cream $\frac{1}{2}$ cup of butter, add 1 cup of sugar, 1 egg beaten very light, 1 cup of sour milk or cream, $\frac{1}{2}$ teaspoon of soda or enough more to make the milk taste sweet, 1 teaspoon of flavoring. Flour enough to make a stiff batter (about $2\frac{1}{2}$ cups). Bake on a buttered sheet 10 or 15 minutes. Caraway seeds may be added.

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ORANGE CAKE.

Two cups sugar, yolks of 5 eggs, $\frac{1}{4}$ cup water, 2 cups of flour, 4 teaspoons of baking powder, whites of 4 eggs, rind and juice of 1 orange. Mix in the order given and bake in round tins; $\frac{1}{2}$ teaspoon soda and 1 rounding teaspoon of cream of tartar may be used in place of baking powder.

FILLING.

White of 1 egg, juice and rind of 1 orange, made stiff with sugar. Spread between cakes and frost with plain frosting, flavored with orange juice.

LADY BALTIMORE CAKE. (Charleston, S. C., recipe.)

Cream 1 cup of butter, add gradually 2 cups sugar and beaten yolks of 7 eggs; beat well. Sift together $3\frac{1}{2}$ cups of flour and 3 generous teaspoons baking powder; add to the first mixture, alternately with 1 cup of milk. Beat thoroughly for a few minutes, add 1 teaspoon of almond flavoring, then fold in the well-beaten whites of eggs. Bake in 3 layer cake pans.

FILLING AND FROSTING.

Dissolve 3 cups of granulated sugar in 1 cup of boiling water and cook until the syrup threads, about 3 inches in length. Then pour on in a fine stream over the whites of 3 eggs, beaten stiff, and beat constantly. To this frosting add 1 cup of raisins, chopped fine, 1 cup of chopped nut meats (pecans preferred), and 1 teaspoon of vanilla.

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NUT CAKE.

Cream 1 cup of butter, add 2 cups of sugar and beat well. Beat 3 large eggs (yolks and whites separately) and add yolks to first mixture. Sift 3 cups of flour and 4 teaspoons of baking powder together, add alternately, with $\frac{3}{4}$ cup of milk to the first mixture, and beat well. Cut in the beaten whites, add 1 teaspoon flavoring and 1 cup of any kind of nuts, broken into pieces, and $\frac{1}{4}$ teaspoon salt. Bake about 40 minutes. Frost with a boiled frosting and decorate with nuts.

QUEEN CAKE.

Beat 1 cup of butter to a cream, add 2 cups of sugar gradually, beating it all the time. Sift and mix together $2\frac{1}{2}$ cups of flour, $\frac{1}{2}$ cup of corn starch, 4 teaspoons of baking powder; add 1 cup of milk alternately with the flour to the first mixture. Beat the whites of 8 eggs to a very stiff froth, and add them slowly; when well mixed add 1 teaspoon of vanilla and a tablespoon of wine. Bake in two layers in cake tins which are lined with buttered paper. Bake in moderately hot oven for 15 minutes. This may be cut in squares and frosted with Caramel Icing or Mocha Filling.

CHOCOLATE CAKE.

Cream 1 cup of butter, add gradually 2 cups of sugar, the beaten yolks of 5 eggs. Mix 3 cups of flour with 4 teaspoons of baking powder, add 1 scant cup of milk

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alternately with the flour. Cut in the whites of 3 eggs, beaten stiff and dry. Add 1 teaspoon vanilla. Bake in tins and frost with Chocolate Frosting.

CHOCOLATE CAKE. (No. 2.)

Cream $\frac{1}{2}$ cup of butter, add 1 cup sugar and 2 eggs, well beaten; mix 2 cups of flour and 3 teaspoons of baking powder together, and add alternately to the first mixture with $\frac{1}{2}$ cup of milk, flavor with 1 teaspoon vanilla and add $\frac{1}{4}$ square of chocolate, melted. Bake in round tins and frost with white frosting.

ROBERT E. LEE CAKE.

Nine eggs, 2 cups sugar, 2 cups flour, sifted twice, with a scant $\frac{1}{2}$ teaspoon of baking powder. Beat the yolks very light, add the sugar and beat well; then add the whites, beaten stiff, and lastly the flour and juice of 1 lemon. Bake in jelly cake tins about 15 minutes.

When cold, spread each layer with the following filling: Strain the grated rind and juice of 2 oranges and 1 lemon through a fine sieve, into a pound of pulverized sugar. Add to this 1 grated cocoanut and white of 1 egg, beaten light. This recipe makes 2 cakes of 3 layers each, and is delicious.

ANGEL CAKE.

Whites of 11 eggs, $1\frac{1}{2}$ cups granulated sugar, 1 cup of flour, 1 level teaspoon of cream of tartar. Beat eggs until they are stiff. Then add sugar and beat; add

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$\frac{1}{2}$ teaspoon of flavoring. Sift flour and cream of tartar 4 times and add last. Bake 1 hour in a slow oven; when it begins to brown, cover with a buttered paper. Do not move whilst in the oven. Put a pinch of salt in the eggs before beating.

CUP CAKE.

Cream 1 cup of butter and 2 cups of sugar together and beat well; add 4 eggs well beaten, then 1 cup of milk and 3 cups of flour, sifted and mixed with 3 slightly rounding teaspoons of baking powder; flavor with nutmeg. One pound of currants may be added if liked. Bake in a moderately hot oven and frost with chocolate frosting. This may be baked in individual tins.

SPANISH CAKE.

Cream 1 cup of butter, add slowly 2 cups sugar and beat well, then add the beaten yolks of 4 eggs; mix 4 teaspoons baking powder with 3 cups of flour, 1 teaspoon of nutmeg and 1 tablespoon grated orange rind; add this alternately to the first mixture with 1 cup of milk, then the beaten whites and bake in sheets and cover with caramel frosting.

SPICE CAKE.

One egg, 2-3 cup of molasses, 2-3 cup sugar, $\frac{1}{2}$ cup of melted butter, 1 cup of milk, 2 $\frac{1}{2}$ cups flour, 1 heaping teaspoon soda, 1 even teaspoon of cream of tartar, $\frac{1}{2}$ teaspoon each of cloves, allspice, nutmeg, ginger, cin-

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namon and mace, 2 tablespoons of vinegar. Mix in the order given and bake either in round pan or gem pans for 20 minutes.

DAYTON CAKE.

Cream 1 cup of butter, add 2 cups of sugar, yolks of 3 large eggs, 3 cups of flour mixed with 4 teaspoons of baking powder, 2-3 cup of milk, 1 teaspoon of lemon flavoring, whites of the eggs beaten stiff. Bake in a moderate oven.

SILVER CAKE.

One-half cup of butter, 1½ cups of sugar, 1½ cups flour, ½ cup of corn starch 2 (round) teaspoons cream of tartar, ½ teaspoon soda, ½ cup milk, whites of 6 eggs and ½ teaspoon of almond or rose flavoring. Mix in the order given, putting soda and cream of tartar in flour and adding milk and flour alternately, lastly adding whites beaten stiff and flavoring. Bake in a moderate oven until cake shrinks from the pan.

NEOPOLITAN CAKE.

Cream 1 cup of butter, add 2 cups of sugar, yolks of 3 eggs beaten light, 1 cup of milk, 3 cups of flour, sifted with 4 teaspoons of baking powder, and the whites of 3 eggs. Divide the dough into 4 equal parts. Have first part color of dough; color second part with pistachio; third with melted chocolate; fourth with pink coloring. Use extract of almond for first and second parts, vanilla

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for chocolate part, rose for pink part. When all are baked, lay first a chocolate, then a light one, then a pink and lastly a green one. Put together with lemon jelly made as follows: Beat 1 egg, add 1 cup of water and the grated rind and juice of 1 lemon. Pour this slowly on 2 tablespoons of corn starch or potato flour, mixed with 1 cup of sugar. Cook in a saucepan till it is smooth like cream. Frost with plain white frosting.

FRUIT CAKE. (Creole recipe.)

Brown 1 pound of sifted flour lightly, without the least sign of a scorch. Cream 1 pound of powdered sugar *and butter* and beat until very white and creamy; then add the beaten yolks of 10 eggs, the stiffly beaten whites alternating with a sift-in of the flour. Have ready 1 pound of stoned raisins, 1 pound of currants, $\frac{1}{2}$ pound of citron, cut very fine; sprinkle with a little of the flour and add to the batter; then add a teaspoon each of cinnamon, cloves, mace and allspice, 2 grated nutmegs, 2 ounces each of candied orange and lemon peel, a handful of dried cherries, $\frac{1}{4}$ pound each of almonds and pecans (weighed after shelling), 1 wineglass of sherry, 1 wineglass of brandy, 1 wineglass of white wine. This will have to be mixed and beaten for a long time, using the hand instead of a spoon. Put in deep buttered pans and bake in a slow oven for 4 hours. It should not be cut until cold, and must be handled carefully when warm, as then it breaks easily.

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FEATHER CAKE.

Cream $\frac{1}{2}$ cup of butter (good measure), add 2 cups of sugar, cream until very light; add the well-beaten yolks of 3 eggs, and 1 teaspoon of flavoring; mix and sift 4 teaspoons baking powder, with $3\frac{1}{2}$ cups of flour. Add to the first mixture, alternately, with 1 cup of milk, lastly the beaten whites. Beat well and bake in a shallow pan.

DELICATE CAKE.

Cream $\frac{3}{4}$ of a cup of butter, add 2 cups of powdered sugar and beat well. Sift 1 rounding teaspoon of cream of tartar and $\frac{1}{2}$ teaspoon of soda, with 3 cups of flour; add alternately with 1 cup of milk, then add the well-beaten whites of 4 eggs, lastly 1 teaspoon of almond or lemon extract. Bake in a tube pan or in layers. Four level teaspoons of baking powder may be used in place of cream of tartar and soda.

PORK CAKE.

Chop 1 pound salt pork very fine, add 4 coffee cups brown sugar, 2 cups molasses, 2 cups strong coffee, 6 eggs well beaten, 2 teaspoons mace, 3 heaping teaspoons cloves, 4 nutmegs grated, essence of lemon to taste, 1 pound each of currants, raisins and citron chopped fine and 6 cups of flour sifted with 4 rounding teaspoons cream of tartar and 2 level teaspoons soda. Bake full 3 hours in a moderate oven.

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COMPOSITION CAKE.

Two cups of butter, 4 cups of sugar, 6 eggs, 1 cup of sour milk, $\frac{1}{2}$ cup of molasses, $\frac{1}{2}$ cup of brandy, 6 cups of flour, 1 teaspoon saleratus, 2 pounds of raisins, chopped, 2 pounds of currants and 1 pound of citron (chopped fine), 1 spoonful each of cloves, cinnamon and 2 or 3 nutmegs. Beat the butter, add the sugar, gradually, the well-beaten eggs, the spice and brandy. Dissolve the soda in the milk and add to the beaten mixture. Then add the flour and lastly the fruit. Bake 2 hours in well buttered pans in a moderate oven. This recipe may be halved and, if much fruit is not liked, use only half the quantity.

DUTCH APPLE OR DRIED APPLE FRUIT CAKE.

Soak 2 cups of dried apples over night in cold water to cover; in the morning put them on to simmer with $1\frac{1}{2}$ cups of molasses until soft—about 2 hours. When cold, add 1 cup of butter, 2 eggs, beaten light, 2 cups of sugar, 1 cup of milk, 5 cups of flour, to which has been added 1 teaspoon soda; beat well for 2 or 3 minutes. Bake in a steady oven for at least 30 minutes. This quantity makes two good sized panfuls and is a delicious and inexpensive cake. A handful of raisins stewed for a few minutes may be added if liked.

GINGER BREAD.

Cream $\frac{1}{2}$ cup of butter, add 1 cup of sugar and beat well; then add 2 eggs, beaten light, 1 cup of molasses,

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to which has been added 1 teaspoon of soda. Mix 1 teaspoon cinnamon and 1 tablespoon ginger, with 3 cups of sifted flour; add this alternately to the first mixture, with 1 cup of sweet milk. (If necessary add from $\frac{1}{4}$ to $\frac{1}{2}$ cup more of flour.) Pour into shallow pans and bake in a moderately hot oven. Cover between and on top with caramel frosting.

SOFT GINGER BREAD.

Four teacups of flour, 2 cups of molasses, 2 cups of buttermilk, 1 cup of thick cream, $\frac{1}{2}$ cup of butter, 3 eggs, 1 tablespoon white ginger and 1 dessertspoon of saleratus. Warm the butter and molasses together; when soft add flour, cream, beaten eggs and ginger; dissolve the saleratus in the buttermilk and stir it quickly into the other ingredients. Put it immediately into shallow pans and bake in a rather quick oven.

HOT WATER GINGER BREAD.

One cup of molasses, $\frac{1}{4}$ cup of butter and drippings, melted, 1 generous teaspoon of soda, dissolved in 1 scant cup of boiling water, 1 teaspoon of ginger and $\frac{1}{2}$ teaspoon of cinnamon, and flour enough to make a very *thin* batter. Bake in a shallow pan or gem pans in a moderately hot oven for 20 minutes. Half coffee and half water may be used if flavor is liked.

DOUGHNUTS.

Put 1 pint of risen milk bread dough in a mixing bowl,

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add 2 eggs, well beaten, 1 cup of sugar, 1-3 of a cup of melted butter and a saltspoon of nutmeg, and beat it well into the dough, using the hand to mix with; add more flour if necessary to have a dough soft enough to roll out. Roll, cut out, fry in deep fat, hot enough for the dough to rise at once. Drain as for crullers.

RAISED DOUGHNUTS.

One pint of milk, $\frac{1}{2}$ pint of home made yeast or $\frac{1}{2}$ yeast cake, 2 cups of light brown sugar, 2-3 of a cup of melted butter and lard mixed in equal parts, 3 eggs, 3 grated nutmegs, 1 teaspoon salt; make into a soft dough. Scald the milk, add the salt; when lukewarm add the yeast and the 3 cups of flour. Let rise over night; in the morning add all the other ingredients; do not have the dough stiff enough to stand; let rise in a warm place, then take a little dough at a time on the board, roll out about an inch thick; then roll in the hand till it will not crack; then put on a floured board, and after one rises turn over and let rise again. Use a long knitting needle to prick with in frying them. Drain, and when partly cooled, sprinkle with sugar; when cooler, add more.

SOUR MILK DOUGHNUTS.

Three eggs, beaten light; add 6 tablespoons of sugar, 1 heaping tablespoon butter, melted, $\frac{1}{2}$ cup of sour milk, in which $\frac{1}{2}$ teaspoon soda has been dissolved, 1 nutmeg, grated, and flour enough to make a soft dough to roll out. (Mix the dough a little soft at first.) Have the

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board well floured; cut into any shape and fry in the usual manner.

CRULLERS.

One-half pound of butter, $\frac{3}{4}$ pound of powdered sugar, 6 eggs, cinnamon and mace to taste, enough flour to make a paste. Cream butter and sugar, beat the eggs light (white and yolks separately) and beat all together; add spices and flour enough to make a dough soft enough to handle. Roll out thin and cut into fancy shapes, and fry in plenty of hot fat. Drain, by plunging into a saucepan of rapidly boiling water, and remove at once. Sprinkle with powdered sugar and cinnamon.

HERMITS.

Cream $\frac{1}{2}$ cup butter, add $1\frac{1}{2}$ cups brown sugar and cream again; then add 2 eggs well beaten. Sift 1 cup flour with 1 teaspoon each of soda, cinnamon, cloves and nutmeg and add to the first mixture with $\frac{1}{4}$ cup milk. Dredge $\frac{1}{4}$ cup chopped raisins and $\frac{1}{4}$ cup chopped currants with flour and stir into the mixture. Add more flour if needed. Roll out thin, cut in rounds and bake in a hot oven 10 minutes.

NUT WAFERS.

Cream $\frac{1}{2}$ cup of butter, add gradually 1 cup of powdered sugar, $\frac{1}{2}$ cup of milk, adding drop by drop; $1\frac{1}{8}$ cups of *bread* flour, $\frac{1}{2}$ teaspoon of lemon or almond flavoring. Spread very thin on the bottom of an inverted bread

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pan, buttered; mark in squares and sprinkle with any kind of nuts chopped fine. Bake in a moderate oven from 5 to 8 minutes. Roll in cornucopia shape while warm. Set the pan on the back of the stove and roll quickly as they become brittle. These are delicious served with ice cream.

SAND TARTS. (Southern recipe.)

1¼ pounds of brown sugar, 1½ pounds of flour, 1 pound of butter, 2 eggs, 1 pound of almonds. Cream butter and sugar together. Beat well 1 whole egg and the yolk of another, and add to the butter and sugar; stir the flour in gradually. Chill, toss on a floured board and roll very thin; cut out, lay on buttered tins, brush with white of egg, unbeaten, and decorate with almonds split in halves. Sprinkle with sugar and cinnamon, in the proportion of 1 tablespoon of sugar and ¼ teaspoon cinnamon. Bake in a moderately hot oven about 8 minutes. These tarts will keep a year.

COOKIES.

Cream 1 cup of butter, add 2 cups sugar, 2 eggs, well beaten, 1 tablespoon of milk, ½ teaspoon each cloves and nutmeg, 4 teaspoons baking powder, mixed with 4 cups of flour, 1½ cups of cocoanut. Mix soft enough to be handled easily, roll out thin, and bake in a hot oven 10 minutes.

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COOKIES. (No 2.)

One cup of butter, 2 cups of sugar, 3 eggs, 1 cup of sour milk, 1 teaspoon of soda, dissolved in a little of the milk; add flour enough to roll soft. Flavor with cinnamon or nutmeg.

SUGAR COOKIES.

Cream 1 cup of butter, add 2 cups of sugar, 3 eggs, well beaten, 1 saltspoon of nutmeg, 2 tablespoons of milk, flour enough to roll; mix $\frac{1}{2}$ teaspoon of soda, with part of the flour. Roll very thin and bake on a sheet for 10 minutes.

GINGER SNAPS.

Beat $\frac{1}{2}$ cup of butter to a cream in a warm bowl, then add gradually $\frac{1}{2}$ cup of sugar and $\frac{1}{2}$ cup of molasses, $\frac{1}{2}$ tablespoon of ginger, $\frac{1}{2}$ teaspoon of soda, $\frac{1}{4}$ cup of milk, gradually add about 3 cups of flour. Then roll out very thin and cut with a round cutter.

MACAROONS. (Southern recipe.)

To $\frac{1}{2}$ pound of sweet almonds and $\frac{1}{4}$ pound of bitter almonds, pounded to a powder, add $\frac{3}{4}$ of a pound of loaf sugar, rolled fine. Beat the whites of 3 eggs very stiff and add a little rose water, and mix with the almonds. When the mixture is soft enough to shape, drop by spoonfuls on tin sheets, lined with paper, and bake in a slow oven.

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CARAMEL FROSTING.

Boil 1 cup of sugar, $\frac{1}{4}$ cup of milk, $\frac{1}{2}$ square chocolate until they thread; then add $\frac{1}{2}$ teaspoon vanilla.

CHOCOLATE FROSTING.

Beat the whites of 2 eggs stiff and dry; add $1\frac{1}{2}$ cups of sugar, 2 teaspoons of vanilla and 5 tablespoons of grated and melted chocolate. Spread between layers and on the top and sides of cake.

FROSTING.

One-half cup granulated sugar and $\frac{1}{2}$ cup of cold water. Boil together until it threads. Pour immediately on beaten white of 1 egg, beating until stiff enough to remain on cake. Flavor with $\frac{1}{2}$ teaspoon of vanilla.

BROWN FROSTING.

Boil 1 cup of brown sugar, 1-3 cup of water, till it threads; pour this on the beaten white of 1 egg and beat till of the right consistency to spread.

BOILED FROSTING.

Boil 1 cup granulated sugar with $\frac{1}{2}$ cup of water, without stirring, till it ropes, when dropped from a fork or spoon. Pour gradually over the stiffly beaten whites of 2 eggs, beating hard. Flavor. When it thickens and is perfectly smooth, pour over the cake.

PLAIN ICING.

Beat the white of 1 egg stiff, add 1 cup of powdered sugar and beat very hard for 10 minutes; add 1 teaspoon

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lemon juice, if white icing be desired; orange, if for yellow icing. Spread on cake while warm, with a broad bladed knife, dipped in cold water. Set in a warm place to dry. In frosting cakes, dip into the icing.

CHOCOLATE ICING.

Whites of 2 eggs, 1 cup of powdered sugar, 6 tablespoons grated chocolate and 1 teaspoon vanilla. Put the sugar with 2 tablespoons of hot water and chocolate in a saucepan and stir until smooth and glossy; beat the whites of the eggs to a stiff froth, then add the sugar and chocolate. If eggs are very large, use $\frac{1}{2}$ cup more of sugar.

CARAMEL ICING.

Put 1 cupful of brown sugar into a saucepan and cook over a hot fire until the sugar is well burned. Then pour over it 1 cupful of water and let it cook until the sugar threads. Have ready the well-beaten whites of 2 eggs and pour the burnt sugar slowly over them and beat rapidly until the icing is frothy and thick; add 1 teaspoon of flavoring and a tablespoon of sherry. When the mixture is very light spread it smoothly on top and sides of cake.

CARAMEL FILLING FOR CAKE.

Three cups of brown sugar, $\frac{3}{4}$ cup of cream, 6 ounces of butter; boil together until it hardens when dropped on a plate of water.

CHOCOLATE FILLING.

Chocolate filling for layer cake is made in the proportion of 1 egg to every 2 ounces of chocolate. Melt the chocolate over boiling water; beat the white of the egg until stiff, then beat in gradually 2 tablespoons powdered sugar, beating until stiff enough to keep its shape. Beat in the melted chocolate. This can be used not only for the filling between the cakes, but is good for the icing.

APPLE FILLING.

Beat the white of 1 egg very stiff, add 1 cup of powdered sugar, the finely grated pulp of 1 sour apple, 1 tablespoon of cream and a generous speck of nutmeg; beat thoroughly for 5 minutes and flavor with $\frac{1}{2}$ teaspoon of vanilla.

MOCHA FILLING.

Cream 2 tablespoons of butter, add 1 cup of powdered sugar, 3 rounding teaspoons of cocoa, 1 teaspoon vanilla, 1 tablespoon of cream and 2 tablespoons of coffee. Beat well and spread between and on top of layer cake.

CHAPTER VII.

Preserves and Pickling

HINTS

A few lumps of lime placed on the shelves of the store-room will keep pickles, jams, etc., from becoming mouldy. Renew occasionally.

If grape or other small fruit juice fails to jelly, add a small quantity of apple juice and let all boil together.

Do not gather currants or other small fruits after a rain, as then it is impossible to get the juice to jelly.

Hard boiling causes jelly to crystallize. It should only simmer. Jellies should be covered closely and kept in a cool, dry, dark place.

Loaf sugar, crushed and rolled fine, is best for preserving.

PRESERVED QUINCES.

Wipe, pare, quarter and remove the core and hard part. Weigh fruit and take an equal quantity of sugar. Put quinces into cold water and when all have been pared, drain; put into a preserving kettle, cover with cold water and cook over a slow fire until fruit is tender enough to be pierced with a fork; skim out and lay on a platter until all are cooked. Strain the water, add sugar and cook gently for 10 minutes, skimming until

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clear ; then put in as many quinces as the syrup will cover. Simmer until the fruit turns a rich red. Lift out with a spoon, drop piece by piece into hot glass jars. Let the syrup cook a little longer or until very thick ; pour over the quinces, filling almost to the top ; add 1 teaspoon of brandy, seal and keep in a cool, dry place.

PRESERVED CRAB APPLE.

Pare fine ripe apples and throw at once into cold water. Put the parings in the preserving kettle and cover with cold water and simmer about 1 hour. Strain off the water and put it back in the kettle. Add as many pounds of sugar as you have pounds of fruit, and cook until syrup is quite thick. Drop in a few apples at a time and cook until tender enough to be pierced with a fork. Lift out carefully and drop into glass bottles. Cook the syrup a little longer, pour over the apples and add 1 teaspoon of brandy and seal. Peaches may be done in the same way by cutting in halves and cooking the kernels with the parings.

QUINCE MARMALADE.

Take as many quinces as you may wish. Rub, pare, core and boil in a little water until soft ; put the cores and skins on to boil separately, in water enough to cover ; when soft strain liquor into the boiling quince mixture and rub through a sieve. Put on to cook again (stirring almost constantly) for $\frac{1}{2}$ hour, adding $\frac{3}{4}$ as much sugar

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as fruit, measured after paring. When smooth and firm, put in jars, seal air-tight and keep in dry, cool place.

ORANGE MARMALADE.

Take 3 large seedless oranges and 2 large lemons (rejecting seeds from lemons) and put into a meat chopper, and grind all together. Add 11 jelly tumblers of cold water; let it stand 24 hours, then boil uncovered 1 hour. Remove from stove, add 4 pounds of granulated sugar and let stand another 24 hours. Then boil steadily for 1½ hours. This quantity will fill about a dozen glasses.

CURRANT JELLY.

Currants should be quite ripe, but not *over-ripe*. Pick over, wash, stem and put into a preserving kettle set on back of range until juice flows freely; mash with a wooden vegetable masher and strain through a coarse strainer. Turn the juice into a flannel bag and let drip into a vessel beneath, all night. In the morning measure juice and allow an equal amount of sugar. Put the juice into a preserving kettle and let it boil about 20 minutes (skim if necessary); add the sugar and cook until it thickens on a plate when exposed to the air. Turn at once into hot glasses, add ½ teaspoon brandy and cover with paper pasted over the top. Keep in a cool, dry, dark place.

WILD GRAPE JELLY.

Select the grapes when not fully ripe. Wash and

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drain and make same as Currant Jelly. Ripe grapes with a handful of green ones gives a most delicately colored and flavored jelly.

ELDERBERRY JELLY.

Make same as currant jelly. Do not use for 2 or 3 months, so it will thicken, it being more like a syrup at first. This is excellent for throat trouble.

CRAB APPLE OR PORTER APPLE JELLY.

Wash apples, remove stem and blossom ends, and cut into quarters (do not pare nor remove seeds). Put into a preserving kettle and cover with cold water and boil until soft; then put them into a coarse sieve and press out all the juice; strain again through a flannel bag. Do not squeeze it, as that makes the jelly cloudy. Measure the juice and allow $1\frac{1}{2}$ pints of sugar to 1 quart of juice, and boil down just one-half; then skim, and turn into glasses and add 1 teaspoon of brandy. Cover and keep in a cool, dry place. One part quince and four parts apple make a most delicious jelly; in that case, use equal parts of juice and sugar.

QUINCE JELLY.

Follow directions for Apple Jelly, using quinces in place of apples.

SPICED APPLES.

A russet is generally chosen for this dish. Remove the core, but do not pare it. Stick 2 cloves in each apple.

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Make a syrup in the proportion of 4 pounds of sugar to 1 quart of vinegar; add the apples whole and cook until soft enough to be pierced with a straw. Then add 2 ounces of cassia bud and 1 ounce of whole mace. Put 2 ounces of ginger root, scraped and sliced, in the vinegar and sugar before you begin to cook the apples. This will take 7 or 8 pounds of fruit.

SPICED CURRANTS.

Three pounds of white sugar, 5 pounds of ripe currants, 1 tablespoon each of cinnamon, cloves, nutmeg and allspice. Boil currants 1 hour, then add the sugar, spices and $\frac{1}{2}$ pint of vinegar; boil $\frac{1}{2}$ hour longer.

SPICED CURRANTS. (No. 2.)

Fruit that is very ripe or soft makes excellent jam. Boil 7 pounds fruit $\frac{1}{2}$ hour or until very soft and well cooked; mash with a wooden spoon, then add 5 pounds sugar and return to the fire and boil slowly 1 hour longer, stirring often to prevent burning. When jam is done, add 1 pint of sharp cider vinegar, 1 tablespoon cinnamon, 1 teaspoon ginger and $\frac{1}{2}$ teaspoon cayenne pepper.

CHILI SAUCE.

Twenty-five large ripe tomatoes, 12 onions, 6 green peppers, 1 head of celery, chopped fine; add 3 quarts of vinegar, $1\frac{1}{2}$ cups sugar, 1 tablespoon each of allspice, clove, cinnamon and mace; 1 tablespoon of salt. Boil slowly $2\frac{1}{2}$ hours.

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TOMATO KETCHUP.

Wash and peel 12 ripe tomatoes, chop 3 green peppers very fine, and 1 large onion, add 1 tablespoon of salt, 1 tablespoon of brown sugar, 1 teaspoon each of allspice, cloves, nutmeg, ginger; the spices to be tied in a bag; 2 cups of vinegar. Boil 4 hours and strain.

TOMATO KETCHUP. (No. 2.)

Add to 12 quarts of tomato, (measured after straining), 12 tablespoons of salt, $\frac{1}{4}$ of a pound whole mustard seed, 2 ounces of allspice, $\frac{1}{2}$ ounce of whole cloves and $\frac{1}{2}$ ounce of cayenne pepper. Boil slowly 4 hours; sweeten to taste. Strain again, then add 1 cup of vinegar. Do not boil again.

TOMATO CATSUP.

One gallon of tomatoes, 4 tablespoons of salt, 4 tablespoons of black pepper, 3 tablespoons of mustard, 2 tablespoons of ground cloves, 1 tablespoon of allspice, 2 green peppers, 1 pint of sharp vinegar. Simmer 4 hours and strain through a coarse strainer, add $\frac{1}{2}$ pint of brandy and $\frac{1}{4}$ pound of sugar. Bottle it and add a bit of mace or 3 whole cloves to each bottle and let it stand over night uncovered.

CHOW CHOW.

One peck of green tomatoes, 6 small onions, 6 green peppers, 1 head celery, $\frac{1}{2}$ cup of horse radish, 1 teaspoon cinnamon, $\frac{3}{8}$ of an ounce of cloves, 1 nutmeg. Chop the

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tomatoes and cover with 1 cup of salt; let stand over night; in the morning, drain off every drop. Add the other ingredients chopped. Scald 2 quarts of vinegar in 1 pint of sugar and pour over the whole. Put it on the fire and boil 15 minutes, stirring all the time; then place it where it will simmer until the tomatoes are soft and thick. Turn into jars, cover closely and keep in a dry, cool place.

GREEN TOMATOES PICKLED.

Slice 1 peck of green tomatoes; add 1 teacup of salt; let stand all night. In the morning drain off the salt. Add 6 small onions and 4 green peppers, cut fine, $\frac{1}{2}$ pint of white mustard seed, $\frac{1}{2}$ ounce of ground cloves, $\frac{1}{2}$ ounce of allspice, $\frac{1}{2}$ teaspoon of cayenne pepper. Cover the whole with vinegar and simmer till tender. Do not put spice and mustard seed in until it is cool.

CHAPTER VIII.

Cooking for Invalids

HINTS.

Food for sick people should be served either hot or cold; never lukewarm.

TOAST WATER.

Take thin slices of white bread and toast it very brown on both sides, being careful not to burn it. Put the toast into a pitcher and pour over it boiling water from a tea-kettle, using as much water as is needed for a drink. Strain when needed and serve.

EGG NOGG.

Beat the yolk of 1 egg, very light, add pinch of salt, 2 tablespoons sugar and 1 or 2 tablespoons of brandy. Strain into a tumbler and fill with milk and the beaten white, and mix until frothy.

WINE CUSTARD (for a convalescent).

Put on to boil 1 pint of white wine, add sugar to taste, a small piece of stick cinnamon, or the rind of 1 lemon. Let it boil and then pour over the beaten yolks of 7 eggs, stirring all the while. Set cups in pan of boiling water, strain custard into them and cook like other custards.

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PEACH CREAM.

Take 4 large white peaches, which are soft and ripe. Peel and cut them into a bowl, add 1 cup of powdered sugar and the white of 1 egg, and beat them with a fork for fully 20 minutes. This makes a delicious smooth cream, and is especially nice for a convalescent.

RICE WATER.

Put 2 tablespoons of clean washed rice into 2 quarts of boiling water, and let it simmer for 2 hours, until the rice is thoroughly cooked. Strain through a fine strainer and flavor with a good pinch of salt. Serve hot or cold. If stimulants are prescribed, 2 tablespoons of sherry may be added, and makes it very palatable.

MUTTON BROTH.

Wipe meat with a damp cloth; remove all the fat and cut meat into small pieces. Allow 1 pint of cold water to each pound of meat and bones; put into a kettle with the cold water and let stand for half an hour; add $\frac{1}{4}$ cup of washed rice or barley and let it cook slowly for 3 or 4 hours; remove bones and meat; season to taste with salt, pepper, celery salt and nutmeg. Strain and serve hot.

CLAM BROTH.

Wash thoroughly and lay a dozen large clams in their shells in a saucepan with $\frac{1}{2}$ cup of cold water. Let the water come to a boil; when the clams open, the broth is done. Strain it and add salt if necessary.

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OYSTER BROTH.

Chop 8 large fresh oysters fine and cover them with a cup of cold water. Let it come slowly to the boiling point and then keep it gently simmering for just 5 minutes. Strain into a hot cup and serve very hot with toast. If desired, $\frac{1}{2}$ cup of milk may be added to the strained liquor and then returned to the fire, until it comes to a boil. Season with salt and pepper and mace.

TAMARIND WATER. (Southern recipe.)

Pour 1 pint of boiling water on 1 tablespoon of preserved tamarinds. Put in a little white sugar, mix thoroughly, let it stand for 15 or 20 minutes, strain and serve. Very pleasant and cooling in fevers.

CAMOMILE FLOWERS TEA. (Southern recipe.)

Steep a handful of the flowers in a pint of boiling water, let it cool and give a wineglass every 3 hours. Good for weakness after illness; also a tonic.

WINE WHEY. (Southern recipe.)

Take 1 cup of hot milk, add 1 wineglass of hot water and a little white sugar to taste; then put in 1 wineglass of madeira or sherry wine, strain it and drink the whey hot, without the curd.

WINE WHEY. (No. 2.)

Boil 1 cupful of milk and add $\frac{1}{2}$ cupful of wine. Let stand until the curd has separated from the whey. Strain through a very fine strainer. Sweeten to taste and serve either hot or cold

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COCOA CORDIAL

Put into a cup $\frac{1}{2}$ teaspoon of cocoa, add 2 lumps of sugar, 2-3 cup of boiling water and 2 tablespoons of Port wine. Mix well and serve without further cooking. This is good in cases of exhaustion or a chill.

IRISH MOSS JELLY.

One-half cup of Irish moss, $1\frac{1}{2}$ cups of boiling water, 2 cups of milk, a pinch of salt. Wash the moss till soft and free from sand. Put it with the boiling water and salt into the top of the double boiler and cook until thick as cream. Strain into the milk, which has been scalded. Flavor with $\frac{1}{2}$ teaspoon vanilla, and pour into small cups, previously wet with cold water. Set away to harden and serve with cream and sugar.

BEEF TEA.

Chop 1 pound of lean beef very fine. Put into a clean bottle, with a little salt, 1 or 2 fresh celery leaves and a sprig of parsley. Pour in a pint of cold water and cork the bottle tightly. Place it upon a trivet, in a pot partly filled with cold water and let heat very slowly for 3 or 4 hours; cook until the liquid turns a reddish brown. Strain and serve hot. If any particles of fat are present, it may be removed by putting in pieces of thin brown paper, to absorb it.

BROILED BEEF JUICE.

Get a piece of lean beef, cut an inch thick, and broil it over red hot coals; turn often to prevent the juices from

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escaping and allow 2 minutes to each side. Cut into small pieces and squeeze the juice through a lemon squeezer into a heated cup; add a pinch of salt and a shake of pepper. Serve at once.

COCOA.

Moisten 2 teaspoons of Phillips Cocoa with an equal amount of cold water and let it stand one minute. Add $\frac{1}{2}$ cup of boiling water and boil for a few minutes; then add 1 cup of hot milk.

INDIAN MEAL GRUEL.

Mix 6 tablespoons of sifted Indian meal with 6 tablespoons of cold water until smooth and free from lumps. Put into a saucepan with 1 pint of boiling water and boil for 15 or 20 minutes, stirring to prevent burning; then place it where it will cook slowly for 2 or 3 hours. Add milk, enough to make it of the right consistency, a pinch of salt, nutmeg and a little sugar. One tablespoon of wine may be added if liked. Strain through a coarse strainer and serve. One teaspoon of butter improves it if it is allowed.

EGG GRUEL.

Beat the yolk of 1 egg very light, add 1 teaspoon sugar, a pinch of salt, 1 cup of hot milk and the white beaten stiff. Flavor with nutmeg. This is excellent for a heavy cold if taken very hot after retiring.

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OATMEAL GRUEL. (Irish recipe.)

One cup of Irish oatmeal, 4 cups cold water, 1 tablespoon of chopped raisins, $\frac{1}{2}$ teaspoon salt. Pick over the cereal and remove any black specks. Put in the upper part of double boiler and cook directly over the fire until it boils; then place it over the lower part and cook for 7 or 8 hours, thinning with boiling water; add about 1 cup of milk or cream, and a little sugar and nutmeg. Serve very hot. Strain if wished. This is very good for a heavy cold.

OATMEAL GRUEL. (No. 2.)

One-half cup of Irish oatmeal, 2 cups of cold water, $\frac{1}{2}$ teaspoon salt. Roll the meal until floury, add $\frac{1}{4}$ of the water, stir well and let stand a few minutes; then pour the milky looking water into a saucepan; continue adding a little of the water to the meal, until all has been used. Boil $\frac{1}{2}$ hour, stirring to prevent burning. Add milk to make of proper consistency, and sugar. Strain.

IMPERIAL GRANUM GRUEL.

Take 4 teaspoons of granum, moisten with enough cold water to make a thin paste. Add 1 cup of hot water and a shake of salt and boil for 10 minutes. Add 1 cup of cold milk; let it come to the boiling point and serve. If you wish, a *very little* sugar may be added. This is very good served after surgical operations.

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ELDERBERRY WINE.

Put the elderberries in a saucepan, with enough water to keep from burning, and *simmer* until the juice flows freely; cool and strain. Boil 3 quarts of water, 4 pounds of sugar and $\frac{1}{2}$ pound of raisins together for $\frac{1}{2}$ hour; strain, and when cool add 1 quart of the elderberry juice. Let it stand for 24 hours, and skim well. Drop in a piece of toast, about $\frac{1}{2}$ inch square, spread with yeast and leave to ferment (about 3 weeks). When fermentation has ceased, strain into a cask and close it tightly for 2 months. To each gallon of liquid allow $\frac{1}{2}$ cup of brandy, rum or alcohol, and bottle. It will be fit to use after 6 months. If liked, to every 4 gallons of liquid add 1 ounce each of cloves, cinnamon, allspice and $\frac{1}{2}$ ounce each of nutmeg and mace before bottling. Keep in a cool place.

CLARET PUNCH. (Southern recipe.)

Use 1-3 as much water as claret, put on to boil with a lemon peel, a few cloves, a piece of stick cinnamon and some loaf sugar to taste; when boiling add the claret, strain and serve.

CORRECT SAUCES FOR MEATS AND FISH.

- Roast duck—orange sauce or orange salad.
Roast turkey—chestnut dressing—cranberry sauce.
Roast goose—tart apple sauce.
Roast canvas back duck—blackberry jelly.
Roast chicken—bread sauce.
Roast beef—horseradish sauce.
Roast veal—horseradish or tomato sauce.
Roast mutton—currant jelly.
Roast lamb—mint sauce.
Roast pork—apple sauce.
Corned beef—made mustard.
Cold boiled tongue—sauce tartare.
Fried chicken—cream gravy.
Fresh salmon—white or hollandaise sauce.
Broiled mackerel—Maitre d'Hotel butter.
Lobster cutlets—sauce tartare.
Fried fish—cole slaw.

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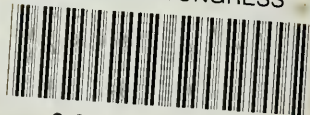
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