

The IDEAL
COOK BOOK



By MRS CLARA WARE



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The Ideal Cook Book

————— BY —————
MRS. CLARA WARE



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AFFECTIONATELY DEDICATED
TO MY DAUGHTERS,
MYRTLE AND AIMEE WARE.

PREFACE

With the present high cost of living, it behooves every housewife to make each dollar do its utmost as a purchasing power, and in writing this book I have kept that thought in mind.

Within my years of experience, as a housewife and cook, I have become acquainted with almost every known brand of staple and fancy groceries, and it is needless to say that I have discarded the inferior for the superior. The frequent inquiries from friends, as to the best brands of materials and household conveniences which I use, suggested this rather unusual mode of illustration.

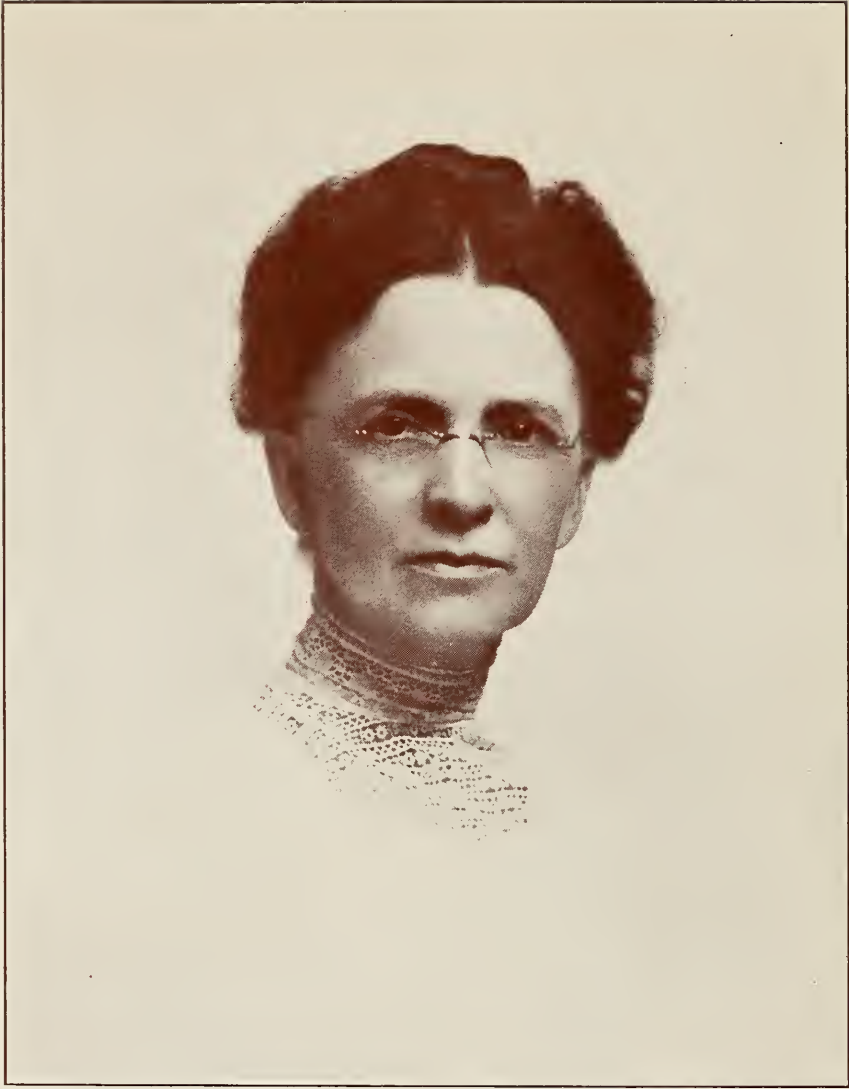
My attention has also been directed toward the different lines of household equipments. Each housewife of today, should have all the labor saving devices, within her means, as the waste of time and strength is extravagance in the end.

The hardware and ten cent stores of today along with other lines of business, afford great possibilities, for rich and poor alike. The illustration on opposite page has been arranged for those who wish to benefit by my experience, in the best and most up-to-date household articles, to be found on the market.

The canned goods displayed in the little cupboard, have been placed there on their merits as the best medium priced brands which I have found as good as many of the fancy, high priced products which are not within the means of the majority of people. I therefore give them, complimentary, a place of honor in my book.

C. W.





Sincerely Yours,
Clara Ware



SOUPS



TO CLARIFY SOUP STOCK.

Remove all fat, and add to the stock to be cleared, the whites and crushed shells of as many eggs as there are quarts of stock. Heat and stir until it has boiled for two minutes, then keep it hot without simmering for fifteen minutes, in order that the albumen as it coagulates, may entangle every solid particle in the stock. add $\frac{1}{4}$ cup of cold water, let stand for five minutes longer, and then strain through a fine cloth laid over a strainer.

SOUP STOCK.

6 pounds shin of beef.	Pinch of thyme, savory and mar-
3 quarts cold water.	joram.
$\frac{1}{2}$ teaspoon peppercorns.	6 cloves.
$\frac{1}{2}$ cup each of carrot, turnip,	$\frac{1}{2}$ bay leaf.
onion and celery, diced.	2 sprigs of parsley.
2 tablespoons salt.	

Have the bones sawed into small pieces, and split. Cut the meat into small pieces, and brown one-third of it in part of the marrow from the bones, to improve the flavor and color of the soup. Soak meat and bones in the water for one hour, then bring slowly to the boiling point, and cook slowly six hours, keeping the soup pot closely covered. Add vegetables and seasonings. Simmer one and one-half hours and strain and cool as quickly as possible. Do not skim until just before using, as the cake of fat which covers the stock excludes the air and prevents the stock from souring.

WHITE STOCK.

3 pounds of knuckle veal.	2 carrots.
2 small onions, stuck with cloves.	2 ounces butter.
$\frac{1}{2}$ teaspoon whole pepper.	2 heads celery.
4 quarts cold water.	1 bunch savory herbs.
$\frac{1}{4}$ pound lean pork.	

Cuts the meats in 2 inch cubes and break up the bones. Pour the cold water over and set on back of range, where it will soak and come slowly to the boiling point. Simmer and skim occasionally until half done then salt to taste and add vegetables. Finish cooking and when done strain through a hair sieve and serve. Can be

thickened with a little corn starch. If brown stock is desired, brown two tablespoons flour in the oven, add to it a tablespoon or more of melted butter, which has been browned in a sauce pan and blend together, add stock to make a smooth paste and pour in the kettle of stock. If you wish to keep the stock several days omit the corn starch or flour and pour in self-sealing cans boiling hot. Seal and place on ice. This stock is fine cooked with vermicelli, macaroni, rice or hulled barley. In making brown stock, beef should be used instead of veal.

BOUILLON.

Three pounds lean neck meat or round steak ground fine, pour over $2\frac{1}{2}$ quarts cold water. Keep milk warm for the first hour, increase heat, simmer and skim for about 4 hours or until the liquid has boiled down enough to suit the taste. Strain through a thin cloth and let partly cool. Return to fire, salt to taste and let it raise the boil. Skim well again, serve hot in cups with wafers.

BEEF SOUP WITH NOODLES, RICE, OR BARLEY.

Take a 15 cent beef shank, wash well in soda water. Cover in cold water, simmer slowly, and skim. When nearly done add $\frac{1}{2}$ cup uncooked rice or pearl barley, and a small onion. Finish cooking.

NOODLES.

Two well beaten eggs, 2 tablespoons cream or rich milk beaten with the eggs, pinch of salt. Mix stiff with pastry or winter wheat flour. Flour board very heavy. Roll as for pie dough. Use noodle cutter if you have one, if not roll up tightly as for jelly roll, cut in fine strips. Shake out and cook in the boiling broth.

Aimee Ware.

CHICKEN SOUP.

Cut a young hen into pieces as for stewed chicken. Cover well with cold water, when nearly done add 1 ripe mango shredded fine, $\frac{1}{3}$ teaspoon paprika, 3 stalks celery, and $\frac{1}{2}$ cup uncooked rice. Cook all until done. Serve with salted wafers.

VEAL SOUP.

Put a knuckle or shank of veal in 2 quarts of cold water, let it raise the boil slowly and skim. When nearly done, salt and add 3 stalks celery. Finish cooking and add $\frac{1}{2}$ cup cream blended with 1

tablespoon corn starch and the yolk of 1 well beaten egg. Stir into the cream and corn starch. Add a little soup to it and stir into the boiling soup. Remove celery stalks and serve.

SCOTCH MUTTON BROTH.

Use 4 pounds neck mutton washed well in salt water, and cover with $2\frac{1}{2}$ quarts cold water. Cover with a perforated lid to allow the mutton fumes to escape. When about half done add 2 carrots, 1 turnip, 2 onions, 3 stalks celery, 1 mango and a little red pepper. Cook all together until done, take out the meat, strain out the vegetables and add $\frac{1}{2}$ cup rice or pearl barley and cook until tender. When ready to serve throw in a few sprigs of parsley.

SPANISH STEW.

$3\frac{1}{2}$ pounds chicken.	1 teaspoon salt.
5 ripe tomatoes.	1 quart boiling water.
4 red peppers.	1 onion.
1 can French peas.	Boiled rice or mashed potatoes, or
1 can mushrooms.	3 large potatoes.

Clean and disjoint chicken, slice the tomatoes, shred the peppers (removing the seeds) and slice the onions. Place the chicken in a kettle with the tomatoes, peppers and onions. Add the boiling water. Cover the kettle and simmer until the chicken is tender, then remove the chicken, strain what remains in the kettle and rub the vegetables through a sieve. Return vegetables to the kettle and add one can of French peas, a can of mushrooms and the potatoes, also the salt and cook until the potatoes are tender. Then replace the chicken in the kettle and heat thoroughly. Serve with a border of mashed potatoes or boiled rice.

TURKISH SOUP.

5 cups of stock (either brown or white).	$1\frac{1}{2}$ cups stewed tomatoes.
$\frac{1}{4}$ cup of rice.	10 peppercorns.
2 slices of onion.	$\frac{1}{4}$ teaspoon celery salt.
Bit of bay leaf.	2 tablespoons butter.
	$1\frac{1}{2}$ tablespoons flour.

Cook the rice in stock until soft. Cook bay leaf, onion, peppercorns and celery salt with tomatoes thirty minutes, combine mixture, and bind with butter and flour cooked together.

NORWEGIAN SOUP.

$\frac{1}{3}$ cup minute tapioca.	1 tablespoon butter.
4 cups veal or mutton stock.	1 onion.
2 cups milk.	2 stalks celery, diced.
Blade of mace.	Salt and pepper.

Add the tapioca to the boiling stock (pearl tapioca may be used, but should soak over night in two cups of cold water) and simmer 1 hour. Cook celery, onion and mace in the milk for twenty minutes, strain into the soup, and season with salt, pepper and butter.

ST. GERMAIN SOUP.

Three cups white stock, blade of mace, 1 can peas, 2 teaspoons sugar, 1 cup cold water, 1 teaspoon salt, $\frac{1}{2}$ onion, $\frac{1}{8}$ teaspoon pepper, bit of bay leaf, 2 tablespoons butter, sprig of parsley, 2 tablespoons corn starch, 1 cup milk. Drain and rinse peas, reserving $\frac{1}{3}$ cup; put remainder in water with seasonings, and simmer $\frac{1}{2}$ hour; rub through sieve and add stock. Bind with butter and corn starch together; boil 5 minutes, add milk and reserved peas.

CREAM OF OYSTER SOUP.

Drain the liquid from 1 quart of fresh oysters, remove all shell, strain the broth put it into a sauce pan and add 1 quart cold water. Boil and skim, put oysters into broth. Add 1 cup cream or rich milk, and $\frac{1}{2}$ cup pulverized cracker crumbs. Pour into broth and let it come to the boil. One tablespoon of butter should be added to the liquid before the oysters are put in. Salt and pepper and serve hot. Plain oyster stew is made by omitting the cream and crackers.

CREAM OF CELERY SOUP.

Cut up 1 large head of celery, stew in 1 quart of boiling water for 15 minutes, add butter and salt. Strain out the celery, add $\frac{1}{2}$ cup cream, 1 tablespoon corn starch and serve with salted wafers or bits of dry browned toast.

VELVET POTATO SOUP.

Boil $\frac{1}{2}$ dozen medium sized potatoes and 1 onion and 1 head celery until tender. Run through fine sieve or potato ricer. Add butter and salt. Let boil a few minutes, add $\frac{1}{2}$ cup cream and 1 tablespoon corn starch blended together. Stir in and let boil.

POTATO SOUP WITH RIVELS.

Cook $\frac{1}{2}$ dozen potatoes and 1 onion with 1 liberal tablespoon butter until done. Salt and pepper. Take 1 cup flour, a pinch of salt and 1 small egg well beaten. Rub this into the flour until the rivels are small enough to suit. Stir a little at a time into the soup, cook 10 minutes and serve.

Mrs. Anna Buckland, 1878.

VEGETABLE SOUP.

Dice 3 potatoes, 3 stalks celery, 1 carrot, 1 onion, 1 cup green corn, 1 mango, 1 small pepper, a little cabbage and tomatoes. Cook in beef broth.

TOMATO SOUP No. 1.

1 can tomatoes.	1 teaspoon sugar.
1 pint water.	1 teaspoon salt.
12 peppercorns.	$\frac{1}{8}$ teaspoon soda.
Bit of bay leaf.	2 tablespoons butter.
4 cloves.	3 tablespoons flour.
1 onion sliced.	

Cook the first six ingredients twenty minutes; strain, and add salt and soda; bind and strain.

TOMATO SOUP No. 2.

Strain 1 pint can of fresh tomatoes into a stew pan. Add 1 tablespoon butter, salt and pepper to taste. Break as much spaghetti as desired into inch pieces. Boil 15 minutes, add $\frac{1}{2}$ cup whipped cream when ready to serve. Vermicelli or macaroni can be used.

BEAN SOUP.

One cup soup beans cooked with a few slices of fresh or pickled pork until done. Salt and strain or not. Good with drop dumplings or crackers.

LENTIL SOUP.

1 cup cooked lentils.	2 tablespoons flour.
6 cups mutton broth.	Curry powder if desired.
2 tablespoons butter.	

Add the lentils to the broth, simmer for ten minutes, add the butter and flour creamed together, season delicately with salt, pepper and curry powder.

PEA SOUP.

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| 1 can peas. | 1 slice onion. |
| 2 teaspoons sugar. | 2 tablespoons flour. |
| 1 pint cold water. | 2 tablespoons butter. |
| 1 pint milk. | 1 teaspoon salt. |
| $\frac{1}{8}$ teaspoon pepper. | |

Drain peas free from their liquor, rinse, and add sugar and cold water, and simmer twenty minutes, rub through a sieve and reheat. Scald milk with onion, remove the onion, and add milk to pea mixture, thicken with butter and flour cooked together. Peas too old to use as vegetables may be utilized for soups.

RICE AND ASPARAGUS SOUP.

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| $\frac{1}{2}$ cup washed rice. | 1 tablespoon butter. |
| 2 quarts soup stock. | Salt and pepper to taste. |
| 1 can of asparagus. | |

Boil the rice in the stock until very soft; strain through a sieve and add the butter, salt and pepper, and 1 can of asparagus tips, or the stalks, cut in inch pieces.

CONSOMME OF TAPIOCA.

Two teaspoons beef extract, 3 teaspoons minute tapioca, 1 quart water, 2 tablespoons butter, salt and pepper. When beef extract and water boil, sprinkle in tapioca and cook for fifteen minutes. Taste before adding more salt.

PUREE OF SALMON.

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| $\frac{3}{4}$ cup canned salmon, free of oil. | 2 tablespoons flour. |
| 2 tablespoons butter. | $1\frac{1}{2}$ teaspoons extract or juice of |
| $1\frac{1}{2}$ teaspoons salt. | onion. |
| 1 quart milk. | Paprika. |

Scald milk, add to the butter and flour cooked together; add the salmon mashed fine; add paprika and onion. Serve with whipped cream and chopped parsley on top. Serve with toasted crackers.

PUREE OF CHESTNUTS.

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| 1 pint chestnuts. | 1 tablespoon butter, |
| 1 pint milk. | salt and pepper. |
| 1 cup cream. | 1 egg. |

Shell and blanch the chestnuts. Cook in enough boiling salted water to cover until very soft. Mash them in the water left in the pan, and rub them through a fine strainer into the milk. Heat again, add the cream, salt and pepper to taste, and when ready to serve stir the beaten egg in quickly and serve at once with croutons. Add more milk if too thick.

TURTLE SOUP.

Select a hard shelled turtle, kill the evening before it is to be used, dress and lay in salt water until morning, and boil in as much water as you wish soup, to allow for boiling away. Salt and cook until tender, with a $\frac{1}{2}$ pound piece of lean bacon or ham, take out all of the meat, set aside to cool, add as many kinds of vegetables cut fine, to soup as desired, add a few sprigs of parsley, carrot-tops, onion tops and celery tops, put all into a chopping bowl and chop fine. Mince the meat fine and put all together, boil 10 minutes, make a thickening of $\frac{1}{2}$ cup of sweet cream and 2 tablespoons flour, pour into the boiling soup, cook a minute and serve.





FISH



BAKED FISH.

A large bass is best. Salt and roll in cracker crumbs and butter. Place a rest in baking pan, take a piece of white cheese cloth, as long as the fish is wide, roll up half way. Place on the rest, and leave the roll at one side of the fish. When browned on one side unroll cloth take hold of other side and turn fish over on the side which has been rolled up. Tuck the edges neatly around the fish and when done lift off cloth and roll on platter. To serve, garnish with parsley.

SMALL FISH BAKED.

Lay in a baking dish with chopped onion, mushrooms and parsley, rub the fish with salt, pepper, a bit of nutmeg and dot with butter. Pour in enough thin broth to cover bottom of dish, add the juice of $\frac{1}{2}$ lemon and bake until the flesh parts easily from the bone.

FRIED HALIBUT.

Let the slices lie in cold salted water, to which has been added one cup of vinegar, for ten or fifteen minutes. Dry them afterwards thoroughly by wiping with a towel, and dusting cracker meal on both sides. Lay them in smoking hot salad oil, and they will be well cooked and a pale brown color in three or five minutes, according to the thickness of the slices.

HALIBUT, MAITRE D'HOTEL.

Cut three pounds of halibut into pieces three inches square, dip each in beaten egg, then in sifted bread crumbs. Fry in boiling lard to a rich brown. Rub a heaping teaspoon of butter to a cream, add the juice of a lemon, a tablespoon of chopped parsley, salt and pepper, mix and spread on the hot squares of halibut, set in the oven just long enough to melt, then serve. Not difficult, and delicious for summer breakfast.

TURTLE STEAKS.

Cut slices about $\frac{1}{2}$ inch thick from what is known as the "veal," or the thick, fleshy portion of green turtle. Rub them well with oil or butter, lemon juice, pepper and a little salt, and let them stand for at least an hour before cooking. Broil like steak, cooking very thoroughly.

BAKED SALMON, TROUT OR PICKEREL.

Clean thoroughly, wipe carefully, and lay in a dripping pan with hot water enough to prevent scorching. A perforated tin sheet or rack fitting loosely in the pan, or several muffin rings, may be used to keep the fish from the bottom of the pan, and the fish may be made to form a circle by tying head and tail together; bake slowly, basting often with butter and water. When done have ready a cup of sweet cream into which a few spoons of hot water have been poured, stir in two tablespoons of flour and a little chopped parsley, and heat in a vessel of boiling water; add the gravy from the fish, serve at once.

FRIED FISH.

Immerse in boiling water for an instant, and scale with a fish scaler. Wash well, salt, and roll in corn meal and flour. Fry to a rich brown in plenty of hot lard, over a slow fire.

LOBSTER, NEWBURG STYLE.

2 large lobsters, boiled.	$\frac{1}{2}$ pint cream.
$\frac{1}{2}$ teaspoonful salt.	3 egg yolks.
$\frac{1}{4}$ teaspoonful white pepper.	2 tablespoonfuls butter.
2 large truffles, sliced.	Toast.
1 wineglass sherry wine.	

Cut the lobster meat in inch pieces, put them in a saucepan with the butter, and place over a hot fire. Add the salt, pepper and truffles, and cook five minutes. Then add the sherry and cook three minutes longer. (The sherry wine may be omitted if preferred.) Beat the yolks of the eggs and whip them into the cream. Now add this slowly to the lobster and cook three minutes. Serve on toast.

FRIED TROUT.

Brook trout are generally cooked in this way: Clean, wash and dry the fish, roll lightly in flour, and fry in butter and lard mixed. Let the fat be hot; fry quickly to a delicate brown and take up the instant they are done. Serve in a hot dish. Use no seasoning except salt.

BLACK BASS, WITH SAUCE.

Clean a good-sized black bass, cut off the tail, remove the skin from both sides, and sprinkle a little salt over it; melt in a pan or deep

pie-plate a piece of butter the size of an egg, add well-chopped onions, put the bass into it, cover with a piece of well buttered white paper, and bake for thirty minutes in a moderate oven; when done take the bass up on a platter, taking care not to break it, and keep it covered with the paper; mix a piece of butter the size of an egg and one tablespoonful of flour, put it into the pan in which the bass has been cooked, add one-half pint of chicken or veal broth, put over a brisk fire, and boil for five minutes, stirring well; add a few drops of lemon juice and a tablespoonful of chopped parsley, pour the sauce over the bass, season to taste, and serve as hot as possible.

FRIED EELS.

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

COD FISH A LA MODE.

Freshen 1 cup of minced cod-fish and drain well, or use the desicated cod, blended with 2 cups of mashed potatoes, to one pint of cream or milk, add 2 well beaten eggs, and one-half cup melted butter, pepper and salt to taste. Mix all lightly together, bake in a casserole, or baking dish for 25 minutes. Serve at once.

FISH PREMIER, WITH PREMIER SAUCE.

4 pounds fish.	2 dozen large oysters.
$\frac{1}{2}$ cup melted butter.	Sliced lemon.
Salt and pepper.	Water cress.
1 cup crumbs.	

Remove the head and tail of the fish. Skin and bone it, leaving two oblong pieces. Lay one of the pieces on a greased baking sheet in the baking pan, cover with half of the oysters. Sprinkle thickly with crumbs and pour over them one-half of your melted butter. Then cover it with the other half of the fish, sprinkle with salt and pepper. Place the remaining oysters on top of the fish, sprinkle with salt and pepper. Place the remaining crumbs on the oysters and pour the rest of the butter over the crumbs. Put into a moderate oven and brown. When done slip it carefully onto a hot platter, garnish with watercress and sliced lemon, and serve with Premier sauce.



FISH AND MEAT SAUCES



PREMIER SAUCE.

$\frac{1}{4}$ cup of butter. $\frac{1}{4}$ teaspoonful salt.
Yolk of 1 egg. $\frac{1}{3}$ cup boiling water.
Juice of $\frac{1}{2}$ lemon. A pinch of white pepper.

Cook in a double boiler for six minutes and serve in a sauceboat.

DRAWN-BUTTER SAUCE.

One-half cup butter, rubbed well with 2 tablespoonfuls flour; put into a sauce pan with about 1 pint boiling stock, stirring constantly until well melted. Throw in a few sprigs of parsley and serve at once.

BEACHAMEL SAUCE.

Melt 1 tablespoon of butter without browning, add 1 teaspoon of flour, and mix until smooth; add one-half cup of milk or cream, one-half cup of chicken or veal stock and stir continually until it thickens; just before taking from the fire add the yolk of 1 egg, mix well, season to taste with pepper and salt.

WHITE SAUCE.

In a saucepan melt 2 tablespoonfuls of butter. Rub into the butter thoroughly 2 tablespoonfuls of flour. Add slowly 1 cup of sweet milk, season with salt and white pepper; let the whole cook until it thickens; stir constantly; do not scorch. Served on meats and vegetables.

CUCUMBER SAUCE FOR FISH.

Pare and grate on a sieve four large, fresh cucumbers. When the pulp is thoroughly drained turn it in a bowl; add 1 teaspoon of pepper, 1 medium-sized onion, grated, 1 level teaspoon of salt and two teaspoons of vinegar. Mix and stir in just at serving time 6 teaspoons of cream whipped to a stiff froth.

ANCHOVY SAUCE.

Bone 6 anchovies, and pound them to a paste, with 1 hard boiled egg yolk and 1 ounce of butter, add salt and paprika to taste, melt with one-half cup aspic jelly, or stock, cool and add one-half cup of whipped cream.

MINT SAUCE.

One-half pint of mild vinegar, four tablespoons of sugar, flavor with extract of mint; let all boil together. Use when cold. Fine for mutton.

MINT JELLY.

1½ cups water.	¼ teaspoon salt.
½ cup sharp vinegar.	Flavor with mint extract.
¼ teaspoon white pepper.	½ an envelope of powdered gelatine.
½ cup sugar.	

Soak gelatine for 15 minutes in an extra half cup of cold water; heat the above ingredients to boiling point. Add gelatine, stir until dissolved. Add mint flavoring, and color a dainty green with any good fruit coloring. Place in ice-chest until set. Serve in any desired form.

OYSTER COCKTAILS.

Select large oysters, place three or four in cocktail glasses and pour over the following dressing: 8 tablespoons catsup, 2 tablespoons prepared horseradish, and a few drops of lemon juice.

HOLLANDAISE SAUCE FOR FISH.

Rub one-half cup butter into a cream, add the yolks of 2 eggs one at a time and beat well. Stir in the juice of ½ a lemon, pinch of salt and a hint of cayenne pepper. When ready to serve, add ½ cup boiling water. It is best to cook this in a double boiler, stirring all the time.

TOMATO SAUCE.

1 quart of tomatoes, 2 tablespoons of butter, 2 of flour, 2 of cloves, and a small slice of onion; cook tomato, onion and cloves 10 minutes; heat the butter in a small frying pan, and add the flour; when smooth and brown stir in the tomatoes and cook; season with salt and pepper, strain. Nice for fish, pot roast, or macaroni.

ASPIC JELLY.

One slice of onion, ¼ teaspoon of celery seed, 1 bay leaf, 1 clove, garlic, 1 sprig of parsley, 1½ pints of stock or cold water; boil, then add ½ of a teaspoon of beef extract, ½ box gelatine that has been soaked in 1 cup cold water for fifteen minutes; strain and pour in mold. Omit beef extract if stock is used.

EGG SAUCE.

To white sauce add the yolks of three hard boiled eggs mixed to a mortar with 1 tablespoonful of sweet cream.

HORSERADISH SAUCE.

2 tablespoonfuls grated horseradish, 2 tablespoons cider vinegar, 1 egg yolk, blended with $\frac{1}{2}$ cup sweet cream, 1 tablespoonful of corn starch, $\frac{1}{2}$ cup water, 1 tablespoon butter, salt to taste. Boil water, vinegar, and horseradish together. Strain, add other ingredients, and finish cooking.

Mrs. Will Sutton.





HOME CURED MEATS



TO SUGAR CURE PORK.

To 1000 pounds pork take:	3 pounds granulated sugar.
20 quarts barrel salt.	1 pound salt peter.
1 pound pure black pepper.	2 tablespoonfuls ground cloves.

The meat should stand over night in a cool place (above the freezing point). Pour enough boiling water over the mixture to make a paste. Mix thoroughly and rub the shank end full. Rub the mixture on both sides well and lay on plates in a cool room (above freezing point) for one week. When the salt is all absorbed the joints can be hung up in a cold, dry place; not close enough to touch each other, and can be smoked within 4 weeks from killing. A piano box with wardrobe hooks screwed into the top makes a nice smoke house. Use cobs and fresh sawdust for smoking. If meat is smoked too long it will be hard and dry.

John T. Cloud, Montpelier, Ind., ex-butcher.

PICKLED PORK.

Stand fresh side meat up edge-ways, not too close together, in a new 4-gallon jar. Make a brine of barrel salt (and 1 tablespoonful of salt peter), strong enough to bounce an egg. Skim and cool. Tie a cheese cloth over top and let stand one week. Remove brine and add fresh brine, made the same way. If the first brine is left on, it will make it strong, as there is quite a lot of blood and many impurities drawn from the meat.

HOT SALTED PORK.

Let the meat stand over night, where it will keep cool but not freeze. Fill a large iron kettle $\frac{1}{3}$ full of barrel salt, hang over a bed of coals, stir constantly until it is very hot. Make a hole in center of salt, leaving two or three inches deep in bottom of kettle. Put joint in, rind side up and cover top well with hot salt. Leave in 5 minutes for very small joints. 8 minutes for medium. 10 to 12 minutes for large ones. Put on a clean pair of duck mittens. Take out joint, leaving on what little salt that sticks fast. Lay on a clean oak minutes for very small joints, 8 minutes for medium, 10 to 12 minutes for large ones. Rub well, and use 1 tablespoonful to each joint. Can be smoked in 4 or 5 days. This will keep through the hottest weather.

Henry McClellan.

with sharp knife. Rinse and put on to cook in boiling salt water. Cook until very tender, leaving a quart or more of broth in the kettle. Drain off broth and let it get cold. Remove fat from top and re-heat. Add enough strong vinegar to make it tart, a few red peppers, celery seed, and $\frac{1}{2}$ teaspoonful of Coolman mustard. Pour over the feet and let stand till seasoned well through.

PRESSED PIGS FEET.

Prepare and cook same as for pickled pig feet. Cook until the meat falls from the bones. Prepare the broth same as the above mentioned recipe. Slice the meat and lay in a crock. Pour on the prepared broth while boiling hot. When cold slice and garnish with parsley.

ROAST SPARE RIBS.

Trim off the rough ends, crack the ribs across the center with a hatchet, rub with salt and pepper, fold and stuff with bread dressing seasoned with onion and sage, salt and pepper to taste, lay on a wire rest in a baking pan, bake in a fireless cooker until brown or about $2\frac{1}{2}$ hours. Serve with cranberry or apple sauce.

PORK TENDERLOINS.

When cutting up the hog, leave the tender loins in. Cut through the ribs on each side near the loin, and across at each end, rub with salt, pepper and sage, roast the same as ribs, or cut in thin slices and broil or fry, serve with apple sauce.

FRIED SWEET-BREADS.

Soak sweet-breads in salt water 1 hour, to draw out the blood, trim off all fat, cut in thin slices, dip them into beaten eggs and fine cracker crumbs, fry slowly in butter and lard until well browned. Serve with mushroom sauce or green peas.

FRIED PICKLED PORK.

Use the thick upper part of the side, slice very thin, soak out part of the salt, in luke warm water, dredge well with flour and fry in hot lard until a light brown. This can hardly be told from fish.



MISCELLANEOUS MEATS



ROAST BEEF.

Select a nice thick roast. Sear each side in a hissing hot pan, rub well with salt and pepper, dredge with flour. Place in roaster. Pour enough boiling water in side of roaster to keep from burning. Do not allow to get dry until it is done, then let brown on both sides. Garnish with parsley or carrot tops or celery sprigs. Serve with brown gravy.

Pork and veal can be roasted the same as beef.

MUTTON POT ROAST.

Select a nice thick piece of mutton. Rub with salt and pepper. Place in dutch oven that has a little melted butter in it. Place a thick slice of onion on top. Pour over it enough boiling water to keep from burning, cover tightly, and cook slowly until done. Allow to brown on both sides. Serve with brown gravy.

Mrs. Laura B. Wall.

BOILED HAM.

Trim and rind a small ham. Cut off fat end and shank. Place in kettle or roaster on wire or perforated rest, high enough to keep the fat from boiling in to the ham. Do not cook long enough to fall to pieces or allow to boil dry. When cold it can either be minced or sliced, and will keep several days. The broth is fine to boil with potatoes, beans or other vegetables.

ROAST HAM.

Can be prepared in the same manner as boiled ham, and is best roasted in a fireless cooker as it retains its weight and flavor and requires very little water. Sprinkle the top with celery seed and a few slices of onion.

BEEF POT ROAST.

5 pounds beef;	1 carrot, chopped fine;
$\frac{1}{2}$ pound suet;	1 tablespoonful flour;
6 cloves;	1 pint boiling water;
2 bayleaves;	Salt and pepper.
2 slices onion;	

Sear in hissing hot pan. Place in kettle with other ingredients. Roast in fireless cooker or on back of the range.

MOTHER'S BEEF STEAK.

Pound a nice round steak full of flour, salt and pepper, put equal parts of butter and lard into a hot frying pan. Put steak in pan. Drop in a few teaspoonfuls of flour between the slices. Fry to a nice brown on both sides. Pour $\frac{1}{2}$ cup cream and 1 cup hot water over the steak, stir well and take up on platter and pour gravy over top.—
Hannah Ware.

BREADED VEAL.

1 pound of veal well dipped in egg; roll in fine cracker crumbs; salt and fry in plenty of hot butter and lard. Garnish with parsley.

BREADED CHOPS.

Have your butcher cut the chops about an inch in thickness. Beat one egg. After freeing the chops from any adhering bits of fat or bone, dip into the egg and then into finely rolled bread crumbs. Bread-crumbs are preferable to cracker crumbs, especially if the bread is made from whole wheat. The slices should be dried slowly in the oven before rolling. When breaded, put the chops carefully into a frying-pan in which the fat is sufficiently hot to give off a blue smoke. Brown quickly on one side, then on the other, cover and put the frying pan on the back part of the stove where the chops may cook through slowly.

VENISON CHOPS.

Wipe the chops and trim off the superfluous fat. When everything else is ready dip them in hot melted butter and broil quickly, or cook them in a pan in hot butter. They are usually preferred rare. Serve with melted currant jelly, adding it to the butter in the pan. Have all the dishes hot and serve at once.

BROILED STEAK.

Take a nice thick round, or any other preferred steak, grease with a little melted butter or olive oil, which makes it broil faster and makes it more crisp. Put into wire broiler, hold over a hot blaze or coals. Season with salt, pepper and butter. Serve very hot.

SOUFFLE OF MUSHROOMS.

Make a thick white sauce with $\frac{1}{4}$ cup each of butter and flour and $\frac{1}{2}$ cup each of thin cream and the liquor drained from a can of mush-

rooms. Season with salt, pepper, and a tablespoon of lemon juice, and add the mushrooms cut in thin slices. Separate 3 eggs, beat the yolks until thick and add to the mushrooms. Beat the whites quite stiff and fold in gently. Pour into a buttered dish, bake slowly about twenty minutes, or until firm, and serve at once.

TO FRY BACON.

Bacon should be fried in an iron skillet, and turned constantly while frying to keep the edges from curling and burning. Do not fry too crisp. Drain on wire rack before serving.

FRIED HAM.

Ham should be fried in an iron skillet, well covered. Brown each side well before turning.

BEEF LOAF No. 1.

3 pounds coarse ground round 2 well beaten eggs;
 steak; $\frac{1}{2}$ cup cracker crumbs;
 1 pound coarse ground pork steak; Pepper and salt.
 1 cup rich milk;

Form in loaf and bake in a well buttered 6x10 inch pan. Pour over $\frac{1}{2}$ cup boiling water and dredge with cracker crumbs. Bake about one hour in a moderately hot oven.

Mrs. T. M. Stevenson.

BEEF LOAF, No. 2.

2 pounds of course ground round $\frac{1}{2}$ cup cracker crumbs;
 steak; $\frac{1}{2}$ cup rich milk;
 2 tablespoonfuls of butter; 2 teaspoonfuls salt and pepper to
 2 eggs, well beaten; taste.
 1 cup finely chopped celery;

Mix and bake in the usual way.

VEAL LOAF.

15 cents' worth veal; 1 egg well beaten;
 10 cents' worth steak; $\frac{1}{2}$ cup cracker crumbs;
 10 cents' worth lean pork; 1 cup rich milk.

Salt and pepper to suit the taste. Form into a loaf and bake same as beef loaf.

Mrs. Will G. Sutton.

LIVER LOAF.

Take 2 pounds fresh beef liver, slice and pour boiling water over it. Salt and let stand until cool, grind coarse, add 1 pound coarse ground pork steak, $\frac{1}{2}$ cup milk, $\frac{1}{2}$ cup cracker crumbs, 1 egg, $\frac{1}{2}$ cup chopped celery, and a little onion if desired. Pepper and salt. Bake as beef loaf.

Myrtle Ware.

CALIFORNIA LOAF.

3 pounds round steak;	1 cup cooked rice;
1 pound round pork steak;	1 level tablespoonful salt;
$\frac{1}{2}$ teaspoonful pepper;	1 teaspoonful celery salt.
2 eggs;	

The rice should be cooked in boiling salt water until tender. Cool. Beat eggs well. Add 2 tablespoonfuls cream to eggs and rice. Grind meat rather coarse. Mix all together. Form in long round loaf, which will be a little larger than a round loaf of cream bread. Put into a pan 6 inches wide and 11 inches long. Make a paste of melted butter and flour, spread on top. Place two slices of onion on each side. Keep one inch of water in pan. Bake $1\frac{1}{2}$ hours, basting occasionally. When done take out loaf and make 1 pint water gravy in pan. This will serve eighteen people.

Mrs. Emil Bouillet.

SALMON LOAF WITH GREEN PEAS.

1 can salmon;	3 well beaten eggs;
$\frac{3}{4}$ cup cracker crumbs soaked in	2 tablespoonfuls soft butter;
$\frac{1}{2}$ cup milk;	Pepper and salt.

Mix all together and pour into buttered mold. Bake 45 minutes.

GREEN PEA SAUCE FOR SALMON LOAF.

$\frac{1}{2}$ cup milk or cream;	$\frac{1}{2}$ teaspoon salt;
1 tablespoon butter;	$\frac{1}{8}$ teaspoon white pepper;
1 tablespoon flour;	Dash of cayenne;
$\frac{3}{4}$ teaspoon sugar;	Few drops onion juice.
1 can peas;	

Make a sauce of the first eight ingredients, add the peas, which have been drained and rinsed.

Salmon is nice baked in border mold. Serve with green pea sauce in center of mold. Garnish with parsley.

STEAMED SALMON LOAF.

1 can salmon shredded; $\frac{1}{2}$ teaspoon common salt;
 1 cup bread crumbs soaked in 3 well beaten eggs;
 $\frac{1}{2}$ cup milk; $\frac{1}{2}$ teaspoon celery salt and little
 Lump of butter size of a walnut; pepper.

Mix as in the above salmon loaf recipe. Steam in plain or border mold. Serve with the following sauce:

1 cup milk; 1 tablespoon corn starch.
 1 egg yolk; Juice from the can of salmon.
 1 tablespoon butter;

Boil all together in double boiler.

ESCALLOPED SALMON.

1 can of salmon; $\frac{1}{2}$ teaspoon salt;
 1 rounding tablespoonful each of 2 teaspoons of lemon juice;
 butter and flour; 2 tablespoons melted butter;
 $\frac{1}{3}$ cup of dried bread crumbs; Pepper to taste.
 $1\frac{1}{4}$ cups of milk;

Turn the salmon into a dish and remove all skin and bone, breaking as little as possible. Make a cream sauce of the milk, butter, flour, salt and pepper; add the lemon juice to the salmon. Arrange $\frac{1}{2}$ of the salmon in a buttered baking dish, sprinkle very lightly with salt and baste over it $\frac{1}{2}$ of the cream sauce; arrange balance of salmon and cover with remaining sauce. Add the bread crumbs alternately with the salmon and other ingredients.

SALMON CHOWDER.

1 can salmon; 1 desert-spoon of salt;
 $1\frac{1}{2}$ cups cooked macaroni; 4 small pieces bacon;
 1 cup chopped parsley; 2 chopped onions.
 4 potatoes diced;

Fry bacon and set aside to cool. Put salmon into the bacon grease. Arrange a layer of the other ingredients, including the chopped bacon, then another layer of salmon and cover well with water. Boil slowly for about thirty minutes. Serve with a sauce, made as follows:

Pour the juice from the can of salmon into the kettle, after the chowder is lifted. Add 1 cup of water and thicken as any cream gravy. Remove from fire, stir in 1 egg. Serve immediately.—

Myrtle Ware.

BEEF OR LIVER SMOTHERED IN ONIONS.

Select a sirloin steak 1 inch thick. Pound well and dredge in flour. Put in iron spider with butter and lard mixed. Salt and pepper; fry first side quickly. Turn and cover $\frac{1}{2}$ inch thick with finely sliced onions. Sprinkle 1 tablespoonful flour around edges. Cover tightly and fry slowly until done. Pour 1 liberal cup thin cream or rich milk around edges. Shake well until flour is well cooked, and if too thick, add a little boiling water. Pour onto platter and serve immediately.

SMOTHERED CHICKEN.

Disjoint the fowl, season, roll in flour, and brown lightly in a saucepan. Chop three large tomatoes, one large onion, one small pepper, three stalks of celery, one small carrot, and two bay leaves, and mix all together. Put a layer of chicken in the kettle, then one of the vegetable mixture, and continue the layers until all the ingredients have been used; cover with water and let simmer from one and a half to two hours. Remove the chicken to a platter and surround with baking powder biscuits. Strain the gravy, return to the stove, thicken with a tablespoonful of flour mixed smooth in a little water, and pour over the meat.

CHILI CON CARNI.

1 pound steak;	1 pint cold water;
1 can kidney beans;	1 cup chopped onions;
1 cup canned tomatoes;	3 tablespoonfuls horseradish.
2 small unbroken red peppers;	

Grind steak rather coarse. Drop into cold water. Boil and skim. Cook $\frac{1}{2}$ hour, add other ingredients and cook 15 minutes longer.

Myrtle Ware.

CORN CHOWDER.

1 quart raw sweet corn;	2 tablespoons flour;
1 pint potato diced;	1 pint milk;
1 teaspoon salt;	1 red mango sliced;
1 saltspoon pepper;	2 hard boiled eggs.
$\frac{1}{4}$ cup butter;	

Cut each row of kernels, and scrape the raw corn from the cob. Boil the cobs twenty minutes in water to cover. Pare and cut the po-

tatoes into small dice. Pour boiling water over them, drain and let them stand while the corncobs are boiling. Remove the cobs, add the potatoes, salt and pepper. When the potatoes are nearly done, add the corn and milk and cook 20 minutes. Cook the flour in the hot butter, add one cup of the corn liquor, and when thick stir it into the chowder. Add the eggs, whites chopped fine, and yolk rubbed through a strainer.

CHICKEN CURRY.

Boil a young chicken with 2 small onions, and 1 sweet pepper. Drain and fry in butter. When done add 1 tablespoonful of flour and 1 tablespoonful of curry powder to the butter, in which the chicken was fried. Pour 1 pint broth from chicken over the flour and curry powder. Stir well until poiling point is reached. Pour this sauce over the chicken and simmer for 15 minutes. Serve with plain boiled rice.

VEAL AND HAM PIE.

Trim the veal and ham, cut into pieces, and season with pepper and salt to taste; next chop a handful of mushrooms and some parsley very fine, and put them into a small stew-pan, with $\frac{1}{4}$ cup butter, $\frac{1}{4}$ cup minced onion, and $\frac{1}{2}$ cup of water; simmer together until water is almost evaporated. Add 1 cup of stock to the above ingredients. Line a pan with rich biscuit dough, pour in mixture. Slice the yolks of hard boiled eggs over top before putting on top crust. Bake until well done.

CALF'S BRAINS BREADED.

Separate the two lobes of the brain with a knife, soak them in cold water with a little salt for one hour; then pour away water and cover with hot water, clean and skin them; then dip in egg and milk. roll in bread crumbs and fry slowly in deep hot fat. Serve with tomato sauce.

WILD DUCKS.

As wild ducks are liable to have a fishy flavor, they should be parboiled in salt water with a carrot or onion placed inside, which is removed before roasting. Dredge with butter and flour, and roast the same as tame duck.

CHICKEN A LA KING.

Cook a three or four pound chicken until tender, cool and cut

into cubes; cook about 1 cup diced carrots, $\frac{1}{2}$ cup celery chopped, 2 hot green peppers or mangoes chopped (if mangoes are used add a dash of cayenne, cook in the broth left from chicken until tender, thicken with 1 cup cream and 2 tablespoons flour. Let boil, add chicken, and cook again. Serve on triangles of buttered toast.

One-third teaspoonful of paprika is preferable to cayenne.

Mrs. Claude Black.

CREAMED SALMON.

Drain the juice from 1 can of salmon into a sauce pan, add 1 cup boiling water, $\frac{1}{4}$ cup butter, a little salt, 1 tablespoon of flour, and the yolk of 1 egg beaten into $\frac{1}{2}$ cup of thick cream. Cook well. Add shredded salmon and serve on salted wafers.

CREAM OF DRIED BEEF.

Shred 1 can of dried beef, put into 1 cup of water with a lump of butter size of hulled walnut. Add 1 tablespoon of flour blended with $\frac{1}{2}$ cup of cream. Let boil 5 minutes before adding the thickening.

CREAMED CODFISH.

Soak $\frac{1}{2}$ pound whole codfish over night; in the morning pick to pieces, pour boiling water over it and let stand long enough to freshen to suit taste. Cook in enough water to cover until done. Add 1 tablespoon butter. Make a thickening of 1 tablespoon flour and $\frac{1}{2}$ cup cream. Pour in and stir until well cooked. Serve on toast or plain.

BROILED FLANK STEAK.

Select a 20 cent flank steak. Have your butcher hack it well. Rub it on both sides with melted butter; put in a wire broiler, hold over a gas flame or hot coals. Turn every 10 seconds, until done. Butter, pepper and salt. Serve with or without hot mushroom sauce.

SWISS ROAST.

Take a thick, round steak from two to two and one-half inches in thickness, and pound into it as much flour as it will take, using the edges of a plate for that purpose. When the flour has been pounded into both sides, put the meat into a hot skillet with some of the fat cut from the meat, and brown it on both sides; remove to a

sauce pan, heat $\frac{1}{2}$ can of tomatoes, 1 large onion cut fine, 1 sweet pepper, if desired, pour over the meat, cover tightly, and cook slowly two or three hours. Just before the meat is done, salt and pepper to taste. Delicious when served hot; also very nice when cold.

Aimee Ware.

TIMBALE OF MEAT.

$1\frac{1}{2}$ pints of cold meat chopped fine; $\frac{1}{4}$ teaspoon pepper;
 1 teaspoon salt; 1 tablespoon chopped parsley;
 $\frac{1}{2}$ teaspoon onion juice; 2 eggs;
 1 cup stock or milk; $\frac{1}{2}$ cup bread crumbs.
 2 tablespoons butter;

Mix the seasonings with the meat. Heat the butter in a sauce pan without browning, add the crumbs and stir one minute, then add stock and cook until the sauce thickens; add this to the meat, mix well, pack in a well buttered mould lined with a buttered paper; place this in a pan of hot water, cook one hour in a moderate oven, turn on a warm platter and serve with tomato sauce. Nice baked in a border mould, fill center with peas.

FROG LEGS.

The green marsh frogs furnish the best hams, as they are more tender and have less of the strong muddy flavor. They are generally liked best fried. Pare off the feet and truss them by inserting the stump along the shin of the other leg. Put them with salt, pepper and lemon juice to steep for an hour, then drain and roll in flour, then in beaten egg and in fine bread crumbs. Fry to a light brown in hot fat. Garnish with parsley.

BEEF-STEAK HASH.

10 cents' worth shoulder steak; $\frac{1}{2}$ cup chopped celery;
 3 cups raw diced potatoes; $\frac{1}{2}$ cup chopped onions;
 Little sage; Salt and pepper to taste.

Grind steak coarse. Mix all together. Pour over boiling water to cover. When partly done add heaping tablespoon butter and cook until nearly dry.

Mrs. Emil Bouillet.

BEEF HASH.

Chop or grind coarse, cold roast or boiled beef. Use enough cold

stock to moisten, or butter and water will do. Use cold chopped potatoes, a little sage, onion, pepper, and celery or, celery salt. Heat all together, and serve hot, with toast.

LIVER HASH.

Chop cold boiled beef liver, and cold boiled potatoes together, a little chopped onion and celery, powdered sage, pepper and salt, $\frac{1}{2}$ cup stale bread crumbs browned in oven. Place all in a frying pan with a little stock or melted butter. Cook all together for 5 minutes.

VICTUALIES.

1 pound round steak;
1 egg;
Salt and pepper to taste;
 $\frac{3}{4}$ cup stale bread crumbs;

$\frac{1}{3}$ cup finely chopped onions;
Enough milk to moisten bread
crumbs.

Mix all lightly together with a fork, press into cakes a little thicker than sausages. Roll in cracker crumbs and fry in hot butter and lard.

Mrs. Emil Bouillet.





MEXICAN DISHES



HOT TAMALES, No. 1.

Into 1 quart of boiling soup stock or water stir enough cornmeal to make a stiff mush. Salt to taste and cook well. Set aside. Soften clean corn husks by putting into hot water. Take 2 large, red, dry chili peppers, remove seeds and pour hot water over peppers to soften. Add 6 pepper corns to the peppers and pound to a paste. Add garlic and onions if desired and enough water to make 1 pint of liquid. Cut up a fat piece of raw beef or mutton into pieces an inch and a half or two inches long, and a spoonful of mush, flatten it out and put in center a teaspoon of chili sauce and one piece of the meat, fold up, roll in corn husks and tie. Put in kettle and steam four hours. Serve hot.

HOT TAMALES, No. 2.

Grind boiled veal or chicken, two red peppers, two onions. Add salt to taste and enough cayenne pepper to make it very hot. Fill the corn husks with the above mixture and serve.

CHOP SUEY.

Take one cupful of chopped chicken, one-half cup of sliced veal, two sliced onions, one-half cup diced celery, one-half cup mushrooms, one tablespoon butter. Mix together, smother until well cooked, and then add one tablespoon of Chinese suey sauce. Season with salt and pepper.

MEXICAN SAUCE.

$\frac{1}{3}$ cup butter;	2 cups tomato;
$\frac{1}{3}$ cup flour;	Sprig parsley;
1 onion, chopped;	Cayenne and salt.
$\frac{1}{4}$ cup chopped ham;	

Brown the ham and onion slightly in the butter, add the flour and seasonings, then the tomato and stir until it thickens. Pour over the tongue, cover and cook slowly in the oven for one hour.



FOWLS, GAME AND POT PIES



ROAST TURKEY.

The turkey should be dressed 2 or 3 days, but should not be salted until the evening before roasting. To salt rub 2 tablespoonfuls salt inside and a tablespoonful in breast, where the crop was taken out. Place small onion inside. Cream $\frac{1}{2}$ cup soft butter, and $\frac{3}{4}$ cup flour, and 1 egg yolk together, and rub all over fowl. Place on wire rest in roaster, and put in a very hot oven, with 1 pint of boiling water. Leave uncovered until both sides are seared. Bake $\frac{1}{2}$ hour on each side then turn breast down and finish roasting.

Roast an 8 or 10 pound turkey $2\frac{1}{2}$ hours, a 12 pound turkey 3 hours and larger birds in accordance.

STUFFING FOR TURKEY.

Put $\frac{1}{2}$ gallon stale home-made bread crumbs into a gallon crock. Sprinkle with 1 teaspoonful powdered sage, salt and pepper, $\frac{1}{2}$ cup finely chopped celery, $\frac{1}{4}$ cup chopped onions and stir all together. Use 1 pint of broth from turkey cooled with 1 cup of cold water, adding 1 beaten egg to it. Pour enough over crumbs to make as moist as desired. The broth should be taken out after the bird has cooked 1 hour, and replaced by 1 pint of boiling water. The stuffing can be baked in turkey or in separate pan. When done remove bird and make gravy as follows: Blend 1 cup cream and 3 tablespoonfuls of flour together, stir into roaster and let boil. Pour 1 cup of the boiling gravy over the dressing and let boil before serving. Oysters may be added if preferred.

ROASTED CHICKEN.

Roast and stuff in the same manner as turkey.

ROAST GOOSE.

Choose a young goose 4 to 6 months old. Dress the fowl twenty-four hours before using, and soak in salt-water two hours before roasting; make a dressing same as for turkey, using $\frac{1}{2}$ the amount and adding 1 cup of hot mashed potatoes. Dredge the fowl with butter and flour, stuff and bake a rich brown. Serve with water gravy and apple sauce.

To dress ducks and geese, see miscellaneous department.

ROAST DUCK.

Prepare and cook same as roast goose, omitting potatoes in stuffing.

ROAST GUINEA.

Select a young fat guinea fowl 6 months old, salt and pepper, dredge with flour and butter. Guinea fowls contain more dark meat than other fowls, and therefore require longer baking. Make dressing and stuff same as chicken.

CHICKEN POT PIE.

One chicken cooked until it drops from the bones, drain off broth and thicken with 2 heaping tablespoonfuls of flour blended with cold water. Thicken and boil. Put chicken in baking dish and pour over the hot gravy. Salt and pepper to taste.

Make a soft batter as follows and pour over chicken and gravy:

2 cups of flour;	2 tablespoonfuls butter;
$\frac{1}{4}$ teaspoon salt;	1 egg well beaten;
2 teaspoon baking powder;	1 cup sweet milk.

Add the baking powder to the last half cup of flour and fold in gently, drop on chicken and bake at once.

Mrs. C. H. Wardwell.

CHICKEN PIE.

Cook a young hen until tender enough to fall from bones. Cool. Pick off fat and shred. Line a deep granite pan or baking dish with a rich biscuit dough little thicker than pie crust. Put in meat, salt, pepper, a little chopped celery and 1 cup stock from chicken. Dredge well with flour. Put on top crust, slash and bake a light brown. Make a gravy to pour over before serving out of the broth that is left. Individual pies are nice made in this way.

VEAL POT PIE.

3 pounds veal ribs; 1 small bunch celery, and 1 onion.

Boil until tender. Make dough as for baking powder biscuits. Put the veal and 1 quart of broth in roaster or baking pan. Roll dough $\frac{1}{3}$ inch thick. Cut in two inch squares. Place on top of veal, and bake in oven. Broth should be thickened with 2 tablespoonfuls of flour before dumplings are added.

VEAL PIE.

One quart of shredded cooked veal seasoned with 1 teaspoonful celery salt. Little pepper, teaspoonful minced onion, two hard boiled eggs sliced. Mix together and put into pan lined with rich biscuit dough. Put on top crust and slash, a cup of thickened broth having been previously added. Individual pies may be made if preferred.

RABBIT POT PIE.

Make the same as veal pot pie, omitting onion.

CHICKEN AND DUMPLINGS. No. 1.

Stew a six-months-old chicken, or a hen 1 year old. Salt when half done, and cook tender. Make drop dumplings of 1 cup rich sweet milk, $\frac{1}{4}$ teaspoon salt, 1 egg, 2 teaspoons baking powder, and about 2 cups of flour. Drop a heaping teaspoonful at a time into boiling broth. Cover well and set in a hot oven, or fireless cooker, until done.

Aimee Ware.

VEAL STEW.

Select any piece of veal preferred. Salt and stew until tender. Put in two stocks of celery cut in inch pieces. Pare and dice one pint of potatoes and a few sprigs of parsley. Use a tablespoonful of flour to thicken the broth, which should cover all.

VEAL POT PIE.

Use any piece of veal preferred. Salt and pepper. Stew until tender. Put into roaster, add dumplings, made of rich biscuit dough rolled as thick again as pie crust and cut into squares. Dredge top well with flour and bake. Dumplings made and baked in this manner will not fall.

CHICKEN AND DUMPLINGS. No. 2.

Select a large fat hen one year old, boil $\frac{1}{2}$ hour before salting, boil until tender. Take out of the stew pot and put into a roaster, and add enough water to broth to make 2 quarts if the hen is fat enough to allow it. Reserve 1 pint for the dumplings. Take 2 tablespoons of flour and add enough warm water to make a thin paste. Pour the boiling broth over it and stir well, then return to stew kettle and let boil well. Pour over the chicken in roaster and baste often until very tender.

To make the dumplings, use the pint of reserved boiling broth

without thickening. Put flour into dough pan, making hole in the center; pour in the broth boiling hot, using a silver fork with which to mix. When dough is thick enough to roll, flour well on both sides, roll $\frac{1}{3}$ inch thick, and cut into 2 inch squares. Place roaster on top of stove and add a little more water if necessary. Drop dumplings around the chicken, return to oven and finish baking. Dredge top with a little pepper and flour.

Mrs. T. M. Stevenson.

CHICKEN AND DUMPLINGS. No. 3.

Prepare and cook a chicken the same as for No. 1. Cook in roaster in plenty of water, until tender. Make dumplings rather stiff of rich biscuit dough. Cut in 2 inch squares, drop into the thickened broth, covering the chicken well. Return to oven and finish cooking.

PRESSED CHICKEN.

Cook a 6-months old chicken until it falls from the bones. Drain in colander and cool. Remove all fat from broth and boil down to 1 cup. Pick meat from bones, mince fine, put into broth and re-heat. Add $\frac{1}{2}$ teaspoon celery salt. Have ready $\frac{1}{2}$ dozen cold hard boiled eggs. Slice off tip ends, and stand in center of largest size dried beef glasses. Press the chicken well around the egg, add another egg, repeat packing until the glass is rounding full. Put individual butter plates on top and weight, until cold. When ready to serve loosen the meat from the bottom and sides of glass. Lay on meat board to cut, letting enough extend beyond the top each time for one slice. This method prevents slices from breaking. Serve on a lettuce leaf.

JELLIED CHICKEN.

Prepare in same manner as for pressed chicken, leaving 2 cups of broth. Cool, and remove fat from broth. Add a dessert spoonful of granulated gelatine, previously soaked in $\frac{1}{2}$ cup of cold water for 15 minutes. Heat until it is dissolved. Add minced chicken, $\frac{1}{2}$ cup chopped nuts, 1 pimento or red mango chopped, $\frac{1}{2}$ cup finely chopped celery, and a speck of cayenne. Pour an inch thick in a granite or aluminum pan. Set on ice until hard enough to cut into squares. Serve on lettuce leaf or garnish with parsley.

STEWED CHICKEN.

Take a fat six-months-old chicken, pour boiling water over it, salt and cook until tender. Put in 1 tablespoonful of butter, 1 stalk

of celery. Cook 10 minutes. Take 2 tablespoonful of flower or corn starch, and 1 cup cream, beat until smooth with dover egg beater, in a quart bowl, pour the boiling broth over it, stirring briskly. Return to kettle and let raise the boiling point.

Gravy made in this manner will be smooth and light, and much better than if the thickening is poured in the broth. Can be served on hot biscuits split and laid on platter.

STEWED QUAIL.

Cook the same way as stewed chicken, but do not make too much broth as it will be weak and tasteless.

STEWED RABBIT, or SQUIRREL.

Is prepared the same as chicken or quail. Garnish with celery sprigs.

FRIED RABBIT, or SQUIRREL.

A rabbit is best, frozen over night. Thaw in cold salt water. Roll in flour and bread crumbs, salt an pepper to taste, and fry very slowly in plenty of butter and lard as it takes longer than to fry chicken. Much better if fried in a fireless cooker as it retains all its flavor and does not burn.

FRIED CHICKEN.

Dress and disjoint a 2½ pound spring chicken. Dredge with flour, salt and pepper to taste, fry in dutch oven to a rich brown. Lift on platter and make a water gravy by pouring in 1½ cups boiling water, thickening with 2 tablespoonfuls of flour.

FRIED SQUABS, or QUAIL.

Dress and split into halves and fry the same as chicken. Make gravy with ¾ cup of water and ½ cup cream, 1 tablespoonful flour.

BROILED QUAIL.

Dress and split in halves, soak a short time in salt water, dry with a cloth, rub them over with melted butter, place on a broiler over a clear fire and turn frequently. Place on platter, or buttered toast and put bits of butter over them. Garnish with parsley or celery sprigs.

BROILED SQUIRREL.

Skin the squirrels, and lay them in salt-water to remove the blood. Remove the head and feet and broil whole; season with salt, pepper and butter; serve with currant jam or grape jelly.



VEGETABLES



TIME FOR COOKING BEANS.

Marrow fat beans will cook in two hours. White kidney beans, and lima beans in the same time, while soup beans require twice the time. If beans are over six months old they should be cooked from one-half to one hour longer. Beans should always be washed well in cold water and put to cook in more than double their bulk of boiling water and set back where they will barely simmer the first hour.

HOW TO CHOOSE GOOD POTATOES.

To choose a good potato for mashing, try grating it and if it is white and foamy and does not turn red in a few minutes, it is first class, but if it turns red or dark it is fit only to fry or to use in soups.

MASHED POTATOES.

Boil rapidly until well done, drain and dry. Turn into a hot dish, put 1 tablespoon of butter and enough cream into the hot kettle in which they were cooked and run them through a potato ricer onto the butter and hot cream. Salt and beat until white and light. Do not allow to stand long before serving. Garnish with bits of butter and pepper. A little sugar improves them.

POTATOES ON THE HALF SHELL.

Choose medium sized smooth potatoes, bake brown, split open and scoop out, leaving only the shells. Mash well, add salt, pepper and butter. Fold in the well beaten white of one egg, fill shells and return to oven. Let brown well. Very nice for parties.

CANDIED SWEET POTATOES.

Peel and cut into halves Jersey sweet potatoes, dredge in equal parts of sugar and flour, $\frac{1}{2}$ teaspoon salt. Place in baking pan with $\frac{1}{3}$ cup melted butter and a tablespoon of water. Bake both sides a rich brown, from $\frac{1}{2}$ to $\frac{3}{4}$ of an hour. Bake on grate.

SWEET POTATOES SOUTHERN STYLE.

Select smooth Jersey sweet potatoes. Wash well, boil or steam without peeling until tender. Remove peeling, dredge in flour and sugar and fry in butter until a light brown.

CANDIED PARSNIPS.

Treat in same manner as candied sweet potatoes; bake very crisp.

OLD STYLE PARSNIPS.

Peel and split in halves, put in frying pan, cover $\frac{1}{2}$ with boiling water. Add 1 teaspoon sugar, $\frac{1}{2}$ teaspoon salt and heaping tablespoon butter. Cook down dry and fry both sides a rich brown.

CARROTS WITH PEAS.

The carrots should be cooked in salt water until tender, then added to canned peas. If cooked with green peas they should be cooked 10 minutes previous to adding the peas. If the carrots are cut in fancy shapes they add much to the appearance. Little fancy cutters in shapes of spades, clubs, hearts, and diamonds, may be found where kitchen novelties are sold, for only 10 cents each.

SARATOGA CHIPS.

Wash, peel and dry first class potatoes for plain chips. Slice thin, and dry between linen towels. Have fat smoking hot. Drop a small whole potato in bottom to prevent fat from burning. Drop in chips, a few at a time; fry until crisp. Remove with a wire egg whip, drain and salt. For fancy chips use a fancy potato slicer. Cut in any desired shape. Never wash potatoes after they are sliced, if you wish them to be crisp.

POTATO PUFFS.

Run cold mashed potatoes through a potato ricer; add a little celery salt and the well beaten white of an egg. Use forcing bag and make in rosette shapes on buttered pans and bake in oven until they are a light brown. These are very nice for luncheons.

BAKED BEANS WITH TOMATO SAUCE.

Wash 1 pint of soup beans or white kidney beans in cold water. Pour 1 quart of boiling water with a tiny pinch of soda over them. Set on back of stove and let simmer until half done, leaving scarcely enough water to cover them. Add 1 pint canned tomatoes, 1 tablespoon sugar, 1 teaspoon celery salt, and enough table salt to suit the taste, a dash of cayenne pepper, 1 tablespoon prepared mustard. Place several slices of bacon and onion in the bottom of a casserole or baking dish and bake until done.

GREEN BEANS

I prefer the bird egg bunch bean, which has large mealy beans and rich tender pods. Cook with fresh or pickled pork or nice sweet bacon. Requires about three hours to cook.

STUFFED TOMATOES.

Cut off stem ends of nice solid tomatoes, and scoop out pulp, leaving shell a quarter of an inch thick. Chop equal parts of celery, tomato pulp and a little sliced green or canned corn. Season with salt and pepper, a little mustard, and enough stale bread crumbs to thicken. Fill shells and bake.

Myrtle Ware.

YELLOW WAX BEANS.

Break into small pieces and cook in salt water until tender. Add plenty of butter, cook until the water no longer covers them. Add $\frac{1}{2}$ cup of sweet cream and a little flour. Pour in and boil. They are not so insipid cooked in this manner.

YOUNG LIMA BEANS.

Hull and cook the same as wax beans. Use very little thickening in the cream.

SUCCOTASH.

Select either white navy or marrowfat beans, as soon as they are ripe enough to hull. Cook in salt water until tender, but not broken or mushy. Then add as much finely cut green corn, a little at a time, to the boiling hot beans. Season with butter and cream. Care must be used after the corn is added to prevent sticking to the bottom of the kettle, as it would be ruined if scorched.

BOILED CORN ON THE COB.

Select corn that is young and tender. Silk well. Fill a kettle half full of boiling water. Put in 1 tablespoonful of sugar, drop in one ear at a time. Have the water boiling rapidly, over a hot fire or the corn will taste raw. Boil 20 minutes, drain in a colander before serving.

CREAMED STEWED CORN

Take a sharp pointed knife, split each row lengthwise, then cut the corn from the cob. Barely clip off the tops of the grains, then

scrape all the pulp from the cob with the back of the knife. Put a tablespoon of butter in a stew pan and pour in 1 cup boiling water and 1 teaspoon sugar, 1 teaspoon salt to 12 or 14 ears of corn. Stir well for 5 minutes then set on back of range and let cook slowly for 15 minutes. When ready to serve pour in $\frac{1}{2}$ cup sweet cream.

FRIED CORN.

Prepare corn in same manner as stewed corn, omitting the water. Season with butter, pepper, salt and a little sugar. Fry a light brown.

ESCALLOPED CORN.

Use canned or cold stewed corn, put in baking dish in alternate layers with cracker crumbs, bits of butter, pepper and salt. Pour over a cup of milk with an egg beaten in it and bake until it boils up in the center.

BAKED CORN.

Take 1 pint of fresh or canned corn, season with pepper, salt and 1 teaspoon sugar. Add $\frac{1}{2}$ cup bread or cracker crumbs, 1 cup cream, 1 well beaten egg. Mix all together and bake well in a buttered casserole.

GREEN PEPPERS STUFFED WITH CORN.

6 large sweet peppers;	$\frac{1}{2}$ cup cream;
2 cups green corn;	$\frac{1}{2}$ cup boiling water;
3 tablespoonfuls butter;	1 teaspoonful salt;
3 tablespoonfuls boiling water;	$\frac{1}{2}$ teaspoonful pepper.

Way of preparing:

With a sharp knife cut around three-fourths of the stem end of each pepper, leaving it hinged by the other fourth as a lid. Remove the seeds and inner membranes. Cover the pepper with cold water, and bring it to a boil. Drain off the water, cover them with fresh boiling water and simmer until tender. Drain, sprinkle lightly with salt and allow to cool. Put two tablespoonfuls of butter into a frying pan and heat it. When hot add the green corn and the three tablespoonfuls of hot water. Cook five minutes and add the cream and seasonings. Now cook slowly until quite thick. Let the mixture then cool and fill your prepared peppers with it. Fasten down the stem-end lids of the peppers and place them in a buttered baking dish. Melt the remaining tablespoonful

of butter in the half cup of boiling water, pour the liquid over the peppers and bake for twenty-five minutes. These will be found delicious to serve with fish courses.

ASPARAGUS.

Raise your own asparagus if possible. It can be grown by getting roots and setting out same as rhubarb, only they should be set in a sunny place and kept free from weeds. The tips should be gathered while young and tender and should not be allowed to grow over 5 inches long. Reject the lower woody ends, break in inch lengths. Cook in boiling salt water, same as peas, adding a liberal pinch of sugar and a tablespoon of butter. Cook about 20 minutes, season with cream and a little flour. Asparagus is nice served on toast or in patties.

SALSIFY OR VEGETABLE OYSTERS.

Wash and scrape well, cut into inch lengths, throw into cold water until ready to cook, to avoid turning brown. Pour over enough boiling water to cover well, add salt to suit the taste and cook until tender. Season with butter, use 1 cup cream and two or three tablespoons very fine cracker crumbs, blended with the cream. Pour in just before serving. If any is left over it is fine scalloped the same as corn or oysters.

BOILED CABBAGE.

Select small loose heads, cook with pork or beef until done, add a level teaspoon of sugar, salt and pepper to taste. Serve with sauce or cold vinegar.

CREAMED CABBAGE.

Cut a little coarser than for slaw. Cover with boiling water and season with butter, pepper, salt and a teaspoon of sugar. Just before serving add $\frac{1}{2}$ cup sweet cream. A little chopped celery cooked with it makes a fine addition.

ESCALLOPED CABBAGE.

1 quart cabbage, prepared as for slaw;	2 tablespoonfuls butter;
1 teaspoonful salt;	1 tablespoonful flour;
1 quart boiling water;	1 teaspoonful salt.
1 cup sweet milk;	$\frac{1}{2}$ teaspoonful pepper;
	1 cup fine cracker crumbs;
	1 tablespoonful butter.

Pour the boiling water on the cabbage and add one teaspoonful of salt. Boil fifteen minutes. Drain off the water. Heat the milk, cream the two tablespoonfuls of butter and the flour and add them to the milk. Then add one teaspoonful of salt and the pepper. Cook to the consistency of thick cream. Remove from the fire. Butter a small pudding dish and sprinkle the bottom with cracker crumbs. Put in half your cabbage, add more crumbs, then half the sauce.

CAULIFLOWER.

Wash the heads well, soak in strong, cold, salt water for 1 hour. Steam in a steamer and when tender make a thin white sauce of 1 cup water, $\frac{1}{4}$ cup butter, $\frac{1}{2}$ cup cream, and a heaping teaspoon flour. Season and drop the cauliflower in a few minutes before serving. Chopped celery is also good with cauliflower.

TURNIPS.

Peel and slice same as fried potatoes. Cover with water, add teaspoon of salt and 1 tablespoon of butter. Cook until tender. Add a $\frac{1}{2}$ cup of cream and serve.

CARROTS.

Prepare and cook in the same manner as turnips using a dessert spoon of flour in the cream before adding it.

DANDELION GREENS.

Select young, tender dandelions, and wash well. Boil for one and one-half hours, in enough water to cover well. When done fry several slices of bacon and one egg cut fine. Drain greens, salt and fry with the bacon and egg and serve with vinegar. Never cook in an iron kettle.

STEWED ONIONS.

Select young tender white onions about the size of a small hen's egg. Boil in a porcelain kettle for one hour in enough water to cover. Season with salt, pepper and a scant teaspoon of sugar. When done add $\frac{1}{2}$ cup sweet cream with 1 teaspoon flour blended with it. Pour in and let boil before serving. If the onions are old it is better to slice them.

Use only the best cider vinegar, which can be purified by boiling for 10 minutes. Cool and pour into self sealing cans, for convenient use.

CREAMED PEAS IN TIMBALS.

Peas should be gathered while young and tender. Hull and wash in cold water, drain. Salt to taste, add scant teaspoon of sugar and a liberal tablespoon of butter. Cook 20 minutes and add $\frac{1}{2}$ cup of sweet cream with 1 desert spoon flour blended with it. Pour into boiling peas, let simmer and serve in timbals.

PEAS FRENCH STYLE.

Cook same as creamed peas, omitting the cream and using less water. Season with butter, pepper and salt.

FRIED EGG PLANT.

Slice plant $\frac{1}{3}$ inch thick, soak 1 hour in salt water. Beat an egg well, season with celery salt and pepper and 1 tablespoon of cream. Dip the plant in the egg mixture, roll in bread crumbs and fry slowly in butter.

SUMMER SQUASH.

Cut the squash in same manner as you would pumpkin. Cook until done and dry. Mash and season with butter and cream.

TOMATO JELLY.

To 3 cups strained and cooked, tomato pulp, take 1 teaspoon sugar, 1 teaspoon celery salt, a little Coolman's mustard, $\frac{1}{3}$ cup mild vinegar, 1 envelope or 1 rounding tablespoon gelatin, soaked 5 minutes in $\frac{1}{2}$ cup of cold water, pour into boiling hot tomatoes, stir until dissolved. Pour in border mold or in individual molds, or it may be molded in a granite bread pan and cut into cubes.

CREAMED TOMATOES.

Pour 1 can of tomatoes, or as many fresh ripe ones sliced, into a sauce pan. Season with butter, pepper and salt, also throw in a few stalks of celery. Cook until done. Canned ones need very little cooking. Before serving add $\frac{1}{2}$ cup heavy sweet cream with 1 dessert-spoon of flour blended with it. Have the tomatoes boiling rapidly. Stir cream in quickly, and stir until the flour is cooked.

ESCALLOPED TOMATOES.

Put alternate layers of tomatoes and bread crumbs in casserole or baking dish. Add a little chopped celery and season with butter.

salt and pepper between each layer. Pour $\frac{1}{2}$ cup of cream over top and bake.

STUFFED GREEN PEPPERS.

Prepare tomatoes the same as for escalloped tomatoes, mix all together omitting the cream, and fill the mangoes. Stand on end in small pan, pour a little water in the bottom. Bake until well cooked through.

KALE.

Fifteen cents worth of kale will make the average family a meal. Wash well, boil in a porcelain kettle from 2 to 3 hours. Drain well and put in frying pan, where bacon or ham has fried. Salt to taste. Serve with cold vinegar that has been well boiled.

SPINACH.

Examine leaves well, wash thoroughly, and cook until tender in salt water, in a porcelain vessel. When done drain and put in frying pan, where ham has been fried. Serve with cold vinegar. Cook canned spinach same way except that it requires warming up in place of being cooked thoroughly.





SALADS AND SALAD DRESSINGS



CHICKEN SALAD. No. 1.

- | | |
|------------------------------|------------------------------------|
| 1 cup chopped celery; | 2 ripe mangoes or pimentoes, chop- |
| 1 tablespoon minced parsley; | ped fine; |
| 2 hard boiled eggs chopped; | Salt and pepper to taste. |

Prepare chicken the same as for pressed chicken, leaving very little broth. Chop and mix with the above ingredients. Serve on lettuce leaf on salad plates. Put salad dressing on top and cover with chopped nuts.

CHICKEN SALAD. No. 2.

- | | |
|-----------------------------------|-------------------------|
| 1 cup chopped celery; | 1 cup chopped cabbage; |
| 1 cup chopped peanuts (blanched); | 2 red mangoes, chopped; |
| A dash of cayenne; | Salt to taste. |

Prepare the same as No. 1, serve on shredded lettuce. Cover top with salad dressing and garnish with sprigs of parsley.

VEAL SALADS.

- | | |
|-----------------------------|---------------------------|
| 2 cups chopped cooked veal; | 1 cup lean pork, chopped; |
| 1 cup chopped celery; | 1 green pepper chopped; |
| 1 cup chopped nuts; | Pepper and salt to taste. |

Blend all together with a little salad dressing, place on salad plates, cover with dressing, garnish with parsley sprigs.

1910.

FRESH PORK OR HAM SALAD.

Can be made same as veal salad by using all pork or ham, and with the addition of a few cold boiled chopped potatoes and a little chopped onion.

ASPIC SALAD.

Set small glass moulds in a pan of crushed ice; on the bottom of each place half of an olive and a ring of capers, then pour in about an inch of chicken aspic jelly, then a layer of salmon meat thoroughly mixed with cream; then another layer of chicken aspic jelly. Turn

it out on a lettuce leaf with a teaspoon of mayonnaise dressing. It is fine. Aspic jelly can be made from any stock. To three pints of clear stock add two ounces of gelatine that has been dissolved in cold water. Beat up whites and shells of two eggs and one yolk, add them to the stock. Put it into a saucepan with one tablespoon of catsup, one of vinegar, one each of savory, thyme, marjoram, and parsley, a leaf of mace, two cloves, white pepper and salt. Set over a slow fire stirring until it boils. Set aside to settle. Strain through a coarse cloth and set aside to jell.

A DAINY SALAD DISH.

Take large thick cucumbers, cut through the middle lengthwise; scrape out the inside and you have a pretty individual green boat, in which to serve a salad. They must be kept on ice until ready for use. This is attractive for shrimp salad, as the colors blend nicely. Any salad will do for a filling.

SHRIMP SALAD.

Use either cooked or canned shrimps. If canned shrimps are used remove from can, wash and chill thoroughly in ice water. Add an equal portion of celery or cucumber; if cucumber, serve in cucumber boats on lettuce. Remove the pulp from the cucumbers with a scoop spoon and fill with the above mixture. Add a tablespoon of mayonnaise just before serving.

JAPANESE SALAD.

Cut the tops off tomatoes; remove the pulp, and fill with any desired salad. Put on ice to chill. Serve on a lettuce leaf.

BEET SALAD.

Two cups chopped beet-pickles, 2 cups chopped cabbage, $\frac{1}{2}$ cup chopped celery; $\frac{1}{4}$ cup of sugar, and salt to taste. Blend all together and cover with salad dressing. Garnish with beets cut in tiny heart shapes.

ONION SALAD.

1 cup toasted bread crumbs;	1 cup white Spanish onions;
2 hard boiled eggs;	1 dill pickle, chopped.

Salt and pepper to taste. Serve on lettuce leaf, with salad dressing on top, and a sprig of parsley in the center.

Myrtle Ware.

SHRIMP SALAD.

1 can of shrimps;	1½ cups of any meat broth;
½ cup of cold water;	½ envelope gelatine;
1 tablespoon capers;	2 truffles;
1 tablespoon lemon juice;	1 cup canned or young peas.

Soak the gelatine for 10 minutes in the ½ cup cold water. Dissolve in the hot broth, cut truffles in thin slices, and line fish mould. Let the mould stand in ice water. Dip the truffles in the cool gelatine broth and set in place. Split part of the shrimps and use in lining mould. Pour gelatine over all the ingredients, and mold. Use the peas as a garnish.

VEGETABLE SALAD.

1 cucumber, chopped.	1 cup chopped celery;
2 pimentos, chopped;	1 onion, chopped;
½ cup chopped cabbage;	1 cup mild vinegar;
1 cup cold water;	½ dozen cloves;
⅓ teaspoon salt;	Little minced parsley.
¼ cup sugar;	

Soak the gelatine in cold water for 10 minutes. Dissolve in the boiling water, add other ingredients, and mold in border or solid mold.

CHEESE SALAD.

2 cups cream cheese;	¼ cup cold water;
½ envelope gelatine;	½ cup American cheese;
1 cup whipped cream;	Salt, parika.

Soak gelatine in the cold water and dissolve over hot water. Moisten cream cheese with a little cream and work until smooth. Add American cheese, whipped cream and gelatine. Season and turn into individual molds. Serve on lettuce leaves and garnish with mayonnaise.

CHICKEN SALAD IN CREAM.

2 stalks celery;	¾ cup hot chicken stock;
Few slices carrot;	1 cup separated cream.
¼ cup cold chicken stock;	1 cup cold diced chicken.
½ envelope gelatin;	Season with salt and white pepper
1 slice onion;	

fresh crisp lettuce, cut fine. Salt to taste, add $\frac{1}{2}$ cup minced onion, 3 hard boiled eggs, chopped and served with salad dressing.

Aimee Ware.

LOBSTER SALAD.

One can lobster, press out juice, mince coarse, 5 hard boiled eggs chopped, $\frac{1}{2}$ cup chopped cabbage, a little minced parsley, 1 chopped green mango. Add a dash of cayenne and salt to taste. Toss all lightly together and serve with salad dressing.

CAULIFLOWER SALAD.

Separate the sprigs of cold boiled cauliflower, put into the salad dish a head of lettuce and cover it with mayonnaise. Arrange the cauliflower sprigs around the dish and serve.

GELATINE RELISH

$\frac{1}{2}$ box gelatine;	1 cup canned pineapple juice;
$\frac{1}{2}$ cup strong vinegar;	$\frac{1}{2}$ cup cold water.

Soak gelatine in $\frac{1}{2}$ cup cold water for 10 minutes. Put vinegar and sugar and the pineapple juice into a sauce pan. Let come to the boil, add gelatine and stir until well dissolved. Add a pinch of salt.

When gelatine is cool stir in the following ingredients and put in a plain or border mold.

1 cup chopped pineapple;	1 cup blanched almonds chopped.
1 pint sweet pickles chopped;	

GREEN TOMATO MINCE.

8 pounds green tomatoes;	1 cup citron;
1 pound seeded raisins;	3 pounds light brown sugar;
1 pound currants;	1 cup chopped figs;
Piece of butter, (size of an egg);	1 tablespoon salt;
1 tablespoon cloves;	1 tablespoon pepper;
2 tablespoons cinnamon;	1 nutmeg;
Juice of 2 oranges and grated peel of one;	1 cup vinegar.

Mrs. Gates Albert.

Chop tomatoes fine and let stand half day with salt. Drain off the juice, add sugar and cook $\frac{1}{2}$ hour. Add currants and raisins before cooking.

Mrs. U. G. H. Miars.

CURRANT CONSERVE.

Juice of 2 oranges and the grated peel of 1, 2½ quarts ripe currants after they are stemmed, 5 pounds granulated sugar, 1½ pounds best seeded raisins. Let come to a boil slowly. Cook 10 minutes and seal. One-half cup chopped citron may be added before cooking.

WALDORF SALAD.

2 cups tart apples, chopped;	1 cup celery, chopped;
½ cup sweet pickles, chopped;	¾ cup sugar;
1 cup nuts;	Pinch of salt.

Blend all together and serve on a lettuce leaf. Put a tablespoon of salad dressing on top with an English walnut in the center. Use bright red unpeeled apples.

FRUIT SALAD.

Dice 3 oranges, 1 banana; 1 cup shredded pineapple, a few candied cherries, 1 cup white grapes cut into halves. Sprinkle 1 cup granulated sugar over top. Serve in sherbet glasses with a dessert-spoonful of whipped cream on top, and a candied cherry or English walnut in the center.

STRAWBERRY SALAD.

One quart dark red strawberries, washed before stemming. Drain well, add 1 cup fresh diced pineapple and 2 cups powdered sugar. Let stand on ice 1 hour. Put 1 dozen fresh marshmallows in warm water and wash off all starch, clip fine and mix with the fruit. Serve in sherbet glasses with a spoonful whipped cream on top, with a whole strawberry in the center.

CUPID'S SALAD.

4 large sweet oranges;	1 cup powdered sugar;
2 bananas;	1 cup marshmallows (clipped fine).
1 pint strawberries;	

Cut the oranges into halves, scoop out the pulp and shred. Cut the strawberries in halves, dice the bananas. Add the marshmallows and mix lightly with a fork, take a sharp knife or scissors and scallop orange bowls. Tie together in pairs with baby ribbon, to match the other decorations. When ready to serve fill with fruit and put a

spoonful of whipped cream on top with a strawberry in the center. Place on salad plates between each couple.

LETTUCE SALAD.

Shred lettuce fine. Put on a salad plate, put chopped apples in the center, sprinkle with a little sugar. Cover top with mayonnaise and chopped nuts.

Mrs. Will Sutton.

POND LILLY SALAD.

Arrange the dark outside lettuce leaves on individual plates. Slice a piece from the large ends of as many hard boiled eggs as required, so that they will stand on the lettuce. From the tip end downwards, with a sharp knife cut the white of each egg in points, as one would an orange skin, letting them fall apart like the petals of a lily. Remove and grate the hard yolks. Season with salt, pepper, a little mustard, and with salad spoon or fork mix in some salad dressing. Fill the center of each lily with the grated yolks, and from the center of each with a pointed spoon make several rays of mayonnaise dressing to simulate pollen.

MARSHMALLOW SALAD.

1 pound blanched almonds (or 1 dozen marshmallows;
English walnuts); 1 dozen candied cherries.
 $\frac{1}{2}$ dozen macaroons;

Clip all rather fine with scissors. Put in a vessel and set aside.

Dissolve 1 rounded tablespoonful granulated gelatine in $\frac{1}{4}$ cupful cold water. Add $\frac{1}{4}$ cupful boiling water and 1 cupful sugar.

Whip 1 pint of cream stiff, add gelatine mixture. Flavor with vanilla. Add the above mixture and beat all together thoroughly until well mixed. Set aside to cool. Cut in slices.

Lillian Redding.

CHERRY SALAD.

1 pound large California cherries; $\frac{1}{2}$ pound shelled hazelnuts or fil-
2 tablespoons Maraschino syrup; berts;
1 cup sugar; $\frac{1}{2}$ cup orange juice;
1 bottle of Maraschino cherries; 1 cup whipped cream.

Stone the cherries, replace each stone with a blanched nut. Put alternate layers of red and white cherries in sherbet glasses. Sprinkle

with powdered sugar, and cover top with whipped cream and half an English walnut.

PERFECTION SALAD.

1 envelope powdered gelatine;	1 cup finely chopped sweet pickles;
$\frac{1}{2}$ cup cold water;	1 lemon, juice of;
$\frac{1}{2}$ cup mild vinegar;	$\frac{1}{2}$ cup sugar;
1 pint boiling water;	1 cup celery chopped fine;
1 teaspoon salt;	$\frac{1}{4}$ can pimentos;
1 cup chopped nuts;	$\frac{1}{2}$ cup white grapes, cut in halves.

Soak gelatine in cold water for 10 minutes. Add vinegar, salt, lemon juice, and sugar, to the boiling water after the gelatine has been dissolved in it. When nearly cool add other ingredients, and pour in individual molds, or border mold.

EGG CUPS.

Hard boil as many eggs as are needed, cool in cold water until perfectly cold. Remove shells and cut a tiny slice off of each end. Cut the eggs in two sections, leaving the large end $\frac{1}{4}$ inch longer than the small one. Remove the yolks, add salt, pepper and minced ham or other meat, and blend all together with a little salad dressing. Fill the small end first, turn the filled end down on a plate and fill the large end, being careful to keep the outside free from the yolk. Run a toothpick through the center and put the tip ends together, making cups resembling small goblets. Stick a small sprig of parsley in the center of the top.

If you wish your eggs to peel nicely for egg cups, pond lily, or tulip salad, put to cook in boiling water, shake kettle constantly to prevent eggs from settling to one side.

TULIP SALAD.

Hard boil the eggs as above mentioned, fill a teacup half full of warm water, color with damask rose or any desired color. Peel egg and drop into the coloring. Dry on blotting paper, split the small end in fourths $\frac{2}{3}$ of the way down, take out yolk, mash fine, add enough salad dressing, to make it soft enough to run through a forcing bag. Fill, press edges together leaving a small opening at the top to resemble tulips as near as possible.

Fill a salad plate with shredded lettuce, making a small opening in the center into which stand the eggs.

Myrtle Ware.

SALAD DRESSING.

8 egg yolks; 1 cup cider vinegar;
1 heaping tablespoon corn starch; 1 cup water;
3 tablespoons sugar; 1 teaspoon salt;
1 tablespoon prepared mustard; $\frac{1}{4}$ cup butter.

Boil together all the ingredients except the corn starch and eggs. Beat eggs well. Dissolve cornstarch in $\frac{1}{2}$ cup rich milk, stir eggs, milk, and starch together. Pour the boiling liquid over the latter. Return to sauce pan and stir well until it simmers. Remove and beat until cold. Add 1 cup whipped cream. This makes 1 quart and will be enough for ordinary occasions. I always make this the day I make angel food or white cake, in order to save the yolks. This will keep one week in a cool place.

OIL SALAD DRESSING.

Two well beaten egg yolks, 5 tablespoons fresh olive oil, $\frac{1}{2}$ teaspoonful Coolman's mustard and enough sharp vinegar to suit the taste. Add alternately oil and vinegar, a few drops at a time beating well all the while. Add a pinch of salt the last thing.





SANDWICHES



BOILED HAM SANDWICHES.

Grind as much boiled ham as is needed, and an equal amount of hard boiled eggs. The eggs should be boiled one hour. Remove the yolks, rub them to a smooth paste with 1 tablespoon sweet cream or a little stock, add the ham, blend all together, and spread on the sandwiches. Place lettuce leaf between.

CHICKEN SANDWICHES.

Chop or grind cold boiled or roast chicken, 1 or 2 hard boiled eggs, $\frac{1}{2}$ cup finely ground celery or a little celery salt, blend together. Use enough cream or salad dressing to spread well, and a little ground parsley may be used if desired.

CHEESE AND PIMENTO SANDWICHES.

$1\frac{1}{2}$ pounds fresh cream cheese.

1 box pimentos.

A pinch of salt.

Grind the pimentos on middle sized plate of food chopper. Put on the fine plate and grind cheese. Add salt, mix and cream well with enough rich salad dressing to make the right consistency to spread. Add pimentos and barely mix through the cheese. Use nice home-made bread, cut thin. Cut in triangles or heart shapes. Spread $\frac{1}{2}$ sandwich with soft butter and the other with the above mixture. Press together. Wrap each one in waxed paper put into covered vessel until ready to use.

NASTURTIUM SANDWICHES.

Peel and grind $\frac{1}{2}$ dozen winnies. Use $\frac{1}{2}$ of the amount of ground cheese. Mix together. Use a spoonful of tomato catsup or salad dressing, or enough of boath to make it spread well. Salt to taste. Spread between slices of round cream bread slightly buttered. Lay nasturtium leaves between bread also.

BACON SANDWICHES.

Fry 1 dozen slices of nice lean bacon. Drain on wire rest. When cold grind rather coarse; grind 1 stalk of celery and 1 dozen stuffed olives and 3 hard boiled eggs. Mix all together, adding enough

mayonnaise to spread well. Put with a lettuce leaf between slices of bread.

SARDINE SANDWICHES.

One fifteen cent box of sardines, 2 hard boiled eggs, 1 medium sized dill pickle, 1 tablespoon prepared mustard or salad dressing. Mince the sardines and grind the eggs and pickle. Blend all together. Use a lettuce leaf.

TONGUE SANDWICHES.

Cut thin slices of cold boiled tongue. Use $\frac{1}{2}$ teaspoon celery salt and a little pepper. Spread on a little prepared mustard.

NUT SANDWICHES.

Use equal parts of ground cream cheese and finely chopped English walnuts or hickory nuts. Season with celery salt, and moisten with cold cream or salad dressing.

CLUB SANDWICH.

Toast a slice of bread and butter it. On one half put, first, a thin slice of bacon which has been broiled till dry and tender, next a slice of the white meat of either turkey or chicken. Over one half of this place a circle cut from a ripe tomato and over the other half a tender leaf of lettuce. Cover with a generous layer of Mayonnaise, and complete this delicious sandwich with the remaining piece of toast.

CRAB SANDWICH.

1 hard boiled egg run	1 tablespoon butter;
trough a sieve;	1 tablespoon lemon juice.
$\frac{1}{2}$ can deviled crab;	

Moisten the sifted yolk of egg with butter, add chopped crab, and lemon juice mixed to a paste. Spread it between thin slices of buttered bread, put two together, press with a bread knife, and cut into fingers, triangles, or any desired shape.

SALMON SANDWICHES.

1 can salmon;	2 tablespoons lemon juice;
Dash of paprika;	$\frac{1}{2}$ cupful boiled salad dressing;
2 tablespoons parsley;	$\frac{1}{2}$ teaspoonful salt.
6 hard boiled egg yolks;	

Drain the oil from salmon, remove all the skin and bones, and mash fish fine. Add eggs, press through potato ricer, then salt, lemon juice, chopped parsley, paprika, and salad dressing. Spread between slices of white or entire wheat bread.

MOCK CRAB SANDWICHES.

$\frac{1}{2}$ cupful grated cheese;	4 tablespoons creamed butter;
$\frac{1}{2}$ teaspoon salt;	$\frac{1}{2}$ teaspoon paprika;
$\frac{1}{2}$ teaspoon mustard;	1 teaspoon anchovy paste;
1 teaspoonful vinegar;	2 tablespoons chopped olives;

To cheese add butter, salt, paprika, mustard, paste, vinegar and chopped olives. Spread between rounds of white bread.

CHEESE AND OLIVE SANDWICHES.

Work a cream cheese until smooth and creamy; add half the quantity of olives finely chopped; moisten with mayonnaise dressing. The mixture may be slightly moistened with cream and seasoned with salt and cayenne. Spread between crackers.

WALNUT SANDWICHES.

Blanch and chop English walnuts. To each tablespoonful of nuts allow $\frac{1}{2}$ tablespoon cream cheese. Blend together and spread between thin slices of Graham bread.

EGG SANDWICH.

Four hard boiled eggs chopped very fine. Season with pepper and celery salt. Moisten with salad dressing.

PEANUT SANDWICHES.

1 fifteen cent can peanut butter;	1 cup ground figs;
1 cup ground raisins;	1 cup dates ground.

Mix all together and if too stiff to spread add a little currant or gooseberry jelly. Make sandwiches in the usual manner.

CHEESE BUTTER SANDWICHES.

$\frac{1}{2}$ cup butter;	1 teaspoon anchovy paste or sauce;
6 tablespoons dry, sharp-flavored cheese;	2 teaspoons Worcestershire sauce;
1 teaspoonful made mustard;	Slices of buttered bread.

Anchovy paste can be bought ready made.

Beat the butter to a cream, add the cheese (grated), the mustard, anchovy and Worcestershire sauce. Beat until well blended, and spread between slices of buttered bread.

COLD WELSH RAREBIT.

Makes fine filling for sandwiches.

DRIED BEEF SANDWICHES.

Make the same as bacon sandwiches using finely ground dried beef instead of bacon.

PINEAPPLE SANDWICHES.

Cut a small sponge cake in slices, spread them with grated pineapple and whipped cream over which a very little sugar is sifted. Press the two slices together. Sun made red raspberry jam may be used instead of the pineapple. Serve with ice cream.

ANGEL SANDWICHES.

Cut thin slices of angel-food cake. Spread one-half of sandwich with thick whipped cream and the other with sun-made strawberry jam. Serve with pineapple sherbet.

CHOCOLATE SANDWICHES.

Melt 2 squares grated bitter chocolate, add 2 tablespoons of cream, stir to a smooth paste, and add enough powdered sugar to make the right consistency to spread. Spread on thin slices of Madeira cake, or sun-shine wafers.

LOVERS' DELIGHT.

Place a slice of canned pineapple on a small plate; cover it with a slice of ice cream half an inch thick and over it put another slice of the fruit. Decorate each cake with a bit of stiffly whipped cream and place a cherry in the center of it. If desired, the pineapple slices and the ice cream may be cut into heart shapes with a tin cutter before they are put together.



PUDDINGS AND SAUCES



SUET PUDDING.

- | | |
|--------------------------------|--------------------------------|
| 1 cup suet chopped fine; | 1 teaspoon salt (scant); |
| 1 cup molasses; | $\frac{1}{2}$ teaspoon ginger; |
| $\frac{1}{2}$ cup brown sugar; | $\frac{1}{2}$ teaspoon cloves; |
| 1 cup milk; | $\frac{1}{2}$ teaspoon spice; |
| 3 cups flour; | $\frac{1}{2}$ nutmeg; |
| 1 teaspoon soda; | 1 teaspoon cinnamon; |
| 1 cup raisins; | 1 cup of figs or dates. |

Steam $1\frac{1}{2}$ hours and serve with Foamy Sauce.

Foamy Sauce.

One pint new milk, $\frac{1}{4}$ cup butter, and 1 cup sugar boiled together. Pour over 2 well beaten yolks and 1 tablespoon corn starch dissolved in $\frac{1}{2}$ cup cold milk beaten with the egg. Return to the fire, and cook slowly, stirring well until it thickens. Then beat the whites stiff and pour the custard over them, beating well. Flavor with lemon and vanilla.

ADMIRAL DEWEY PUDDING.

- | | |
|------------------------------|------------------------------|
| 1 pint toasted bread crumbs; | $\frac{1}{2}$ cup figs; |
| 1 cup milk; | 1 cup flour; |
| 1 cup brown sugar; | 1 teaspoon cinnamon; |
| 3 well beaten eggs; | $\frac{1}{2}$ nutmeg; |
| 1 cup suet; | $\frac{1}{2}$ teaspoon salt; |
| 1 cup raisins; | 1 scant teaspoon soda; |
| 1 cup soft prunes; | $\frac{1}{2}$ cup nut meats. |

Soak prunes $\frac{1}{2}$ hour in warm water, dry and chop fine. Mix all together, and steam $1\frac{1}{2}$ hours.

PLUM PUDDING.

- | | |
|---------------------------|------------------------------|
| $1\frac{1}{2}$ cups suet; | 2 cups raisins; |
| 1 cup brown sugar; | 1 cup molasses; |
| 1 cup sweet milk; | $\frac{1}{4}$ teaspoon salt; |
| 1 teaspoon soda; | Juice and rind of 1 orange; |
| 1 tablespoon hot water; | $\frac{1}{2}$ nutmeg; |
| 1 teaspoon cinnamon; | 5 cups flour; |
| 1 cup currants; | 1 cup chopped almonds. |

Mix together fruit, suet, molasses, add sugar, salt and spices, then the orange, mix soda and hot water, add to milk, then add the milk and flour to the mixture. Divide into five one-pound baking powder cans, cover closely and steam four hours. Will keep indefinitely. When ready for use, steam until very hot. This pudding is nice steamed in a round cream bread pan. Also

Sauce for Plum Pudding.

Beat one cupful of butter to a cream. Add sugar gradually, two cupfuls in all, beating until very light. Add the whites of two eggs beaten to a stiff, dry foam, arrange on a flat glass dish and grate a little nutmeg over it.

FIG PUDDING.

1 pound figs, cut fine;	3 eggs;
1 cup milk;	1 cup chopped suet;
$\frac{1}{2}$ cup molasses;	1 teaspoon soda;
$\frac{1}{4}$ teaspoon nutmeg;	$\frac{1}{3}$ teaspoon salt;
1 teaspoon cinnamon;	4 cups flour.
1 cup brown sugar;	

Mix figs, suet and molasses, add spices and salt. dissolve soda in one spoonful of hot water and add to milk; then add milk and flour to the first mixture, then the eggs well beaten. Divide into four one-pound baking powder cans, cover with closely fitting lids, and steam three hours. Serve very hot with Foamy Sauce. Fig puddings can be kept indefinitely, and can be reheated in twenty minutes if sliced while cold and then steamed.

HUCKLEBERRY PUDDING.

Make a batter same as for rhubarb pudding. Stir one quart cleaned and washed huckleberries through the dough. Put into buttered pan and steam one hour. Serve with lemon sauce.

HONEY-COMB PUDDING.

1 cup buttermilk;	$\frac{1}{2}$ cup finely chopped suet;
$\frac{1}{2}$ cup sugar;	1 well beaten egg;
$\frac{1}{2}$ cup molasses;	1 cup raisins;
2 cups flour;	1 teaspoon soda;
$\frac{1}{2}$ teaspoon cinnamon;	Little nutmeg.

Salt to taste, steam 1 hour and serve with vanilla sauce.

GRAPE-NUT PUDDING.

1 cup grape nuts;	1 cup brown sugar;
1 pint new milk;	1 cup raisins;
1 tablespoon butter;	$\frac{1}{2}$ cup nuts;
$1\frac{1}{2}$ liberal cups flour;	$\frac{1}{2}$ teaspoon soda;
2 whole eggs;	1 teaspoon baking powder;
Pinch of salt;	Flavor with vanilla.

Boil 1 cup of milk, pour over grape nuts. Add butter, let stand till cool. Add the remaining cup of milk. Beat the egg yolks and sugar. Add to other ingredients. Sift soda and baking powder in the flour, and stir into mixture. Lastly, fold in well beaten whites of eggs and bake or steam. Serve with carmel sauce.

Mrs. Willard Rauch.

DATE PUDDING. No. 1.

3 well beaten eggs;	1 cup English walnuts;
1 cup sugar;	1 cup dates chopped fine;
2 tablespoons flour;	1 scant teaspoon baking powder.

Dredge nuts and dates with 1 spoon flour, add the baking powder, and mix all together. Bake 20 to 30 minutes. Flavor with lemon, serve with whipped cream flavored with vanilla.

DATE PUDDING. No. 2.

$\frac{1}{2}$ pound stoned dates;	$\frac{1}{3}$ teaspoon salt;
$\frac{1}{4}$ pound beef suet;	1 teaspoon baking powder;
1 cup flour;	1 cup bread crumbs;
$\frac{3}{4}$ cup sugar;	2 eggs;
1 teaspoon ground ginger;	$\frac{2}{3}$ cup milk.
1 teaspoon ground cinnamon;	

Chop the dates and suet finely or run them through a meat chopper. Add all the ingredients and moisten with the eggs and milk. Turn into greased molds and steam; if in one large mold, four hours; if in small molds, two hours.

PRUNE PUDDING.

Stone and mince 1 pound of stewed prunes. Beat stiff the whites of four eggs, add three tablespoons of sugar, a small portion at a time to the eggs, whip the prunes in, small portions at a time, mix thoroughly, put in baking-pan, bake twenty-minutes. Cover the top

for ten minutes, take off, cool and serve with whipped cream with any flavoring desired. Bake in a moderate oven.

BAKED CUSTARD.

1 pint rich milk;	3 well beaten eggs;
$\frac{3}{4}$ cup sugar;	A little nutmeg.

Stir all together, pour in a pan and place in a larger pan with enough water to reach half way up the pan. Bake in slow oven until it will cut with a knife, but do not let boil or it will be watery. Flavor with nutmeg. It is best cooked in a fireless cooker.

Eliza Buckland.

CARMEL PUDDING.

1 cup soft white sugar;	1 pint milk;
1 egg;	1 tablespoon butter;
2 tablespoons cornstarch;	1 cup sugar;
$\frac{1}{4}$ teaspoon salt;	$\frac{1}{2}$ teaspoon vanilla extract.

Pour sugar into a frying pan and melt, shaking the pan and stirring constantly so that it will not burn. Heat the milk and blend it with the sugar. Add the corn starch, and egg, let simmer and pour into mold and serve with cold cream. Flavor with with vanilla.

Olive Gill.

CHOCOLATE TAPIOCA PUDDING.

1 cup pearl tapioca;	Yolks of two eggs;
1 quart of new milk;	1 cup sugar
$\frac{1}{4}$ cup butter; ($\frac{1}{2}$ cup Bakers cocoa;	$\frac{1}{2}$ teaspoon vanilla.

Wash tapioca in cold water, drain well, soak several hours in 1 pint of the milk. Pour the remaining pint of the milk into a half gallon crock, add sugar, butter and a pinch of salt. Let come to the boil, drop in the soaked tapioca. Set where it will keep hot for 15 minutes. Then let come to the boil, beat the egg yolks well, add 1 tablespoon cream or milk, beat together. Stirring well remove from fire and cover for a few minutes. The heat of the tapioca will cook the yolks, put in large mold or fill sherbet glasses nearly full. Set away to cool. When ready to serve heap with sweetened whipped cream flavored with vanilla. Sprinkle chopped nuts over the top.

This makes a delicious as well as an attractive dish. The cocoa should be sifted with the sugar before pouring it into the milk.

Mrs. H. F. Emick.

TAPIOCA CUSTARD PUDDING.

One quart scalded milk, 1 cup tapioca, 1 cup sugar, 3 eggs, $\frac{1}{2}$ teaspoon salt, 1 tablespoon butter. Soak tapioca one hour in cold water to cover, drain, add to milk, and cook in double boiler until transparent; beat eggs slightly, add sugar and salt, pour on gradually the hot mixture, turn into a buttered dish, add butter, and bake thirty minutes in a slow oven.

COCOANUT PUDDING.

3 cups new milk;	1 cup of sugar;
1 cup of separated cream;	A pinch of salt.
1 fresh cocoanut, ground fine;	Flavor with lemon or orange.
1 envelope of gelatine;	

Soak the gelatine in $\frac{1}{2}$ cup of cold milk 10 minutes, put the remaining milk into a sauce pan. When scalding hot stir in the gelatine and when dissolved, add the sugar and flavoring. Cool and when it begins to set beat in the cream which has been well whipped, sprinkle cocoa-nut in lightly while beating, set on ice to harden. Serve in desert dishes with a few whole strawberries on top or dot with sun made strawberry or raspberry jam, or serve plain.

4-12-12.

SURPRISE PUDDING.

1 cup light brown sugar;	1 cup raisins;
1 cup sweet milk;	1 tablespoon butter;
1 heaping cup flour;	1 teaspoon soda;
1 cup figs;	Flavor with lemon and vanilla.
1 teaspoon soda;	

Steam 1 hour and serve hot with carmel sauce.

Mrs. Harmon Barber, Muncie, Indiana.

PRUNE WHIP.

1 $\frac{1}{2}$ pounds prunes;	3 egg whites;
1 cup nut meats;	1 cup sugar.

Cook prunes until tender, cool and remove pits. Cut into small bits. Add nuts and fold in well beaten egg whites. Bake until eggs set. Serve cold with whipped cream.

BREAD AND BUTTER PUDDING.

Butter thin slices of light bread. Place in pan and pour custard over it made the same as baked custard. Grate a little nutmeg on top and bake a light brown. Do not have oven too hot. A cup of nuts may be added if desired.

Mary Parker Pond.

CHOCOLATE BREAD PUDDING.

The plain bread puddings may be improved by adding raisins, nuts, dates, or chocolate; this chocolate bread pudding is especially appetizing.

Two cupfuls of scalded milk, one-quarter cupful of sugar, 1 egg one-eighth teaspoon salt, one-half teaspoonful of vanilla, one cupful of bread crumbs, three-quarters square of chocolate and one-half cupful of broken nut meat.

Soak Bread crumbs in milk half an hour. Melt chocolate over hot water, add half of the sugar to the chocolate, also enough milk to pour. Add to crumbs and milk, salt, vanilla and eggs slightly beaten. Nuts may be used if one wishes. Serve hot with sauce or whipped cream.

RHUBARB PUDDING.

One and one-half cups thick sour cream; $\frac{1}{2}$ cup sugar; 1 egg; $\frac{1}{2}$ teaspoon soda; 2 cups flour; salt to taste. Stir up the batter as one would for drop dumplings. Spread half the batter in pan, put in 1 pint finely chopped rhubarb, press down into dough with $\frac{1}{2}$ cup sugar and 1 tablespoon flour mixed. Spread on the remaining dough and steam or bake in stove or fireless cooker. The latter is preferable. Serve with sweetened cream.

Mrs. Rufus Redding.

FLOAT.

1 quart new milk;
6 egg whites;

1 heaping cup sugar;
6 egg yolks.

Put milk in a large flat pan or sauce pan while it is coming to the boil. Whip the whites stiff, when boiling well drop the whites on in spoonfuls. When they puff up turn and cook on the other side. Take up on a platter, drain milk back in the sauce pan, beat yolks and sugar together. Add 1 tablespoon milk to them, beat again, stir into boiling milk until it thickens, but do not let boil or it will curdle.

Flavor and pour in large fruit or pudding dish. Put the whites on top and sprinkle with sugar.

COFFEE CREAM.

3 eggs; $\frac{2}{3}$ cup strong coffee;
 $1\frac{1}{2}$ cups milk; $\frac{1}{2}$ cup sugar;
 1 tablespoon granulated gelatine; 1 cup whipped cream.

Make a custard by cooking the eggs and milk in a double boiler till they coat the back of a spoon and stir while the mixture is cooking. Soak the gelatine in the coffee for ten minutes, and add to the custard which should be hot enough to dissolve the gelatine. Put in the sugar and stand the mixture aside to cool while the cream is being whipped; add the cream when the first mixture is nearly cold, stir in thoroughly and turn into a wet mould. Chill before serving.

PINEAPPLE TRIFLE.

1 envelope Plymouth Rock
 gelatine (soaked in) $\frac{1}{2}$
 cup cold water, fifteen
 minutes;
 1 cup pineapple juice;
 Juice and grated peel of one orange.

1 cup granulated sugar;
 1 cup separated cream, before it is
 whipped;
 1 cup boiling water;
 Juice of $\frac{1}{2}$ lemon.

One can of shredded pineapple with all the juice pressed out and reserved as above mentioned. Pour the boiling water over the soaked gelatine and heat; stir until dissolved. Put in sugar, and stir well, add all the other ingredients except the cream, blend together, set in a cool place until it begins to congeal. Whip the cream (which must be ice cold) and beat it into the gelatine mixture until light. Set in a refrigerator to harden. Serve in sherbet glasses with chopped nuts over the top.

JELLY CREAM.

Beat the white of an egg stiff; then beat into it one teaspoonful of sugar and one tablespoon of nicely flavored fruit jelly. Put into a wine-glass and garnish with sweetened whipped cream.

CHERRY PUFFS.

2 cups flour;
 1 egg (or none);
 1 cup milk;

4 level teaspoons baking powder;
 $\frac{1}{2}$ teaspoon salt;

Drop batter into cups with layer of cherries, then a layer of batter, and so on until cups are full. This will make ten or twelve cups. Steam twenty to thirty minutes. Serve with cream.

Lillian Redding.

CURRANT PUFFS.

Make a batter same as for rhubarb pudding. Make alternate layers of dough and fresh ripe currants crushed with a little sugar. Bake in ramequins or pudding dish. Serve with sweetened cream or foamy sauce.

Cherries or any preferred fruit may be used in the same manner.

PINEAPPLE PUDDING.

1 cup tapioca;	1 pint can pineapple and juice;
1 lemon, juice of;	1 orange peel and juice;
1½ cups sugar;	2 egg whites.

Soak tapioca over night or half day, in 1 cup cold water or more. Drain off water and stir it into 1 cup of boiling water with the other ingredients. Cook slowly until almost clear. Have ready the well beaten whites. Remove from fire and fold in whites. Cool on ice and serve with whipped cream.

RICE PUDDING.

½ cup uncooked rice;	1 heaping cup sugar;
1 quart new milk;	2 eggs well beaten;
1 tablespoon melted butter;	Nutmeg and salt to taste.

Mix all together and pour in pan and bake in slow oven, until rice is tender and the milk boiled down, to right consistency. The rice must be stirred often for 20 minutes.

Mrs. Lizzie Andrew.

RICE A LA CREME.

One cupful of rice, half a heaping tablespoonful of powdered gelatine, four tablespoons of boiling water, two cupfuls of milk, three tablespoons of sugar, one teaspoon of vanilla extract, half a cupful of whipped cream or whites of 2 eggs beaten. Wash the rice in several waters and boil it quickly in boiling water for five minutes. Drain, add the milk and cook slowly until the rice is tender and the milk absorbed. Dissolve the gelatine with the boiling water and add it to the rice with the sugar. When cool fold in the whipped cream and

vanilla, pour into a wet mold and leave in a cool place until firm. Turn out and serve with any kind of cold stewed fruit.

ANGEL PUDDING.

1 rounding tablespoonful of gelatine;	1 cup granulated sugar;
$\frac{1}{2}$ cup cold water;	Pinch of salt;
4 whites of eggs;	Flavor with lemon and vanilla.

Soak gelatine 5 minutes in $\frac{1}{2}$ cup cold water, then set in a pan of boiling water and stir until all is dissolved. Pour in $\frac{1}{2}$ cup more of cold water, stir together. Set aside to cool until you beat the whites of eggs stiff, then pour gelatine, before it begins to congeal, over the whites, beating rapidly until blended. Add sugar slowly and beat until almost ready to set. Pour half in pan, sprinkle with blanched almonds or other nuts, color the remaining half pink and pour over the white, spread smooth and set on ice. Serve in slices like brick ice cream. Nice served with crushed strawberries or slice of ice cream on top. Serve angel drop cakes with it.

Aimee Ware.

SPANISH CREAM PUDDING.

1 envelope gelatine;	$1\frac{1}{4}$ cups granulated sugar;
3 eggs;	Flavor with vanilla.
1 quart new milk;	

Soak gelatine in 1 cup cold milk, put three cups milk in stew kettle, let come to a boil slowly, pour over the well beaten egg yolks and $\frac{1}{2}$ cup of the sugar. Return to fire, cook until the yolks thicken. Pour over the well beaten whites, with remainder of sugar, beaten into them, mold in pudding mould with cherries and nuts sprinkled in the bottom. When cold a dainty jelly will form in the bottom with custard on top.

TAPIOCA AND GRAPE JUICE PUDDING.

One and one-half cups grape juice; $\frac{1}{2}$ cup water; $1\frac{1}{2}$ cups of sugar; $\frac{1}{4}$ cup minute tapioca; pinch of salt; stiffly beaten whites of 3 eggs; juice of 2 lemons.

Soak the tapioca for 15 minutes in the $\frac{1}{2}$ cup of water. Put in a double boiler and add the sugar. When hot add the grape juice. Cook until the tapioca is transparent. Then add the lemon juice and salt. Lastly fold in the beaten whites of the eggs. Serve either hot or cold with whipped cream.

ORANGE PUDDING

2 large oranges and grated peel; 2 cups sugar;
1 lemon, juice of; 1 tablespoon butter;
1 quart boiling water; 4 tablespoons corn starch.
3 eggs;

Put water, butter and sugar in sauce pan and when boiling hard add the corn starch dissolved in the orange juice and the yolks of eggs well beaten. Pour into sauce pan and stir well until boiling point is reached. Pour into a pudding mould and spread the well beaten whites with $\frac{1}{2}$ cup powdered sugar beaten in and put in oven until light brown.

ORANGE BASKETS.

Cut out a piece from each side of the orange, leaving a strip to serve for handle over the top, take out the pulp, and mix with chopped pineapple and nuts, also candied cherries. Fill the shells and put on spoonful of whipped cream. Pierce a hole through the handle and run stems of a few violets through them, also sprinkle a few violets over the plate.

APPLE DUMPLINGS.

After tart apples have been pared, cut into halves and cored fill each cavity with a stiff cream made by rubbing butter and sugar together; put two halves together, cover with rich biscuit dough and bake. Serve with vanilla sauce.

BROWN BETTY.

Put a layer of bread crumbs into a well buttered baking dish; on the crumbs small bits of butter; next a layer of apples, cored and sliced; with sugar and nutmeg or cinnamon. Repeat this until the dish is full. Add one-half cup of water; bake in a moderate oven. Serve with hard sauce.

QUINCE PUDDING.

2 cups flour; 1 egg;
 $\frac{1}{2}$ teaspoon salt; $1\frac{1}{3}$ cups milk;
2 teaspoons baking powder; 2 tablespoons melted butter.
1 cup quince honey;

Sift together the flour, salt and baking powder. Beat the egg. add to the milk and melted butter and mix these with the dry in-

redients to form a stiff batter. When well mixed add the quince honey and beat well. Turn into greased baking pan and bake in a moderate oven about half an hour. Cut in squares, and serve with sweetened whipped cream.

PLUM PUDDING WITH CHOCOLATE.

1 envelope of gelatine;	1 cup seeded raisins;
$\frac{1}{2}$ cup cold water;	1 cup nuts chopped;
$1\frac{1}{2}$ cups of new milk;	1 cup figs chopped;
1 cup of separated cream;	$\frac{1}{2}$ cup cocoa;
$\frac{1}{2}$ teaspoon of vanilla;	Pinch of salt.
1 cup of sugar;	

Soak the gelatine 10 minutes in the cold water. Put the milk in a double boiler. When it is scalding hot pour into it the gelatine. Stir until well dissolved. Then add the sugar and cocoa which have been sifted together. Add all the other ingredients except the cream. When cool whip the cream stiff and fold it into the mixture. Pour into a pudding mold and set on ice to harden. It should stand over night in hot weather.

ANGEL CHARLOTTE RUSSE.

$1\frac{1}{2}$ cups of sugar;	1 envelope of gelatine;
1 pint of cream;	$\frac{1}{2}$ doz. stale macaroons, rolled;
before it is whipped;	1 doz. marshmallows, cut fine;
$\frac{1}{2}$ teaspoon of vanilla;	$\frac{1}{2}$ cup candied cherries;
$\frac{1}{3}$ cup cold water;	$\frac{1}{4}$ lb. blanched almonds, chopped;
$\frac{1}{2}$ cup boiling water;	A pinch of salt.

Soak the gelatine in the cold water 10 minutes, dissolve it in the boiling water. Add the sugar and stir well. When nearly cold add all the ingredients, except the cream which should be whipped stiff and folded in just before the mixture begins to set. Pour into a border mold lined with lady-fingers, set on ice to harden. Do not unmold until ready to serve.





SAUCES FOR PUDDINGS



BRANDY SAUCE, COLD.

Two cupfuls of powdered sugar, half a cupful of butter, one wine-glassful of brandy, cinnamon and nutmeg, a teaspoonful of each. Warm the butter slightly, and work it to a light cream with the sugar, then add the brandy and spices; beat it hard and set aside until wanted. Should be put into a mould to look nicely, and serve on a flat dish.

BRANDY OR WINE SAUCE NO. 1.

Into one cup of boiling water put 1 cup of sugar, a piece of butter as large as an egg and boil a moment. Dissolve 1 heaping teaspoonful of corn starch in warm water, stir into the above. Add $\frac{1}{2}$ cup raisins and boil 5 minutes. When cool stir in $\frac{1}{4}$ cupful of brandy or wine.

RICH WINE SAUCE. No. 2.

One cupful of butter, 2 of powdered sugar, $\frac{1}{2}$ cupful of wine. Beat the butter to a cream. Add the sugar gradually, and when very light add a little at a time the wine, which has been made hot and a teaspoonful of grated nutmeg. Place the bowl in a basin of hot water, and stir for two minutes. The sauce should be smooth and foamy.

BRANDY OR WINE SAUCE No. 3.

Take one cupful of butter, two of powdered sugar, the whites of two eggs, five teaspoonfuls of sherry wine or brandy, and a quarter of a cupful of boiling water. Beat butter and sugar to a cream, add the whites of the eggs well beaten, and then the wine or brandy. Place the bowl in hot water and stir until smooth and frothy.

ROSE BRANDY.

Gather the leaves of roses while the dew is on them, put them into a wide-mouthed bottle, and when the bottle is full, pour in the best of fourth proof French brandy.

It will be fit for use in three or four weeks, and may be fre-

quently replenished. It is sometimes considered preferable to wine as a flavoring to pastries and pudding sauces.

SAUCE FOR PLUM-PUDDING.

Cream together a cupful of sugar and half a cupful of butter; when light and creamy, add the well beaten yolks of four eggs. Stir into this 1 large cupful of hot cream or rich milk, set this into a pan of hot water, stir well until it thickens like cream, but do not let it boil. Stir into this one wine-glass of brandy or wine, and a pinch of salt. Beat well. Serve warm.

LEMON BRANDY.

When you use lemons for punch or lemonade, do not throw away the peels, but cut them in small pieces—the thin yellow outside (the thick part is not good), and put them in a glass jar or bottle of brandy. You will find this brandy useful for many purposes.

ORANGE BRANDY.

Make the same as lemon using only the thin outer peel of orange.

LEMON SYRUP.

Take the juice of twelve lemons; grate the rind of three lemons and three oranges, let it stand over night; take six pounds of white sugar, and make a thick syrup. When it is quite cool, strain the juice into it, and squeeze as much oil from the grated rind as will suit the taste. For future use put in securely corked bottles. A tablespoonful in a goblet of water will make a delicious drink on a hot day.

RASPBERRY SAUCE. (FOR PUDDINGS AND SPONGE CAKE.)

1 cup red raspberries;	White of 1 egg;
$\frac{3}{4}$ cup pulverized sugar;	$\frac{1}{2}$ cup separated cream.

Whip the egg to a stiff froth, add sugar and whip again, beat cream with a Dover egg beater until stiff. Whip the two together. Add the berries crushed and whip again. Strawberries or peaches may be used in the same manner. Nice for sponge cakes or short-cakes.

LEMON SAUCE—FOR APPLE DUMPLINGS.

1 pint boiling water;	lemon;
$\frac{1}{2}$ cup butter;	2 cups sugar;
2 lemons, juice of;	1 heaping tablespoon corn starch.
1 egg yolk and grated peel of	

Boil all together and pour over dumplings when half done, if this does not make enough sauce for a large family, more water and corn starch may be added.

LEMON SAUCE.

1½ cups boiling water; Juice and grated peel of 1 orange;
1 tablespoon vinegar; 1½ cups sugar;
Juice of 1 lemon, and grated rind; 1 tablespoon butter;
1 dessert-spoon corn starch; 1 egg yolk.

Boil the water, vinegar, butter and sugar. Beat the egg yolks well, add a teaspoonful of water and the lemon juice to the well-dissolved cornstarch. Mix with the eggs. Pour the boiling liquid over them, return to sauce pan and let come to the boil, stirring constantly.

VANILLA SAUCE.

1½ cups light brown sugar, and ½ cup butter creamed well together; add 2 level tablespoons of corn starch or flour, beat well and pour over 1 pint boiling water. Return to stove and let boil. Serve hot, and flavor with vanilla and lemon.

CARMEL SAUCE.

1½ cups light brown sugar. Dry melt in a pan, add 1½ cups boiling water, ½ cup butter and a liberal pinch of salt. Dissolve 1 tablespoon corn starch in ¼ cup cold water, add to the syrup and stir well until done. Serve hot.





YEAST BREADS



Good bread is the staff of life and no pains should be spared in making it. Good fresh yeast and first-class spring and winter wheat flour, blended equally, produce best results.

Bread should never be set to rise on chairs or any other low place. Make a box 3 feet long, 1 foot deep and 1 foot wide. Nail the bottom of it to the wall, at one side or behind the stove, a little higher than the head. It should be supported with 2 brackets. Have a door hinged at the top or hang a curtain to it. This makes an ideal place for bread to rise.

Salt rising bread requires a higher and steadier temperature than yeast bread. A nice way is to put it in the warming closet or the range in a pint can. Set in warm water, cover well and set a lamp under it, turned high enough to make the water warm enough to bear the finger in comfortably, or hang on a door knob (or some other convenient place in the same manner), placing a lamp under it. An electric pad turned at low heat is nice for raising it after it is in the pans.

Never use old wilted potatoes for yeast. New ones grated are much better. Potatoes should be cooked one baking, and grated the next, for best results. Some people have a wrong idea when they think bread cannot be made from new potatoes, for they are preferable to old ones.

DRY YEAST.

Put 1 cup of fresh hops and 6 cups boiling water in a granite stew kettle, steep for 15 minutes and strain, return to kettle and cook with it 6 medium sized potatoes. When done mash into a gallon crock, add 1 cup flour and pour the boiling hop and potato water over it. Beat well until cool. Add 1 cup dry yeast well soaked (or 2 cakes yeast foam) $\frac{2}{3}$ cup sugar and 1 tablespoonful of salt. Set in a warm place to rise, stirring down each time it is light, until evening. Then add $\frac{1}{2}$ cup salt and enough white corn meal to make a batter as thick as for corn bread. Let set until the next noon, stir in enough meal to make coarse rivels, which dry more quickly

The old fashioned, dry yeast is fine if made right, but with the present high price of corn meal, it is cheaper to buy it ready made. Compressed yeast is hard to buy fresh. I have better success with "Yeast Foam." One-half cup of dry yeast is equal to 1 cake of yeast foam.

than cakes. Lay a thin cloth on a window screen and put it where the wind will blow over it, but do not put it in the hot sun or let it freeze, as either is fatal to the yeast germ. One tablespoonful of ginger makes it livelier.

My Mother's Recipe.

TO START BEER YEAST.

1 pint mashed potatoes;	2 tablespoons sugar;
1 quart boiling water;	2 tablespoons flour.
1 tablespoon salt;	

At noon cook enough potatoes to make 1 pint after they are mashed, put 2 tablespoons flour into a $\frac{1}{2}$ gallon crock. Moisten with 1 spoon warm water, add the hot mashed potatoes, pour over all 1 quart boiling water and set on the back of the stove until the flour is well scalded. Remove from the fire and cool until a little more than milk warm. Stir in 1 cake yeast foam, which has been previously soaked 1 hour in $\frac{1}{2}$ cup warm water, and 2 tablespoons sugar. Stir well, cover and set in a warm place to rise until bed time. Then add the salt and stir well. If the salt is added in the beginning it will check fermentation, but should be added before retiring to prevent the yeast from getting sour. Leave a crack at one side of the lid to let the gases escape, which prevents it from getting sour. Sugar should never be put in while mixture is hot, as heat kills the germ which aids fermentation.

WHITE BREAD FROM BEER YEAST. No. 1.

2 potatoes the size of large egg	2 tablespoons sugar;
after they are peeled;	2 tablespoons flour;
1 quart boiling water;	1 tablespoon salt.

Put the flour into a gallon crock or granite pan, moisten with warm water, grate the raw potatoes onto it very quickly, to prevent them from turning dark. Stir well and add the boiling water, set on back of stove until it simmers, remove and heat until milk warm. Then add the sugar, salt and beer, which was made the previous day. Stir all together (reserve a quart can full for the next baking) add 1 pint of warm water and thicken to about the consistency of pancake batter. Set in a warm place for about one hour, or until light, then take equal parts of Winter and Spring wheat flour, which should be warmed slightly, add a lump of lard the size of a hen egg, a pinch of soda and 2 more teaspoons salt. Mix to a medium stiff dough, take out on a bread board, knead lightly and quickly for

10 or 15 minutes, or until it is smooth and firm and will not stick to the hands. Put into a greased, tall vessel, double its bulk. Let rise until nearly full. Knead slightly, using as little flour as possible, put back in the vessel and let rise double its bulk this time. Knead into loaves, put into small pans and let double their bulk, bake 1 hour or more, with a temperature a little higher than for Angel-food or according to the kind of a thermometer used, as different makes vary a little. This temperature applies to the old style Home Pride range. When putting dough to rise, always grease the top slightly with melted lard to prevent a crust forming on the top and cover with waxed paper. When done grease with fresh butter and leave uncovered until cold.

This recipe is for large families. The beer should be used two or three times a week to prevent the germ from dying. It can be kept lively by adding 1 teaspoon sugar to the yeast each morning for the germ to feed upon. When a larger quantity is desired the recipe may be enlarged.

I always set this in the morning at 6 o'clock and have my bread done in five or six hours. Never set it over night or add raw flour to the beer. It is always best to add a pinch of soda to all yeast bread when ready to mix. This keeps it sweet.

YEAST BREAD FOR SMALL FAMILIES.

1 cup mashed potatoes;	2 tablespoons sugar;
1 pint boiling water;	2 tablespoons flour;
1 cake yeast foam;	1 tablespoon salt.

Put the flour into a $\frac{1}{2}$ gallon crock and add enough warm water to make a thin paste. Run the hot potatoes through a potato ricer onto the paste (which makes about 1 cup full) Beat together then add the boiling water, stir well, set on the stove a moment to simmer, cool until tepid. Add the yeast foam which has been previously soaked 1 hour in $\frac{1}{2}$ cup of warm water and the sugar. (This should be prepared during the evening meal.) Cover and set in a warm place to rise. If light at bed time, add the salt, stir well, and let stand until morning. Then scald two more tablespoons of flour with 1 pint boiling water and beat until free from lumps. If the yeast set the evening before has become very cold, it should be poured into the above mixture while it is warm enough to hold the fingers in comfortably. Add 2 spoons of sugar and 1 of salt, stir again. This makes the entire mixture about milk warm. Add enough flour to make a sponge about the same consistency as for bread No. 1. let rise until light. Then mix and knead. Bake in the same manner

as bread No. 1. I use this method when baking only once a week, it will make 4 or 5 medium sized loaves. Before mixing the dough add 1 or 2 cups of warm water to make the desired amount of bread.

CREAM BREAD.

Make yeast in the evening same as for bread No. 2. In the morning scald 1 pint new milk pour over 2 tablespoons flour. Beat until free from lumps, when a little warmer than milk warm add 2 tablespoons of sugar and 1 of salt. Stir in enough winter wheat flour to make a soft batter. When light add 1 cup warm water, mix, let rise, and bake in same manner as for bread No. 2.

Parker House rolls may be made from this same dough. Add a pinch of soda dissolved in a tablespoonful of warm water before mixing. Use winter and spring-wheat flour in equal parts.

GRAHAM BREAD.

Set yeast in the evening and make a sponge the following morning just as you would for bread No. 2, only using brown sugar instead of white, and $\frac{1}{2}$ teaspoonful soda, the other ingredients remaining the same. Sift the flour and warm it a trifle. Mix a little softer than No. 2. Let double its bulk only once before making into loaves as it contains less starch and is apt to fall if it becomes too light. Bake in the usual way.

WHOLE-WHEAT BREAD.

May be made the same as graham bread, using whole wheat flour instead of graham.

RYE BREAD.

Make yeast same as bread No. 2, using 1 tablespoonful of sugar and 1 of molasses, $\frac{1}{2}$ teaspoonful of soda. Use 1 part winter wheat and 2 parts rye flour. Make into long slim loaves and gash across the top slightly before baking. Use enough warm water to make the desired amount of dough. Mix a little stiffer than other breads.

Flavor with caraway seeds or extract.

BOSTON BROWN BREAD.

1 cup rye flour;	$\frac{1}{2}$ cup brown sugar;
2 cups graham flour sifted;	2 cups butter milk;
1 cup corn meal;	$1\frac{1}{2}$ teaspoons soda;
2 eggs well beaten;	1 scant teaspoon salt;
$\frac{1}{2}$ cup soft butter;	A little nutmeg.
$\frac{1}{3}$ cup Dove brand molasses;	Caraway seeds or not.

1 cup raisins or figs and $\frac{1}{2}$ cup nuts chopped improves it. The soda should be added to the last cup of flour. Steam for $1\frac{1}{2}$ hours.

SALT RISING BREAD.

1 tablespoonful white corn meal; 1 teaspoon sifted flour;
 $\frac{1}{2}$ teaspoon sugar; Pinch of soda.
 $\frac{1}{2}$ cup new milk;

Put all into a pint bowl or fruit jar except the milk, heating it scalding hot, but do not let it boil. Pour it over the ingredients in the bowl, stir until milk warm. (This must be made early in the evening). Set the bowl into a larger vessel, with enough warm water to reach nearly as high as the batter in the bowl. Set it in the warming closet of the range until the next morning, and set a lamp under it to keep the water hot enough to bear the fingers in it. When light put into the small part of a double boiler and add $1\frac{1}{2}$ cups warm water and 1 tablespoon of sugar and enough flour to make a batter as for yeast bread. Fill the lower part of double boiler with warm water. Set to raise in same manner as before. When light scald one-half cup of flour with 1 cup scalding milk. Cool, add 1 tablespoon lard or butter and 1 tablespoon salt, also a little more sugar and a pinch of soda. Let rise again. When light, mix soft as can be handled and form into loaves. Put into greased pans and grease the top with melted butter, set this pan into a larger one with a little warm water in it, or put on top of the warming closet. Bake when double its bulk. The temperature should be a little higher than for yeast bread.

Mrs. Sam Wearley.

STEAMED BROWN BREAD.

1 egg beaten; $1\frac{1}{2}$ cups graham flour;
 $1\frac{1}{2}$ cups new milk; 2 heaping teaspoons baking powder;
 2 cups bran; 2 tablespoons soft butter;
 $\frac{1}{2}$ cup chopped nuts; $\frac{1}{2}$ teaspoon of salt.
 $\frac{1}{2}$ cup each of figs and raisins;
 4 tablespoonsful molasses;

Mix in the usual manner, put in a round cream bread pan and steam $1\frac{1}{4}$ hours.

Myrtle Ware.

YEAST BISCUITS.

When making your yeast bread reserve 1 pint sponge, add $\frac{1}{2}$ cup lard or butter, 1 teaspoon salt and 1 teaspoon of sugar, mix stiff

as bread dough, let rise the second time. Pinch off in bits the size of a hen egg, and place to rise in deep tins. Let the bulk double and bake in a quick oven.

PARKER HOUSE ROLLS.

1 cup new milk;	$\frac{1}{2}$ cup white butter;
2 cups bread sponge;	$\frac{1}{4}$ cup sugar;
1 desert spoon salt;	Pinch of soda.

When making bread reserve, before it has risen, 2 cups of the sponge that has been prepared for the bread. Add other ingredients to it, let stand in a warm place until light. Mix softer than for bread. Let the dough rise until nearly double its bulk. Knead down slightly, let double its bulk again, invert on floured bread board, do not knead, sprinkle with flour, roll nearly $\frac{1}{2}$ inch thick, cut out with cutter 3 inches in diameter. Pull in oblong shape, butter and fold together placing $\frac{1}{2}$ inch apart in a pan. Let rise until very light and bake. May be warmed over after several days old by placing in slow oven a few minutes. This makes three dozen.

BUNS.

Make same as Parker-house rolls, cut the same size leaving them round, or cut in 2-inch squares and tuck corners under until they become round, flatten out $\frac{1}{2}$ inch thick, when placing in the pan. This is the baker's method of cutting them and does away with the scraps left when using a cutter. The tops should be greased with melted butter when put to rise and when done.

CINNAMON ROLLS.

2 cups bread sponge;	Level teaspoon salt;
$\frac{1}{2}$ cup sugar;	Pinch of soda.
$\frac{1}{4}$ cup butter;	

Reserve the sponge before it has risen. Mix the dough the same consistency as for Parker house rolls. Let it rise the second time, invert on floured bread board. Roll $\frac{1}{2}$ inch thick, cut in strips 1 inch wide and 2 inches long. Warm a board or pan, lay a piece of muslin on it, dust it with flour, place the rolls on it 1 inch apart, cover with a tea towel and put in a warm place to rise until double the bulk. Drop into hot fat and fry. Roll in powdered sugar and cinnamon. Cool on a fine wire rest.

FRUIT ROLLS.

1½ cups bread sponge;	½ cup new milk;
½ cup sugar;	½ cup English currants;
⅓ cup butter;	½ cup raisins;
1 teaspoon salt;	Pinch of soda;
1 teaspoon cinnamon;	½ of a nutmeg.
1 well beaten egg;	

Mix the same as Parker-house rolls, set to rise in a warm place until double its bulk, then knead well, form into rolls four inches long and a little smaller than a broom handle, lay cross-wise in a pan barely touching each other. Let rise to double the size, bake in a moderate oven. When done ice each roll across the center with melted fondant.

SWEET RUSKS.

¾ cake yeast foam;	½ cup white butter;
1½ cups new milk;	1 teaspoon salt;
1 egg and 1 white;	A little nutmeg and a pinch of
½ cup sugar;	soda.

Soak the yeast in ¼ cup warm water for ½ hour. Scald milk, pour it over 1 tablespoon flour, moistened with warm milk to prevent lumps. Cool milk until tepid. Add sugar and yeast and enough flour to make a soft batter. Let stand over night in a warm place. In the morning dissolve soda in ½ cup hot water and stir into it. Add other ingredients and a little warm flour, stir in batter and let rise again. When light mix soft and let rise double its bulk. Turn on floured bread board, roll and cut same as buns. Let stand until very light and bake. May be made in the morning and baked before evening if desired.



MEMORANDA

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BISCUITS AND MUFFINS



SODA BISCUITS.

3 cups winter wheat flour; 1 heaping tablespoon lard;
1 cup buttermilk; $\frac{1}{2}$ teaspoon soda;
1 scant teaspoon salt; 1 teaspoon baking powder;

Put $2\frac{1}{2}$ cups sifted flour into dough pan. Make hole in the center, into which pour the buttermilk. Add salt. With the tips of the fingers make a soft batter as for pancakes, then add the lard and when blended with the batter add the remaining $\frac{1}{2}$ cup of flour and baking powder. Knead it as lightly as possible, to a medium stiff dough.

BAKING POWDER BISCUITS.

1 cup sweet skimmed milk, or 1 heaping tablespoon soft lard;
 $\frac{1}{2}$ cup new milk and $\frac{1}{2}$ water; $\frac{1}{2}$ teaspoon salt;
2 teaspoons baking powder; $\frac{3}{4}$ cups flour.

Mix as for soda biscuits, handling as little as possible. Use only best winter wheat flour.

EGG BISCUITS. No. 1.

$2\frac{1}{2}$ cups flour; $\frac{3}{4}$ cup sweet milk;
2 level tablespoons butter; 1 teaspoon sugar;
 $\frac{1}{2}$ teaspoon salt, liberal; 2 teaspoons baking powder.
2 well beaten eggs;

Beat eggs well, add the soft butter and beat well. Add the milk, sugar and salt and 2 cups of flour. Blend it lightly with Baker's whisk or wire egg beater. Add baking powder to the remaining $\frac{1}{2}$ cup of flour, and fold in lightly. Drop in spoonfuls one inch apart on a buttered pan. Bake in a quick oven for ten minutes.

EGG BISCUITS. No. 2.

3 cups flour; 1 egg well beaten;
2 level tablespoons butter; 1 cup sweet milk;
1 teaspoon salt; 2 teaspoons baking powder.

Mix in the same manner as egg biscuits No. 1.

Winter wheat flour should be used for biscuits.

KNEADED BISCUITS.

3 cups flour;	1 teaspoon salt;
1 cup milk;	1 teaspoon sugar;
$\frac{1}{4}$ cup butter or lard;	2 teaspoons baking powder.

Sift flour, baking powder, sugar and salt all in the flour. Pour in milk, add shortening, and mix well. Turn out on board and knead for 5 minutes, using as little flour as possible. Roll $\frac{1}{2}$ inch thick, cut in squares with a sharp knife. Gash 2 times across the top, bake in a quick oven for 15 minutes.

TWIN BISCUITS FOR LUNCHEON.

Use recipe for baking powder biscuit, using $\frac{1}{4}$ cup butter instead of lard. Roll dough $\frac{1}{3}$ inch thick, spread one-half with melted butter, double the unbuttered end over, roll slightly again. Use cutter as shown on front page. Bake in quick oven. Open and spread with red raspberry jam and whipped cream or fresh crushed strawberries.

GRAHAM BISCUITS.

1 cup sweet milk;	1 teaspoon sugar;
$\frac{1}{4}$ cup soft butter;	2 cups graham flour, or enough to
2 teaspoons baking powder;	make soft dough.
$\frac{1}{2}$ teaspoon salt;	

Cut out and bake the same as other biscuits.

LAXATIVE BISCUITS.

1 egg well beaten;	1 cup graham flour;
2 dessert spoons Orleans molasses;	$1\frac{1}{2}$ cups bran;
1 cup rich sweet milk;	$\frac{1}{2}$ teaspoons salt;
1 tablespoon butter;	2 teaspoons baking powder.

Sour milk may be used instead of sweet milk, by using a liberal $\frac{1}{2}$ teaspoonful soda.

Dr. Wm. A. McConnell.

DIXIE BISCUITS.

Sift a heaping teaspoonful of baking powder, with 3 cups winter wheat flour, and $\frac{1}{2}$ teaspoonful salt, put in dough pan, rub 1 tablespoonful of lard lightly into it, put 1 egg white into a cup. Beat until light, pour into it $\frac{3}{4}$ cup sweet milk, pour over the flour, mix lightly with a fork, to a soft dough, handle as little as possible, cut, butter and fold, same as Parker-house rolls. Bake in a quick oven.

QUEEN OF MUFFINS.

$\frac{1}{2}$ cup butter;	3 cups flour;
1 cup sugar;	3 teaspoons baking powder;
2 eggs well beaten;	1 scant cup milk.

Cream the butter, add gradually the sugar, then the eggs. Sift the flour and baking powder together thoroughly and add alternately with the milk to the first mixture. Bake in hot buttered gem pans twenty-five minutes.

TWIN MOUNTAIN MUFFINS.

$\frac{1}{4}$ cup butter;	3 cups flour;
$\frac{1}{4}$ cup sugar;	2 tablespoons baking powder;
1 egg well beaten;	1 cup milk.

Cream the butter, add gradually the sugar, then the egg. Sift the flour and baking powder together thoroughly and add to the first mixture, alternately with the milk. Bake in hot buttered gem pans twenty-five minutes.

RICE MUFFINS.

$2\frac{1}{2}$ cups flour;	$\frac{1}{2}$ teaspoon salt;
$\frac{1}{2}$ cup rice;	1 cup milk;
3 teaspoons baking powder;	2 eggs well beaten.
$\frac{1}{4}$ cup melted butter;	

Sift together thoroughly the flour, baking powder and salt. Add the rice, working in with the tips of the fingers, and gradually the milk, egg and butter. Butter muffin rings, place in a buttered pan and fill two-thirds full with the mixture. Bake in a moderate oven twenty-five to thirty minutes. The same mixture may be baked in gem pans.

OATMEAL MUFFINS.

1 cup warm cooked oatmeal;	$3\frac{1}{2}$ teaspoons baking powder;
3 cups flour;;	1 teaspoon salt;
1 cup milk;	2 eggs well beaten;
$\frac{1}{4}$ cup sugar;	1 tablespoon melted butter.

Prepare and cook in the same manner as rice muffins.

CORN MUFFINS.

1 egg, well beaten;	1 $\frac{1}{4}$ cup thin sour cream;
1 scant teaspoon salt;	1 cup corn meal;
2 teaspoons sugar;	$\frac{3}{4}$ cup flour;
$\frac{1}{2}$ teaspoon soda;	1 teaspoon baking powder.

Sift in the flour and fold in last of all. Drop in gem pans and bake. This makes 8. Sweet cream and baking powder can be used instead of the sour cream and soda, or 1 cup buttermilk and 1 heaping tablespoon of butter instead of sour cream.

WHOLE-WHEAT MUFFINS.

1 egg well beaten;	1 heaping tablespoon soft butter;
1 cup sweet milk;	2 teaspoons sugar;
2 teaspoons baking powder;	1 teaspoon salt.

To the above add 1 $\frac{1}{2}$ cups whole wheat flour, and mix as for corn muffins.

GRAHAM MUFFINS.

1 cup sour cream;	$\frac{1}{2}$ teaspoon soda;
1 egg well beaten;	1 teaspoon baking powder;
1 teaspoon salt;	1 $\frac{1}{4}$ cups graham flour.
1 tablespoon Orleans Molasses;	

HUCKLEBERRY MUFFINS.

$\frac{1}{3}$ cup butter;	1 $\frac{3}{4}$ cups flour;
$\frac{1}{4}$ cup sugar;	3 teaspoons baking powder;
1 egg;	$\frac{1}{2}$ teaspoon salt;
1 cup huckleberries;	1 cup sweet milk.

Beat the butter and sugar until creamy, add the egg well beaten, then the berries. Next add the milk and lastly the flour, baking powder and salt sifted together. Bake in greased muffin pans about 20 minutes.





GRIDDLE CAKES AND CORN BREAD



INDIAN GRIDDLE CAKES.

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|------------------------------|-------------------------------|
| 1 cup Indian meal; | 1 cup flour; |
| 2 eggs; | 1 tablespoon melted butter; |
| $\frac{1}{2}$ teaspoon salt; | $\frac{1}{2}$ teaspoon sugar. |
| 2 teaspoons baking powder; | |

Put meal into a mixing bowl, and pour enough scalding milk over it to make a thin mush. When cold add the flour and enough cold milk to make a thin batter. Add eggs, sugar, salt and butter, beat until full of bubbles. Bake on a well-greased hot griddle.

WHOLE WHEAT GRIDDLE CAKES.

1 cup white flour, $1\frac{1}{4}$ cups whole wheat flour, 2 tablespoons sugar, $\frac{1}{2}$ teaspoonful salt, 1 tablespoon melted butter, $1\frac{3}{4}$ cups milk, 3 teaspoons baking powder.

Stir in all the flour except the last $\frac{1}{2}$ cup, into which the baking powder should be sifted, fold in lightly.

ONE-EGG GRIDDLE CAKES.

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|------------------------------|----------------------------|
| 3 cupfuls flour; | 3 teaspoons baking powder; |
| 1 teaspoon salt; | 1 egg; |
| 2 tablespoons melted butter; | 2 cupfuls milk. |

Sift the dry ingredients, separate the egg, and add to flour the milk and beaten yolk. Beat thoroughly, add the melted butter and white of egg, beaten to a stiff froth. Bake at once. If preferred, sweet milk and baking powder may be substituted for the sour milk and soda.

BREAD PANCAKES.

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|-----------------------------------|-------------------------------|
| 1 cupful bread crumbs (soaked in) | 1 level teaspoon soda; |
| 1 pint sour milk; | 2 eggs, well beaten; |
| 1 tablespoonful melted butter; | Enough flour to make a medium |
| 1 teaspoon salt; | stiff batter. |

WAFFLES.

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|------------------------------|-----------------------------|
| 2 cups flour; | 1 cup milk; |
| 2 teaspoons baking powder; | 2 eggs; |
| $\frac{1}{2}$ teaspoon salt; | 1 tablespoon melted butter. |

Sift together thoroughly the flour, baking powder and salt. Add gradually the milk with the yolks of the eggs beaten until thick, then add the butter and the whites of the eggs beaten to a stiff froth. Fry on a hot, well greased waffle iron. Serve with maple syrup.

CORN FRITTERS.

1 cup grated corn; $1\frac{1}{2}$ cups milk; 1 cup flour; 1 teaspoon baking powder; 1 teaspoon melted butter; 2 eggs; 1 teaspoon salt. Fry in hot lard.

CORNMEAL PANCAKES.

$\frac{2}{3}$ cups of white flour;	$1\frac{1}{4}$ cups of corn meal;
1 pint of sour milk;	1 egg yolk;
1 tablespoon sugar;	Pinch of salt;

Add to the above mixture melted butter, the white of 1 egg and $\frac{1}{2}$ teaspoon soda in a little water.

Mrs. R. G. Culbertson, Mitchell, S. D.

SELF-RAISED BUCKWHEAT CAKES.

1 quart of lukewarm water, 2 tablespoonfuls of molasses. Into this stir enough of the self-rising or prepared buckwheat flour to make a thin batter. The molasses is put in to give them a nice brown color in cooking, and not to sweeten them, as some might suppose. The advantage of this prepared flour is that it is not necessary to set them over night, as they are ready to bake as soon as mixed. This flour can be obtained at any grocery; also wheat flour for wheat pancakes, which comes prepared in the same way.

BUCKWHEAT CAKES.

1 quart of lukewarm water;	1 cake yeast foam soaked;
1 cupful of flour;	1 tablespoon brown sugar.

To this add enough buckwheat flour to make a thin batter. Let them stand over night to rise, and in the morning dissolve $\frac{1}{2}$ spoonful of soda in $\frac{1}{2}$ cupful of lukewarm water, and stir this into the batter, then fry quickly.

PANCAKES.

2 eggs;	1 level teaspoon soda;
1 pint of sour milk;	Pinch of salt;
Enough flour to make a stiff batter;	1 teaspoon sugar.

Fry on a hot griddle.

CORN PONE.

1 pint new milk;	$\frac{1}{4}$ cup of butter;
1 pint butter milk;	1 tablespoon N. O. molasses;
2 cups flour;	1 tablespoon sugar;
$5\frac{1}{2}$ cups corn meal;	1 teaspoon soda;
2 eggs beaten;	1 teaspoon salt;
$\frac{1}{4}$ nutmeg;	2 teaspoons baking powder;

Boil the new milk, pour it over 1 cup of the meal, add butter, sugar and molasses, beat until cold, dissolve the soda in the sour milk and pour into the above mixture, add eggs, stir all well, add the remaining meal, flour and baking powder, fold in lightly. Steam or bake 1 hour or more.

TIP-TOP CORN-BREAD.

$2\frac{1}{2}$ cups corn meal;	$\frac{1}{3}$ cup soft butter;
$\frac{1}{2}$ cup flour;	1 teaspoon salt;
2 cups new milk;	2 teaspoons sugar;
1 egg well beaten;	3 teaspoons baking powder.

Stir 2 cups of the meal in the milk and egg, add sugar and salt. Rub butter and flour together, dust a little over bottom of well-greased pan. Add the rest to the batter, mix baking powder in the remaining $\frac{1}{2}$ cup of meal, stir in quickly. Drop in pan and bake in hot oven.

BUTTERMILK CORN BREAD.

1 cup buttermilk;	$2\frac{1}{2}$ cups corn meal;
1 cup sour cream;	1 teaspoon salt;
1 egg well beaten;	1 teaspoon baking powder;
1 scant teaspoon soda;	2 teaspoons sugar;

Add baking powder and soda to last $\frac{1}{2}$ cup of meal, stir in and bake immediately.

SOUTHERN HOE-CAKE.

Put 1 pint boiling water into a dough pan, 1 teaspoonful sugar, 1 teaspoonful salt, stir in enough corn-meal to make a stiff batter. Moisten the hands in cold water, and form into thin flat cakes. Bake on griddle, or drop into well greased pan and bake.

Mrs. J. W. Cunningham.



PASTES AND PIES



PLAIN PIE CRUST.

5 cups flour (winter wheat); 1 heaping cup lard;
1 scant cup cold water; 1 level teaspoon of salt.

Chop flour and lard well together with round chopping knife. Add salt. Mix in a flat pan. Pour water around over top, shake well. Finish mixing with a fork. Press dough together in a roll about 4 inches in diameter. Do not knead. Place on one end of the bread board, and slice off in inch slices or enough to make one crust. The bottom crust should be kneaded, or made from what is trimmed off the edges of pies, but the top crust must never be kneaded if one wishes it to be nice and flaky. This is as rich as any one should eat, but if a richer crust is desired use 1 cup less flour, and $\frac{1}{4}$ less of water.

SWEET CREAM PIE CRUST.

Sift 3 cups flour and $\frac{1}{2}$ teaspoonful of salt together, use enough separated cream to make a medium soft dough. Mix same as other pie crust. This is recommended for those who cannot eat a richer paste.

PUFF PASTE.

1 quart winter wheat 1 pound butter;
 or pastry flour; A little ice water.
Pinch of salt;

All the utensils used should be ice cold. Chill the flour; divide the butter into three parts, wash and pat each into a thin oblong pat; wrap two of the butter pats in a napkin and place them between pans of cracked ice; with the tips of the fingers work the other butter pat into the flour, keeping plenty of flour between the butter and the fingers; add ice water, using as little as possible to make a smooth paste; toss the paste on the floured board, knead just enough to form a ball shape; pat and roll out one-fourth inch thick, keeping paste a little wider than long and corners square; lay one pat of the butter on the paste, dredge very lightly with flour; fold over the paste so as to enclose the butter; roll up like a jelly roll; pat and roll out one-fourth inch thick; add butter and roll out as above. After all of the butter has been added, fold and roll out four or five times; the

more times it is folded and rolled out the more air will be enclosed. The more air retained in the paste the more puffy it will be. The rolling should be done with gentle strokes from the center out. As often as the paste becomes a little soft, place it in a napkin between two pans of cracked ice and let it stand until thoroughly chilled. The pastes should be ice cold when put into the oven. Puff paste requires a hot oven, the greatest heat coming from the bottom; turn frequently that it may rise evenly; when well risen, decrease temperature of oven.

Puff paste should be used for pies, patties, vol-au-vents, rissoles, cheese straws, tarts, turnovers, etc.

MY FIRST CREAM PIE.

$\frac{3}{4}$ cup soft white sugar;	$1\frac{1}{2}$ cups thin cream or rich milk;
2 tablespoonfuls flour;	Little nutmeg.
1 tablespoonful butter;	

Melt butter and spread over bottom of crust. Mix sugar and flour together and put on top of melted butter. Pour the milk over, grate nutmeg on top, and bake a rich brown. Eat warm.

1870.

WHIPPED CREAM PIE.

With a dover egg-beater beat until stiff one cup separated cream, a day old, add $\frac{1}{2}$ cup powdered sugar, beat again, add lemon and vanilla flavoring. Pour into a pie shell, previously baked. Decorate top with Maraschino cherries. Set in ice chest until ready to serve.

ORANGE CREAM PIE.

2 scant cups rich milk;	1 tablespoonful of butter;
1 scant cup sugar;	2 tablespoonfuls of corn starch;
2 egg yolks;	Pinch of salt.

Flavor with grated orange peel, or extract of orange. Dissolve corn starch in $\frac{1}{2}$ cup of warm milk. Add beaten yolks to milk and beat together. Boil $1\frac{1}{2}$ cups of milk with the butter and sugar, and heating well, pour over the former. Return to sauce pan and let simmer. Pour in baked pie shell. Put the well beaten white of one egg and 1 tablespoonful of sugar over the top, and brown in cool oven.

BANANA PIE.

Can be made the same as orange cream pie by using the banana flavor or 1 large crushed banana instead.

CUSTARD PIE.

2 cups new milk;
 ½ cup sugar;

2 large or 3 small eggs;
 Little nutmeg and pinch of salt.

Beat eggs slightly, add sugar and beat again. Pour in milk. Stir well before pouring into crust. Best baked in a fireless cooker.

COCOANUT PIE.

Prepare same as for orange cream pie. When ready to pour in pie shell, add ½ cup shredded cocoanut. Beat whites of 2 eggs stiff. Add 1 tablespoonful sugar, spread on top and sprinkle with shredded cocoanut. Brown in cool oven.

ORANGE PIE.

Juice of one large orange, and grated peel. 1 cup sugar, ½ lemon, 1 tablespoonful butter, 2 level tablespoonsful of corn starch, yolks of 2 eggs. Dissolve corn starch in the orange juice, add the beaten yolks. Put 1½ cups of water in a sauce pan with the sugar and butter. When boiling hot pour over the beaten yolks and corn starch, return to sauce pan, add lemon juice and let simmer until well cooked. Pour into pie shell, and cover top with beaten whites and 1 tablespoonful of sugar and brown in oven.

LEMON PIE.

A good lemon pie is made the same as orange pie by using 1 whole lemon and grated peel and omitting the orange.

BUTTER SCOTCH PIE.

1 cup brown sugar;
 1 tablespoonful butter;
 1 cup rich milk;

1 tablespoonful flour;
 Yolks of 2 eggs, well beaten.

Boil butter, sugar and milk together. Dissolve flour in 2 tablespoonfuls warm milk. Add yolks, and pour the boiling milk over them. Return to sauce pan and stir well until it simmers. Pour into pie shell previously baked. Cover top with a meringue. Flavor with vanilla.

PUMPKIN PIE.

4 cups cooked pumpkin; 4 eggs well beaten;
2 cups sugar; 2 cups rich milk.

Select a first class, old fashioned sweet pumpkin, with a deep orange colored center. Cut a hole in top the size of a tin cup. Remove seeds and stringy part. Put into a pan with wire rest in the bottom. Bake in a hot oven (wash day is a good time), about four hours, or until well done. Do not burn. When cool, peel and rub through a fine colander. This makes three medium sized pies.

MINCE PIES.

8 cups coarse ground cooked beef; $\frac{1}{4}$ pound ground citron;
16 cups tart apples chopped; $\frac{1}{2}$ pound English currants;
3 cups granulated sugar; 1 pound Oak Leaf raisins;
1 cup light brown sugar; 1 small nutmeg grated;
8 cups cold water; 1 teaspoon each of cloves and pep-
3 oranges, juices of; per;
 $\frac{1}{2}$ cup strong boiled cider vinegar; 2 teaspoons cinnamon;
1 cup boiled cider; 2 teaspoons all spice;
Grated peel of 2 oranges; $\frac{1}{2}$ teaspoon salt.

Select a nice piece of beef neck, weighing 5 pounds or more. Salt and boil as for pot roast (a fireless cooker is best for this). If boiled on the stove cover with water and boil nearly dry. When cold, grind fat and all on coarse plate of meat chopper. Add $\frac{1}{2}$ cup chopped suet. Select nice tart apples, (Baldwins, Greenings or Bell-flowers are best). Mix all together and set in a cool place. A little brandy may be added if desired.

This is my own tested recipe I have used for years.

CHOCOLATE PIE.

$1\frac{1}{2}$ cups new milk; 1 heaping tablespoon cocoa;
 $\frac{1}{4}$ cup butter; $\frac{3}{4}$ cup sugar;
2 tablespoons corn starch; Yolks of 2 eggs.
2 egg whites;

Boil the milk and butter together, sift the sugar and cocoa together, and stir. Dissolve corn starch in $\frac{1}{2}$ cup of the milk, then beat yolks and mix with it. Pour into the boiling mixture, stir until it boils, pour in a pie shell. Cover the top with beaten whites and 1 tablespoon sugar. Brown in the oven.

VINEGAR PIE.

1 tablespoon of butter spread in the bottom of pie crust, 1 heaping cup of brown sugar, 2 tablespoons flour blended together. Sprinkle it lightly over the butter. Add 2 tablespoons cider vinegar, pinch of salt and a little nutmeg to 1½ cups boiling water, pour in crust and bake.

IMPROVED VINEGAR PIE.

3 tablespoons vinegar;	2 tablespoons flour;
1 tablespoon butter;	1 egg white;
1½ cups boiling water;	Nutmeg to taste;
1 egg yolk;	Pinch of salt.
1 heaping cup brown sugar;	

Boil sugar, vinegar, butter and water together, dissolve the flour in a tablespoon of water, add the egg yolk, beat well, stir in the above mixture and boil. Beat stiff the egg white, and pour the boiling mixture over it. Pour into an unbaked crust and bake in a quick oven. Serve warm.

CRANBERRY PIE.

Line a pie pan with rich paste, blend ½ cup flour and 1 cup of sugar together and sprinkle into the crust, put 1 scant layer of berries on top of the flour. Pour over all 1 cup boiling water, with a small pinch of salt added, put on top crust, pinch edges together well and bake the same as rhubarb pie.

Mrs. W. W. Ross.

HUCKLE-BERRY PIE.

The berries should be cooked and cooled before making into pies. To each quart of berries use ¾ cup of sugar and 1 tablespoonful of vinegar, while cooking, sprinkle a little flour into the pie before putting on top crust, bake as other pies, serve cold with a slice of ice cream on top.

Mrs. D. H. Reardon, Marion, Ind.

Use only best winter wheat flour for pastry; for puff paste, use one teaspoonful of corn-starch to each cup of flour, or use regular pastry flour, roll puff paste with a beer or ammonia bottle, filled with ice water, use a marble slab, or a tin bread board, cooled with ice water.

EARLY APPLE PIES.

Select good tart cooking apples, such varieties as Red Astrakhan, Yellow-transparent, and Duchess of Oldenburg. Slice thin, sprinkle over them $\frac{1}{2}$ cup sugar, little flour, and a little grated nutmeg or spice. Bake in a rich crust.

GREEN TOMATO PIE.

Take green tomatoes that are barely turning. Slice fine. Press out juice. Put a tablespoonful of butter, $\frac{3}{4}$ cup brown sugar, and the tomatoes in a sauce pan. Let simmer 5 minutes. Dissolve 1 heaping tablespoon of flour in 1 tablespoon strong vinegar, and stir in the boiling tomatoes. Flavor with cinnamon, spice and nutmeg. Cool or not and pour in crust. Bake with top crust a rich brown. Ground cherry pie can be made the same way with the addition of a little more vinegar.

BUTTER SCOTCH PIE.

1 cup brown sugar, 5 tablespoonfuls water. Butter size of a walnut and boil to the soft ball stage.

(Part 2.)

Yolks of 2 eggs. 2 tablespoonfuls flour. $\frac{1}{2}$ pint milk. Stir into syrup and boil until thick. Put into shell and add beaten whites and 1 tablespoonful sugar over top.

Laura Lucas

RAISIN PIE.

$\frac{1}{2}$ cup sugar;	1 egg;
1 teaspoon vinegar;	1 tablespoon flour;
$\frac{1}{2}$ cup raisins;	1 cup boiling water.

Add lump of butter and boil until thick.

Laura Lucas.

APRICOT PIES.

Cover 1 pound dark red dried apricots, 3 inches deep with boiling water; soak $\frac{1}{2}$ day where they will be almost scalding hot (in fireless cooker), but do not boil. When done add 1 pt. sugar, and let come to the boil, cool and run through a colander. Return to fire and add 1 tablespoonful of corn starch, dissolved in 2 of warm water. Add beaten yolks of three eggs to the starch and water; stir into apricots. It should be about as thick as whipped cream. This method takes the sharp strong taste from apricots, and is nice for either pies or sauce.

PINEAPPLE PIE.

1 grated pineapple;
 $\frac{1}{4}$ cup butter;
 $1\frac{1}{2}$ cups sugar;

1 cup separated cream;
 5 eggs.

Whip the cream and white of eggs stiff; add $\frac{1}{2}$ cup of the sugar to each, beat again, add the other $\frac{1}{2}$ cup to the pineapple and egg yolks. Add the whipped cream to the pineapple and yolks. Beat well. Lastly fold in well beaten whites and bake with or without top crust.

MOCK ORANGE PIE.

Chop enough tart cooking apples as you would for mince pie. Put into pie crust. Grate the yellow peel from 1 orange and add to the juice of the orange. Pour over the apples. Add liberal $\frac{1}{2}$ cup sugar. Put on top crust and bake. This is fine.

APPLE PIE.

Prepare same as mock orange pie, omitting the orange, or apples may be sliced and a little spices and butter added.

DRIED APPLE PIE.

Stew some old fashioned dried apples until tender leaving enough juice to cover well, sweeten to suit the taste. Add spice and nutmeg and bake with a rich crust. There is nothing better.

RHUBARB PIE.

Select nice tender rhubarb. Wash and dry well, cut in half inch bits. Put 1 tablespoonful flour in bottom of crust. Put in a layer of the rhubarb. Sprinkle liberal $\frac{1}{2}$ cup sugar over top. Do not use any water. If the plant is old it should be peeled, and use a little more sugar. Wet edges of bottom crust with a little cold water and flour, dissolved in it. Put on top crust, press edges well with the hands. Cut off crust, and crimp. Insert a piece of macaroni 2 inches long in an opening in crust, to allow the steam to escape, which prevents the juice from running out.

This method should be used in making any juicy fruit pies.

TO CAN GREEN TOMATOES for winter pies, prepare and cook same as for pies, omitting flour and spices. Can as other fruit. The spices and flour must be added when making the pies.

Ice cream is fine served with all berry pies, and peach pie.

FRESH GOOSEBERRY PIE.

1 tablespoonful flour; $\frac{1}{2}$ cup sugar, and $\frac{1}{3}$ cup boiling water.

Mix sugar and flour together, and put in the bottom of crust. Fill with berries. Pour over the boiling water. Put on top crust, and bake the same as rhubarb pie. If canned berries are used omit the water.

GREEN CURRANT PIE.

Make the same as gooseberry pie, using $\frac{1}{4}$ cup of water instead of $\frac{1}{3}$.

RIPE CURRANT PIE.

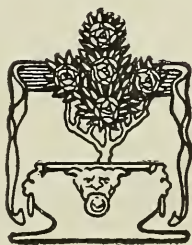
Make same as green currant pie, omitting the water.

PEACH PIE.

$1\frac{1}{2}$ cups crushed peaches;
 $\frac{3}{4}$ cup sugar;
 $\frac{1}{2}$ cup flour;

$\frac{1}{2}$ cup thick cream;
Pinch of salt.

Stir all together, pour into pan with one crust and bake. Banana or other fruit pies can be made in the same manner.



MEMORANDA

A series of horizontal dashed lines for writing.

TABLE OF WEIGHTS AND MEASURES.

- 4 teaspoonfuls of a liquid equal 1 tablespoonful.
- 4 tablespoonfuls of a liquid equal $\frac{1}{2}$ gill or $\frac{1}{4}$ cup.
- $\frac{1}{2}$ cup equals 1 gill.
- 2 gills equal 1 cup.
- 2 cups equal 1 pint.
- 2 pints (4 cups) equal 1 quart.
- 4 cups of flour equal 1 pound, or 1 quart.
- 2 cups of solid butter, equal 1 pound.
- $\frac{1}{2}$ cup of solid butter equals $\frac{1}{4}$ pound, 4 ounces.
- 2 cups of granulated sugar equal 1 pound.
- $2\frac{1}{2}$ cups powdered sugar equal 1 pound.
- $2\frac{1}{2}$ cups of brown or A sugar equal 1 pound.
- 1 pint of milk or water equals 1 pound.
- 1 pint chopped meat equals 1 pound.
- 10 eggs shelled equal 1 pound.
- 8 eggs with shells equal 1 pound.
- 2 tablespoonsful of butter equal 1 ounce.
- 2 tablespoonfuls of granulated sugar equal 1 ounce.
- 4 tablespoonful of flour equal 1 ounce.
- 1 tablespoonful of butter equals $\frac{1}{2}$ ounce.
- 4 tablespoonful of butter equal 2 ounces or $\frac{1}{4}$ cup.

In measuring for the recipes in this book, flour, powdered, brown and A sugar, are measured rounding, while granulated sugar and butter are scarcely level.

The cup used in the above table of measurements, is the standard measuring cup in general use, holding one-half pint. One should have two cups, one marked in thirds and one in fourths. Granulated and powdered sugar should be sifted through a fine sieve, while brown and A, or soft white as it is generally called, should be rolled before using.

If new milk is used, dilute one-half with cold water. Butter should be soft, but not melted. White butter makes whiter, lighter, cakes; it is best to use a little salt in cakes made without butter.

Always sift flour once before measuring, dip the flour into the cup with a spoon and sift the baking powder through the last cup of flour twice, folding in lightly, the last thing.



LOAF AND LAYER CAKES



ANGEL FOOD CAKE, No. 1.

12 large egg whites (or 13 small ones);	1 heaping cup of flour; after it has been sifted;
1 $\frac{1}{3}$ cups granulated sugar after it has been sifted;	1 level teaspoon cream of tartar; Pinch of salt;
1 heaping teaspoon corn starch;	Flavor with lemon and vanilla.

(If pastry flour is used omit the corn starch.)

To make Angel food cake successfully, the eggs should not be less than 4 or 5 days old in the summer, and should be kept in a refrigerator or cellar; but, in the winter they may be 8 or 10 days old, and kept cool but not allowed to chill; always have oven the right temperature and all materials ready before commencing the cake. Sift sugar through a hair sieve, measure and set aside, put cream of tartar and corn starch in the measuring cup, and with a spoon fill the cup heaping full of flour, sift once or twice on a paper and set aside. Separate the whites from the yolks, being very careful not to get the least speck of the yolk in; put whites in a cool dry mixing bowl, add a pinch of salt, beat with a wire egg whip until stiff and dry. Drop flavoring around over top, put sugar in a flour sieve having a handle, hold above mixing bowl and allow it to sift in, while beating with the other hand. Beat barely long enough to blend the sugar with the eggs in the bottom of the bowl. Put flour in the sieve and shake gently with one hand, while folding in with the other, using an aluminum or silver spoon. Fold only long enough to distribute the flour to the bottom of bowl, as much beating after the flour has been added lessens the amount of dough and makes it thin and stringy, (this is the most important part.) Pour the dough into a hissing hot Angel-food pan, which has hooks projecting one inch above top. (See illustration on page opposite preface.) Set in the center of the oven, lay a large tin lid on the hooks, do not open oven for fifteen minutes; then remove lid and lay it on grate above the cake, then if it bakes too hard on top, open the door about an inch or set a pan of boiling water on grate; if it bakes too hard in the bottom, open the clean-out door below oven for a few minutes, or place an asbestos mat under the cake in the beginning.

Begin with temperature of 225 and increase to 250, or according to kind of stove used. This temperature applies to a "HOME PRIDE RANGE."

Bake from fifty to sixty minutes. Test with a fine tooth-pick

or broom straw in the usual way, or until it shrinks a little from the edges of the pan.

Invert to cool in a closed cupboard, where the air cannot strike it for two hours; if it rises above the hooks, invert over a low one gallon crock. When cold remove hooks, loosen edges carefully by running a thin sharp knife around pan and spout; rub off all brown crust from top and sides, remove from the bottom on which it was baked and rub crust from bottom also; place on a layer pan bottom, cut a thin piece of soft bread to fit hole in the center made by the spout. Ice with boiled white icing, spread with a spatula, which can be bought at any ten cent store.

ANGEL FOOD CAKE, No. 2.

Eight large or nine small egg whites;	Pinch of salt;
1 cup sugar;	$\frac{3}{4}$ teaspoon cream of tartar;
1 teaspoon corn starch;	Flavoring.

Mix the same as for Angel-food cake No. 1. Bake about 45 minutes.

SUNSHINE CAKE.

9 egg whites;	$\frac{1}{2}$ teaspoon cream of tartar;
7 egg yolks;	1 teaspoon corn starch;
1 rounding cup granulated sugar;	Pinch of salt.
$\frac{1}{2}$ teaspoon extract of orange;	

Beat yolks with Dover egg beater in small bowl until thick and light, add flavoring and set aside. Put corn starch and cream of tartar in measuring cup, fill rounding full of flour, sift once or twice and set aside. Beat whites until dry, beat in sugar, the same as for Angel-food, add yolks gradually and beat only long enough to distribute through the whites. Fold in flour the same as for Angel-food, and bake accordingly. Cool and ice in same manner.

PERFECTION CAKE.

12 egg whites;	1 cup sweet milk;
3 cups powdered sugar or $2\frac{1}{2}$ of granulated;	$3\frac{1}{2}$ cups flour;
1 cup soft butter (White);	$\frac{1}{2}$ cup corn starch;
$\frac{1}{2}$ teaspoon lemon extract;	3 teaspoons baking powder.

Use only sweet white butter, for white cakes; use your strong butter for dark cakes, cookies and for frying purposes.

THE RECIPES IN THIS BOOK have ALL been tested; do not waste time and ruin your dough by testing, but take MY WORD for it.

Cream butter and sugar with hands until very light, add milk and half the flour a little at a time alternately, and beat well. Fold in half the beaten whites and one cup of flour lightly. Add remaining whites, sift corn starch and baking powder with the remaining half cup of flour. Fold in as lightly as possible with baker's whisk; drop around the edges of a large tube loaf pan, leaving the outer edges deeper than the center. Do not smooth the dough on top. This applies to all white butter cakes.

DELICATE CAKE.

$1\frac{3}{4}$ cups sugar;	6 egg whites;
$\frac{3}{4}$ cup sweet milk;	$3\frac{1}{4}$ cups flour;
$\frac{1}{2}$ cup butter;	2 teaspoons baking powder.

Mix and bake in the usual manner.

WHITE CAKE.

Cream $\frac{3}{4}$ cup butter and 2 cups sifted granulated sugar half an hour, add beaten whites of four eggs and mix well, add 1 scant half cup corn starch, 1 cup flour, 1 cup milk, then $1\frac{1}{2}$ cups flour mixed with two teaspoonful baking powder a little more than rounded. Beat well. Bake in two layers.

Mrs. T. M. Stevenson.

WHITE LAYER CAKE—LARGE.

$2\frac{1}{4}$ cups sugar;	$\frac{1}{2}$ cup corn starch;
$\frac{3}{4}$ cups butter;	$3\frac{1}{2}$ cups flour;
1 cup milk;	2 teaspoons baking powder;
8 eggs, whites of;	Flavor with lemon or vanilla.

If desired, two white layers and one pink one can be made for center layer. Color with Royces damask rose. This recipe makes a nice pink and white marble cake, by dropping in alternate spoonfuls in loaf pan.

Always close the outside door before opening oven as the least bit of cold air will cause the cake to fall... Do not turn a cake while it is in the soft, runny stage. If Angel-food bakes too fast, it will be tough, if too slow, it will be coarse and yellow, therefore great care must be taken to have the temperature "just right."

Use a baker's whisk for beating and mixing cakes, or muffins.

WHITE JELLY CAKE.

2 cups sugar;	8 eggs, whites of;
$\frac{1}{2}$ cup butter;	$3\frac{1}{4}$ cups flour;
$\frac{3}{4}$ cup milk;	2 teaspoons baking powder.

Bake in three layers, when cold spread any kind of bright jelly, lemon sauce or whipped cream between the layers.

BRIDES' CAKE.

$2\frac{1}{2}$ cups sugar;	$4\frac{1}{2}$ cups flour;
1 cup milk;	3 teaspoons baking powder;
12 eggs, whites only;	

This makes three layers or a very large loaf cake. Follow the usual method for mixing butter cakes.

PRINCESS CAKE.

3 cups powdered sugar;	10 eggs, whites only;
1 cup white butter;	4 cups flour;
1 cup skimmed milk;	2 teaspoons baking powder.

Flavor with rose, bake from one to one and a half hours.

VANITY CAKE.

$1\frac{1}{2}$ cups sugar;	$\frac{1}{2}$ cup corn starch;
$\frac{1}{2}$ cup butter;	2 teaspoons baking powder;
$\frac{1}{2}$ cup milk;	2 cups flour.

Follow the usual method for mixing, mix the corn starch with the baking powder and add the last thing. Flavor with lemon and vanilla.

FIG CAKE.

$1\frac{1}{2}$ cups sugar;	4 eggs, whites only;
$\frac{1}{2}$ cup butter;	3 cups flour;
$\frac{3}{4}$ cup milk;	2 teaspoons baking powder.

FILLING.

2 cups light brown sugar, boiled with $\frac{1}{2}$ cup of water three minutes, then add juice of 1 orange, $\frac{1}{2}$ lemon and 1 tablespoon butter.

When making butter cakes, follow instructions given for mixing perfection cake.

Use a wire egg whip, for beating egg whites and a Dover egg beater, for beating egg yolks, and for whipping cream.

Let come to the boil, then add the grated yellow part of 1 orange peel, 1 tablespoon corn starch, dissolve in water and boil again.

Remove from fire and add 1 cup finely chopped figs, beat until cool and spread.

CHOCOLATE LAYER CAKE.

1 $\frac{2}{3}$ cups sugar;	3 egg whites;
$\frac{1}{2}$ cup butter;	3 $\frac{1}{2}$ cups flour;
1 cup milk;	2 teaspoons baking powder

Bake in two layers and ice with chocolate icing. Flavor with vanilla.

WHITE CAKE.

2 cups sugar;	4 cups flour;
Scant cup butter;	7 eggs, whites only;
1 cup sweet milk;	2 teaspoons baking powder.

Mix as perfection cake, bake in a loaf.

MOCK ANGEL FOOD.

1 cup sugar;	Pinch of salt;
2 egg whites;	1 level teaspoon baking powder.
1 cup boiling milk;	

Sift sugar, flour and baking powder four times. Put in a warm bowl, pour on boiling water and beat with a baker's whisk. Cool. Add the pinch of salt to the whites and beat stiff and dry. Blend with the above mixture and bake twenty-five minutes.

Mrs. Ross Smetherhurst.

PREMIUM COCOANUT CAKE.

1 $\frac{3}{4}$ cups sugar;	6 eggs, whites only;
$\frac{3}{4}$ cup white butter;	3 $\frac{1}{2}$ cups flour;
1 cup skimmed milk;	$\frac{1}{2}$ cup corn starch.

Follow usual method for mixing butter cakes. Bake in loaf pan, in a medium hot oven from one to one and a half hours. When done invert to cool in a closed cupboard. When cold remove pan and crust the same as for Angel food. Split through the center, spread with boiled white icing and fresh shredded cocoanut in center and over top.

Cake pans should be filled nearly two-thirds full if the cake is expected to rise to top of the pan; the dough should be higher at the outer edges. Do not jar the stove while cakes are baking.

PREMIUM MARBLE CAKE.

$1\frac{3}{4}$ cups granulated sugar; 6 egg whites;
 $\frac{2}{3}$ cup white butter; $3\frac{3}{4}$ cups flour;
 1 cup sweet milk; 2 tablespoons baking powder.
 Mix in the usual manner.

DARK PART.

$\frac{1}{3}$ cup butter; 3 scant cups flour;
 1 cup brown sugar; 2 teaspoons cinnamon;
 $\frac{1}{2}$ cup strong cold coffee; $1\frac{1}{2}$ teaspoons of cloves and spice;
 Yolks of 4 eggs; 2 level teaspoons baking powder.
 1 whole egg;

Cream butter and sugar together, add well beaten yolks and 1 cup of the flour, milk and 1 more cup flour, beat well. Add the remaining cup of flour, which has been sifted with the baking powder and spices, fold in lightly. Drop in large loaf pan light and dark parts alternately, bake one and one-half hours.

NUT LOAF.

1 egg; 4 cups flour;
 1 cup sugar; 4 teaspoons baking powder;
 $1\frac{1}{2}$ cups sweet milk; $1\frac{1}{2}$ cups nuts.
 $\frac{1}{2}$ teaspoon salt;

Mix and bake forty-five minutes.

Code Finkle.

SNOW CAKE.

1 cup sugar; 4 egg whites beaten stiff;
 $\frac{1}{2}$ cup sweet milk; 2 rounding teaspoons baking
 2 cups flour; powder;
 1 cup ground nuts; Flavoring.
 $\frac{1}{2}$ cup butter; Lillie Christy.

BROWN SUGAR CAKE.

$1\frac{1}{2}$ cups brown sugar; 1 scant teaspoon soda;
 1 cup thick sour cream; $\frac{1}{2}$ cup chopped nuts;
 2 well beaten eggs; $2\frac{1}{2}$ cups flour.

Flavor with nutmeg. Drop in spoonfuls in dripping pan, sprinkle top with brown sugar. Serve warm.

All butter cakes, are better the day they are baked, and should not be iced until nearly cold, layer cakes require a hotter oven than loaf or sponge cakes, or angel-food.

PREMIUM FRUIT CAKE.

$\frac{3}{4}$ cup butter;	3 eggs;
2 rounding cups brown sugar;	1 pound chopped raisins;
$\frac{1}{2}$ cup molasses;	$\frac{1}{4}$ pound citron chopped fine;
4 cups flour;	1 cup chopped figs;
Cinnamon, spices and cloves;	1 teaspoon soda;
$\frac{1}{2}$ nutmeg;	1 teaspoon baking powder.
1 cup strong coffee;	

Use $\frac{1}{2}$ cup of the flour to dredge the fruit, and $\frac{1}{2}$ cup of the flour to mix the baking powder and soda. Fold it in lightly the last thing. This is a premium cake.

WHITE FRUIT CAKE.

2 cups granulated sugar;	$\frac{1}{2}$ cup prepared cocoanut;
1 scant cup butter;	1 cup sweet milk;
1 pound English walnuts;	1 cup seeded raisins;
2 slices candied pineapple;	4 cups flour;
$\frac{1}{2}$ pound glazed cherries;	3 teaspoons baking powder.
6 eggs, whites of;	

Mrs. Lucretia Ware.

PORK CAKE.

2 cups of brown sugar;	4 whole eggs;
$\frac{1}{2}$ cup Dove brand molasses;	$\frac{1}{2}$ nutmeg;
1 cup buttermilk;	1 teaspoon soda;
1 pound raisins;	$3\frac{3}{4}$ cups flour;
$\frac{1}{2}$ cup figs;	$\frac{1}{2}$ teaspoon vanilla.

1 pound fresh fat pork, ground fine and creamed with the sugar as you would butter, add $\frac{1}{2}$ teaspoon salt to the ground pork and mix as for fruit cake. Bake for $1\frac{1}{2}$ hours.

ORANGE FRUIT CAKE.

1 cup sugar;	1 cup chopped seeded raisins;
$\frac{1}{3}$ cup butter;	$\frac{1}{2}$ cup citron;
$\frac{1}{2}$ cup orange juice;	1 whole egg and 1 yolk;
2 heaping cups flour;	2 teaspoons baking powder.

Grated yellow part of orange peel dissolved in orange juice. Follow the usual rule for mixing fruit cakes.

Granulated sugar is measured barely level full, while soft white, brown, powdered sugar and flour, are well rounded... Soda is measured and scraped off level with a knife, while baking powder is well rounded. Use one-half teaspoonful of soda to one of cream of tartar barely rounded... For 1 pint of sour milk, use 1 level teaspoonful of soda, if molasses is used in the same recipe, add one-fourth teaspoon extra of soda.

APPLE SAUCE CAKE.

1 cup brown sugar ;	1 teaspoon cinnamon ;
$\frac{1}{2}$ cup melted butter ;	$\frac{1}{2}$ nutmeg ;
$1\frac{1}{2}$ cup cold apple sauce (run through a sieve) ;	$\frac{1}{2}$ teaspoon cloves ;
2 heaping cups of flour ;	1 teaspoon spice ;
1 teaspoon soda ;	2 whole eggs.

Mrs. James Hartsell, Huntington, Ind.

DUTCH APPLE CAKE.

Separate two eggs ; add the yolks to a cupful and a half of milk, a tablespoonful of butter melted and a half teaspoonful of salt. Mix and add two cupfuls of flour that have been sifted with three level teaspoonfuls of baking powder, beat quickly, fold in the well-beaten whites of the eggs, and turn into a shallow greased baking tin. Cover the top with apples that have been pared, cored and quartered, putting the rounded sides up, and dust over with powdered sugar. Bake in a moderately quick oven for half an hour, or until the apples are tender. Serve with rich cream.

Mrs. Laura B. Wall, Manilla, P. I.

DEVILS' FOOD CAKE WITH SWEET CHOCOLATE, No. 1

$\frac{1}{2}$ cup brown sugar ;	3 cups sifted flour ;
$\frac{1}{2}$ cup butter ;	$\frac{1}{2}$ cup grated sweet chocolate ;
2 eggs ;	$\frac{1}{2}$ teaspoon baking soda ;
$\frac{1}{2}$ cup sour milk or cream ;	$\frac{1}{2}$ cup boiling water.

Cream butter and sugar thoroughly ; add eggs, beaten until light with dover egg beater ; then sour milk ; then flour gradually, which has been sifted thoroughly before measuring. Beat this mixture until perfectly smooth.

Now have the water boiling and to the soda add just enough boiling water to dissolve it. Pour this into a dish with the grated chocolate, then add the remainder of the water and stir quickly until all the lumps are entirely dissolved. Now pour this into the first mixture and beat well.

Bake in buttered and floured pan in a moderate oven.

This cake is delicious with carmel icing.

Katharine Breed Lindsay.

DEVIL'S FOOD CAKE, No. 2.

2 cups brown sugar;	$\frac{1}{2}$ teaspoon soda;
$\frac{1}{2}$ cup butter;	2 tablespoons Bakers cocoa;
$\frac{2}{3}$ cup sour milk;	1 teaspoon cinnamon;
2 whole eggs;	1 teaspoon baking powder.
$3\frac{1}{4}$ cups flour;	

Cream butter, sugar and cocoa, add milk and the well beaten eggs and all the flour except the last cup. Beat well, sift the soda well through it, fold in and bake immediately. Ice with carmel icing. If sour milk cannot be obtained use cold strong coffee, and $\frac{1}{2}$ teaspoon soda and 1 teaspoon of baking powder. $\frac{1}{2}$ cup chopped nuts makes a fine addition.

DEVIL'S FOOD CAKE, No. 3.

2 cups brown sugar;	$\frac{1}{2}$ cup boiling water;
$\frac{1}{2}$ cup butter;	2 heaping tablespoons cocoa;
3 well beaten eggs;	1 teaspoon baking powder;
$\frac{1}{2}$ cup sour cream;	1 teaspoon cinnamon;
3 cups flour;	1 teaspoon soda.

Cream butter, sugar, cocoa and cinnamon together, beat eggs well and set aside. Dissolve soda in the boiling water, pour over the former ingredients. Beat well, add sour cream and 1 cup flour, eggs and the 2nd cup flour, lastly fold in the last cup of flour with the baking powder sifted in and fold in very lightly. Drop in three layer pans and bake at once.

Mrs. Charles Wardwell.

COFFEE CAKE, No. 1.

1 cup brown sugar;	$3\frac{1}{2}$ cups flour;
$\frac{1}{2}$ cup baking molasses;	Cinnamon and nutmeg;
$\frac{3}{4}$ cup butter;	2 heaping teaspoons baking powder.
1 cup cold strong coffee;	
2 eggs;	

Use with carmel icing.

COFFEE CAKE, No. 2.

2 cups brown sugar;	3 whole eggs;
$\frac{1}{2}$ cup molasses;	3 teaspoons baking powder;
1 cup cold strong coffee;	1 teaspoon each of cinnamon,
$\frac{3}{4}$ cup butter;	cloves and spice;
1 pound seeded raisins;	$\frac{1}{2}$ nutmeg;
1 cup chopped citron;	$3\frac{3}{4}$ cups flour.

Mix the same as for fruit cake and bake $1\frac{1}{2}$ hours in a slow oven. This makes a fine Christmas cake.

WASHINGTON LOAF CAKE.

2 cups soft white sugar;	1 teaspoon baking powder;
$\frac{3}{4}$ cup butter;	1 cup buttermilk.
$3\frac{3}{4}$ cups flour;	Flavor with nutmeg.
$\frac{1}{2}$ teaspoon soda;	

Bake in a large loaf pan, invert and ice with a boiled icing and sprinkle the top with coriander candy.

Marie Becker Pribble, 1892.

BEGINNER'S LOAF CAKE.

1 cup sugar;	2 cups flour;
$\frac{1}{3}$ cup butter;	1 heaping teaspoon baking powder.
$\frac{1}{2}$ cup milk;	
4 eggs, whites of;	

Flavor with any desired flavor and follow the general rule for cake baking.

RICH SPICE CAKE.

3 whole eggs;	$\frac{3}{4}$ cup buttermilk;
2 yolks;	1 teaspoon soda;
2 cups brown sugar;	2 teaspoons cinnamon;
$\frac{2}{3}$ cup soft butter;	$\frac{1}{2}$ teaspoon cloves;
$3\frac{1}{2}$ cups flour;	1 teaspoon spice and
$\frac{1}{2}$ cup nuts;	$\frac{1}{2}$ nutmeg.

Ice with carmel icing.

CARMEL ICING.

2 cups brown sugar;	$\frac{1}{2}$ cup sweet cream;
$\frac{1}{3}$ cup butter;	$\frac{1}{2}$ teaspoon vanilla.

Boil to the soft ball stage. Cool until milk warm and beat. If too stiff add a little cream.

Fruits should be well washed, dried and dredged in corn-starch or flour, and added, just before the last cup of flour is folded in. Buttermilk, is preferred to clabber, for soda cakes, cookies and ginger bread.

OLD TIME SPICE CAKE.

2 whole eggs;	1 teaspoon soda;
2 yolks;	2 teaspoons cinnamon;
2 cups brown sugar;	$\frac{1}{2}$ teaspoon cloves;
$\frac{1}{2}$ cup soft butter;	1 teaspoon allspice;
$\frac{2}{3}$ cup buttermilk;	3 cups flour.

Use remaining whites to make soft white boiled icing. Flavor with spice extract.

LEMON JELLY CAKE.

2 cups sugar;	3 whole eggs well beaten;
$\frac{1}{2}$ cup butter;	$3\frac{1}{2}$ cups flour;
1 cup milk;	2 teaspoons baking powder.

Flavor with lemon or orange and bake in two layers. Use filling made as follows:

2 cups sugar, juice of 2 small lemons and 1 orange, yolks of 2 eggs, 1 cup water, 1 tablespoon butter, 1 heaping tablespoon corn starch dissolved in $\frac{1}{4}$ cup cold water and added with well beaten eggs and lemon juice. Boil the sugar and water and grated lemon peel and pour over the above ingredients. Pour back into former vessel and let come to a boil, stirring briskly. Cool and spread.

Mrs. W. H. McClellan.

BANANA CAKE.

Mix 1 cup granulated sugar with 2 crushed bananas. Add $\frac{1}{2}$ cup butter, 1 liberal half cup sweet milk, 2 eggs beaten together, $2\frac{1}{2}$ cups flour (not spring wheat). Mix all together using about $\frac{2}{3}$ of the flour and then fold in lightly what remains, with 2 rounded teaspoons baking powder. This makes two large layers, bake in medium hot oven, spread with whipped cream or cream icing.

A large cup of thick sour cream can be used instead of the milk and butter. (This cake should be eaten the same day it is baked.)

JELLY ROLL.

3 eggs;	$1\frac{1}{2}$ cups flour;
1 cup sugar;	1 tablespoon cream tartar;
$\frac{1}{2}$ cup rich milk;	$\frac{1}{2}$ teaspoon soda.

Spread with currant, gooseberry, or plum jelly. Sprinkle top with powdered sugar, roll on a towel. Baking powder may be used instead of soda and cream of tartar.

NUT CAKE.

$1\frac{1}{2}$ cups sugar ; $\frac{3}{4}$ cup milk ;
 $\frac{1}{2}$ cup butter ; 3 cups flour ;
 3 whole eggs ; 2 teaspoons baking powder.
 1 cup nut meats ;

Flavor with bitter almond and bake in a loaf.

SILVER CAKE.

2 cups sugar ; 7 eggs, whites only ;
 $\frac{2}{3}$ cups butter ; $3\frac{1}{2}$ cups flour ;
 $\frac{3}{4}$ cup milk ; 2 teaspoons baking powder.

Flavor with orange. Use a white boiled icing, bake in layers or a loaf as preferred.

GOLD CAKE.

$1\frac{1}{2}$ cups sugar ; 5 yolks and 1 whole egg ;
 $\frac{1}{2}$ cup butter ; $\frac{3}{4}$ cup milk ;
 3 cups flour ; 2 teaspoons baking powder.

Use any flavor desired. Bake in loaf. Use a gold icing.

CREAM CAKE, No. 1.

3 eggs well beaten, add 6 tablespoons of cold water and
 1 cup granulated sugar and a pinch of salt ;
 beat thoroughly ; $1\frac{1}{2}$ cups sifted flour ;
 3 teaspoons baking powder ; Flavor with lemon.

Beat all of the ingredients together, reserving $\frac{1}{2}$ cup of the flour which must be sifted with the baking powder and folded in lightly last of all. Bake at once in two layers. When cold fill with boiled custard or whipped cream.

Mrs. Sam Wearley.

CREAM CAKE, No. 2.

3 eggs well beaten ; 1 cup granulated sugar ;
 6 tablespoons water ; 3 tablespoons baking powder ;
 Pinch of salt ; $1\frac{1}{2}$ cups flour.

Bake in layers and fill with orange filling.

Spices, and cocoa, should be sifted through the first cup of flour, while baking powder, cream of tartar, and soda, must be sifted with the last cup several times, and folded in lightly and baked immediately.

NEW MOON CAKES.

2 cups sugar;	2 egg yolks;
1 cup milk;	$3\frac{3}{4}$ cups flour;
$\frac{2}{3}$ cup butter;	2 heaping teaspoons baking powder.
5 egg whites;	

Follow the usual method of mixing butter cakes. Flavor with Mace or extract of nutmeg. Spread in large dripping pan nearly $\frac{1}{2}$ inch thick. Ice with pink or yellow cream fondant icing. Cut in crescent shapes.

VALENTINE CAKES.

Use the above recipe omitting the yolks. Ice with pink icing and cut into heart shapes.

HICKORY NUT AND WALNUT CAKE.

2 cups sugar;	1 cup hickory nuts;
$\frac{1}{2}$ cup butter;	$\frac{1}{2}$ cup walnuts chopped fine;
$\frac{3}{4}$ cup milk;	$3\frac{1}{2}$ cups flour;
3 eggs well beaten;	2 teaspoons baking powder.

Flavor with nutmeg or almond.

ONE EGG CAKE.

1 cup sugar;	$1\frac{1}{2}$ teaspoon baking powder;
$\frac{1}{4}$ cup butter;	1 teaspoon vanilla extract;
1 egg;	$\frac{1}{2}$ cup milk.
$1\frac{2}{3}$ cups flour;	

Beat the butter and sugar until light and creamy, add the egg lightly beaten, then the milk and vanilla extract. Sift the flour and baking powder together, and these to the other ingredients, and beat well. Bake in a greased cake pan for about half an hour.

Gay Hartsell, 4-22-12.

When flavoring with almonds, use only a few drops as it is considered harmful. Flavoring extracts should always be dropped into the milk.



SMALL CAKES, WAFERS, DOUGHNUTS, COOKIES



SNOW BALLS.

Make half of the recipe for Angel-food cake No. 1. Fill jelly glasses a little more than half full, put on lids and steam in a roaster on a wire rest (or steamer.) Set on fire, steam for 1 hour. Put waxed paper in the bottoms of glasses before filling, invert to cool. Remove from glasses with a narrow bladed sharp knife. Let stand over night before icing with soft boiled white icing. Roll in prepared cocoanut.

Bessie Black Thompson.

ANGEL DROP CAKE.

Make same as Angel-food No. 2, drop on an inverted buttered pan in spoonfuls and dust with powdered sugar, bake in medium hot oven to a light brown.

SPANISH DROP CAKES.

1 cup sugar;	1 teaspoon cinnamon extract;
1 cup sour cream;	2 cups flour.
1 teaspoon soda;	2 eggs well beaten.

Beat the sour cream and sugar, add the soda, then the cinnamon and lastly the sifted flour. Drop by spoonfuls on to greased baking sheets and sprinkle brown sugar and cinnamon (ground) over the top of each little cake. Bake in a quick oven about 10 minutes.

DROP CAKES.

1½ cups sugar;	2½ cups flour;
½ cup butter;	2 teaspoons baking powder;
⅔ cup sweet milk;	1 cup hickory nuts;
3 eggs well beaten;	Flavor with lemon or nutmeg.

Fill gem pans about $\frac{1}{3}$ full and bake in a quick oven.

SPONGE DROPS.

3 eggs;	¼ teaspoon salt;
¾ cup sugar;	1 teaspoon baking powder;
1 cup of flour;	Flavor with grated orange peel.

Beat eggs until light, sift the baking powder in the flour and fold in lightly.

LEMON DROPS.

$\frac{1}{4}$ cup butter;	2 teaspoons of baking powder;
1 cup powdered sugar;	2 eggs;
$\frac{1}{2}$ cup milk;	1 lemon.
$1\frac{1}{2}$ cups of flour;	

Grate the rind of lemon into the cake, the juice in the icing made with powdered sugar, the whites of two eggs beaten light, sugar stirred into them. This quantity makes one and one-half dozen cakes baked in small gem pans.

CRUMMETS.

1 cup butter;	1 teaspoon baking powder;
$1\frac{1}{2}$ cups sugar;	3 cups flour;
$\frac{2}{3}$ cup milk;	1 cup seeded raisins.

Beat the butter and sugar to a cream, add the eggs, then the raisins and lastly the flour and baking powder sifted together. Roll thinly, cut into fancy shapes. Bake on a greased tin in a quick oven.

LADY FINGERS.

2 egg yolks;	$\frac{1}{4}$ teaspoon vanilla;
3 egg whites;	$\frac{1}{3}$ cup pastry flour;
$\frac{2}{3}$ cup powdered sugar;	$\frac{1}{4}$ teaspoon salt.

Beat the whites of the eggs until very stiff, adding the sugar gradually. Then add the well-beaten yolks and the vanilla. Fold in very gently, the flour sifted with the salt. Force the mixture through a pastry bag onto a greased, flat pan; sprinkle well with sifted sugar, and bake eight minutes in a moderate oven.

CINNAMON CRISPS.

$1\frac{1}{2}$ cups flour;	$\frac{1}{3}$ cup butter;
1 teaspoon ground cinnamon;	$\frac{2}{3}$ cup sugar;
1 teaspoon baking powder;	$\frac{1}{3}$ cup milk.

Beat the butter and sugar until light, then add the cinnamon, flour and baking powder sifted together. Mix to a dough with the milk, using only just enough to make a dough which can be rolled out easily. Roll very thin on a well-floured board, and cut into squares or rounds. Bake on greased tins about ten minutes in a moderate oven.

BROWNIES. No. 1.

$\frac{1}{3}$ cup butter;	1 whole egg;
$\frac{1}{2}$ cup sugar;	1 cup nuts;
$\frac{1}{4}$ cup molasses;	$\frac{1}{2}$ teaspoon soda;
1 heaping cup flour;	Cinnamon, spice and nutmeg.
Drop on buttered pans.	

BALLOONS.

1 cup flour;	$\frac{1}{4}$ cup butter;
1 cup boiling water;	$\frac{1}{2}$ teaspoon salt;
3 eggs;	1 teaspoon sugar.

Add the butter to the boiling water. Stir in the flour while boiling vigorously. Stir until cold. Add eggs, one at a time. Beat well after adding each one. Drop in boiling fat and fry like doughnuts. When done sprinkle with sugar and serve with lemon or orange sauce.

BROWNIES. No. 2

Melt $\frac{1}{4}$ cup butter and 2 squares of chocolate together. Stir thoroughly, add 1 cup sugar, $\frac{1}{2}$ cup flour, 2 eggs slightly beaten and 1 cup of chopped nuts. Bake in a slow oven about 25 minutes or more. Cut and set to cool. This recipe makes about eighteen squares. Use Baker's bitter chocolate.

Grace Williams, Marion, Ind.

LEMON CRACKERS.

3 cups soft white sugar;	1 pint sweet milk;
2 eggs;	1 ounce carbonate amonia;
$\frac{1}{2}$ teaspoon salt;	Flavor with lemon.

Cream sugar and butter together, add $\frac{1}{2}$ the milk and enough flour to make a soft dough. Add the rest of the milk with the amonia well dissolved in it and enough additional flour to make a rather stiff dough. Roll $\frac{1}{4}$ inch thick, bake in a quick oven until light brown.

Mrs. Caroline Cole.

Bake brownies on an inverted pan; cut and remove while hot.

LEMON WAFERS.

1 cup sugar;	1 cup flour;
4 egg yolks;	1 teaspoon baking powder;
Pinch of salt;	Grated yellow part of orange rind.
$\frac{1}{4}$ cup lemon juice;	

Beat yolks with dover egg beater until creamy. Add sugar, beating all the while. Add the lemon juice and flour. Drop in round balls, the size of a hulled walnut, $1\frac{1}{2}$ inches apart on buttered tins. Bake in a medium hot oven until a delicate brown.

PEANUT WAFERS.

$\frac{1}{2}$ cup lard and butter mixed;	$\frac{1}{3}$ teaspoon salt;
1 cup sugar;	$\frac{1}{2}$ cup water;
1 cup chopped or ground peanuts;	$1\frac{1}{2}$ cups flour;
	1 teaspoon baking powder.

Beat the lard, butter and sugar together, add the nuts, then the water, and lastly, flour, salt and baking powder sifted together, using just enough flour to make a dough that will roll thinly. Cut into squares or rounds and bake about ten minutes.

WALNUT WAFERS.

1 cup brown sugar;	2 whole eggs;
1 cup nuts broken fine;	4 tablespoons flour;
large pinch of salt;	$\frac{1}{2}$ teaspoon baking powder;
Flavor with bitter almond.	

Drop in balls the size of hulled walnuts 1 inch apart on a well buttered tin. Bake as for cookies.

ROLLED-OATS WAFERS.

$1\frac{1}{2}$ cups light brown or A sugar;	$2\frac{1}{2}$ cups rolled oats;
2 tablespoons melted butter;	2 eggs;
4 tablespoons water;	$\frac{1}{2}$ cup flour;
1 teaspoon baking powder;	$\frac{1}{2}$ teaspoon salt.

Bake same as walnut wafers.

NUT WAFERS.

5 teaspoons flour;	1 cup brown sugar;
$\frac{1}{2}$ teaspoon Royal baking powder;	1 cup English walnuts;
$\frac{1}{4}$ teaspoon salt and sift;	3 well beaten eggs.

Add the sugar to the well-beaten eggs, beat together until creamy. Fold in flour and nuts. Spread thin on well buttered tins, bake light brown. Cut in squares and remove from pan.

Mrs. U. G. Miars.

MARGUERITES.

White of one egg. One cup sugar, enough water to moisten and boil until a soft ball can be made. Then pour slowly over the well-beaten egg, beating all the time. Stir thick with shelled English walnuts chopped fine, and spread over salted wafers; place in oven to brown.

Mrs. Rufus Crandle.

KISSES.

Beat the whites of four eggs to a stiff froth; then stir in one and one-half pounds of powdered sugar; flavor with vanilla or lemon extract; continue to beat until it will lie in a heap; lay the mixture on letter-paper in the size and shape of half an egg and about an inch apart; then place the paper on a piece of hard wood, and put into a quick oven without closing the door. Watch them, and when they turn yellowish, take them out, and let them cool for three or four minutes; then slip a thin bladed knife under one and transfer it to your hand; then take off another, join the two by the sides that lay on the paper, and place the kisses thus made on a dish. They are delicious. Half the mixture may be colored pink, which makes them more attractive.

HICKORY-NUT KISSES.

1 egg;	1 cup sugar;
$\frac{1}{2}$ cup flour;	1 cup nuts cut very fine.

Beat egg and sugar very light, add flour and nuts. Drop from a teaspoon into pan, $1\frac{1}{2}$ inches apart. Bake in slow oven about twenty minutes.

MACAROONS.

2 egg whites;	$1\frac{1}{4}$ cup granulated sugar;
$1\frac{1}{2}$ cups almonds after they are blanched and ground;	$\frac{1}{2}$ cup flour;
Pinch of salt;	Few drops of rose extract;
	$\frac{1}{2}$ teaspoon baking powder.

Whip the eggs until stiff and dry. Add the flavoring and sift the sugar in, beating lightly, fold in flour and baking powder. Sprinkle the almonds in the last thing. Drop in balls the size of a small hulled walnut, on an inverted pan. Bake a light brown.

Myrtle Ware.

DOUGHNUTS.

2 cups granulated sugar;	5 eggs;
$\frac{1}{2}$ cup soft butter;	$1\frac{1}{2}$ cups buttermilk;
3 teaspoons baking powder, (Royal);	1 teaspoon soda;
$\frac{1}{2}$ nutmeg;	Pinch salt.
	Flour enough to roll conveniently.

This makes a large amount, but they will keep for several weeks if put in a jar and covered well. $\frac{1}{2}$ of the amount may be made for small families.

Mrs. Frank Canady.

TWISTERS.

1 cup soft white sugar;	2 well beaten eggs;
$\frac{1}{2}$ cup buttermilk;	$\frac{1}{2}$ teaspoon soda;
$\frac{1}{2}$ cup sour cream;	1 teaspoon baking powder.
$\frac{1}{3}$ teaspoon salt;	

Make a medium stiff dough, cut in strips $\frac{1}{2}$ inch wide and 6 inches long. Roll, twist, and double. Fry in hot fat.

POTATO DOUGHNUTS.

1 grated nutmeg;	1 teaspoon butter;
3 eggs;	1 cup sweet milk;
2 cups granulated sugar;	Flour enough to stiffen.
5 teaspoons baking powder;	Roll in pulverized sugar.
1 cup mashed potatoes;	

Sadie Wuersten Gill.

CHOCOLATE DOUGHNUTS.

2 eggs;	2 tablespoons melted chocolate;
1 tablespoon melted butter;	1 teaspoon vanilla;
1 cup sweet milk;	3 cups flour;
1 cup sugar;	2 teaspoons baking powder.
$\frac{1}{4}$ teaspoon salt;	

Sift together the flour, baking powder and salt. Beat the eggs and add to them the sugar, chocolate, butter and milk. Then add the vanilla. Mix soft, cut and fry in hot fat.

Kisses, macaroons and margarites should be baked on an inverted pan.

DROP DOUGHNUTS.

1 cup soft white sugar;	2 eggs;
1 cup sweet milk;	$\frac{1}{2}$ cup chopped hickory nuts;
1 level tablespoon butter;	$\frac{1}{2}$ teaspoon soda;
1 teaspoon baking powder;	A few drops almond extract;
Pinch of salt;	3 cups flour.

Sift soda and baking powder in last $\frac{1}{2}$ cup of flour and fold in gently. Fry in hot fat immediately.

COOKIES. No. 1.

1 cup brown sugar;	2 eggs;
$\frac{2}{3}$ cup lard or butter;	$\frac{1}{2}$ cup warm water;
$\frac{1}{2}$ teaspoon soda;	1 heaping teaspoon baking powder;
Pinch of salt;	Flavor with nutmeg.
1 cup A sugar;	

Mix all of the above ingredients, except the baking powder. Add it to the flour. Mix to a very soft dough. Roll out $\frac{1}{4}$ inch thick and bake in a hot oven.

Mrs. Charles Wardwell, Marion, Ind.

SOUR CREAM COOKIES.

2 cups sugar;	$\frac{1}{4}$ teaspoon caraway or
1 cup butter or other shortening;	Vanilla extract;
1 teaspoon soda;	2 eggs;
1 cup sour cream;	$\frac{1}{2}$ teaspoon salt.

Mix soft, dust top with sugar.

COOKIES. No. 2.

2 eggs;	Tiny pinch of soda;
2 cups soft white sugar;	$\frac{1}{4}$ teaspoon salt;
2 teaspoons Royal baking powder;	5 tablespoons water;
Flavor to taste.	$\frac{3}{4}$ cup butter or lard.

Mrs. J. W. Gill.

DROPPED COOKIES.

$\frac{1}{2}$ cup butter;	3 cups flour;
1 cup sugar;	2 teaspoons baking powder;
$\frac{1}{2}$ cup milk;	1 teaspoon ground cinnamon;
$\frac{1}{2}$ cup molasses;	$\frac{1}{2}$ teaspoon ground cloves.
$\frac{3}{4}$ cup currants;	

Beat the butter and sugar to a cream; add the well-beaten eggs, then the milk, molasses and currants, and lastly the dry ingredients well sifted together. Drop by spoonfuls on greased pans, some distance apart. Bake for about ten minutes in a moderate oven.

EGGLESS COOKIES.

1½ cups soft white sugar;	1 cup butter;
1 cup sweet milk;	1 teaspoon soda;
Speck of salt;	Flavor with caraway extract.

This is an unusual recipe, but is worthy of trying.

Almaretta Alexander.

BANANA COOKIES.

2 cups soft white sugar;	1 cup butter;
2 large bananas;	2 teaspoons baking powder;
¼ cup sweet milk;	1 egg well beaten.

Crush bananas and sugar together well, add other ingredients and mix dough rather soft. Sprinkle with granulated sugar.

ROLLED OATS COOKIES.

2½ cups brown sugar;	1 cup butter;
4 eggs well beaten;	½ cup sweet cream;
4 cups rolled oats;	1½ teaspoons soda;
3 cups flour;	1 cup raisins.
1 cup chopped nuts;	1 cup chopped figs.

Flavor with grated orange peel or almond extract. Mix and drop by spoonfuls 2 inches apart in buttered bread pan.

GRAHAM COOKIES.

2 cups brown sugar;	2 eggs, well beaten;
¾ cup butter;	½ of a nutmeg;
1 cup sour milk;	4 cups unbolted graham flour;
1 cup raisins;	1 teaspoonful soda.
½ cup figs, chopped;	

Mix same as fruit cake, blend soda with last cup of flour, fold in lightly, drop in buttered tins, same as for rolled oats cookies. This amount makes three dozen.

Mrs. Jessie Bennett.

A ten cent granite wash pan makes a nice mixing bowl, until it begins to scale off. It is only fit to peel vegetables in then.

WHITE GINGER COOKIES.

1 cup butter;	3 eggs well beaten;
1 cup sour cream (not too rich);	$\frac{1}{4}$ teaspoon salt;
1 teaspoonful soda pulverized;	1 teaspoon cinnamon;
1 tablespoonful ginger;	$\frac{1}{2}$ teaspoonful of vanilla or grated orange peel.
2 cups A sugar;	

Mix as for butter cakes, sift soda well through last cup of flour, and mix as soft as can be handled, bake in quick oven.

GINGER COOKIES, No. 1.

$\frac{1}{2}$ cup molasses;	1 egg well beaten;
1 cup sugar;	2 teaspoons soda;
$\frac{3}{4}$ cup buttermilk;	Flour enough to roll soft.
1 tablespoon ginger;	

Roll one-third inch thick. Bake in a medium oven. Good with soft boiled icing.

GINGER COOKIES. No. 2.

Scant cup baking molasses, scant cup granulated sugar, 1 cup lard and 1 tablespoonful over, 1 teaspoon cinnamon, 1 teaspoon allspice, 1 tablespoon soda, 1 tablespoon ginger, $1\frac{1}{4}$ cups water and flour enough to make stiff dough. Bake in a slow oven.

Mix this with a spoon. Do not put your hands into the mixture.
Mrs. Frank Kariger.

GINGERSNAPS.

1 egg;	$\frac{1}{2}$ cup molasses;
1 cup brown sugar;	1 cup butter and lard mixed;
$\frac{1}{2}$ cup water (cold);	1 level tablespoon soda.

Dissolve the soda in the molasses and beat well. Use enough flour to roll to a rather soft dough. Bake in a quick oven.

GINGER COOKIES. No. 3.

1 cup molasses;	1 cup brown sugar;
1 cup lard;	$\frac{1}{3}$ cup water;
1 tablespoon ginger;	1 tablespoon soda;
1 teaspoon ground cloves;	1 teaspoon nutmeg.

After the dough is made take pieces about the size of a thimble, roll into a ball then flatten. Place in a pan at least an inch apart. Bake in moderate oven. Better after a day or two old.

N. G. B. A.

SOFT GINGER BREAD.

1 cup brown sugar;	1 teaspoon soda, dissolved;
$\frac{1}{2}$ cup Orleans molasses;	1 cup hot water;
$\frac{1}{2}$ cup butter; 1 egg;	1 tablespoon ginger;
$\frac{1}{2}$ teaspoon vanilla;	$2\frac{1}{2}$ cups flour.

Fold in lightly, put in a pan immediately and bake slowly.

SOUR CREAM GINGER BREAD.

1 cup brown sugar;	1 egg;
1 tablespoon ginger;	$\frac{1}{2}$ cup molasses;
$2\frac{1}{2}$ cups flour; 1 teaspoon soda;	1 cup thick sour cream;

Mix and bake the same as for soft ginger bread. $\frac{1}{2}$ cup of butter and $\frac{1}{2}$ cup buttermilk may be substituted for the sour cream.

NEW GINGER BREAD.

$\frac{1}{4}$ cup lard;	$\frac{1}{2}$ cup sweet milk;
$\frac{1}{2}$ cup sugar;	1 teaspoon ginger;
1 egg;	$\frac{1}{2}$ teaspoon cinnamon;
$\frac{1}{2}$ cup molasses;	Salt.
$\frac{1}{2}$ teaspoon soda;	

First sift flour then measure two cups, add the soda, ginger, cinnamon and salt to flour and sift twice. Cream the lard, add the sugar gradually, then the well-beaten egg. Beat this mixture thoroughly. Mix the molasses and milk and add this alternately with the flour. Bake in thin sheet in a moderate oven. When cold cut in fancy shapes and frost with milk frosting.

GINGER BREAD.

1 cup sugar;	1 egg well beaten;
1 cup New Orleans Molasses;	$2\frac{1}{2}$ cups flour;
1 cup thick sour cream;	1 dessert spoon ginger;
$\frac{1}{4}$ teaspoon salt;	1 teaspoon soda.
1 teaspoon cinnamon;	

The same amount of soda should be used for one and one-third cups sour cream as for one of buttermilk or clabber.

Wafers should be baked on the bottom of a large shallow pan.

GINGER DROP CAKES.

$\frac{1}{2}$ cup butter;	$\frac{3}{4}$ cup hot water;
1 cup brown sugar;	1 teaspoon soda;
$\frac{1}{2}$ cup N. O. Molasses;	$2\frac{1}{2}$ cups flour;
2 well beaten eggs;	1 teaspoon ginger.
1 teaspoon cinnamon;	

Cream the butter, sugar and molasses together. Dissolve soda in the boiling water, stir well, add eggs and flour. Bake in gem pans. Ice with boiled icing flavored with vanilla.

BANBERRY TARTS.

Two cups sugar, one pound seeded raisins, two lemons, grated rind and juice; four large soda crackers rolled fine; two eggs and one cup of English currants. Put the raisins through a chopper and beat eggs well. Mix the raisins, currants, sugar and eggs. Beat them well adding crackers, lemon rind and juice. Do not cook this mixture. Make a rich puff paste. Take a large tablespoon of the mixture, put on one-half of puff paste, turn over the other half, and press the edges around with a silver fork. Bake 15 minutes in a hot oven.

CREAM PUFFS.

1 cup boiling water;	1 heaping cup flour, equal parts
$\frac{1}{2}$ cup butter, scant;	spring and winter wheat
Lump of soda size of pea;	blended.

Put butter, water and soda in a stew pan over the fire. When boiling hot stir the flour in briskly. Take from fire, stir with a wire potato masher until cold. Stir in the unbeaten yolk of one egg, beat well, then stir in the unbeaten white; beat again until all have been added in this manner. Do not beat long after adding the last white. This quantity makes 16 puffs. Drop in an unbuttered pan $1\frac{1}{2}$ inches apart. Bake 25 to 30 minutes with temperature not quite as high as for biscuits.

MAPLE PUFFS.

$\frac{1}{2}$ pound maple sugar;	$\frac{1}{2}$ cup chopped figs;
$\frac{1}{2}$ pound brown sugar;	$\frac{1}{2}$ cup chopped citron;
Whites of 2 eggs;	$\frac{1}{2}$ cup raisins;
1 cup English walnuts;	$\frac{1}{2}$ cup water.

Boil the sugar and water to the soft ball stage. Beat the whites of of the eggs very stiff, gradually add the hot syrup to the whites of

the eggs, beating all the time. When the mixture begins to stiffen, add the other ingredients. Beat until it will hold its shape. Place by tablespoonfuls on greased paper and let stand until stiff.

SHORT PASTE FOR FRUIT TARTS.

One-half pound of flour, one ounce of creme de riz, 4 ounces of butter, 1 ounce of castor-sugar, 1 yolk of egg; rub the flour and butter together until smooth, then add the sugar and egg and $\frac{1}{4}$ of an ounce of baking powder; mix with cold water into a very stiff paste, roll out and use.

BANANA FRITTERS.

2 eggs;	$\frac{1}{2}$ cup sugar;
1 cup sweet milk;	1 teaspoon butter;
Pinch of salt;	1 teaspoon baking powder.

Flour enough to make a stiff batter (as for drop cakes or dumplings.) Line a tablespoon $\frac{1}{4}$ inch deep with the batter, lay on a slice of banana $\frac{1}{2}$ inch thick, cover with batter, and drop in hot fat. Fry until done.

Pineapple fritters may be made in the same manner.

ROSETTE WAFERS AND TIMBALES.

2 whole eggs;	1 cup new milk;
$\frac{1}{4}$ teaspoon salt;	1 heaping cup flour.
1 teaspoon sugar;	

Beat eggs slightly with the sugar and salt. Add the flour and milk alternately a little at a time. Strain through a double mosquito bag or run through a potato ricer. To make a smooth cream paste the batter must be stirred instead of beaten. If stirred too much the rosettes or timbales will be covered with blisters.

If rosettes do not come off the iron easily they are not fried long enough.

If they drop off into the grease the iron is too hot.

If the batter slips off the iron into the bowl the iron is not deep enough in the grease. Do not let the batter reach quite even with the top of the iron.

If rosette is not crisp it has been fried too quick.

Experience will lead you rightly. Make rosette timbales in the same manner as rosettes, omitting the sugar.

CORNU-COPIAS.

$\frac{1}{4}$ cup butter;	$\frac{1}{2}$ cup sugar;
$\frac{1}{4}$ cup milk;	$\frac{1}{8}$ cup flour;
$\frac{1}{2}$ teaspoon vanilla;	Speck of salt.

Cream the butter and sugar well, add milk a drop at a time and repeat creaming, add vanilla, salt and flour. Stir well. Regular cornu-copia irons should be used, but a bread pan makes a very good substitute. Pour on well-buttered bread pan a spoonful at a time, 2 or 3 inches apart. Spread as thinly as possible. When done roll quickly in the shape of ice cream cones. Tie with ribbons and serve any kind of ice cream with them.

CREAM FILLING.

Whip 1 cup of cold separated cream stiff, sweeten and flavor to taste. Split a cold sponge cake, spread between and on top. Do not let stand long or it will soak. Good with cornu-copias and fresh fruit.

FILLING FOR CREAM PUFFS.

$1\frac{1}{2}$ cup milk;	1 cup sugar;
$\frac{1}{4}$ cup butter;	1 tablespoon corn starch;
2 egg yolks;	Pinch of salt.

Boil butter, milk and sugar together, beat yolks well, dissolve corn starch in 1 tablespoon milk, stir into yolks, pour the boiling mixture over them, return to fire and let thicken. When cold add $\frac{1}{2}$ cup whipped cream. Flavor with lemon and vanilla.

MAPLE FILLING.

Boil 1 cup maple syrup and $\frac{1}{4}$ cup butter together, to the soft ball stage. Beat two egg yolks well, add 1 dessert spoon sweet cream to them, beat well, pour over the boiling hot syrup, beat until cold and thick enough to spread.

LEMON FILLING.

$1\frac{1}{2}$ cups sugar;	1 tablespoon corn starch;
1 teaspoon butter;	1 egg;
2 lemons, juice of;	Grated rind of one lemon.
1 cup boiling water;	

Boil sugar, water and butter together. Dissolve corn starch in the lemon juice, and beat egg yolk. Pour boiling syrup over it, return to sauce pan and let raise the boil. Cool and spread.

ORANGE FILLING.

1½ cups sugar;	3 egg yolks;
1 teaspoon butter;	1 cup boiling water;
1 lemon, juice of;	2 oranges, juice of.

Prepare the same as lemon sauce.

CARMEL FILLING.

1½ cups brown sugar;	2 tablespoons corn starch;
1 cup water;	Pinch of salt;
½ cup cream;	Flavor with vanilla.
⅓ cup butter;	

Put the sugar in a sauce pan and dry melt, stirring all the time. When all is melted pour in the water and add butter. When all is dissolved, blend cream and corn starch over which pour the hot syrup. Return to pan and simmer until the right consistency is reached. Very nice for dark cakes.

CHOCOLATE CREAM FILLING.

Mix 1 cup sugar and ⅓ cup cocoa together. Pour in sauce pan with ½ cup boiling water and boil to the soft ball stage. Pour over two well-beaten eggs blended with one desert spoon of sweet cream. Beat until cold before spreading.

FIG FILLING.

Make the same as carmel filling, add 1 pound of coarse ground figs and grated peel and juice of half a lemon, juice from one orange and ½ of the grated peel; omit the cream.

TUTTI-FRUTTI FILLING.

1 cup whipped cream;	¾ cup pulverized sugar;
1 cup chopped nuts;	½ cup raisins;
½ cup figs;	½ cup citron.

Have the cream very cold. Whip stiff, add sugar, nuts and fruit until the right consistency to spread.

BOILED WHITE ICING.

2 cups granulated sugar;	1 teaspoon corn syrup;
1 cup boiling water;	Pinch of salt.
Whites of 2 large eggs;	

Boil sugar, water and corn syrup together, to the soft ball stage. While it is boiling, beat the whites of the eggs with the salt to a stiff froth. Gently pour on a little at a time and set syrup back on stove to keep hot until beaten a few seconds, pour on some more and beat again. Pour on the remainder and beat until it is thick enough not to run off of the cake. Be careful that it does not go to sugar. Flavor with lemon and vanilla.

MARSHMALLOW ICING.

Make the same as above only omit syrup. Wash the starch off of 2 or 3 marshmallows, drop in the boiling syrup before pouring over eggs as in white icing. Let get nearly cold before spreading. Flavor with lemon.

CREAM FONDANT ICING.

3 cups sugar;	$\frac{1}{2}$ cup milk;
$\frac{1}{2}$ cup water; ($\frac{1}{2}$ cup sweet cream);	Tiny pinch of salt.

Put water in a sauce pan then add the milk, cream and sugar. Boil gently to the soft ball stage. Cool until it is only milk warm and stir the same as cream candy. Knead well, remelt by placing in a double boiler and spread. Use desired flavors.

ICING FOR DECORATIONS.

The white of one egg unbeaten; color with 2 or 3 drops of Damask rose cake coloring. Add sifted powdered sugar until the right consistency to run through a forcing bag.

CHOCOLATE ICING.

2 squares bitter chocolate; 2 tablespoons cold water.
Enough powdered sugar to make right consistency to spread. Melt chocolate in a bowl, pour in the cold water, just a little at a time. Beat until it is a thick smooth paste, then add sugar and beat until smooth. Spread immediately, add a little vanilla and a pinch of salt.

TUTTI-FRUTTI ICING.

Boil 1 cup of water, with 3 cups of white sugar, to the soft ball stage; beat the whites of two eggs to a stiff froth, and pour the syrup

over them, beating until it is cool; then add one-half pound of finely chopped almonds, one small half cup of raisins, a little citron sliced thin and one-half cup chopped figs. This is very nice for sponge-cake.

GOLDEN ICING.

Boil 2 cups of sugar and 1 of water to the soft ball stage. Into 2 well beaten yolks stir 1 teaspoonful of cream, pour over them the syrup. Beat well until stiff enough to spread.



MEMORANDA

A series of horizontal dashed lines for writing.



DIETETICS



LEMONADE.

Juice of half a lemon, one teaspoon white sugar, one goblet of water. Grate into it a little peel if desired.

HOT LEMONADE.

Is made the same way, except use hot water. It is good for colds and biliousness.

ORANGE WHEY.

The juice of one orange to one pint sweet milk. Heat slowly until curds form, strain and cool. Good drink after confinement.

EGG LEMONADE.

White of one egg, one tablespoon pulverized sugar. Juice of one lemon, one goblet of water. Beaten together. Very good for inflammation of lungs, stomach or bowels.

GUM ARABIC WATER.

One teaspoon gum arabic, one goblet cold water, stand until it dissolves. Flavor with juice of lemon, orange, or any other fruit.

JELLY WATER.

Sour jellies dissolved in water make a pleasant drink for fever patients.

OATMEAL TEA.

Two tablespoons raw oatmeal to one quart cold water, stand two hours in a cool place, then drain off as it is wanted. Nourishing in convalescence, and an unequalled drink for harvesters or moulders.

FLAXSEED LEMONADE.

Two tablespoons of whole flaxseed to a pint of boiling water; let it stand until cool, then strain and add the juice of two lemons and two tablespoons honey. Invaluable for coughs and suppression of urine.

ORANGEADE.

Juice of one orange and a little of the peel grated, juice of half a lemon, 1 well beaten egg and $\frac{1}{2}$ cup granulated sugar. Beat all together and add 1 pint of ice water.

EGG-NOGG.

Cream the yolks of two eggs and $\frac{1}{2}$ cup granulated sugar together until light, add one teaspoon brandy and one pint of new milk and a little nutmeg, a speck of salt, stir well, drink between meals. Good for consumptives.

BEEF TEA.

Grind one pound lean beef, put into a pint of water and rub with the hands until all the juice is out and nothing remains but a white fiber. Put all together in a tight vessel and cook for one-half hour. Salt to taste.

RICE GRUEL.

Two tablespoons rice, one quart cold water; steep slowly one hour; strain through a gravy strainer; add a little cream and salt.

GRUEL FROM RICE FLOUR.

Wet one tablespoon flour, stir into boiling water, cook five minutes.

MILK PORRIDGE.

1 pint rich milk, 1 teaspoon level full of sugar, 1 teaspoon butter. When boiling hot stir in a handful of fine rivels made from $\frac{1}{2}$ cup of flour, a pinch of salt, and enough cold milk to make the rivels fine. Sprinkle into the boiling milk and let boil a few minutes, being careful not to scorch it. Add a pinch of salt and it is ready to eat.

Milk should always be put in a cold vessel which has been slightly greased with soft butter. This prevents burning.

CORN TEA.

Parch common corn until browned through, grind, and pour on boiling water. Drink with or without cream. Excellent for nausea, vomiting and diarrhoea.

BRAN GRUEL.

Boil for half an hour one pint of bran of white wheat in three pints of water. Strain through a gravy strainer and add a little salt. This is a good gruel for fevers and inflammations. Makes a good drink by thinning and adding lemon juice.

CORN MEAL GRUEL.

One tablespoon finely sifted corn meal wet in cold water. Have one quart boiling water in a gruel pan, dip a spoonful of this thin cold batter into the water, stir, let it boil up, and then add another spoonful, and so on until the gruel is of the right consistency. Let it boil briskly twenty minutes or more. Salt to taste.

OATMEAL GRUEL.

Stir two tablespoons of oatmeal in one quart boiling water. If the meal is coarse, boil one hour and strain through a gravy strainer. Wheatlet gruel is prepared in the same manner.

BAKED MILK.

Put half a gallon of milk in a jar and tie over it writing paper. Let it stand in a moderate oven eight or ten hours. It will be like cream, and is good for consumptives and invalids.

BUTTERMILK POP.

Put one quart of buttermilk and a pinch of salt in a sauce pan. Stir well, while boiling, add two tablespoons flour which has been rubbed with one teaspoon of milk into fine rivels. Stir into the boiling milk and cook well. Good in nausea and heartburn of pregnancy, also for nervous dyspepsia. Sweeten to taste.

BUTTERMILK.

Buttermilk, when sweet and fresh from the churn, is nutritious and wholesome. It contains about 88 per cent of water, 4 of nitrogenous food, 3 of sugar, only a trifle of fat, and considerable mineral matter, by some estimated at over 5 per cent. There is also a small amount of lactic acid. As a heat producing food, it is poor. There are many forms of dyspepsia in which it "will set on the stomach" when hardly anything else will. Often in fevers, this organ becomes rebellious from the effects of large amounts of medicine, and it is then

a serious question how to nourish the patient. In such cases buttermilk is sometimes found to be the best food that can be given.

In diabetes it may be employed as a chief article of diet to great advantage. Corpulent people who will not adopt the bread and fruit regimen and take much exercise, may use buttermilk in preference to milk. It may be put in clean bottles and canned or sealed, as in preserving fruit, and kept for a long time. After a little, one becomes fond of the taste and relishes it. It ought not be allowed to stand until it is bitter before using.

From a Nurse.

HOT MILK.

Take nine parts of milk and one part of water, and heat at 110 F. in a milk boiler. Sipping this slowly, the saliva combines with the milk, and this with the added water will prevent coagulation in the stomach; hence will be taken up at once by the absorbents. This is valuable food in morning sickness of pregnancy and for nursing women. It is also good in low fevers and nervous dyspepsia.

The Medical Record, speaking of hot milk as a beverage, says: "Milk tested too much above 100F. loses for the time a degree of its sweetness and its density. No one who, fatigued by over exertion of body or mind, has ever experienced the reviving influence of a tumbler of this beverage, heated as hot as it can be sipped, will willingly forego a resort to it because of its having been rendered somewhat less acceptable to the palate. The promptness with which its cordial influence is felt is indeed surprising. Some portion of it seems to be digested and appropriated almost immediately; and many who now fancy they need alcoholic stimulants when exhausted by fatigue, will find in this simple draught an equivalent that shall be abundantly satisfying, and far more endurable in its effects.

From a Nurse.

CHICKEN BROTH.

In one quart of water boil the dark meat of half a chicken with a teaspoon of rice or barley; skim off the fat; use as soon as the rice is well done. When taken up add a few narrow strips of bread toasted, not too brown.

MACARONI SOUP.

Into a quart of boiling water put a handful of macaroni broken into inch pieces. Let it boil an hour, then add two cups of strained stewed tomato, and just before serving pour in half a cup of cream.

PUREE OF SPLIT PEAS.

1 quart of split peas. Soak over night. Put on in hot water. Boil two hours slowly. Put through the colander. Heat in the kettle a cup of sweet cream, into which has been stirred two large spoonfuls of graham flour, or that of entire wheat, and a pinch of salt. When it thickens, return the peas to the kettle and stir. Then set back.

CRACKED OR ROLLED WHEAT.

In two quarts boiling water stir one pint cracked wheat. Half a teaspoon salt. Use a double kettle, and cook three hours without stirring. When done, mould in dishes. Eat hot or cold with fruit-sauce or cream and sugar. Excellent in constipation or biliousness. The rolled wheat is preferable. Not being able to procure it ready prepared, one can crack wheat in an ordinary coffee mill.

GRAHAM MUSH.

Stir graham flour into boiling water slowly, until it makes a thick batter. Set on the back part of the stove ten minutes, then beat two minutes and turn into a dish. To be eaten with fruit juice or cream and sugar.

RICE AND RAISINS.

Three cups boiling water, one cup sweet milk, one cup rice, half cup raisins. Mix well together. Cook in steamer or boiler. Mould and eat warm or cold, with cream or fruit sauce.

RICE SNOW.

One quart sweet milk, five tablespoons rice flour or corn starch. one-half cup sugar, whites of four eggs. Boil the milk, stir in the rice flour moistened, and add the sugar. When cold whip a little at a time into the well beaten eggs, after which beat well again. Mould and serve with cream or fruit sauce.

POACHED EGGS.

In a buttered skillet one-half full of boiling water, place muffin rings. Drop the eggs in them and set on oven grate until done. Remove the rings and the eggs will be nicely moulded and evenly cooked.

EGGS POACHED IN MILK.

Take one cup of milk, half a cup of water, when boiling break in six eggs, cook slowly and serve on toast. Good for nervous headache. The milk prevents the poisonous effect of the sulphur in the eggs, and the nerves get decided nutriment.

MILK TOAST.

Butter a cold sauce pan, pour in 1 pint of fresh milk, dissolve 1 dessert spoon of corn starch in $\frac{1}{2}$ cup cold cream, stir in the boiling milk, add a pinch of salt and a teaspoon of sugar. Cook 1 minute, pour over half a dozen slices of bread which have been toasted slowly and well. Serve at once.

CRACKER TOAST.

Make the same as milk toast adding twice as much sugar with a little grated nutmeg. Pour over crackers that have been heated in the oven until crisp. This pleases the children.

HUCKLEBERRY TOAST.

Stew one quart fresh huckleberries, add juice of half a lemon, sweeten to taste, dissolve one tablespoon corn starch in $\frac{1}{3}$ cup warm water, stir into the boiling fruit. Pour over well toasted white bread. Other kinds of fruits may be used instead of huckleberries.

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ASPARAGUS TOAST.

Cook young tender asparagus tips in the same manner as peas. Serve on hot buttered toast.

CHEESE TOAST.

Toast thin slices of bread an even, crisp brown. Place on a warm plate, allowing one small slice to each person, and sprinkle over it rich, new cheese. Serve while warm.

MILK AND EGG TOAST.

Put a generous $\frac{1}{2}$ cup of new milk into a granite cup, let it raise the boil, then put in a thin piece of toasted bread, two inches square, remove from fire and immediately stir in a fresh egg which has been slightly beaten, cover a moment, add a pinch of salt and serve.

BREAD should always be put in a warming closet and dried well before toasting, then toasted a light brown, especially for the sick, otherwise it is very harmful as it causes fermentation of the stomach.

Mrs. James L. Hartsell, Huntington, Ind.

JUNKET.

Put $\frac{1}{2}$ a junket tablet in a cup with 1 teaspoon cold water, mash with the finger until dissolved, put 1 pint new milk into a double boiler, add $\frac{1}{2}$ cup sugar and any desired flavoring, stir well, when milk warm, add the dissolved junket tablet and a pinch of salt, and 1 well beaten egg. Stir again, put in a warm place to set. It will have the appearance of a delicate custard and is very nourishing for consumptives. Should be taken between meals.

SAGO CREAM.

Wash the sago, put on in boiling milk, and boil until thick. Like tapioca sweeten and flavor with nutmeg.

IRISH MOSS PUDDING.

1 cup Irish Moss;	1 tablespoon butter;
1 cup sugar;	A pinch of salt and flavoring.
1 quart milk;	

Pick the dark particles from the moss, wash well, and soak a few minutes in cold water. It will swell up like a sponge. Squeeze and dry, drop into the boiling milk and cook until thick as ordinary gravy. Cool and eat plain or with any desired sauce. The moss should be measured after it is cleaned.

PLAIN BLANC MANGE.

May be made in the same manner, omitting the sugar, and can be eaten with sweetened cream.

ARROW-ROOT BLANC MANGE.

Pour into 1 pint of boiling milk, 2 tablespoons of arrowroot rubbed to a paste with $\frac{1}{2}$ cup warm milk, $\frac{1}{2}$ cup of sugar, a pinch of salt, and flavor with rose-water. Stir briskly until done, pour into a mould wet in ice water, serve when cold with sweetened cream or foamy sauce.

IRISH MOSS can be bought at any up-to-date drug store.

RICE FOR THE SICK.

Wash well in cold water, drain well and drop slowly into boiling water, with a little salt in it, (the water should cover it several inches) shake well and boil slowly for five minutes, put in a fireless cooker over night, season with butter, cream and sugar, heat again to boiling point.

OAT-MEAL WITH RAISINS.

The meal should be poured into boiling salt water, cook same as rice before placing in cooker, season with butter and add $\frac{1}{2}$ cup of seeded raisins, cook over night, serve with sweetened cream. If cooked on the stove set vessel on an asbestos mat and cook very slowly, shake often but do not stir.

RICE OMELET.

Two cups boiled rice, one cup sweet milk, two eggs. Stir together with egg beater, and put into a hot buttered skillet. Cook slowly ten minutes, stirring frequently.

RICE CREAM.

Thicken a pint of scalding milk with rice flour to the consistency of cream; sweeten and flavor to taste. Beat the whites of two eggs to a stiff froth, put a half ounce of gelatine into half pint of cold water; when well soaked, place over the fire until the gelatine is dissolved; when cool, beat to a froth with an egg beater, mix with the egg and milk.

RICE (JAPANESE METHOD.)

Only enough water is poured on the rice to prevent burning. Cover tightly and set over a moderate fire until nearly done. Remove cover to allow moisture to escape. The rice turns out a mass of snow white separate kernels, each burst open like a mealy potato.

It is far less trouble to cover the dish tightly and cook it in a steamer.

UNLEAVENED BREAD.

Mix entire wheat flour with ice cold water, to a stiff dough; knead for four or five minutes; cut in small pieces and roll into cakes size of clothes-pins. Bake on wire pan or toaster in hot oven

cream and let it come to the boiling point. Put in a cool place and use as needed. If too thick add a little hot water and more sterilized cream.

This is much better than any prepared baby food.

WHOOPIING COUGH SYRUP.

Grate enough sweet Spanish onions to make one pint pulp. Add 1 cup of water and boil 5 minutes, strain and add enough sugar to make it palatable, 1 ounce of glycerine, and the juice of 1 lemon. Add a little rock candy and boil, skim and bottle. Omit the lemon juice for babies using milk. Give a teaspoonful several times a day, and at bed time.

This has been tried in my own family, and can not be excelled. This recipe was written by request.





BREAKFAST AND TEA DISHES



CORNMEAL MUSH.

Put $\frac{1}{4}$ cup butter in the bottom of a stew kettle, rub bottom well pour in water when it boils, salt to taste and add 1 teaspoon of sugar. Sift in meal gently, letting it boil between times, so that it will not taste raw. Stir well 5 minutes, set back to cook slowly for 10 minutes longer.

GRAHAM MUSH.

Make from unsifted graham flour in the same manner as corn mush.

FLOUR MUSH OR MINUTE PUDDING.

Put fresh milk on to boil in a buttered stew pan. Add 1 tablespoon of sugar and salt to taste. Stir in white or whole wheat flour until thick as graham mush. Serve with sweetened cream.

FRIED MUSH.

Cut into slices $\frac{1}{4}$ inch thick. Roll in corn meal and fry in hot lard.

MOCK LYE HOMINY.

Pick and wash 2 pounds of cracked store hominy, pour 3 times its bulk of boiling water over it, set on fire where it will almost reach the boiling point for $\frac{1}{2}$ day or better. When very tender and mushy put in $\frac{1}{2}$ teacup weak lye made from wood ashes. Stir well, salt to taste. This is just as good as the old fashioned lye hominy and does not lose any of its nutriment, and is much less trouble. Season with bacon or ham fryings.

FRENCH FRIED BREAD.

Cut slices of bread 3 inches square. Beat two eggs slightly, add 1 tablespoon sweet cream, pepper and salt and fry a rich brown in butter and lard. Serve with lemon sauce and raisins.

FRIED BREAD WITH CINNAMON.

Break stale bread in inch bits, fry in butter and lard. Stir as it fries. When done pour a spoonful of water into one side, cover

and steam a moment. Lift, dust with cinnamon and serve with hot syrup. This is excellent.

MUSH AND OYSTERS FRIED.

Cook 3 pints of corn meal mush until well done, stir in 1 pint of fresh oysters carefully, cover and let stand a moment, pour into a granite pan, when cold slice $\frac{1}{2}$ inch thick, dip in beaten eggs, roll in very fine cracker crumbs and fry a rich brown, garnish with celery sprigs.

Mrs. Orma Curless.

EGGS IN A NEST.

Whites of 6 eggs beaten stiff, with a $\frac{1}{2}$ teaspoon of salt. Pour in a butter casserole or baking dish. Make 6 holes size of small egg, put a yolk in each hole and pour 1 tablespoon of cream over each yolk. Dust with salt and pepper. Bake or steam until whites are well set. Garnish with sprigs of parsley. Serve very hot. This makes a very nice Easter dish.

SCRAMBLED EGGS.

Break $\frac{1}{2}$ dozen eggs into a bowl, add pepper and salt and a little minced parsley or celery sprigs, and 3 tablespoons sweet cream. Stir slightly with fork. Pour in a hot buttered frying pan, and stir gently until creamy. Serve on buttered toast.

JELLIED EGGS.

Put as many eggs as are wanted, in a vessel, cover 1 inch with cold water. Set over a medium hot fire, let come to the boil. The whites will be a delicate tender jelly instead of tough and indigestible, and the yolk will be just right.

HARD BOILED EGGS.

Put to boil in the same manner as you would jellied eggs. Boil slowly for one hour. The yolk is then soft and creamy and is easily digested.

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POACHED EGGS.

Drop eggs carefully into boiling water 1 inch deep. Place in the oven on the grate. The top will be coated with a delicate white

jelly. When done pour off the water and lift with a perforated pancake turner.

EGGS A LA GOLDEN ROD.

Boil four eggs for twenty minutes, and when they are cold shell and dice them; meanwhile prepare a rich cream sauce by adding to one and one-half tablespoons of melted butter the same quantity of flour, when thoroughly blended add about 2 cupfuls of hot milk; as soon as the sauce boils season it highly with salt and paprika, adding the eggs and a heaping cupful of grated cheese; cook only until the cheese is melted and serve on rounds of hot buttered toast garnished with small stuffed olives.

EGGS A LA CREOLE.

Put a tablespoonful of butter, and $\frac{1}{2}$ cup of sweet cream into a sauce pan with $\frac{1}{4}$ cup minced onion. Let simmer a few minutes, add a cupful of tomatoes and cook 5 minutes. Add 5 eggs beaten together and stir briskly until creamy.

Aimee Ware.

CHEESE OMELET.

Mix one heaping teaspoon of flour with one tablespoon of butter. Cook until thoroughly mixed. Add one coffee cup of milk, salt, red pepper, two heaping tablespoons grated cheese, yolks of four eggs well beaten. Cook and stir until smooth. Then remove from the fire and add the stiffly beaten whites of four eggs, turn into well greased baking pan and bake in a moderately hot oven for 20 or 30 minutes.

Aimee Ware.

OMELET.

Use one egg for each person and one extra. Beat yolks and whites separately. To yolks add one tablespoonful of milk for each egg and one extra, and a pinch of salt. Pour yolks into hot buttered skillet. When they are browned on the bottom, spread whites over them and brown in quick oven. Fold over when removing from skillet and serve on hot platter.

Aimee Ware.

OYSTER OMELET.

2 eggs;	12 oysters;
3 tablespoons cream;	$\frac{1}{2}$ cup strained oyster liquor;
1 tablespoon butter;	Pepper and salt.

WELCH RAREBIT.

1 cup cheese;	2 dessert spoons flour;
2 cups milk;	Salt and paprika to taste.
1 heaping tablespoon butter;	

Melt the butter, blend in the flour and add the milk, let it come to the boil and stir in the cheese, which should be broken into small bits, take from the fire as soon as the cheese melts, season and serve on crackers immediately.

Myrtle Ware.

RINGTUM DIDDY.

1 cupful cheese;	1 heaping tablespoon butter;
1 cup milk;	1 cup tomato juice;
1 tablespoon flour;	Salt and paprika.
1 egg;	

Blend the flour and butter as for rarebit, add the tomato juice and when it boils add the milk, stir well and add the beaten egg and the cheese. Let remain over the fire only long enough to melt the cheese, stirring all the while to prevent the mixture from being stringy, season after lifting.

Myrtle Ware.

CHEESE FONDUE.

Put to boil one pint of new milk with a tablespoonful of butter in it; dissolve two tablespoonfuls of flour in a little cold milk, and stir in the boiling milk; set off to cool, season with salt and pepper to taste; add five ounces of grated cheese to the mixture, and four eggs beaten separately until very light; mix all, and pour in a buttered dish; bake twenty minutes. Serve at once, as it falls.

CROQUETTES.

All croquettes require two coatings of crumbs before frying in fat. The dry bread-crumbs should be sifted until very fine. Break the white of an egg into a shallow plate and beat slightly with a fork; add 1 tablespoonful of cold water. After the croquettes are shaped, roll in crumbs until all parts are covered. Dip in the egg, then give the final covering of crumbs, taking care that the coating is not too thick. Fry in deep fat and place on brown paper. Serve while hot. Meat cutlets may be rolled in crumbs and egg and fried

in deep fat; also cutlets of fish shaped with a wooden skewer may be fried in the same manner.

VEAL CROQUETTES.

2 cups chopped cold cooked veal;	1 cup thick sauce;
$\frac{1}{2}$ teaspoon salt;	Few grains cayenne;
$\frac{1}{8}$ teaspoon pepper;	Few drops onion juice;
	Yolk of 1 egg.

Mix ingredients in order given. In making the thick white sauce, use rich white stock in place of milk. Cool, shape, crumb and fry same as other croquettes.

CHICKEN CROQUETTES.

1 pint cold cooked chicken;	1 teaspoonful salt;
$\frac{1}{2}$ pint milk;	$\frac{1}{4}$ teaspoonful nutmeg;
1 heaping tablespoonful but- ter;	$\frac{1}{2}$ teaspoonful pepper;
2 tablespoonfuls flour;	Flour, beaten eggs, cracker crumbs, lard.
1 teaspoonful onion juice;	

Way of preparing—Chop the meat very fine. Heat the milk in a double boiler. Cream the butter, and flour, and add it to the milk, then add the onion juice and seasonings. Cook until you have a thick sauce. Pour this over the chopped chicken, and mix thoroughly, then let it cool, and form into shapes. Flour lightly, dip shapes into the beaten eggs, roll in cracker crumbs, and fry in deep fat.

Quantity—This will serve six persons.

FISH CROQUETTES.

Pick into pieces, taking out all the bones, 1 pound of any cold fish; heat two ounces of butter, stir in two tablespoonfuls of sweet milk, thicken with flour; when cooked, add one beaten egg, the minced fish, pepper, salt, a little chopped parsley and the juice of half a lemon; spread out to cool; form in croquettes, dip into grated bread crumbs, and fry in hot lard.

SALMON CROQUETTES.

$1\frac{3}{4}$ cups cold flaked salmon;	Few grains cayenne;
1 cup thick white sauce;	1 teaspoon lemon juice;
Salt;	1 egg, white.

Add sauce to salmon, then add seasonings, then the well beaten white of egg. Spread on a plate to cool, shape, dip in crumbs, egg, and crumbs again, fry in deep fat, and drain.

SWEET BREAD CROQUETTES.

1 pt. cooked and chopped sweet-breads;	1 cup cream (scant);
4 tablespoons chopped mush- rooms;	$\frac{1}{3}$ teaspoon white pepper;
2 tablespoons butter;	A dust of nutmeg;
1 tablespoon flour;	$\frac{1}{2}$ teaspoon chopped parsley;
1 dessert spoonful salt;	2 eggs;
	1 tablespoon lemon juice.

Mix all the seasoning with the mushrooms and sweet breads, and set aside to absorb the seasoning. Make a white sauce of the cream, butter and flour, pour it over the other ingredients, adding the beaten eggs last. Mix well, set away two hours to stiffen, then shape into croquettes. Dip in egg crumbs and fry in the usual way. Serve with any desired sauce.

MACARONI AND CHEESE CROQUETTES.

2 cups cold boiled macaroni, chopped;	$\frac{1}{2}$ cup thick white sauce;
4 tablespoons cheese, cut fine;	$\frac{1}{2}$ cup cold boiled ham if desired.

Add cheese, ham and macaroni to sauce, season highly with salt and cayenne, cook five minutes; spread on a plate to cool, form into croquettes. Shape and finish as other croquettes.

LOBSTER CROQUETTES.

The meat of 1 good sized lob- ster (boiled);	A grating of nutmeg;
1 tablespoon butter;	Salt and pepper to taste;
1 tablespoon flour;	1 teaspoon lemon juice;
$\frac{1}{2}$ cup milk;	Egg and bread crumbs.

Mix all together and fry the same as other croquettes.

SALMON TIMBALES.

1 can red salmon;	1 cup bread crumbs;
2 eggs well beaten;	1 tablespoon Worchester sauce;
2 tablespoons lemon juice;	Salt and pepper to taste.
1 cup thick white sauce;	

Salmon or oysters are excellent escalloped with macaroni in the same manner as cheese and macaroni.

WHITE SAUCE.

2 tablespoons butter; 2 tablespoons flour;
 ¼ teaspoon salt; 1 cup milk.

Drop timbales into gem pans; set them in a pan with 1 inch of water to bake, cover tops with waxed paper.

Mable Wilcuts.

CORN OYSTERS.

1 pint can of corn; 1 egg beaten;
 1 teaspoon celery salt; 1 tablespoon cream;

Season to taste with black pepper and a little table salt. Mix all together, add enough fine cracker crumbs to make the mixture stiff enough to form into small cakes. Fry in butter and lard a deep brown.

CORN CROQUETTES.

1 cup corn, cut or ¼ teaspoon onion juice;
 grated; Dash of pepper;
 ½ teaspoon salt; 4 tablespoons flour;
 2 tablespoons butter; White of 1 egg.

Put corn and seasonings in double boiler, and when hot, add the flour and butter rubbed together to a paste; mix well and cook for five minutes, remove from the fire and add the whites of the egg well beaten. Shape and finish as other croquettes.

BEEF AND RICE CROQUETTES.

2 cups finely chopped beef; 2 cups freshly boiled rice;
 1 teaspoon salt; ¼ teaspoon pepper;
 Few drops onion juice; Dash of nutmeg;
 1 tablespoon chopped parsley; 1 teaspoon lemon juice.

Shape in croquettes, break an egg on a plate, add one tablespoon of hot water, and beat until well mixed, dip croquettes first in egg, then in cracker crumbs, fry in smoking hot fat, drain on absorbent paper in a warm place.

DELMONICO POTATOES.

1 quart boiled potatoes; $\frac{1}{2}$ cup grated cheese.
3 cups white sauce;

Butter baking dish, put in half the potatoes, cover with half the sauce, sprinkle with cheese, add remaining potatoes and sauce; cover with cheese, and brown in hot oven.

Chipped dried beef, added to escalloped potatoes improves them greatly.



MEMORANDA

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MEMORANDA

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BEVERAGES



COFFEE.

To make good coffee select any first class brand, African Java has my preference. Allow 1 heaping tablespoonful for each person and one for the pot. Use the white of 1 egg to 1 heaping cup (which equals 6 tablespoonfuls). Put in coffee pot, or use a first-class aluminum percolator, and blend well together. Pour over 1 cup boiling water to each tablespoonful of coffee. Set back on the range where it will simmer but not boil, until done. Never allow coffee to stand from one meal to another, or warm it over. That is how one gets the poison that makes rheumatism. Fresh boiling water is necessary for good coffee or tea.

TEA.

To make tea use only first-class brands, put into a stone, granite or aluminum tea pot. Pour fresh boiling water over it, set where it will keep hot but not boil. Or fill the cups with fresh boiling water and pass a tea ball and let each person make their own tea as strong as desired. This is the most satisfactory method.

ITALIAN CHOCOLATE.

Cream the yolks of 3 eggs and 1 cup of granulated sugar together until very light and foamy. Dissolve 6 teaspoons Bakers cocoa in 1 cup of boiling water, stir well, add 5 more cups of boiling water, a pinch of salt. Let all boil hard, pour over the eggs and sugar stirring briskly. Pour into cups and serve at once with a spoonful of whipped cream on the top.

GERMAN CHOCOLATE.

3 cups boiling water;	2 egg yolks beaten;
1 cup milk;	6 teaspoons Bakers cocoa;
$\frac{1}{2}$ cup whipped cream;	1 scant cup granulated sugar;

Cream sugar and eggs together until light, add the whipped cream. Cook water, cocoa and milk together the same as for Italian chocolate and pour boiling hot over the eggs, sugar and cream, stirring briskly. Cover tight for a moment and serve with a marshmallow on top of each cup.

PLAIN CHOCOLATE.

Make the same as German chocolate omitting the eggs. Serve without the marshmallow.

LEMONADE.

To a large lemon allow 1 cup granulated sugar and 3 cups water. When ice is used lessen the water. Use the peel, either bruised or grated, strain and serve. Add a well-beaten egg for the sick. Lessen the sugar for sour lemonade.

ORANGEADE.

To each lemon add 1 cup of sugar, two oranges and 3 cups water. Grate the orange peel, pour 1 cup boiling water over the sugar, add the grated peel, stir until sugar is all dissolved, add the lemon and orange juice and remaining cups of water. Cool and serve with cracked ice. Eggs may be added or not.

RECEPTION PUNCH.

6 lemons;	1 can pineapple diced;
1 can white cherries;	Juice of pineapple;
1 can sweet white grape wine;	2 oranges, grated peel of;
1 bottle Maraschino cherries;	Extract the juice from the
6 cups granulated sugar;	lemons and oranges.
$\frac{1}{2}$ dozen oranges;	

Boil the sugar with 2 cups of water until it is dissolved. Add grated peel and juices from the fruit. Add one gallon or more of water together with fruit and cracked ice. This makes nearly two gallons and is excellent. Fresh strawberry juice with a few whole berries makes it much better.

TEA PUNCH.

1 quart boiling water;	2 cups sugar;
4 teaspoons tea;	3 lemons, peel and juice;
1 can pineapple and juice;	2 oranges, peel and juice;

Make the same as reception punch adding the tea after it is brewed and 1 quart extra cold water, add ice and serve.

COLONIAL MINT CUP.

6 oranges;	$1\frac{1}{2}$ cups sugar boiled in
2 lemons;	1 cup water and cooled;
Whites of 2 eggs;	Mint sauce to flavor.

Beat the whites of the eggs slightly. Add the lemon and orange juice strained and the syrup. Add 3 pints of ice water and serve.

ROSE ICE.

Wash a half pint of rose petals; pound them to a paste, adding gradually four tablespoonfuls of granulated sugar. When smooth add a quart of water and a pound of sugar; boil ten minutes; do not strain. When the mixture is cold, add the juice of four oranges strained through cheese cloth. Freeze carefully and serve in punch or wine glasses. Garnish with fresh rose petals.

Rose extract may be used instead of leaves.

NASTURTIUM PUNCH

Chop fine twenty-four nasturtium flowers; rub them with a little sugar to a paste. Boil together a pound of sugar and a quart of water for five minutes; take from the fire, and add the juice of three lemons and the nasturtium flowers. Let these stand until perfectly cold; add four tablespoons of claret or grape juice. Freeze the mixture and serve in punch glasses. Especially nice with nut-ton. A nasturtium flower on the top of each glass makes a very pretty garnish.

GINGER PUNCH.

Boil a pound of sugar with a quart of water; add the juice of three lemons and when cold add four tablespoons of the syrup from the preserved ginger, and a half cup of the ginger chopped very fine. Freeze and serve with the meat course, at dinner. If preserved ginger is not to be had, add a teaspoonful of ground *Jamacia* ginger to the sugar and water before they are boiled, then add the chopped candied ginger.

GREEN-GRAPE COCKTAIL.

Wash, cut in halves, and seed $1\frac{1}{2}$ pounds California grapes. Put on ice until chilled. Whip the whites of 4 eggs stiff, and beat in 1 cup powdered sugar gradually. Put layers of grapes in cocktail glasses, add alternately layers of fresh shredded grape fruit, sprinkled well with pulverized sugar and repeat until glasses are $\frac{3}{4}$ full. Put the white of eggs and sugar on top, garnish with chopped nuts or Marischino cherries.

STRAWBERRY COCKTAIL.

Select well ripened strawberries, cut into halves, sprinkle with half their bulk in sugar, stand on ice until ready to serve. Put in cocktail

glasses, pour over the juice from two oranges and put a spoonful of whipped cream on top with a whole strawberry in the center.

STRAWBERRY WATER.

Take 1 quart of dark red hulled berries; crush with 1 pint of pulverized sugar and $\frac{1}{2}$ pint cold water. Grate 1 pineapple, add to it 1 quart of cold water. Put all together in a bag and strain. Set in ice chest until wanted.

GRAPE WINE.

Take twenty pounds of Concord grapes after they are stemmed, add 5 quarts of water, crushing the grapes in the water, and put them into a porcelain kettle; stir well until they reach the boiling point. Let them cook fifteen or twenty minutes, then strain through a cloth; add three pounds of white sugar; when the sugar is dissolved, strain again through a cloth; heat to the boiling point again, pour it into pint economy or self-sealing jars (the former being preferred) and seal. Cook only in porcelain or aluminum and stir with an aluminum or wooden spoon or paddle, as scaled granite or iron blackens and ruins the color and flavor.

SHRUB OF NECTAR.

To one quart of fruit or berries crushed pour enough cider vinegar to cover, add 1 quart of boiling water, juice of four oranges, and 1 grated pineapple, and sugar to taste. Boil, strain and seal as for grape wine.

DANDELION WINE.

Select 2 quarts dandelion blossom, wash well, put into a jar and pour one gallon of boiling water over them. Let stand over night, squeeze out blossoms and strain; add the juice of three oranges and three lemons. Cook 20 minutes. Sweeten to taste, pour back into the jar, soak 1 cake of yeast, and let stand 1 week. Strain and bottle.

Mrs. Aaron Sutton.

ELDER BLOSSOM WINE.

2 quarts blossoms;
6 pounds sugar;
2 gallons water;

3 pounds raisins;
3 lemons sliced;
4 oranges.

Wash bunches before picking from the stem, measure, boil sugar and water together, put in blossoms and as soon as they boil, cool and pour in a large stone jar. When milk warm stir in two cakes of yeast foam previously soaked, let stand 8 or 10 days. Stir morning and evening, until the blossoms come to the top, each time strain through a cloth, add raisins seeded, put in self-sealing cans without the rubbers.

CHERRY WINE.

When canning cherries squeeze out all the juice, which improves them for canning. Add 2 parts juice and 1 part of sugar. Cook and seal for sweet wine, leave uncooked for fermented wine. Let stand until fermentation ceases. Bottle. Fill the neck of the bottle with absorbent cotton.

BLACKBERRY WINE.

Take equal parts of berries and water, crush the berries well. After they are measured cook together, strain as for jelly, sweeten to taste, boil again and seal in pine Economy jars.

FERMENTED BLACKBERRY WINE.

Crush 2 quarts of blackberries with 1 quart sugar. Put in stone jar and add 1 quart fresh rain water, stir each day until fermentation ceases. Strain and bottle same as cherry wine. White grape wine is nice made in the same manner.

BLACKBERRY CORDIAL.

Warm and squeeze $\frac{1}{2}$ gallon of berries; add to them one pound of white sugar, one-half ounce of powdered cinnamon, one-fourth ounce of mace, two teaspoonfuls of cloves. Boil all together for one-fourth of an hour; strain the syrup, and to each pint add a glass of French brandy. Two or three doses of a tablespoonful or less will arrest dysentery, if given in season, and is a pleasant and safe remedy. Excellent for children when teething.

RAISIN WINE.

Chop two pounds of raisins, add 2 lemons, 3 oranges, 2 pounds of white sugar, and about two gallons of boiling water. Pour into a stone jar, and stir daily for six or eight days. Strain, bottle and put in a cool place for ten days or so, when the wine will be ready for use.

MEMORANDA

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CANNING AND PRESERVING



FRUIT CANNING.

THE FIRST STEP in successful fruit canning is perfect sterilization; second, fresh sound fruit, and the best cans obtainable. The recipes I have written on fruit canning are only for the fruits most generally canned by the majority of housewives. I consider it useless to write anything on the canning of vegetables, as the ECONOMY FRUIT JAR CO. puts out a book with each dozen cans giving explicit instructions, for canning in general, which are absolutely reliable. The ECONOMY is the only jar in which I have ever been able to keep vegetables. I have fruit and vegetables as bright and fresh as when first canned, which have been canned three years in these jars.

TO STERILIZE FRUIT CANS.

Put a wash boiler on a gasoline, oil or gas stove, as the fire can be regulated as desired and fill half full of pure soft water, if you have it. Lay the cans in on their sides letting them fill as they sink to the bottom of the boiler. For wax cans sift RED SEAL LYE and a little soap powder over the top, turn fire on low at first, slowly increasing it until they boil ten minutes, turn out fire and let stand until cool. The wax will nearly all be in the bottom of the boiler. The little that remains can be washed off easily. It is a good plan to clean several boilerfuls in succession so one cleaning of the boiler will do. Wash in warm soft water, scald and put away in a closed cupboard right side up; always keep a good supply of sterilized cans ready for emergencies, this way one is always prepared to take care of fruit on short notice.

Lye need not be used for other cans, use plenty of baking soda or amonia instead. This manner of sterilizing cans tempers them as well. Always lay them in boiling water, a few minutes before filling. It is just as necessary to sterilize the lids, as the cans. Tin lids should not be used but once. It is a good plan to lay a piece of absorbent cotton on top of the fruit before putting on the lid as it prevents the fruit from rising to the top. Last, but not least, the fruit must be cooked well but not too soft.

Cans should never be set away with the lids on, as it gives them a musty odor.

It is a good plan to put a paper flour sack in the bottom of the boiler before putting in the cans, as this keeps the greater part of the wax off of the boiler. The flour should be well dusted from the sack first.

To each box of sealing wax add $\frac{1}{2}$ teaspoonful of lard to prevent the wax from coming loose.

TO CAN PINEAPPLE.

Select well ripened Indian river pineapples, peel off the rough bark slightly, then peel again taking off below the eyes, grind this part of the peel, add twice its bulk in water, catch the juice from the grinder and put with it, stew well, strain and sweeten to taste. Can for ices, punch, etc. Slice thin and core. Cook in syrup, seal in economy jars, or shred in half inch bits and can for fritters and ices.

TO CAN STRAWBERRIES.

Use only fresh sound berries. The Dunlap, a large dark red berry is the best for canning. Wash well before stemming, use one pint of sugar to three of berries, put in a crock in alternate layers, let stand until the juice covers them, drain off juice, boil and skim well before adding berries. Cook only long enough to heat the berries through well. Seal in Economy jars according to directions accompanying the cans.

TO CAN CHERRIES.

Pick them early in the evening, seed and drain off all the juice, save it until next morning, use one pint of granulated sugar to two quarts of cherries, place in a crock in alternate layers, let stand over night in a cool place, in the morning drain off part of the juice, adding enough boiling water to cover, set on stove and cook slowly, occasionally pressing the top ones down until they are well cooked, (if one cherry is left uncooked the can will come open) seal as for strawberries, can the juice which was drained off, for punch and ices.

TO CAN RASPBERRIES.

Raspberries should be handled as little as possible, put them in cans, pour boiling water over them, let stand five minutes (covered) drain off juice and add $\frac{1}{2}$ cup of sugar and boil well. Pour over again and put in a steamer and steam until berries begin to

rise to the top of can. Use Economy or wax sealing cans. Blackberries may be canned in the same manner.

TO CAN PEACHES.

Select medium early, sound yellow free stone peaches, peel them with a thin sharp knife, (do not scald them) make a syrup allowing $\frac{1}{2}$ cup of sugar for each can. It is best to cook only two cans at a time, drop them into the boiling syrup, cover well, keep pressing the top ones down into the syrup and skim off all scum as it forms, cook slowly until every piece is heated well in the center (but not soft), pour while boiling hot, into well sterilized Economy jars. I have peaches canned in this manner, which have taken first prize, three years in succession and are as nice as when canned.

TO CAN PEARS.

The Kiefer pear is my choice for canning. They should be picked and laid away carefully until they turn a golden color. Then peel, quarter and core; put into a tight vessel, allow $\frac{1}{2}$ cup of sugar for each can, pour over enough boiling water to nearly cover, set in the oven, cover tight and bake half an hour. Seal as for peaches.

TO CAN HUCKLE-BERRIES.

Choose only fine large berries, pick them over carefully, and wash them well; to each quart of berries allow $\frac{1}{2}$ cup of sugar and 1 tablespoonful of sharp vinegar, and 1 pint or more water, boil together well before adding the berries, cook all together thoroughly and seal in Economy or wax cans.

TO CAN GRAPES.

Concord grapes are best for canning; stem and wash well. Can the same as raspberries. They need not be steamed quite so long. The juice is better than wine, and is fine for the sick.

TO CAN RHUBARB.

Cut the rhubarb in pieces the length of the can, pour boiling water over several times as for grapes, omit the sugar, or set can in a clean bucket, set under a water faucet and allow the water to run for several minutes, seal under the water. Self-sealers must be used for canning it cold and new rubbers must be used.

TO CAN GOOSE-BERRIES.

Clean and wash well, can same as rhubarb. Place a clean grape leaf on top before sealing. I rather prefer canning them hot. They do not keep well if cooked too much.

TO CAN CURRANTS.

If ripe currants are preferred they should not be allowed to get too ripe. Allow $\frac{1}{2}$ cup sugar for each can. In using for pies drain off juice and make jelly out of it. Add a little more sugar and a little apple juice as it makes a milder jelly.

TO CAN CRANBERRIES.

2 quarts of cranberries
after they are cleaned; 2 $\frac{1}{2}$ pints water;
1 quart granulated sugar.

Wash the berries in hot soda water, rinse and put in a granite or aluminum kettle, boil to a mush, stirring well. Run through a double white mosquito bar bag, re-heat and leave on the fire, put the sugar in a large flat pan, set in the oven on the grate, let it get almost hot enough to melt, pour it into the boiling pulp stirring as if making mush, pour immediately into hot cans and seal. This is a convenient way to keep cranberry jelly the year around. It is also fine for punch.

APPLE JELLY.

Maiden-blush apples, partly ripe, make the finest apple jelly. Wash them well, quarter but do not peel or core (if they are sound). Cover well with cold water, cook well, drain in a cheese cloth bag, but do not squeeze. Use two cups of juice to one of granulated sugar, boil rapidly, skimming well, as this is the secret in making, clear, tender jellies. Always use an aluminum or granite kettle in which to boil jellies and silver or aluminum spoon with which to skim. Boil until half done before adding sugar which has been previously heated, continue boiling until it begins to puff up, or let it drip from the spoon. If the drops break off quickly it is done. Pour immediately into hot jelly glasses; when cold pour melted parowax over top.

CURRANT JELLY.

Currants should be picked before they are quite ripe. Pick out leaves and wash but do not stem, cover well with water, cook

and strain same as apple jelly. Use equal parts of juice and sugar, boil same as apple jelly. Make gooseberry jelly same as currant.

A little apple juice added to either makes a milder flavor, as well as a lighter jelly.

STRAWBERRY JELLY.

Stem and wash berries, cover with boiling water and stir well while cooking. When done strain and put one-third apple or gooseberry juice with it. Use equal parts of juice and sugar. Boil and skim as for apple jelly.

RASPBERRY JELLY.

Cover the berries well with boiling water, stir while cooking, when done strain in the usual way; add one-third juice of YELLOW TRANSPARENT apples as they are ripe at this time. Use two cups juice and one of sugar. Boil as for apple jelly.

BLUEBERRY JELLY.

Clean and wash the berries well, cook same as raspberries, strain and to each pint of juice add $1\frac{3}{4}$ teaspoons of tartaric acid. Use three cups of juice to two of sugar. Cook in the usual way.

GRAPE JELLY.

Pick grapes when about half ripe (Concords are best) pick from stems, wash and crush well, cook in the usual manner, strain, boil and skim as for apple jelly. To 3 cups of juice use 2 of sugar. Cook same as other jellies.

QUINCE JELLY.

Prepare and cook same as apple jelly, using $\frac{1}{3}$ apple juice, and the same proportions of juice and sugar; boil in the same manner.

PUMPKIN BUTTER.

Choose a dark orange colored pumpkin, bake it the same as for pumpkin pie and run it through a fine colander. To 3 quarts of the pulp, allow 2 quarts of light brown sugar and 1 cup of boiled cider; boil slowly, stirring well until smooth and glossy, or as thick as good apple butter. Add cinnamon, cloves, spice and nut-meg to taste.

SUGAR APPLE BUTTER.

Peel, core and slice good tart cooking apples, stew 1 quart of elderberries, drain off the juice and cook the apples in it until well done, squeeze them through a double white mosquito bar bag. To 3 quarts of the apples use 2 of soft white sugar, boil until the right consistency. Do not use any other flavor than the elder berries. You will be surprised at the fine flavor, as well as the color. This is my favorite butter.

CIDER APPLE BUTTER.

Make the cider out of sweet and sour apples mixed, run it through a cream separator. This purifies it and saves the trouble of skimming, make a lighter, brighter colored butter; boil 4 gallons into one, peel, quarter and cut Rambos or fall pippins finer than for stewing. Put as many into the boiling cider as can be stirred conveniently; cook and with an apple butter stirrer constantly stir until smooth and glossy, or until it will form a crust on top. When cold spice to suit the taste, can or pour into one-gallon jars.

PLUM BUTTER.

Select damson plums that are dead ripe, cook in very little water until mushy, rub through a granite or aluminum colander, use equal parts of pulp and sugar. Stir as for apple butter.

WILD PLUM BUTTER.

Pour scalding water, with a spoonful soda in it over the plums, let stand until nearly cold; drain and wash in clear water; cover well with hot water and cook until mushy, run through a colander or mosquito bar bag; use equal parts of pulp and granulated sugar; stir and boil as other butters; part of the juice may be drained off before running them through the colander and put with the same amount of apple juice and made into jelly. A little less sugar should be used then. Do not boil quite as long as other butters, or it will be strong and stiff. For the jelly use equal parts of juice and sugar.

SUN-MADE STRAWBERRY JAM.

Select well ripened dark red berries, remove stems and wash well. Crush through a mosquito bar bag (two double) and to 3 quarts of pulp take 2½ of granulated sugar; stir well. Put into a

large granite bread pan and set on a tin roof if possible, where it will get the direct rays of the sun; cover with panes of glass. It should be in the sun two days (bring in of evenings and set in a cool place).

Pour into pint ECONOMY jars, put the lids on and set in boiling water nearly to the top. Heat slowly until thoroughly sterilized. Do not let it boil up against the lids or it will run out; cool before removing hooks.

Blackberry and red and black raspberry jam may be made in the same manner by using 2 quarts crushed fruit and 1 cup of sugar.

PINEAPPLE MARMALADE.

Peel and prepare the same as for canned pineapples, slice lengthways, grind medium fine on food chopper, set a pan under grinder to catch the juice, add it to the pulp, measure equal parts of pulp and sugar, stir well; let stand one hour, put over fire, boil and skim well; cook rapidly; stir with an apple butter stirrer until the syrup is the right consistency. Put into jars and seal.

This is fine to serve over ice cream and for sherbet and may be used for Pineapple trifle.

PEACH MARMALADE.

Select well ripened gold drop peaches, chop medium fine, measure equal parts of pulp and granulated sugar, let stand half a day, cook and stir same as pineapple marmalade. Pour parafine over top and seal.

QUINCE MARMALADE.

Peel quinces and grind fine; use equal parts pulp and sugar. Boil the pulp and skim well before adding sugar, boil together rapidly until the juice is almost as thick as for jelly; stir well to prevent sticking. Seal as above mentioned.

QUINCE HONEY.

Grate the quinces instead of grinding, using equal parts pulp and sugar; boil and stir as for marmalade, put in glasses and pour parafine over top.

QUINCE PRESERVES.

Peel, throw into cold water with a little lemon juice in it to prevent them from turning dark. Cut in halves or fourths as de-

sired. Cover with cold water and let come to a boil, drain off juice; add 2 parts sugar and 1 of water; let boil and skim. Drop in the quinces and cook slowly until preserved through. Seal hot.

Another good way is to can them and make the preserves in the winter. Drain off the juice and add one-third apple juice, either fresh or canned, make the same as apple jelly, using 2 parts juice and 1 part sugar. Make a heavy syrup and drop the quinces in it and boil until done in center.

PEACH PRESERVES.

Use Yellow Clings; make a syrup of 2 parts sugar and 1 part water, boil well, pour over the fruit, cover with a plate and let stand until cold. Drain off the syrup, boil again and drop the peaches into it and boil slowly until done. Seal.

PEAR PRESERVES.

Make same as quince preserves. Do not have the fruit too ripe.

SWEET APPLE PRESERVES.

May be made same as quince preserves. Add a few slices of quinces which gives them a good flavor, or some pineapple juice. Use the same amount of sugar and boil in the usual way.

PLUM PRESERVES.

Use the large sweet or Greengage plums. Make a thick syrup, pour over them and cover well. Let stand over night. In the morning drain off the syrup; boil and skim for 5 or 10 minutes. Drop plums into it and set in a fireless cooker with a warm stone that will almost bear the hands. Let set an hour or two. If the syrup is not thick enough drain and boil as before. Plums will cook to pieces if boiled on the stove. However, they may be set in a slow oven instead of a fireless cooker. The same method should be used for ground cherries and yellow tomatoes. Add a little lemon and orange juice to the syrup.

SUN MADE STRAWBERRY PRESERVES.

Select the finest dark red berries to be found; wash, clean and drain; measure equal parts of sugar and berries, put into a crock in alternate layers, let stand until the juice covers them. Put in

pans, set them in the sun, same as for strawberry jam. On the first evening drain off all the juice, boil, skim and strain. Pour back over the berries, cover with a plate and let stand until morning. Set in the sun again, until evening, drain off the juice again, boil and skim, put the berries in and let them boil one minute or more, skim well and seal in pint Economy jars. They are sure to keep their color and flavor when canned in this manner.





PICKLES, RELISHES AND SAUER KRAUT



BRINE PICKLES.

They should be washed and rubbed well through several waters before laying in the jar. Choose nice clean grape leaves and lay a layer in bottom, then lay alternate layers of leaves and pickles until the jar is nearly full laying plenty of leaves on top. Make a brine by boiling water and salt together, strong enough to barely bounce an egg, skim, cool and pour over the pickles. Let stand for a few days, drain and put on new brine, if you want them to keep well. When ready to use take out as many as are wanted and put a table-spoon of soda over them. Pour over scalding water, and they will be plump and nice. Drain off in about 10 or 15 minutes. Pour on cold water and soak until they are a little too salty to eat, boil mild vinegar and pour over them. Dill or any desired spices may be added.

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SOUR PICKLES.

3 quarts cider vinegar, 1 quart water, $1\frac{1}{2}$ cups brown sugar, 1 cup salt. Boil ten minutes and skim well. When cold make a smooth paste of 1 cup ground mustard and a little of the boiled vinegar. Mix all together and pour in a jar. Wash and dry well enough medium size pickles to fill the jar, a little below the vinegar. Sprinkle with celery and nasturtium seeds.

Mrs. Aaron Sutton.

TIP-TOP PICKLES.

Take one peck of green tomatoes and one dozen large onions, slice both on a slaw cutter; have them in separate vessels, sprinkle salt between the tomatoes and let them stand two hours; pour scalding water over the onions, and let stand until wanted; then squeeze both out, and arrange them in a crock in alternate layers, sprinkle between them celery seed, white and black mustard seed; pour over this one quart of vinegar and 1 pint of sugar brought to a boil. Ready for use when cold.

Mrs. Sylvester Shull.

SWEET PICKLES.

Select smooth fresh pickles, $2\frac{1}{2}$ inches long, wash rinse and dry well, lay them in salt water over night. Drain and dry well, place

a layer of fresh grape leaves, well washed and dried, in the bottom of a jar; lay in the pickles and grape leaves in alternate layers. If possible buy enough sweet spiced pickle vinegar off of sweet store pickles to cover them. It should be boiled and skimmed first and a little white wine vinegar added to it; pour it over the pickles, boiling hot. White mustard seeds should be sprinkled between each layer of pickles when they are placed in the jar, lay grape leaves on top, also a thin mustard pad, place a plate on top, also a small weight. Tie a thin cloth over the top and set in a cool place. Will keep until spring.

If it is not possible to buy the sweet spiced vinegar prepare one from pure cider vinegar, diluted a little, add a lump of alum size of a quail's egg, to one gallon of vinegar, and 5 cents worth stick cinnamon, 3 cents worth of cloves, three of alspice, 5 cents worth of mace, a teaspoonful of celery seed and enough sugar to make it a little sweeter than the prepared vinegar as a great amount of the sugar is absorbed by the pickles; boil all together 10 minutes, skim well, and pour it boiling hot over the pickles, as above mentioned.

PICKLED SWEET PEPPERS.

Select red, green and yellow mangoes, shred lengthways the size of shoe strings, let stand in salt water over night, drain well, make a sweet spiced vinegar as for sweet pickles, boil and skim the same, add the shredded peppers, simmer 1 minute, seal in pint Economy jars.

CORN SALAD.

2 quarts tender sweet corn;	1 cup cider vinegar;
2½ cups fine cabbage;	1½ cups sugar;
1 cup sweet red mangoes;	1 cup vinegar, off can of sweet
5 cups celery;	pickles;
2 cups sweet pickles;	3 tablespoons salt.

2 tablespoons prepared mustard and 1 tablespoon whole cloves, spice and cinnamon boiled in the vinegar. Add the sugar, put in corn and cook twenty minutes. Add cabbage, cook 5 minutes. Add other ingredients and cook 5 minutes longer. Seal in pint self-sealers. Pour parafine on the top and in the lids. Seal while very hot.

TOMATO CATSUP.

4 cups raw pulp ;	1 level tablespoon salt ;
2 tablespoons sugar ;	1 level tablespoon prepared
1 tablespoon vinegar ;	mustard ;
1 teaspoon whole spice ;	1 teaspoon whole cloves ;
2 sticks cinnamon ;	1 teaspoon whole black pepper ;
$\frac{1}{2}$ teaspoon Coolman's mustard ;	1 teaspoon paprika.

Choose very ripe red tomatoes, cut off stem end and rub through fine colander or old fashioned wire sieve, put in other ingredients, boil down one-half, put in 1 teaspoon corn starch in one-fourth cup cold water. Dissolve. Stir while boiling. Boil for 5 minutes longer and bottle.

1910.

CHERRY OLIVES.

6 quarts cherries ;	1 gallon water ;
2 cups strong cider vinegar ;	1 cup coarse salt.

Select nice bunches of cherries not quite ripe enough to can. Remove all blossoms from the stems; wash carefully, pack in pint jars. Boil the above mixture well, pour in the jars over the cherries. Cover tight, let stand 5 minutes in a warm place then pour off into the kettle in which the vinegar and water were boiled. Boil again and pour over the same as before. Put $\frac{1}{2}$ teaspoon white mustard in each can. Lay a nice clean, dry grape leaf on top, and seal.

Bessie Black Thompson. 1910.

CUCUMBER CATSUP.

Pare large, ripe cucumbers and take out the seeds, grate fine and to one dozen cucumbers add ten small onions, two tablespoonfuls of grated horseradish, one-half teaspoonful of cayenne pepper, one teaspoon of white sugar, a little salt and black pepper; cover with cold vinegar and seal. Half teaspoon Coolman's mustard improves it.

LAST OF THE GARDEN.

1 gallon green tomatoes ;	1 gallon cabbage ;
$\frac{1}{2}$ gallon corn ;	1 quart string beans, cooked ;
1 quart shell beans, cooked ;	2 quarts ripe cucumbers ;
100 small green cucumbers ;	1 dozen mangoes ;

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| 1 dozen large onions, cooked; | 2 bunches celery; |
| 1 pint tender radish pods; | 1 tablespoon mustard; |
| 2 pounds sugar; | 1 gallon vinegar. |

Spice to taste and sprinkle on ginger and salt. Boil 20 minutes.
Mrs. Sylvester Shull.

SWEET RELISH.

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| 6 cups green tomatoes ground,
(after the juice is pressed
out); | 2 tablespoons prepared
mustard; |
| 5 cups ground celery; | 3 cups ground sweet pickles; |
| 3 cups ground red mangoes; | 3 cups finely chopped cabbage; |
| 3 tablespoons salt; | 1 cup ground onions; |
| 2 cups cider vinegar; | 1 cup sweet vinegar off sweet
pickles. |

Grind all the vegetables separately on medium sized plate of food chopper. Press out all surplus juice, salt each one and let stand while you boil the vinegar with

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| 1½ cups brown sugar; | 1 nutmeg grated; |
| 1 tablespoon whole spice and
black pepper; | 5 sticks cinnamon. |

Strain spice out of vinegar and put vegetables and all together in an aluminum or granite kettle. Cover well and cook for ten minutes. Add a little green fruit coloring to improve the color. Pour hot parowax over the top and seal in pint self-sealers. This may be used to make gelatine relish. 1910.

MUSTARD PICKLES.

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| 1 quart large cucumbers,
cut in fancy shapes; | 2 quarts white onions; |
| 1 quart small cucumbers; | 1 quart cauliflower, after it has
been cleaned; |
| 6 green peppers; | ½ cup nasturtium seed; |
| 6 red mangoes shredded; | A few green radish pods. |

Cover with rather strong salt water; let stand ½ day. Drain well and heat slowly to the boiling point in the following dressing:

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| 1 cup flour; | 6 tablespoons ground mustard; |
| 1 tablespoon tumeric; | 1 teaspoon Coolman's mustard; |
| ½ cup salt; | 1 tablespoon paprika. |

Dissolve the above ingredients in enough cold water to make a thin paste, beat until free from lumps. Pour into 2 quarts boiling cider vinegar, $1\frac{1}{2}$ pints boiling water and a lump of alum the size of a bird egg. Cook well before adding the pickles.

Mrs. Will G. Sutton.

SAUER KRAUT.

Select solid white cabbage. The Houser makes a fine late cabbage as it is very sweet and white. Kraut should be made before freezing weather. Cut the cabbage a little coarser than for slaw, cut about three quarts at a time, salt as you would to cook, using a scant teaspoon of sugar to each three quarts. Rub in thoroughly then put in keg or jar and stamp lightly as too much stamping makes it soft and dark. Continue until the jar is three-fourths full. Lay nice clean cabbage leaves over the top and place a plate and a small clean stone on for a weight. Set in a medium warm place and do not touch for two weeks or until fermentation ceases. If it should mold on top and the brine should sink, remove the mold-ed part and add weak salt water with a little sugar in it. Boil, cool and pour over kraut. Wash plate and stone, dry well and put back on jar. Tie thin white cloth over the top.





ICE CREAM AND ICES



JUNKET ICE CREAM.

2 quarts new milk;
1 quart cream;

4 cups sugar;
2 junket tablets.

Put tablets to soak in 1 tablespoon cold water; mash until dissolved. Put milk and sugar together in double boiler, stir well until it is milk warm, but no warmer. Remove from fire, stir in the dissolved junket tablets, set in warm place to congeal. It should be like clabber milk. Whip the cream and mix all together; add a cup of chopped nuts, flavor with vanilla and lemon, and freeze.

This makes a good foundation for fruit and other creams.

FROZEN DARK SECRETS.

Prepare same as junket ice cream; adding $\frac{3}{4}$ cup Baker's cocoa to the sugar before pouring it into the milk. Add 1 cup nuts and 1 cup finely shredded pineapple.

GELATINE ICE CREAM.

2 quarts new milk;
1 quart separated cream;
4 cups sugar;

1 envelope Plymouth-Rock gelatine;
Flavor with lemon extract.

Soak gellatine in 1 cup of cold milk for 10 minutes. Pour over 1 pint boiling milk, stir until well dissolved. Add the sugar, stir well and add the rest of the cold milk. Let all cool. Whip cream well, add to milk and freeze.

STRAWBERRY ICE CREAM.

1 quart separated cream;
1 pint milk;

1 quart crushed strawberries;
 $\frac{1}{2}$ junket tablet.

Prepare milk and junket the same as for junket ice cream. When cold add strawberries which have been crushed with $3\frac{1}{2}$ cups of sugar. Whip cream stiff and add to the other mixture. Freeze.

PEACH ICE CREAM.

Make the same as for strawberry ice cream, using well ripened yellow peaches. Red raspberry, and other fresh ripe fruit creams may be made in the same manner.

APRICOT ICE CREAM.

1 quart whipped cream; 1 quart apricot pulp,
Pinch of salt; (either canned or dried).
2½ cups sugar;

Blend the apricot pulp and sugar together. Add the whipped cream, and the whites of two well beaten eggs. Mix all together and freeze.

CHOCOLATE ICE CREAM.

1 quart separated cream; 4 egg yolks, well beaten;
3 pints of new milk; 1 tablespoon corn starch;
¾ cup of chocolate; 1 stick of cinnamon;
Pinch of salt; 2½ cups sugar.

Scald the milk, reserving ½ cup. Dissolve corn starch and yolks in the remaining ½ cup and pour in the scalding milk. Cook until it thickens. Cool and strain through cheese cloth. Add whipped cream and freeze. (The cinnamon and chocolate should be boiled with the milk.

VANILLA ICE CREAM.

1 quart milk; 1 quart separated cream;
3 cups sugar; 2 egg whites;
1 tablespoon corn starch; Vanilla flavoring.
Pinch of salt;

Scald the milk and sugar together; dissolve corn starch in ½ cup of warm milk. Stir in the boiling milk. Let simmer; when cold add whipped cream and well beaten egg whites. Freeze.

Almaretta Alexander.

COFFEE ICE CREAM.

1 quart cream; 4 egg yolks;
1 pint sugar; Pinch of salt;
1 tablespoon corn starch; ½ cup of finely sifted ground
1 quart new milk; coffee.

DIRECTIONS FOR FREEZING. Put the ice into a grain or coffee sack, lay on a solid place, and crush with the flat side of an ax or mallet until **VERY FINE**, use three parts of ice to one of salt, mix together well before packing into freezer. The freezer should be rubbed with bon ami, or soda, and washed, scalded and cooled, each time before using.

Boil milk and coffee together with the sugar. Add corn starch and yolks dissolved in $\frac{1}{2}$ cup of warm milk. Let simmer. Cool and freeze.

MAPLE FRAPPE.

1 quart separated cream; $1\frac{1}{2}$ pints maple syrup;
8 egg yolks, well beaten; Pinch of salt.
1 quart milk;

Boil syrup and milk together reserving $\frac{1}{2}$ cup. Blend it with the egg yolks. Pour boiling syrup over them. Cover well and set in a warm place for 10 minutes. Put in cold water and stir until cool. Add whipped cream and freeze. If not quite sweet enough add a little more syrup.

CHOCOLATE SAUCE FOR VANILLA ICE CREAM.

2 squares chocolate; 2 cups sugar;
2 tablespoon butter; 1 cup of water.
 $\frac{1}{2}$ teaspoon cinnamon;

Mix and cook until a soft ball can be formed when tried in cold water. Serve hot over vanilla ice cream.

ORANGE ICE.

1 dozen oranges; 2 quarts water;
3 cups of sugar; Grated yellow peel of 2 oranges.
4 lemons;

Dissolve sugar in 1 pint of boiling water and cool. Add lemon, orange juice and grated peel.

PINEAPPLE ICE.

2 quarts water; 3 cups sugar;
1 large grated pineapple or Juice of 3 lemons.
1 can shredded pineapple;

Prepare and freeze the same as for orange ice.

PINEAPPLE SHERBET, No. 1.

2 quarts water; 3 cups sugar;
1 large grated pineapple; Juice of 4 lemons;
1 level tablespoon Plymouth- Whites of 4 eggs;
rock gelatine; Pinch of salt.

Boil sugar in 1 quart of water. Dissolve gelatine in 1 cup cold water, and add to the boiling water and sugar. Pour in the remainder of water, lemon juice and grated pineapple. Freeze slightly before adding the beaten whites. Turn freezer rapidly for a few minutes until the eggs become incorporated. Then turn more slowly until done.

ORANGE SHERBET.

Make the same as orange ice, adding 1 pint of whipped cream when nearly frozen.

LEMON SHERBET.

1 quart milk (ice cold);	6 lemons, juice of;
2 cups sugar;	Juice and grated peel of 2 oranges.
1 quart cream;	

Blend the sugar with the lemon and orange juice; pour in milk slowly. Add the cream well whipped and freeze.

Kate Maddox Cloud. 1895.

STRAWBERRY ICE.

2 quarts dark red strawberries, crushed with 3 cups sugar. Let stand until sugar is well dissolved. Add the juice of 2 lemons and 3 pints of water. Stir well and strain. Freeze.

RED RASPBERRY ICE.

May be made the same as strawberry ice using 5 lemons instead of 2.

PINEAPPLE SHERBET. No. 2.

1 quart sugar;	4 lemons, juice of;
1 can grated pineapple;	3 tablespoons flour;
4 egg whites beaten stiff;	1 pint cream;
3 quarts of water;	$\frac{1}{2}$ cup warm water.

Mix sugar and flour, add $\frac{1}{2}$ cup warm water blend well, add 1 quart of boiling water and boil. When it cools add all the rest of the ingredients but the eggs and cream, and freeze. When partly frozen add the eggs and cream well whipped. Repeat freezing.

This will fill a 5 quart freezer.

Almaretta Alexander.

ZERO PUDDING.

3½ cups of canned cherry or peach juice;	1 envelope of gelatine;
½ cup cold water;	Juice of ½ a lemon;
	1¼ cup of sugar.

Soak gelatine in the cold water 10 minutes; heat the fruit juice scalding hot, dissolve gelatine in it, add sugar, stir until all is dissolved, pour into a deep granite pan so the juice will be one inch deep. Put in a cold place to harden.

For second layer make a Spanish cream as follows:

1 envelope gelatine;	1¼ cups sugar;
3 egg yolks;	Pinch salt;
3 egg whites;	Flavor with lemon and vanilla.
4 cups of new milk;	

Soak the gelatine in one cup of the milk 10 minutes, put the remaining three cups of milk into a stew pan, let boil, pour over the egg yolks and ½ cup of the sugar (which have been creamed together until light) stir well, set on back of stove, stirring until it thickens, but do not let it boil, pour immediately over the well beaten egg whites and the remainder of the sugar, add flavoring and salt, beat slightly, when milk warm pour into the pan slowly over the fruit jelly. Sprinkle 1 cup of chopped nuts and ½ cup candied fruit through the last layer. In zero weather set it out where it will freeze. Cut in slices and serve as ice cream, or put in an ice mold and chill. It is much better to omit 1 cup of the milk and use 1 cup separated cream instead. 2-22-12.

FOUR AND FOUR.

Four lemons and four over-ripe bananas, mashed, four oranges, four cupfuls of sugar, four cupfuls of water, juice of oranges and lemons, all frozen together as frappe.

CRANBERRY ICE.

1 quart of cranberries cooked in six cups of water for 10 minutes. Strain and add 2½ cups of sugar and freeze.

CURRANT WATER ICE.

1 quart red currant juice, 2 cups sugar, juice of 1 lemon, 1 pint boiling water. Dissolve sugar in the boiling water, add other ingredients and freeze.

CHERRY WATER ICE.

Three pints cherry juice, 2 cups sugar, juice of 1 lemon. Make the same as currant water ice.

ITALIAN TUTTI FRUTTI.

Soak $\frac{1}{4}$ box of gelatine in $\frac{1}{2}$ cup cold water for fifteen minutes. Make a syrup of two cups of sugar and one quart of water. Pour over gelatine. Stir until dissolved. Add the juice and grated peel of 2 oranges and 4 lemons. Freeze until mushy, add 1 cup chopped almonds, 1 cup of candied cherries chopped, 1 cup of shredded pineapple and finish freezing.

GRAPE ICE.

1 quart sweet grape wine, peel and juice of 2 oranges, 4 lemons, 2 cups of sugar and 1 quart of water. Freeze.

STRAWBERRY GRANITE.

1 pint of orange juice; $1\frac{1}{2}$ pounds of sugar;
1 quart of chopped strawberries; 1 quart of water.
1 pint of strawberry juice;

Boil the sugar and water together for five minutes. Drop the strawberries into this syrup, lift them carefully with a skimmer, and place them on a platter to cool, then add to the syrup the strawberries and orange juice. Strain and freeze the same as orange water ice. When frozen stir in the strawberries and serve in glasses. Berries may be put on top uncooked.

RASPBERRY GRANITE.

1 quart red raspberries; 1 quart water;
2 lemons, juice of; 2 cups sugar.

Make same as raspberry ice. Take up in glasses and put the whole berries on top. Cover with sweetened whipped cream.

FRUIT ICES should not be allowed to stand in a metal freezer, longer than six or eight hours at most.



CANDIES



Fondant forms the basis for all French Cream candies, and the quality of the candy depends on the quality of the fondant.

Proportion for Fondant.

10 cups granulated sugar ;
5 cups boiling water ;

1 scant teaspoon pure cream of
tartar.

Pour the water in a granite or aluminum stew kettle. Pour the sugar, 1 cup at a time, in the center of the kettle to prevent it from graining on the sides of the kettle. Boil rapidly, skim well, test by pouring a teaspoonful into a cup of cold water, and as soon as it can barely be gathered into a soft ball it is done. Pour immediately into a cold shallow pan, set in cold water to cool. Fold in edges as they cool. When a little warmer than milk warm, commence stirring and stir until it gets stiff as soft pie dough. It should turn milky and begin to grain in 5 or 10 minutes, but do not stop stirring. When soft as dough take out on bread board and knead well until free from lumps. If stirred before cool enough, it will be hard and lumpy, and very coarse grained. If it is slow graining warm the pan a little by placing it into warm water.

This fondant may be made in large quantities and set away a month before using, which improves it very much.

It may be melted in a double boiler and used for cake icing.

MILK FONDANT.

4 cups granulated sugar ;
1 tablespoon corn syrup ;

2 cups new milk ;
Pinch of salt.

Stir all ingredients together, and pour in a cold stew kettle, buttered in the bottom and around the top edges with warm butter. As candies made of milk are apt to burn and run over, the above precautions must be taken.

CHOCOLATE CREAMS.

Put two or three boxes of corn starch in a pan so that it will be an inch or more deep. Make holes 1 inch apart the size and shape you wish the creams to be. Melt about 1 pint of fondant, by placing in a pitcher and putting into boiling water, stirring constantly.

When thin enough to pour fill moulds, when cold remove from the starch and dust with a 5 cent paste brush until entirely free from starch. The starch may be used for years by putting in cans and covering tightly.

TO DIP CHOCOLATES.

1 large cake Walter Baker's bitter chocolate. $\frac{1}{4}$ as much paraffine wax. Shave chocolate, put on grate in the oven to melt leaving the door open. Melt the wax and pour in the melted chocolate. Put creams on a two pronged fork, immerse in the hot chocolate. Let drip and slip off onto waxed paper to cool.

CHERRY COCKTAILS.

Make same as chocolate creams, which requires two people to do it successfully. One to pour and one to plunge cherries in the center of moulds before it hardens. Dip in chocolate the same as creams. If fondant is too hot when poured the creams will be hard.

CHOCOLATE CREAMS WITH NUTS.

Can be made the same as cherry cocktails by using nuts instead of cherries. Different colors and flavors may be made.

FRENCH CREAM BARS.

Divide fondant in three equal parts, making colors of white, pink, and brown using different flavors. Grate 2 squares of Baker's bitter chocolate, melt and knead in the part you wish to be brown. Roll out in layers, using a little corn starch on the rolling pin, arrange in layers in pans with removable sides. When cold remove sides and cut in bars or cubes. Nuts may be added if desired.

COCOANUT BALLS.

Take as much fondant as you want candy, flavor with orange or lemon, knead as much shredded cocoanut in as will be necessary to make stiff enough to stand; roll into balls. Put on waxed paper to cool.

Always use granulated sugar for candies, unless otherwise stated... Sweet chocolate for dipping purposes, can be bought at the candy kitchen. Melt and dip same as bitter chocolate; keep free from moisture; one drop of water will ruin it.

DIVINITY CREAMS.

1 cup maple syrup;	1 tablespoon corn syrup;
$\frac{1}{2}$ cup water;	Whites of 2 eggs;
1 cup light brown sugar;	Boil to the soft ball stage.

Add a pinch of salt to the whites of the eggs, and beat very stiff. Pour over them $\frac{1}{3}$ of the boiling syrup, beating all the while. Set syrup back on the stove, where it will keep hot until you beat the eggs $\frac{1}{2}$ minute. Pour on part of the boiling syrup and beat $\frac{1}{2}$ minute longer. Then add the rest of the syrup and beat well until it begins to grain, which can be detected best by tasting. A wire egg whip should be used for beating the whites and until the mixture is too stiff for it. Then use Bakers whisk or a perforated spoon. Pour into a forcing bag and make in roses, or drop in lumps on waxed paper with a spoon. Place English walnuts on top when dropped with a spoon. This must all be done very quickly. Shredded cocoanut or chopped nuts may be added just before dropping on the waxed paper.

Ruth Alexander.

DOLLY VARDEN CREAMS.

Divide fondant in four equal parts. Color one part pink, one yellow, one pale green, and leave one white. Flavor each differently and roll in round balls about the size of large cherries. Press $\frac{1}{2}$ an English walnut in the center. These are very attractive.

MARSHMALLOWS.

2 cups sugar;	1 cup boiling water;
1 cup water;	$\frac{1}{3}$ teaspoon cream of tartar.
1 tablespoon gelatine;	

Put the boiling water in a deep stew pan holding 3 pints. Add gelatine, stir until dissolved and set in warming closet to keep warm, while you boil the sugar and water to a syrup the same as for soft fondant. Then pour the syrup over the gelatine, stirring gently until partly cool. Use a Dover egg beater until it begins to set. Then pour in pan with a removable bottom that has been well dusted with corn starch. When cold cut into squares and roll in starch. Keep covered to prevent drying out.

Any desired flavor may be used for marshmallows. They are fine with fresh grated cocoanut stirred in just before molding.

Very nice dipped in chocolate, but must be very cold and several days old or they will melt. If fruit flavors are desired use fruit juices instead of water in which to boil the sugar.

MAPLE CREAMS.

4 cups sugar ;	2 cups maple syrup ;
1 cup water ;	1 tablespoon corn syrup ;
$\frac{1}{2}$ teaspoon cream of tartar ;	Pinch of salt.

Boil to the soft ball stage same as for fondant. Knead until smooth and creamy, mold in a pan with removable bottom, cut in cubes and when solid dip in melted chocolate or leave plain like fudge. Or it may be melted like fondant and molded like French creams.

MAPLE SUGAR CANDY.

Boil pure maple syrup to the soft ball stage, take from the fire and partly cool before stirring. This grains very quickly and must be poured into buttered mold or egg shells as soon as it begins to grain. If it is molded too soon set in a warm place and it will soon turn to sugar.

MAPLE WAX.

Boil pure maple syrup down until it is a little harder than maple creams. Pour in buttered pan and do not stir. Cool quickly.

STICK CANDY.

6 cups granulated sugar ;	1 teaspoon corn starch ;
$1\frac{1}{4}$ teaspoons cream of tartar ;	Pinch of salt.
3 cups boiling water ;	

Pour the boiling water into an aluminum or granite kettle. Pour in the corn syrup, stir until it is dissolved then pour the sugar in the center of the kettle, one cup at a time. Stir gently after adding each cup. Boil rapidly until it will snap when poured in cold water. Pour into a buttered pan and cool quickly. Fold the edges into the center of the hot taffy before they become hard, pressing them down into the taffy each time. This should be pulled while very hot or it will be too hard to be pulled as light and porous as it should be. Flavor.

Before pulling reserve two bunches of the warm taffy, about the size of a hen egg. Color one pink, and the other yellow using Royce's yellow and damask rose cake coloring. Fold in the coloring, but do not pull it. When the colors are well blended have a helper hold a ball in each hand near the stove. While you pull the remainder very light, make into a smooth roll about as big around as a rolling pin, divide each ball of the pink and yellow in halves and roll on the warm bread board about the size of a lead pencil and as uniform in size as possible. Lay it on the white roll alternately in quarters. Commence and roll with both hands, keep rolling, twisting and pulling, all at the same time, as the strip gets too long to handle; cut into strips two feet long. Have your helper pull and twist them the desired size while you get the remainder ready. This must all be done quickly, or it will get too cold to cut. When all the pieces are the desired size, hold the long sticks in the left hand and the scissors in the right. Hold the candy in the scissors midway and have your helper strike them gently with a hammer. This cuts it smoothly without breaking the sticks.

Practice makes perfect. Stick candy should be made very hard and pulled very hot, in a cool place. It is best for a beginner to use half the quantity. The flavoring is added when it is pulled.

GEEBO OR TAFFY.

4 cups sugar;	1 teaspoon corn syrup;
2 cups boiling water;	1 scant teaspoon cream of tartar.

Pour the sugar in the boiling water, add corn syrup and cream of tartar and boil until it threads. Cool in buttered pans, fold in edges as they cool. When nearly cold, pull over hook until white and light. Cut in strips, when cold, wrap in waxed paper. Any desired flavor may be used.

GEEBO LOAF.

Make in the same manner as geebo, divide in 3 or 4 parts, color and flavor each part differently. Braid together and pile lightly in a loaf. When cold break in pieces.

ICE CREAM CANDY.

Make the same as geebo and add $\frac{1}{2}$ cup of butter. Flavor with lemon and vanilla. This has the exact flavor of ice cream.

A clear cool day is best for making candies. Use only best materials if you wish best results.

CHOCOLATE GEEBO.

Make the same as white geebo, and add $\frac{1}{2}$ cup cocoa to 4 cups of sugar before pouring it into the water. Add a pinch of salt. Just before pouring into pan add a pinch of soda and a little vanilla.

HOAR HOUND CANDY.

4 cups light brown sugar; $\frac{1}{2}$ package of hoarhound, boiled in
2 cups granulated sugar; three cups water.
1 tablespoon corn syrup;

Boil the hoarhound and water together, strain and add sugar and corn syrup. Cook hard like stick candy. Pour in shallow buttered pan 9x15 inches, invert on a warm bread board while candy is very hot in center, use a long heavy buttered knife that will reach across the pan, press down and move the knife back and forth sideways to make the sticks rounding on top and flat on the bottom (like factory candy) cutting through. Now cut lengthways through the center, cut off the side ends, strike knife lightly with a hammer. This is the most difficult to make of any candy and requires patience and practice. If it gets too cold to cut, put it in the oven on the grate for a few minutes.

MOLASSES TAFFY.

2 cups brown sugar; 1 cup water;
1 cup sorghum molasses; 1 tablespoon corn syrup.

Boil all together until it threads, add $\frac{1}{2}$ teaspoon soda dissolved in $\frac{1}{2}$ teaspoon vanilla. Stir in and remove from fire. Pour in buttered pan. Cool by folding edges to the center. When cool enough to handle pull on a hook and cut into sticks.

TAFFY KISSES.

Make a white taffy and pull into strips $\frac{1}{2}$ inch thick and two inches long. While warm cut crossways with dull scissors. White taffy may be made in different colors and flavors. Stripe like stick candy. After the taffy has been pulled out about an inch thick lay 2 or 3 rows of the colored taffy lengthways on the taffy. Pull out and cut.

Cheap and easily made. Excellent for a Christmas collection.

Every house wife should own a candy hook, which can be made at a blacksmith shop out of strap iron (at a small expense), with two screw holes to fasten to the side of your kitchen window, 18 inches above the kitchen table if possible. This makes a handy place to hang jelly bags to drip.

CHOCOLATE CHIPS.

4 cups brown sugar; $\frac{1}{2}$ teaspoon cream of tartar;
 1 cup water; Pinch of salt.

Boil until it is brittle, put in $\frac{1}{2}$ teaspoon soda dissolved in $\frac{1}{2}$ teaspoon vanilla just before taking off the stove. Pour in buttered pan, cool by tucking in the edges toward center. Pull while warm until light and porous. Pull out $\frac{1}{4}$ inch thick and $1\frac{1}{2}$ inches wide, cut 2 inches long with the scissors. Cool on waxed paper until hard. Dip in melted chocolates the same as creams. Put on waxed candy paper.

CHOCOLATE CARMELS. No. 1.

1 envelope gelatine (soaked $2\frac{1}{2}$ cups A sugar;
 in $\frac{3}{4}$ cup milk); $1\frac{1}{2}$ squares Bakers chocolate;
 $1\frac{3}{4}$ cups new milk; Pinch of salt.
 $\frac{1}{2}$ cup chopped nuts;

Flavor with vanilla. Set the soaked gelatine in a pan of hot water to melt while boiling the other ingredients together for 2 minutes, add the gelatine and boil all one more minute. Pour into a buttered pan when nearly cold. Cut in squares. Wrap in waxed paper.

CHOCOLATE CARMELS. No. 2.

2 cups granulated sugar; 5 cent can Pet cream;
 1 cup light brown sugar; $\frac{1}{4}$ cup butter;
 1 cup corn syrup; 2 tablespoons cocoa.

Boil syrup to the soft ball stage then pour enough boiling water over the cocoa to dissolve it, add the Pet cream and boil to the soft ball stage again, being careful not to burn it. Pour in buttered pans and cut in inch squares. When cold wrap in waxed papers.

SOFT MAPLE CARMELS.

One cup maple syrup, one-half cup cream, lump butter. Boil until it will form a soft ball when dropped in cold water. Let stand until cool, then beat to a cream. Put in buttered tins and cut in squares.

STICK CANDY should be kept in a dry cool place, if too cold it will sweat, if too hot, it will go to sugar. **DO NOT** use weak, inferior flavoring, or coloring extracts, as too much liquid added to candies after they are cooked, makes them soft and sticky. Therefore only the best brands should be used.

BUTTER SCOTCH.

4 cups brown sugar;	1 cup boiling water;
$\frac{1}{2}$ cup butter;	$\frac{1}{2}$ cup sweet cream or Pet cream;
1 teaspoon vanilla;	2 tablespoons corn syrup.

Boil all ingredients together except the cream until it will form a ball a little harder than fondant. Pour in cream and boil slowly for about 5 minutes. Pour in a pan with removable sides. When nearly cold cut in squares with a large butcher or meat knife. Very nice dipped in chocolate.

FUDGE. No. 1.

5 cups brown sugar;	2 cups boiling water;
$\frac{1}{2}$ cup Bakers cocoa;	5 cent can Pet cream or fresh
Pinch of salt;	cream.
2 tablespoons corn syrup;	

Mix cocoa and sugar well together and pour into a kettle with the boiling water. Let boil a little past the soft ball stage before pouring in the milk or cream. Boil slowly for about 5 minutes longer, scraping it loose from the bottom occasionally to prevent burning. Turn into a cold pan and cool quickly, stirring the edges to the center once in a while. When cool enough to bear the finger in it begin stirring. When it begins to grain pour in one cup chopped nuts and pour into pan. If too hard put in ice chest to cool. If too soft put in a warm place and the moisture will evaporate. Put in a cold place before cutting. Fudge should be soft and creamy. If stirred while too hot it will be hard and sugary, if too cold it will be slow to grain. Warm a little and repeat stirring.

MAPLE FUDGE.

Make the same as fudge, but do not cook quite so long and cool a little longer before stirring.

FUDGE. No. 2.

Take about a pint of fondant. Melt 4 squares of bitter chocolate to a soft paste, not too warm. Knead the chocolate in until it suits the taste. Flatten out with the hands onto greased paper. When solid cut into squares.

Carmels, butterscotch, and fudge, should be cooked slowly at the last as they stick and burn easily.

COCOANUT FUDGE.

Two cups brown sugar, one-half cup milk, two ounces of butter, one-half teaspoon of any preferred flavoring, one cup of cocoanut. Put sugar and milk over fire until the boiling point is reached, add butter and cook a little past the soft ball stage. Cool and stir as for fondant. When done knead in the cocoanut and put into pan.

FIG CREAMS.

3 cups sugar ;	1 cup cream ;
$\frac{1}{2}$ cup corn syrup ;	$\frac{1}{2}$ cup water ;
$\frac{1}{2}$ pound figs ;	1 tablespoon lemon juice.

Cook sugar, water, cream and syrup a little past the soft ball stage. Remove from fire and add lemon juice. Cool and stir same as fondant. Add the finely chopped figs, and mold.

CINNAMON ROLLS.

$\frac{1}{4}$ cups of A sugar ;	$1\frac{1}{2}$ cups boiling water ;
$\frac{1}{4}$ cup butter ;	1 tablespoon corn syrup.
Pinch of salt ;	

Boil, cool and stir, the same as fondant. Make into small rolls and dust with powdered cinnamon.

MINT WAFERS.

To 1 cup melted fondant stir in 1 tablespoonful powdered sugar and add mint flavoring. Put the fondant in a small cream pitcher, heat in boiling water until thin enough to pour well before adding the sugar. Stir well, dust a window pane with a little corn starch. Pour the fondant on in wafer size of half dollar. Hold a tablespoon in the left hand to catch the drip from falling. The glass should be perfectly level or the wafers will not be round. Never pour any water in the fondant or the wafers will stick. Put them away in a cool place for several hours.

This requires practice and must be done quickly or the fondant will get too hard to pour. Too much heating makes them sugary.

Different colors and flavors may be used, which makes them more attractive. Make white ones first.

Do not scrape the candy which sticks to the sides and bottom of the kettle if you do not want your candies to go to sugar.

MAPLE DELIGHT.

2 cups maple syrup;
Pinch of salt;

1 envelope gelatine dissolved in
 $\frac{1}{2}$ cup cold water.

Boil the syrup 2 minutes, add the dissolved gelatine and simmer 1 minute. Pour 1 inch deep in small pan, and let stand over night. Mix 1 cup pulverized sugar with one-fourth cup corn starch, sift on board, set candy in pan of water hot enough to bear the fingers, cut into cubes. Roll well in the sugar. Put on waxed paper in a dry warm place. This is sure to delight lovers of maple.

PINEAPPLE DELIGHT.

$1\frac{1}{2}$ cups pineapple juice, canned
or fresh;

1 envelope of gelatine dissolved
in $\frac{1}{2}$ cup cold water;

$1\frac{1}{4}$ cups granulated sugar;

Juice of half a lemon.

If fresh unsweetened pineapple juice is used, it should be cooked and $\frac{1}{2}$ cup more sugar used. Strain juices and boil with the sugar for 5 minutes. Add the dissolved gelatine. Stir well. Let boil two more minutes. Mould and cut the same as maple delight.

STRAWBERRY DELIGHT.

Use $1\frac{1}{2}$ cups canned juice, 1 envelope of gelatine, 1 cup sugar and 1 cup cold water.

Make the same as pineapple delight. Any kind of juices may be used in the same manner.

Plymouth Rock gelatine was used in the above recipes.

NUT BRITTLE.

Put two cups granulated sugar in a frying pan on a medium hot stove. Stir and mash constantly with a wire potato masher, as shown on opposite preface page, until it is melted. Pour immediately over any kind of nuts which have been sprinkled in a buttered pan.

PEANUT BRITTLE.

Make same as nut brittle, using brown sugar instead of granulated. Before pouring over the peanuts put in $\frac{1}{4}$ teaspoon soda and stir well.

SALTED ALMONDS

Blanch half a pound of almonds by pouring over them one pint boiling water; let stand three minutes. Drain and cover with cold water. Remove the skins and dry the almonds on a towel. Fry in hot fat, using equal parts of butter and lard. Drain on brown paper and sprinkle with salt.

CONEY ISLAND CRISP.

4 cups brown sugar;	Pinch of salt;
$\frac{1}{2}$ cup corn syrup;	Flavor with lemon or vanilla.
1 cup boiling water;	

Boil until it threads, have a dish pan buttered, fill half full of nice crisp popcorn. Pour boiling syrup over it, take out of doors and stir. Toss with large fork until crisp and hairy. Cool on bread board. Simply fine.

Harry Richardson, West Bay City, Mich.

CRACKER JACK.

$\frac{1}{2}$ cup New Orleans molasses;	4 cups brown sugar;
$\frac{1}{2}$ cup corn syrup;	1 cup boiling water;

Boil all together until it is brittle. Dissolve 1 level teaspoon soda in $\frac{1}{2}$ teaspoon vanilla. Stir and let rise to the top of the kettle. Pour over prepared corn and cool same as for Coney Island Crisp. Sprinkle 1 cup or more of nuts over corn before pouring on the syrup.

CANDIED GRAPES.

Select nice white or red California grapes. Leave a tiny stem on them. Wash and dry well. Dip in melted fondant of different colors or they may be dipped in melted chocolate the same as creams. Other fruits may be treated in the same way. Nice for parties.

PUFFED RICE OR WHEAT CRISP.

Make the same as Coney Island crisp. White sugar may be used. It is nice made into bricks. Add 1 cup chopped nuts. Cut into squares.

MEMORANDA

A series of horizontal dashed lines for writing.



MISCELLANEOUS



MODERN METHOD OF CLEANING A DUCK.

If it is a white duck and you wish to cure the wings for your fall hat, put the duck in a paper flour sack, tie a strong cord around the neck leaving the head out. Hang on a wire clothes line to stick. When dead untie the sack, and cut off wings at second joint being careful not to allow any blood to touch them. Straighten out and put under a weight, or send to a taxidermist immediately. Wings cured in this manner are worth several dollars, and can be used from year to year by washing with ivory soap and soft water. A little blueing should be added to the water. Hang on a line in the sun to dry. Remove from line and brush with a soft bristle brush.

To scald the duck remove all large feathers, melt 1 cake of paraffine wax in the boiling water in which it is scalded. Dip the duck until feathers are loosened. Lay it on a board until the paraffine hardens. Then feathers and down can be removed together. Singe and scrape with a dull knife and wash in warm soda water.

A goose may be dressed in the same manner. To dress other fowls put 1 tablespoonful of soda in the water in which they are scalded. This cleanses the skin well. A cup of cold water should be added to the water in which young chickens are scalded.

To cure chickens of roup, take as much powdered yellow root as you can hold between your thumb and finger and put down their throats.

TO START A GASOLINE STOVE after it has burned dry, fill and open all the valves to allow all the air in the pipes to escape. Put your mouth over the hole in top of can and blow hard several times, being careful not to inhale the fumes from the gasoline. Close all the valves, fill the cup with wood alcohol or gasoline and generate in the usual manner.

TO REVIVE A WOOD OR COAL FIRE that has burned low, use a spoonful of granulated sugar. It has the same effect as kerosene and is safe.

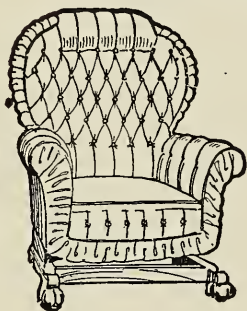
POLISH BLUE STEEL RANGES with a damp cloth and bon ami. Rub dry with a woolen cloth. Clean soap suds may be used and should be polished while damp with a dry linen towel.

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TO CLEAN ISINGLASS, BATH TUBS, SINKS and GREASE SPOTS ON FLOORS, USE DUTCH CLEANSER.

KEROSENE for zines, tubs, etc., and Solarine for brass and silver.

Flour improves with age and should always be kept in a warm, dry place. Bread will come more quickly if the chill is taken off the flour before mixing.

PIES should always be set on a wire rest or pie rack to cool, as this prevents the bottom from sweating and becoming soaked.

LETTUCE AND CABBAGE should never be salted until ready to serve.

APPLES for salad should be used immediately after being peeled.

SALAD should be served as soon as it is made.

TO MAKE GOOD GRAVY pour in $1\frac{1}{2}$ cups of water and let boil while preparing the thickening made of 2 tablespoonfuls of flour and $\frac{1}{2}$ cup of cream. Beat with Dover egg beater until free from lumps, pour into the boiling water and stir well.

BREAD IS MORE FLAKY if cut lengthways of the loaf.

TO GRATE CHOCOLATE IN HOT WEATHER wrap well in waxed paper and put in a refrigerator until cold (if moist, wipe dry before grating).

The dark colored California oranges are best when you wish to use the grated peel for flavoring purposes.

Dark colored thin peeled lemons are best.

Never use the juice of a lemon for cooking purposes or ices if the seeds have sprouted. Save them to remove stains with or for cleaning brass or aluminum utensils.

Do not turn cups, cans or glasses up side down, as it gives them a bad odor. Air purifies them.

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Dr. C. C. Faris

The Jeweler, Marion, Ind.

Chloroform will remove paint and grease spots without leaving a ring, by laying fabric on a piece of blotting paper and beginning at the outer edge of the spot and rubbing toward the center. The chloroform drives the grease from the goods into the blotting paper.

Chloroform is the only thing that will remove chewing gum successfully.

NEVER TAMPER WITH CHLOROFORM if you have a weak heart. When using it for cleaning purposes always be near an open window or door.

OLD LACE CURTAINS sewed together double make fine sanitary dish rags, and the coarser the better.

TO CLEAN ENAMELED WARE where mixtures have been burned on. Half fill with cold water add washing soda, or any soap powder, heat gradually to the boiling point and then empty, when dish may be easily washed.

TO REMOVE IRON RUST, saturate spot with lemon juice, then cover with salt. Let stand in the sun.

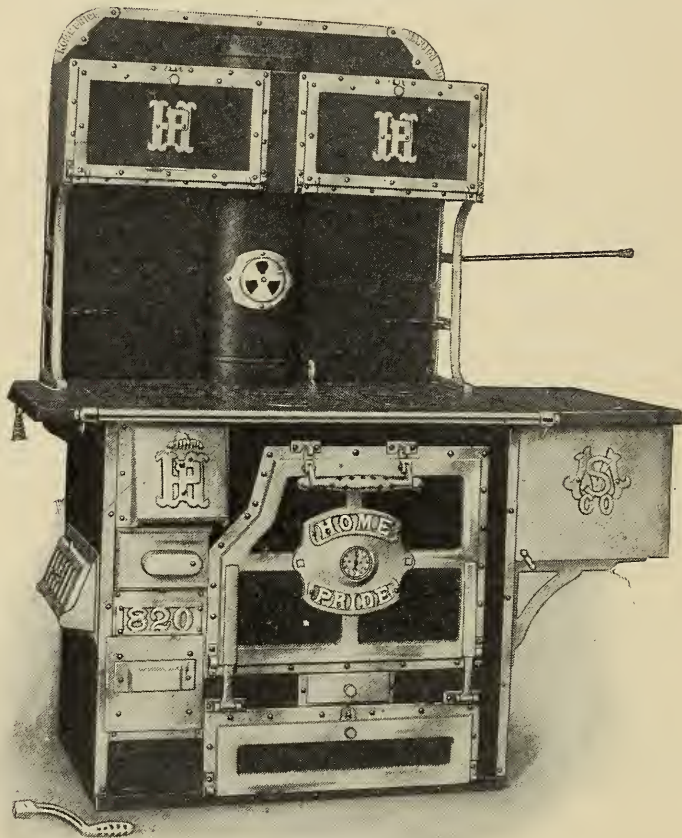
TO REMOVE INK SPOTS FROM THE FINGERS wet the finger and then rub the phosphorus end of a match on the spot. Wipe the fingers and renew the action until the spot has disappeared.

GRASS STAINS ON CLOTHING should be saturated with alcohol for a little time, then wash in clear water.

TO CLEAN PIANO KEYS rub over with a cloth saturated with alcohol.

TO CLEAN A PIANO TARNISHED BY GAS, take 1 quart of warm rain water, add 1 teaspoonful of ammonia and enough castile soap to make the water the least bit soapy. Wash with a chamois skin, wrung dry,, a small portion at a time. Roll the chamois skin into a tight roll and polish with the grain of the wood by taking long strokes as you would to dry a window with a rubber window washer. This method is used by piano dealers. And may be used to remove finger marks or any other tarnish. This gives as bright a lustre as any polish, and the dust is more easily removed.

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To Whom it May Concern:

This certifies that I have owned and used a **HOME PRIDE MALLEABLE RANGE** for the past **NINE YEARS**, and it is today practically as good as new, and I believe it to be the best Range I ever saw. I further certify that each and every one of the recipes given in this book were perfected and fully tried out on my **HOME PRIDE RANGE**. I take pleasure in recommending it to all who want a good Range.

Sincerely yours, **MRS. CLARA WARE.**

TO REMOVE FRUIT STAINS. Stretch the fabric containing the stain over the mouth of a basin and pour boiling water on the stain. In cold weather fruit spots can frequently be removed by hanging the stained garments out of doors over night. If the stain has been fixed by time, soak the article in a weak solution of oxalic acid or hold it over the fumes of sulphur.

TO REMOVE CHOCOLATE AND COCOA STAINS. Wash with soap in tepid water.

HOT TEA AND COFFEE STAINS. Soak the stained fabric in cold water; spread out and pour a few drops of glycerine on each spot. Let it stand several hours; then wash with cold water and soap.

IODINE STAINS. Wash with alcohol, then rinse in soapy water.

BLOOD STAINS. Soak in cold salt water; then wash in warm water with plenty of soap; afterward boil.

MILDEW. Soak in a weak solution of chloride of lime for several hours. Rinse in cold water.

TO REMOVE INK STAINS FROM WHITE GOODS. Dampen stain, dissolve oxalic acid and apply to stain. Use five cents' worth of oxalic acid to 1 pint or more of soft water. This is superior to lemon juice for removing stains from the hands. Do not use too strong. It will also remove tan.

To fix colors in calicoes and percales dissolve one-half cup of salt in 1 gallon of hot water, cool and soak garment for one-half hour, ring out, hang on the clothes line in the shade to dry, after which take from line, rinse in warm water, wash in weak soap suds; rinse, starch, dry and press in the usual way.

To fix light solid colors, such as blue, slate and stone colored cotton fabrics dissolve 1 ounce of sugar of lead in $2\frac{1}{2}$ gallons of boiling soft water, cool and strain, immerse garment and soak 1 to 2 hours; wring well, hang in the shade until dry. Take from line, rinse well in warm water to remove every trace of the lead as it is very poisonous, then wash in warm weak soap suds. Rinse, starch and dry.



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Undertaking

To fix black and other dark colors, dissolve $2\frac{1}{2}$ cupfuls of salt in $2\frac{1}{2}$ gallons hot water. Cool, soak garment 10 minutes, wring out and dry in the shade. When dry take from the line, rinse in warm water, wash in weak soap suds, as above mentioned.

To fix pink, red and green fabrics use $\frac{1}{2}$ cup strong vinegar to $2\frac{1}{2}$ gallons of cold water. Soak garment 5 minutes, wring partly dry, hang on the line in the shade. When dry take from line, rinse well before putting into the soap suds, as the acid in the vinegar kills the soap. Wash and dry as other garments.

To restore the color to linen colored garments, boil a wisp of timothy hay in as much soft water as is needed until the color is as dark as desired. Cool and strain, immerse the garment, stir until the color is restored. Dry and press. The garment should first be washed in weak soap suds if soiled.

To shrink new dress materials, fix the colors the same as for garments; rub well with the hands, fold nicely before running through the wringer. Dry until damp enough to iron well.

TO CLEAN CORRODE FROM THE CLOTHES LINE use a piece of coarse cloth dampened with kerosene. Rub dry with woolen or linen cloth.

TO PREVENT CLOTHES FROM FREEZING to the line, wipe the line with a cloth dampened in salt water.

TO DRY LACE DOOR PANELS wash and starch and put back on door to dry. They are sure to fit this way.

TO SPRINKLE CLOTHES always use real warm water.

The labor of ironing can be greatly lessened by folding linens and pillow slips before running them through the wringer. Linens should be taken down while damp enough to iron and folded. They should never be allowed to freeze, as freezing makes them fuzzy and rough. Add a little fresh lard to the starch when boiling.

Never use salt to sweep carpets. It rots them and makes damp spots for dirt to settle in, which looks like grease spots.

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To clean blue and white carpets, make a paste of coarse corn-meal and gasoline, scatter over carpet and scrub well. Let lay until the gasoline evaporates, sweep off with a clean broom. For spring and fall cleaning the carpets should be swept with a vacuum cleaner before using the paste. Other carpets may be cleaned in the same manner.

TO REMOVE MACHINE GREASE FROM THIN FABRICS. Put the fabric between clean blotters, press with a hot iron. If the spot is of long standing, sponge with chloroform before applying the top blotter and iron.

TO WASH BLANKETS. Wash in luke warm rain water with ivory or wool soap. Rinse in a weak warm suds and hang in the sun. A windy day is preferred.

TO CLEAN WHITE OR CREAM SERGE. Make a paste of gasoline and fine white corn meal, scrub with a clean bristle brush. When dry brush well. Or put a pan of gasoline into a larger vessel, containing boiling water, cover well until the gasoline becomes hot. Put the fabric in and rub well. Rinse in clean gasoline, dry and press.

Always iron underwear on the wrong side. Silk and woollen garments should be washed the same as blankets, and should be taken from the line and pressed while still damp.

FOR WASHING BLACK COTTON FABRICS. Use one tablespoonful of gelatine to 1 quart of hot water instead of starch.

TO SOFTEN WATER FOR WASHING. Put one ounce of caustic soda in five gallons of water and let stand over night. The impurities will all settle to the bottom, leaving the water perfectly clear and soft.

A SMALL AMOUNT of caustic soda used in scrubbing will remove all grease stains from the floor.

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COMBINED TONING AND FIXING BATH FOR GELATINE PAPER ONLY.

Water, 80 oz., or $2\frac{1}{2}$ qts.;	Sulphite of soda, 12 grs.;
Hyposulphite of soda, 16 oz.;	Acetate of lead, $\frac{1}{4}$ oz.;
Acetate of soda, 1 oz.;	Gold, 4 grs.
Sulphate of soda, 2 oz.;	

Use distilled or other pure water. Dissolve the hyposulphite of soda in 1 quart hot water, add the remaining water and the other chemicals in the order as given in table, except the gold which should not be added until all the rest have been dissolved and filtered through filtering paper. This bath will keep six months or more. Should be kept in glass cans. Do not allow any metal to come in contact with it.

HOW TO PLANT RADISHES.

Soak them half a day in luke warm water. Take 1 quart soot and $\frac{1}{2}$ cup of any good insect powder or louse killer, sift it with the soot. Drain the seeds and mix with it, then sow broadcast over the ground and rake them in. This method will keep the little radish worms away. This is an experiment of my own, and is a success.

SENNA PRUNES (FOR CONSTIPATION.)

24 prunes;	1 pint of boiling water;
	2 tablespoons senna leaves.

Steep senna in the water, where it will keep hot two hours, then strain, wash stew pan and put in the senna water and prunes. Cover and simmer until the prunes have absorbed all the water, then put in a jar and use as required. These are delicious and will keep for months.



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HOME REMEDIES



A few drops of chloroform on a lump of loaf sugar will relieve coughing.

A few drops of turpentine on a lump of loaf sugar will expel worms.

FOR CROUP fold a linen cloth double, wring dry out of ice water. Lay on throat and chest and cover with several thicknesses of warm flannel.

FOR GATHERING IN THE EAR use a saturated solution of boric acid and warm water of equal parts. Use a soft rubber ear syringe. This cured a bad case of three years standing.

FOR CATARRH use Glycothymoline 1 part to 6 of water. Use a nose douche or spray or put in the palm of the hand and snuff it up the nose. Follow with Pineolium in an oil atomizer.

A THROAT SPECIALIST.

CATARRAH CURE. Seiler tablets 1 dozen. Dissolve one tablet in 2 ounces of clear soft water and strain. Spray nose and throat from two to four times a day. Follow each time with Pineolium, in an oil atomizer. Pineolium may be bought at all drug stores for \$1.00 per bottle.

FROM A THROAT SPECIALIST.

FOR SORE THROAT. Use equal parts of listerine and water. Gargle several times a day and at bed time.

FOR INFLAMED EYES use a saturated solution of boric acid and water in equal parts. The water should be warmed and used in an eye cup. It may be used full strength. Or use a few drops of witch-hazel in a little warm water; or a weak solution of warm salt water.

REMEDY FOR RHEUMATISM. Use equal parts of pure olive oil and wintergreen oil. Dose, one-half teaspoonful after each meal.

Bells Papayan Tablets are fine for indigestion. Take according to directions.

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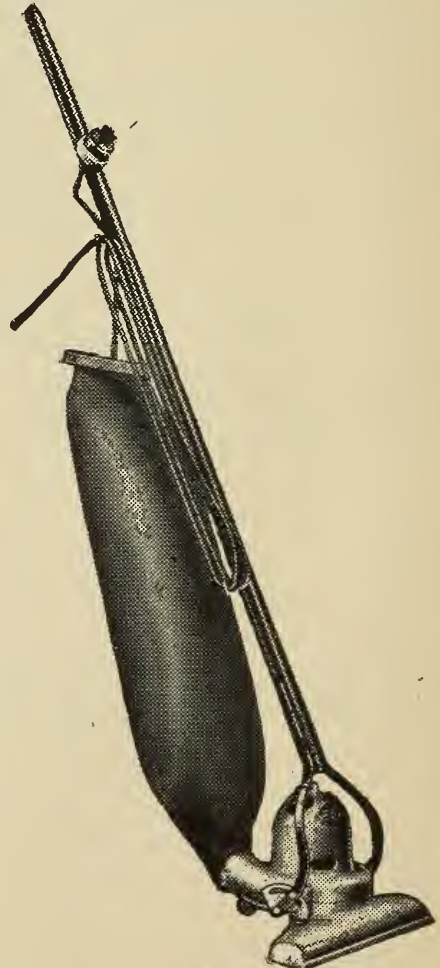
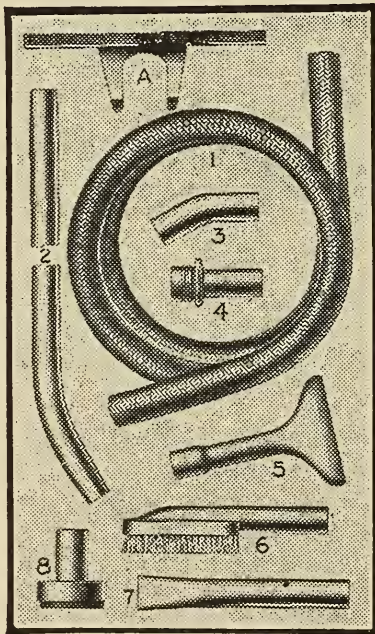
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WARREN, INDIANA

LINAMENT. 2 well beaten eggs and $\frac{1}{2}$ pint of pure cider vinegar. Put in a quart self-sealing can and shake well. Add 1 ounce of camphor and $\frac{1}{2}$ pint of turpentine. Shake until thick and creamy. Good for any kind of inflammation.

FRECKLE LOTION. 5 cents worth of bi-chloride of mercury dissolved in 5 cents worth of alcohol. Add 8 ounces of soft water, shake well. Put into a glass vessel. Must not come into contact with metal or jewelry. Apply gently with a soft cloth before retiring, being careful not to get it into the eyes or mouth as it is very poisonous. It should be tested on the arm and if it smarts the skin, dilute. Use for two weeks. It will also remove pimples and blackheads.

TO AVOID SUNSTROKE. Sobriety is a great preventive. The man who abstains from all spiritous drinks during excessively hot weather, is vastly less liable to sunstroke than he who drinks habitually. Regular hours for sleep and meals, and the avoidance of all irregularities and excesses are the other preventitives. Bathing, washing or sponging the skin all over in the morning is a wholesome precaution. Every one employed out doors, that can possibly do it, should wear a light, easy-fitting, broad brimmed hat.

FOR OBSTRUCTION OF THE BOWELS AND APPENDICITIS.

Kill a very fat hen and render out the fat as you would render lard, being careful not to scorch it. Inject into the bowels with a soft rubber syringe. This is very healing and sure to bring results.

FOR HEMORRHOIDS. To 1 tablespoonful of fresh unsalted butter add 1 dozen drops of turpentine. Mix well. This should be warmed and injected into the lower bowels with a small hard rubber syringe. This has been known to cure the most aggravated cases.

Harriet Tarlton Ware.

COLD CREAM

1 ounce bleached beeswax;	4 ounces of liquid aboline;
3 ounces of distilled water;	18 grains borax.
4 drops oil of rose;	

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Put the bees-wax and aboline in a small porcelain pan, or bowl, until melted, pour in the borax, (which has been previously dissolved in the distilled water) stir one minute, add rose oil and let cool. BETTER if quantity is doubled.

John M. Milford, Marion, Ind.

WITCH-HAZEL CREAM.

Distilled water, 3 oz.;	Alcohol, 1 oz.;
Gum tragacanth, 80 grs.;	Boric Acid, 30 grs.;
Witch-hazel, 5 oz.;	Perfume.
Glycerine, 1 oz.;	

Put the distilled water and the gum tragacanth into a large mouthed pint jar until the gum swells, then add the witch-hazel, shake well, and let stand 3 days. Put the glycerine and boric acid together in a separate bottle, heat in warm water and shake well until dissolved. After three days more, put all ingredients together and shake until all are dissolved. Strain through cheese cloth, add perfume and bottle.

John M. Milford, Marion, Ind.



The prescriptions in this book have been bought and used by myself and family and have cost me many times the price of this book.

IN all receipts in this book calling for baking powder use "Royal." Better and finer food will be the result, and you will safeguard it against alum.

In receipts calling for one teaspoonful of soda and two of cream of tartar, use two spoonfuls of Royal, and leave the cream of tartar and soda out. You get the better food and save much trouble and guess work.

Look out for alum baking powders. Do not permit them to come into your house under any consideration. They add an injurious substance to your food, destroying in part its digestibility. All doctors will tell you this, and it is unquestionable. The use of alum in whiskey is absolutely prohibited; why not equally protect the food of our women and children?

Alum baking powders may be known by their price. Baking powders at a cent an ounce or ten or twenty-five cents a pound are made from alum. Avoid them. Use no baking powder unless the label shows it is made from cream of tartar.



THE KITCHEN GARDEN



HOW TO MAKE A HOT BED. Make a box as long and wide as you wish the bed to be, and 28 inches deep in front, and 34 inches in the back.

Dig a hole a little smaller than the box, a foot deep and set box over it, fill hole and box 2 feet deep, with fresh stable manure, tramp it down well, cover and let stand two or three days, stir it each day, then put in 8 inches of medium rich dirt, cover over and let stand three more days, or until it feels warm, plant the seeds in drills. Small seeds should not be covered over one-third inch deep. Lay a pane of glass on the dirt until they sprout, then raise it half an inch. This method keeps the dirt from drying out and makes them sprout more quickly. Cover the top of the bed tight with old windows, sprinkle as the dirt dries out. The cover should be raised according to the temperature of the bed and the weather.

OLD CARPETS should be thrown over the top on cool nights.

Every person living on even a small city lot can have the luxury of a small garden with very little expense by knowing just what to plant and when and how to plant it.

For a small garden it is best to plant such vegetables as onions, radishes, lettuce, bunch beans and peas. It is cheaper to buy cabbage, potatoes, sweet potatoes and corn, especially the latter, which thrives best when planted in large, square patches which renders it less susceptible to the wind and heat, and gives the pollen better chance to be distributed.

There is perhaps more difference in the various strains of sweet corn than any other garden product grown. I have grown many different sorts, trying to find an early corn worth the planting, as most early varieties are of a dwarf nature and are not worth the growing.

I bought a prize collection last year, which contained one pint of Mauls First Early sweet corn which was planted the 6th of May and we gathered our first roasting-ears the 4th of July. This strain is very productive, having two and three ears to the stalk, of good size, which is very sweet, rich and creamy and stays in an eatable condition a long time.

The second best early, is the mammoth White Corey, which is

about two weeks later than Mauls First Early, and has from four to six more rows to the cob and has the same commendable qualities. This strain is especially nice for canning and drying and can be planted in succession as late as June 25th. I have planted it as late as July 3rd and gathered the last roasting-ears as late as October the 19th, but this was an unusually late fall. (This same strain of corn was awarded the first prize at the county fair.)

THE BEST EARLY TOMATO is Mauls BONNY BEST EARLY which is very early and as large as some of the later varieties; it is also smooth and round and has very few seeds and does not sun burn or rot if tied up and will bear until frost. They are also fine for canning, as they are not sour.

THE BEST EARLY CABBAGE is MAULS FIRST EARLY, which is very sweet and tender and is the whitest early variety.

THE BEST LATE VARIETY is THE HOUSER, which is nice for kraut and winter use.

THE BEST EARLY CAULIFLOWER is HENDERSON'S EARLY SNOW-BALL.

THE BEST MEDIUM EARLY POTATO is THE WHITE SENECA BEAUTY, which can be mashed earlier than any other potato, and is white and mealy.

THE BEST EARLY PEAS ARE THE AMERICAN WONDER.

THE BEST EARLY RADISHES are THE WHITE VIENNA and the ICICLE.

THE BEST LETTUCE is THE GIANT CRYSTAL and THE CALIFORNIA WONDERFUL.

HOW TO SET OUT TOMATO PLANTS. Make a fresh trench 3 inches deep and lay the plant in on its side (the plants are best if about 1 foot long) cover all but about 3 inches of the tip end, press the dirt down firm around plant. If the weather is very dry pour a little water in the trench before laying in the plant.

Plants set out in this manner will take root all along the stalk and produce thriftier and more prolific vines, which will bear until frost and the fruit will be large and smooth and of a fine flavor. Try it.

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THE ROWS should be three and one-half feet apart and the plants set 30 inches apart in the rows, drive a stake each side of the row (but not in the row as there is danger of driving it through the root) tie several times with twine. The lower succors should be trimmed off while young.

TO SET OUT CELERY PLANTS. The ground should be level, set them in two rows 10 inches apart and the plants 8 inches apart. Set them zig-zag fashion, as they are more convenient to hoe. Never allow the dirt to cover the heart of the plant or it will not grow. Two rows can be hilled with the same amount of dirt as one, when set out in this manner, or tile may be set over them, which makes less work.

CABBAGE PLANTS should be set 18 inches apart in the row, and the rows should be 25 to 30 inches apart.

MANGO PLANTS should be set 2 feet apart in single rows for the mangoes to ripen well.

TO SOW GRASS SEED, mix equal parts of blue-grass, timothy and white-clover seed together. Do not sow too thick, it should be sown late in the fall and covered with well rotted manure. I have sown this same mixture the middle of April, on clay ground and the grass was tall enough to cut the last of May. This is sure to grow and make a good sod.

SAGE should be gathered early in the summer, dried and rubbed through a wire sieve and put into tight cans or bottles for convenient use.



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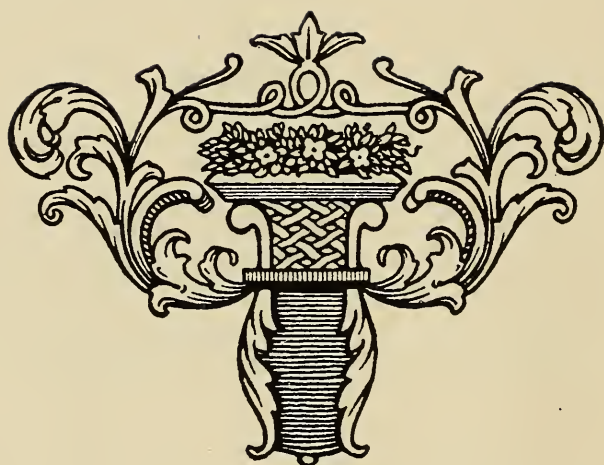
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