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THE
ALEX. CAMPBELL
PRIZE

MILK COOK BOOK

EDITED BY

MARGARET COMPTON

Mrs. Amelia Williams Harrison

BROOKLYN.

The Alex. Campbell Milk Company,
(New York Dairy Co.)

802 Fulton St.
63 Lafayette Ave.

4-6 Bond St.
9 Clinton St.

Nothing Like TX 715
H 315
A Practical Test.

* * *

We know that the milk we supply is

**ABSOLUTELY
PURE,**

and not to be surpassed for quality, but we want you to know it. We have therefore opened new and well-appointed

DAIRY LUNCH ROOMS,

centrally located, at 4-6 BOND STREET, where with a cup of delicious coffee, tea or chocolate, our milk and rich cream can be tested.

Orders for daily service received at the desk, or may be sent to

The Alex. Campbell Milk Co.

(New York Dairy Co.)

802 Fulton Street,

9 Clinton Street,

Working Model Dairy, Ice Cream Rooms and Soda Spa,

63 Lafayette Avenue.

The
Alex. Campbell Milk Company's
PRIZE MILK COOK BOOK.

INTRODUCTION.



THE KNOWLEDGE of the importance of a pure milk supply has come to be so general that it seems superfluous to mention arguments for the same. Housekeepers, especially those who have young children or invalids dependent on a milk diet, no longer need to be warned against infection in milk carrying the germs of tuberculosis, typhoid fever, etc.

State law has, to some extent, come to the protection of the public by requiring that milk shall not fall below a fair standard, and by punishing flagrant violations of sanitary precautions. But in this, as in other matters connected with daily life, there is a vast difference between keeping within the limits of the law and conducting a business on principles which seek to utilize every fresh discovery of science that will improve the article and insure its purity.

Further advantages follow where enterprise adopts the latest and most improved machinery, and capital is liberally invested to secure the most complete facilities, and finally where the whole is under the management, control and supervision of

those who have made the subject a matter of close and conscientious study for years.

Of course it is something to "comply with the law," when it is so frequently and grossly violated, but it is certainly commendable to have been the means of teaching the community that such law was necessary, and by practice as well as teaching to have shown the urgent need of legislation which should compel the ignorant or unscrupulous to take precautions which intelligence and science had discovered were of vital importance.

This is what the Alex. Campbell Milk Company has done, not only for Brooklyn but for the country. It was their efforts which first directed serious attention to the subject, and, long before the general public realized the necessity for a pure and rigidly supervised milk supply, they had secured it and were guarding against minor dangers of which, even now, the law takes no cognizance.

The Alex. Campbell Milk Company, known at its inauguration as the "New York Dairy Company," holds a place of importance in the sanitary and hygienic history of the State. Where popular domestic interests are suffering from abuse it is rare to find practical business men join forces with men of science and freely invest their capital to give the work of reformation an impetus on purely commercial lines. Among the names composing the promoters of this company may be mentioned Henry E. Pellew, Cornelius R. Agnew, M. D., John P. Haines (now president of the Society for the Prevention of Cruelty to Animals), J. W. Drexel, Timothy F. Allen, M. D., and Mason C. Weld.

This notable list was a guarantee of the integrity and earnest purpose of the organization. Alexander Campbell, the president of the present company, was a director, as well as General Manager.

In its first letter to the public, issued in 1888, attention was called to the serious dangers arising from the manner in which the vast bulk of the milk supplied to cities was received, transported and delivered, declaring with truth that it was "not only unwholesome (the milk), but productive of diseases of a permanent character, as tuberculosis, etc.," and dealt strong, and well-merited blows at those who assisted in the spread of disease by careless, poor, or unsanitary housing of cattle, who willingly endangered the public health by the use of inferior cattle-feed,

and in many other ways, too often arising from an endeavor to make money at any hazard, menaced the well-being of the community.

The various members of the company, apart from the firm belief they had in the financial feasibility of the enterprise, were enthusiasts. They knew that the movement must ultimately prove not only of local but of National importance. They were not mere theorists. Mr. Alex. Campbell had had years' of experience, and, indeed, to his efforts may be ascribed the foundation of the enterprise.

The medical directors had known of the abuses, and had written and spoken of them in public. Mr. Mason C. Weld had made a profound study of cattle and was an acknowledged authority on all subjects bearing on the supply of milk in the great centers. Later he was sent by the Hon. Hugh McCullough (Secretary of the Treasury), to the Channel Islands to study and report on the famous breeds of cattle there, and to purchase and import to this country choice specimens. So successful was he in the accomplishment of the commission that on subsequent occasions other prominent Americans engaged him for similar services.

The public sadly needed education on the importance of a pure milk supply. They had tacitly accepted the situation from sheer ignorance of the daily risk run. Diseases prevalent at the time were traced to any source but the right one. No one suspected that danger could lurk in milk, which in its pure state was and is considered one of the most delicious and health-giving articles of food.

Not only were large sums of money spent in educating the public, through advertising mediums but in establishing the requisite facilities.

To this company is due the conception of receiving stations, the first one in the United States having been built by them at a cost of \$10,000. It was centrally located in Orange County, N. Y., one of the richest dairy centers in the country, and was equipped with every convenience for the receiving, testing, cooling and transportation of milk in an absolutely pure condition.

That initial "receiving station" proved entirely successful and no less than five others have since been established and are now in operation.

The Alex. Campbell Milk Company was also the first to introduce the bottling of milk, which has, perhaps, done as much

as anything to lessen danger of contagion, as the milk is perfectly preserved from contamination during transit, and also from all atmospheric influences.

Too much stress cannot be placed on the fact that the milk is bottled in the country. Much of that used in our great cities is shipped in bulk, and the bottling is done in stables and sheds. This greatly increases the danger of contamination as will be readily seen.

The company has at the present time five receiving stations which contain all modern appliances and the most improved machinery. These stations are so distributed that each is in the heart of a milk producing section, and so located that the freshly-drawn milk may be received with the least possible disturbance or loss of time. At these stations the milk is received, tested, cooled and bottled. Refrigerator cars, which in each instance run to the doors, transport the hermetically sealed jars by the Erie Railroad direct to Jersey City, from whence they are brought in large, specially constructed vans to this city, and immediately distributed in the company's wagons.

From first to last the milk is under the supervision of experts, and care and attention can hardly go farther.

From what has been said it will be seen that without the utmost care the bottling of milk does not insure its purity. It must be pure before it is bottled, the bottles must be clean, the bottling must be done in the country, far removed from contaminating influence. Otherwise, if, as we have stated milk is shipped to the cities in bulk and there bottled amidst foul surroundings, and after hours of delay, a new element of danger is introduced.

At the receiving stations the important operation of cleaning bottles is conducted. To be thoroughly efficient this calls for the use of elaborate and expensive machinery, and for constant care and personal supervision.

To conclude, thirty years of patient study and work with the end in constant view of supplying nothing but absolutely pure milk have brought their reward, and it is with genuine satisfaction that the company returns thanks to its thousands of patrons not only for their generous support, but for their constantly expressed appreciation.

The company will, in the future, as in the past, do all that lies in its power to perfect the system which is, even now, unequalled by that of any other firm.

THE PRIZE CONTEST AND THE BOOK.

The recent Prize Contest, of which the present work is the outcome was a notable instance of that enterprise which has distinguished the Alex. Campbell Milk Company throughout its entire history. Thoroughly commercial in spirit, its members are keenly alive to the fact that—

“Worth to be recognized must first be known,”

And therefore believe in legitimate methods of advertising. It is conceded by all that its efforts in this direction have been thoroughly original yet dignified. This latest and greatest, effort will undoubtedly be appreciated by thousands of good housewives, to whom the Cook Book will prove a constant delight owing to its remarkable merits, and by introducing delicious and inexpensive dishes into the household will do much to benefit the community, for—

“All nobleness of heart in man,
All goodness that this life is rich in,
From Beer-Sheba unto Dan,
Draws inspiration from the kitchen.”

Cook books there were without end, but none, so far as is known, on the present plan, one devoted to the uses of milk and cream.

The argument was that in every well-regulated household is to be found one notable dish. Here it is “Aunt Jane’s Salad,” there it is “Margery’s Tea Cakes.” Before “Aunt Jane” and “Margery” even Delmonico must retire when it comes to a question of salad and tea cakes. To collect these domestic culinary triumphs and crowd them between the two covers of a book suggested an increase of domestic comfort quite delightful to contemplate. Of course there may be a deftness in the pink fingers of Mistress Margery which cannot be transmitted through cold print, but “just how much of this and that goes in, and when and where” can be told, and then, if the cakes turn out heavy instead of light, that is not to be blamed to Margery for “the receipt was all right.”

To arouse sufficient interest a large sum of money was devoted to the purpose and valuable prizes in gold were offered.

The latitude allowed was very great, the only stipulation being that milk or cream should be called for in some manner in every receipt either in the making or serving. Recognizing the difficulty of discriminating accurately on the dainty difference

between two receipts for the same confection the competition called for receipts in groups of three, and therefore none were judged alone. This was undoubtedly the fairest and most satisfactory plan that could have been devised.

No names or addresses were allowed to appear on the competing papers, and where anything of the kind occurred it was carefully obliterated before being handed to the committee, and not until after the final decisions were made were the names of the fortunate ones known. The committee was composed of three well-known ladies, Miss Conroe, who is at the head of the Domestic Science Department of the Pratt Institute, Mrs. Christine Terhune Herrick, (a daughter of Marion Harland,) a writer and lecturer on chafing dish cookery, and Mrs. Agnes Bailey Ormsbee, author of "The House Comfortable," and other essays on household subjects.

The awards were published December 24, 1895 and the money immediately distributed.

The mass of material received was overwhelming. Had all been published the book would have attained the bulk of a Webster's Unabridged Dictionary. The work of selecting the best has taken months, and while in comparison to the whole number of receipts received those published is small, yet they represent the cream, and as such will be of immense value.

The first edition, though large, will soon be exhausted. To guard against possible disappointment we therefore notify our friends and patrons that if copies are required orders should be sent as soon as possible.

ITEMS ABOUT THE CONTEST.

Naturally many receipts were duplicated. Thus, for instance, had all those for "Plain Rice Pudding" been printed they would have filled a book of nearly the size of the present volume.

Plain rice pudding, while much esteemed by many, loses its charm if indulged in to the exclusion of all other forms of food. A book devoted solely to plain rice puddings would not induce the friendly critic to say: "This is a work of absorbing interest—not a dull line anywhere—the attention of the reader is held until the last word is reached." And to discriminate between some hundreds of receipts for "Plain Rice Pudding" is no easy matter. Probably a few hundreds of those discarded are just as good as those published, but at least they are no bet-

ter. In short the selections made are, in the opinion of the committee and editor the best. This does not mean that many thousands for which we have no space are not good.

Brooklyn is certainly a city of good cooks, and the majority of them, as will be seen, know how to impart their knowledge well and clearly. It was a matter of wonder to note the general neatness and taste displayed in the preparation of the receipts. Many of them were exceedingly clever from a literary point of view. One especially, which from its length has unfortunately had to be omitted, gave an admirable and clear cooking receipt in dramatic form, without absolutely mentioning weights or quantities. It was charmingly and ludicrously told.

Several contributors sent poems. The following is especially good:

Eight-hundred-and-two Fulton Street.

When little Olive lay in bed,
"I want some camel's milk!" she said;
"Some camel's milk, like Flossie had,
It made her well when she was bad."
But mamma sadly shook her head;
"We can't buy camel's milk," she said .

"Here's Flossie! Floss, tell mamma—quick!
You did have camel's milk when sick!"
And Flossie laughed, and shook her curls—
"Of course! It's good for boys and girls.
It's Campbell's milk, so fresh and sweet;
The office is on Fulton Street."

ZILL.

Another which we commend to the attention of all mothers, emphasizes the importance of providing absolutely pure milk for children. It is now known by the medical fraternity that an alarming annual mortality among infants and young children is due to poor, stale or impure milk. It is a subject which should have the serious consideration of parents, and we would urgently advise the use of the Alex. Campbell Milk Company's milk, which is guaranteed to be absolutely pure. This is the poem:

A Receipt to Cure a Sick Boy.

Now mothers you have told me how
To make good things to eat,
I have a message for you all,
And also a receipt.

Don't feed your baby watered milk,
Such as you've used before,
But let them feast on "Campbell's" milk
Left at your basement door.

My little boy is four years old,
His cheeks are rosy red,
He drinks a quart of "Campbell's" milk
Before he goes to bed.

Maybe you'd like to know his name,
We call him "Our Leander,"
If we had known about the milk,
We'd named him "Alexander."

My grateful heart is full to-night,
I can't forget the past,
I'll buy three bottles every day,
So long as milk shall last.

MARY PERRY.

It would hardly be believed in how many receipts for bread, cakes and pies the writers had altogether omitted flour. One lady wrote that she could make "elegant bread and would like the \$100 prize." A few gave no name or address and their contributions could not be entered for competition.

We believe that but one opinion can be expressed concerning the book itself, and we hazard the opinion that in no work of its kind and size can be found such a wealth of valuable and reliable information.

It will be noticed that Campbell's milk is called for in every case. This was insisted on by the vast majority of contributors for the reason that it is to be relied on and is absolutely pure and sweet. Much of the success in cookery depends on the quality of the milk.

Orders for the daily service of milk and cream should be sent by postal card to

The Alex. Campbell Milk Company,

802 Fulton Street,

Brooklyn.

Telephone No. 44 Brooklyn.

SOUPS.

The advantage of milk soups is that they can be easily and quickly made either with or without stock. Almost any vegetable can be used, or combinations to suit individual tastes. Care must be taken to have perfectly fresh milk or the mixture will curdle. Less salt is required than for soups made with water. White pepper should always be used. Never put butter into the soup while cooking. Drop a lump into the tureen just before pouring the soup into it. By this means the butter becomes thoroughly incorporated with the milk and does not spread itself immediately in an oily mass upon the surface.

White stock is the only kind suitable for milk soups. It is made from veal bones or from the trimmings of poultry, including the feet. Celery should be the principal vegetable, though carrots may be used sparingly. Arrow root is better than corn starch for dainty soups.

The proper consistency for white soups is that they shall adhere slightly to the spoon.

Artichoke Soup.

¼ lb. lean salt pork or bacon, lightly smoked.	1 pint of Campbell's milk.
2 stalks of celery.	Salt, cayenne pepper.
1 white turnip.	2 teaspoonfuls of granulated sugar.
1 red onion.	2 quarts of water.
3 ounces of butter.	1 coffee cupful of white stock.
¼ peck of artichokes.	

Cut the meat and vegetables into dice. Put a small lump of butter into a frying pan, heat it thoroughly, turn the meat and vegetables into it and let them color. Stir to prevent burning. Wash and peel the artichokes as you would potatoes, cut them into thin slices. Put them into the soup pot with half the stock and the contents of the frying pan. Let them stew gently until reduced to a pulp. Then add the remainder of the stock and let it simmer for five minutes, skimming well. Strain through a colander and set it back to keep warm. Have ready the milk, heated to boiling point and pour it and the soup together. Croustons, which are small pieces of bread fried in butter, should be placed in the tureen just before the soup is poured into it.

Asparagus Cream Soup.

1 bunch of asparagus.	2 tablespoonfuls of flour.
1 pint of water.	1 teaspoonful of salt.
1 pint of Campbell's milk.	½ saltspoonful of pepper.
1 tablespoonful of chopped onion.	½ cupful of Campbell's sweet cream.
1 tablespoonful of butter.	

Wash and scrape asparagus, cut heads from stalks and set aside. Cut stalks in half-inch pieces and cook until very soft in a pint of boiling salted water. Mash thoroughly in the water in which it was boiled and strain, add asparagus liquor. Cook butter and flour together in small saucepan until smooth, but not brown, and stir into boiling soup. Season with salt and pepper; boil two minutes, add cream and strain into the tureen. Small squares of buttered toast are an acceptable addition. Serve very hot.

The asparagus heads may be cooked in boiling salted water until tender, strained and served with melted butter, as a vegetable with roast or fish.

Barley Soup.

4 quarts of water in which mutton has been boiled.	1 pinch of celery seed.
1 large white onion.	1 tablespoonful of corn starch
½ cup of pearl barley.	1 cup of Campbell's cream.

Take the liquor from boiling a leg of mutton, which is economy, as you have beside your meat a delicious cream soup with very little cost. To about four quarts of the liquor add one large white onion, sliced thin, one-half cup of barley and a good pinch of celery seed. Let this boil about one and one-half hours. Just about five minutes before serving mix one tablespoonful of corn starch in one cup of milk; stir in slowly and let it boil for five minutes.

Bean Soup.

1 large cup of beans.	1 quart of Campbell's milk.
1 large tomato.	½ pint of Campbell's cream.
1 tablespoonful of sugar.	Season to taste.

Wash beans and let them stand in cold water over night. Boil four hours in one quart of water. Boil tomato in same water fifteen minutes; strain through a sieve or colander, after which add sugar, milk and cream; boil fifteen minutes.

Black Bean Soup.

1 pint of black beans.	1 pint of Campbell's milk.
1 tablespoonful of salt.	4 eggs.
½ teaspoonful of black pepper	

Soak one pint of black beans over night; in the morning drain and cover freely with cold water. Boil fifteen minutes and add one teaspoonful of soda. Change the water and boil again ten minutes; drain and add one quart of cold water and

boil until the beans are soft, adding more water as this boils away. Rub through a sieve. Cook together one tablespoonful of butter and one tablespoonful of flour; to this add the hot bean soup, one tablespoonful of salt, one-half teaspoonful of pepper and a pinch of cayenne. Simmer ten minutes. Then add one pint of hot milk and four hard-boiled eggs, chopped fine.

When ready to serve the soup is a chocolate color. It is delicious in flavor.

Bean Puree.

1 quart of white dried beans.	1 tablespoonful of tapioca.
2 carrots.	1 gill of Campbell's cream.
2 turnips.	3 quarts of cold water.
3 onions.	Salt and pepper to taste.

Soak the beans over night in cold water or place them in water rather hotter than tepid for at least four hours. Drain them and put them on in three quarts of cold water, letting it come to a boil and boil three hours. Then add the vegetables cut in quarters and the tapioca, previously soaked, and boil for two hours. After this strain through a hair sieve, pick out the vegetables, and press the beans with a wooden spoon into a soft pulp. Return them to the soup and stir a few times until thoroughly mixed. Have the cream heated to boiling point; add pepper and salt; pour the mixtures together and let them boil up once before serving.

Carrot Soup.

New carrots.	Flour.
Butter.	Campbell's milk.

Boil the carrots until very soft. Mash them through a sieve. Put a lump of butter into an enamel saucepan, dredge in a tablespoonful of flour, stir in the carrots and dilute with hot milk until of the right consistency.

Celery Cream Soup.

2 heads of celery.	Chicken broth.
4 ounces of butter.	1 pint of Campbell's milk.
Salt, white pepper, nutmeg.	

Take two heads of celery; cut away all the green part. Cut the stalks into pieces not more than an inch long, and parboil in water, with a little salt, for ten minutes. Then take them out and drain them and put into a saucepan with four ounces of butter, salt and pepper to taste, and a little nutmeg. Cover and boil slowly until the celery is quite soft, then rub through a colander. Mix the strained substance with two quarts of clear chicken broth, thickened with four ounces of flour, cooked in a little butter. Boil for ten minutes, stirring constantly, skim, and press through a fine sieve. Place it on the fire again, adding to it a pint of boiling milk, and a small piece of butter. Pour into the soup tureen over small croutons.

Celery Cream Soup. No. 2.

$\frac{1}{2}$ bunch (or three roots) of celery. 1 heaping tablespoonful of flour.
1 pint of water. A piece of butter the size of a large egg.
1 quart of Campbell's milk.
1 teaspoonful of salt.

Cut the celery in small pieces and put into a stew pan, pour the water over them and boil for two hours, or until tender. About twenty minutes before dinner time put the milk in another stew pan and let it come to the boiling point, then crush the celery and water through the colander into the milk. Next mix the butter and flour together and stir into the hot milk and let it thicken. It should be about as thick as heavy cream. Salt and strain into the tureen. Serve very hot.

Celery Cream Soup. No. 3.

1 quart of chicken broth. 2 heads of celery.
1 quart of Campbell's milk. Salt and pepper.
1 cupful of oatmeal.

Put the milk to boil, pour in the oatmeal, let simmer on back of the stove. Grate the roots and white part of the celery and add to the milk; cook an hour, adding more milk if necessary. When done rub through a sieve and add the stock, previously strained. Salt and pepper to taste. This is a good healthful soup.

Celestine Soup.

$\frac{1}{2}$ pint of pearl barley. Bunch of sweet herbs (marjoram, summer savory).
6 carrots. $\frac{1}{4}$ tablespoonful of salt.
4 onions. Teacupful of Campbell's milk.
8 cloves. 4 quarts of water.
 $\frac{1}{2}$ white turnip.
Blade of mace.

Wash the barley, put it into a large saucepan with the water and salt; boil; then put in the carrots, onions, celery and turnip cut into quarters, and the herbs and mace. Simmer with the lid on for six hours, after which strain through a fine hair sieve and return it again to the saucepan. As the simmering will have reduced the stock and left it too thick, add milk till the stock is of the consistency of cream. Shortly before the soup is served whisk up the yolks of the eggs with one-quarter pint of milk at the bottom of a warmed tureen, and when the soup is served whisk up the yolks of the eggs with one-quarter pint slowly at first to prevent curdling and rapidly stirring all the time.

Variations.—A few boiled green peas or asparagus heads may be used. Cream instead of milk makes a richer soup.

Chestnut Soup.

$\frac{3}{4}$ lb. of Spanish chestnuts. Salt, cayenne pepper, mace.
 $\frac{1}{2}$ pint of Campbell's cream. 1 quart of white stock.

Take the outer rind from the chestnuts and put them into a large pan of water, which heat gradually. As soon as this becomes too hot for the fingers to remain in it, take out the chestnuts, peel them quickly and immerse them in cold water, wipe and weigh them. Now cover them with good stock and stew them gently for rather more than three-quarters of an hour, or until they break when touched with a fork; then drain, pound, and rub them through a fine sieve, reversed; add sufficient stock, a blade of mace, cayenne and salt, and stir it often until it boils, and put in the cream. The stock in which the chestnuts are boiled can be used for the soup, when its sweetness is not objected to, or it may, in part, be added to it, and the rule is that three-quarters of a pound of chestnuts should be given to each quart of soup.

Chicken Cream Soup.

A fowl.	2 eggs (yolks).
An onion.	1 teacupful of Campbell's
4 quarts of water.	milk.

Take an old fowl, divide it as for fricassee and put it into four quarts of cold water. Set it over a slow fire and let it boil until the liquid is reduced to two quarts. Take out the meat, cut off the whole of the breast and chop it very finely. Mix with it the yolks of two hard-boiled eggs and press the mass through a colander. Cool the broth, skim it and strain. Then return broth and chicken to the pot, simmer for ten minutes and just before putting it into the tureen add a teacupful of boiling milk.

Chicken Cream Soup. No. 2.

A chicken.	Bunch of parsley.
2 quarts of strong veal broth.	Juice of a lemon.
2 onions.	Salt, pepper.
Tablespoonful of Indian	Teacupful of Campbell's
curry.	cream.

Take two quarts of strong veal broth and season it by putting into it two onions chopped fine, a bunch of parsley, salt, and pepper. Cook till the vegetables are done. Strain it and have ready a chicken jointed as for a fricassee and skinned. Put it into the broth and add a tablespoonful of curry powder, stirring it well. Boil until the meat is tender. Just before serving add the juice of a lemon and a teacupful of boiling cream. Rice should be served with this soup.

Chicken Gumbo.

A fowl.	½ can of tomatoes.
½ dozen slices of salt pork.	Parsley.
1 onion.	1 cupful of rice.
2 quarts of boiling water.	1 cupful of Campbell's cream.
1 quart of okra.	Flour.

Cut a fowl into moderate-sized pieces roll in flour, and put them in a porcelain kettle with half a dozen slices of salt pork and one onion, sliced. Fry them to a delicate brown, pour over

them two quarts of boiling water, and let the mixture simmer one hour. Then add one quart of okra (canned, if fresh cannot be procured) cut fine, half a can of tomatoes and some chopped parsley. Season with salt and pepper and cook until everything is tender. Add a cup of boiled rice and the same quantity of cream. Let it boil up once and serve.

Cocoanut Soup.

6 ounces of freshly grated cocoanut.	Salt and cayenne pepper.
6 ounces of rice flour.	$\frac{1}{4}$ pint of Campbell's cream.
$\frac{1}{2}$ teaspoonful of ground mace	$\frac{3}{4}$ quarts of white stock.

Be careful in grating the cocoanut not to allow any of the dark rind to go in. Be sure that the grater is clean or the delicate flavor of the soup will be lost. Allow two ounces of cocoanut for each quart of stock. Simmer for one hour, and strain, and thicken with the rice flour. Heat the cream to boiling point and add to the stock gently. Let it stand one minute and serve.

Corn Soup.

1 dozen ears or 1 can of green corn.	1 tablespoonful of flour.
1 quart of Campbell's milk.	1 tablespoonful of butter.

Slit the grains of corn lengthwise with a silver knife and scrape the cobs as clean as possible. If canned corn be used drain the liquor from it and let the vegetable stand uncovered for at least an hour in an earthen or enameled dish. With green corn, put the cobs into the pot with just enough water to cover them and let them boil ten minutes. Strain the water and retain one quart for the soup. Heat the milk to boiling point and add it gradually to the water. Then put in the corn and after it has cooked fifteen minutes thicken it with the flour, into which the butter has been well kneaded.

Variations.—Cream may be used instead of milk, in which case but half the quantity is required, and a half-pint more water is added.

With milk the well-beaten whites of two eggs may be stirred into the soup and allowed to cook just a moment before the soup is poured into the tureen.

Cucumber Soup.

2 or 3 fresh cucumbers.	1 gill of Campbell's cream.
Small lump of butter.	1 quart of white stock.
2 eggs (yolks).	Bunch of pot herbs.

Pare the cucumbers, quarter them and take out the seeds. Cut them into thin slices, sprinkle with salt and allow them to stand half an hour. Put the butter into an enameled saucepan and when it is hot, add the cucumbers. Let them warm but not brown and pour the stock over them. Add the herbs and seasoning and boil forty-five minutes. Beat the yolks of the eggs thoroughly, incorporate them with the cream, add to the soup just a moment before removing from the fire.

Egg Soup.

Veal stock.
Turnip.
Onion.
Carrots.
5 eggs.

Thyme.
Lemon juice.
Gill of Campbell's cream.
Salt and pepper.

Take good stock from a knuckle of veal or beef bones, add one turnip, one onion, two carrots, a little lemon juice, a very little thyme, and a little celery. Boil all together six hours; strain, set in a cool place until the next day, when all the grease has formed on top, and then take it all off carefully. When ready to prepare it for dinner, heat it, add a little thickening of rolled cracker or flour, and then to three quarts of this stock add the yolks of five eggs, one gill of cream, pepper and salt to suit the taste. Drop the yolks in whole. Let them cook a few minutes. Serve hot.

Flemish Soup.

1 turnip.
1 carrot (small).
3 stalks of celery.
6 spring onions.
1 head of asparagus.
 $\frac{1}{4}$ pint of peas.
2 ounces of butter.

4 eggs (yolks).
 $\frac{1}{2}$ pint of Campbell's cream
or milk.
Salt.
1 lump of sugar.
2 quarts of stock or water.

Chop the vegetables very fine. Having melted the butter in an enameled saucepan, turn the vegetables into it and pour over them a teacupful of stock or water. Stew gently for one hour. Add the remainder of the stock or water and simmer for another hour. The cream having been heated to a boiling point and the well-beaten yolks of the eggs added to it, it should be strained through a hair sieve. Take the soup off the fire, turn the eggs and cream into it and stir continually until the mixture is nearly at boiling point. Season with salt and add the sugar.

Milk Soup.

2 quarts of Campbell's milk.
1 teaspoonful of ground cinnamon.
4 thin slices of stale bread.

3 teaspoonfuls of granulated sugar.
6 eggs (yolks).
1 saltspoonful of salt.

Put the milk into a double boiler or farina kettle with the salt, cinnamon and sugar. Lay the bread in a deep dish, cover it with cold milk and place it at the side or back of the stove where it will get warm but will not cook. Add the well-beaten yolks of the eggs to the milk in the boiler and stir till it thickens. Then pour it over the bread and serve immediately. This is an excellent dish for an invalid.

Mushroom Soup.

12 large mushrooms.
1 quart of Campbell's milk.
1 onion.
3 cloves.

2 blades of mace.
 $\frac{1}{2}$ teaspoonful of salt.
 $\frac{1}{2}$ teaspoonful of arrowroot.
Pepper and pounded mace.

Put the trimmings and stalks only of the mushrooms into a saucepan with the milk, onion (with cloves stuck in it), mace and salt. Simmer for two hours, strain it, and put back into the saucepan. When boiling stir in the arrowroot, which has been mixed with a tablespoonful of cold milk, add the pepper and pounded mace. A tablespoonful of cream is a great improvement. This quantity of soup is enough for three persons.

Normandy Soup.

1 knuckle of veal.	1 quart of Campbell's cream.
1 quart of white button onions	2 tablespoonfuls of butter.
4 quarts of cold water.	2 tablespoonfuls of flour.
½ of small loaf of bread.	Salt and pepper.

Put veal in the soup kettle with onions and water, let simmer slowly for two hours; then add the bread, cut in slices. Let simmer slowly two hours more. Remove the knuckle and press ingredients through a sieve. Rub butter and flour together to a smooth paste, stir into the boiling soup, and constantly until it thickens. Add the cream, salt and pepper and serve. This soup is delicious.

Onion Soup.

4 to 6 onions, red white or yellow, as preferred. Spanish onions are excellent.	Small bunch of parsley.
2 quarts of water, or 1½ pints of water and one cupful of stock.	2 tablespoonfuls of corn starch.
	3 ounces of butter.
	1 quart of Campheil's milk

Cut the onions into short, thin strips. Put a small lump of butter into a frying pan, heat it thoroughly and turn the onions into it, letting them remain until they have turned to a golden yellow. On no account must they be allowed to brown, much less blacken. Empty the contents of the pan into a large pot, pour in the water, or water and stock. Add the parsley, finely cut. Boil the onions till they are soft. With a moderate fire this will take about two hours. Half an hour before serving, place the milk over the fire. Dissolve the cornstarch in two tablespoonfuls of cold water, stir it into the milk and let it remain till it thickens. It should not take more than ten minutes, but must not be allowed to boil. Pour the two mixtures (the onions, stock and parsley and the milk) together, let them stand about three minutes over the fire, then pour them into the tureen. It may be strained through a colander if preferred. When no stock is used three ounces of butter should be placed in the tureen before the soup is poured into it.

Variations.—Two stalks of celery may be substituted for the parsley.

Cream may be used instead of milk, in which case no butter is required except for frying the onions. The proportions would be a coffeecupful of cream to two quarts of water.

It is allowable to add a teaspoonful of granulated sugar to any kind of milk soup.

Parsnip Soup.

2 parsnips.
2 ounces of butter.
1 quart of white stock.

Salt and cayenne pepper.
 $\frac{1}{2}$ cupful of Campbell's cream
or 1 cupful of milk.

Slice the parsnips and having melted the butter in an enameled saucepan put the vegetable in and cook slowly until quite tender. Add a pint of stock and boil for one-half hour. Strain, add the remainder of the stock, then the milk or cream; let it boil, season it and serve immediately. An onion or tomato may be used, but no other vegetable.

Onion and Green Pea Soup.

A delicious soup is made with a pint of young white onions and green peas. Boil the onions, drain, put back in the saucepan, dredge with a tablespoonful of flour, add one quart of Campbell's milk, heated to boiling point, and a large cupful of cooked green peas. Pour over dice of fried or toasted bread placed in the tureen.

Green Pea Soup.

$\frac{1}{2}$ peck of green peas.
 $\frac{3}{4}$ quarts of water.
2 ounces of butter.
2 teaspoonfuls of flour.

1 teacupful of Campbell's
cream or milk.
Salt and pepper.

Shell the peas, wash the pods and put them into a pot with three quarts of cold water. Salt well and boil for twenty minutes. Strain it and use the water for boiling the peas, which should be cooked till quite tender. Take out a teacupful of peas and keep hot. Then mash the remainder through a colander, put them back into the liquor to which add the cream or milk and thicken with the flour and add salt and pepper. Then pour the whole peas into it, stir several times and serve at once. A little chopped mint makes an excellent flavoring.

Green Pea Soup. No. 2.

1 quart of green peas.
1 pint of water.
1 tablespoonful of beef extract.
1 tablespoonful of butter.

1 tablespoonful of flour.
1 small onion.
1 cupful of Campbell's milk.
1 cupful of Campbell's cream.

Cook the peas with sliced onion twenty minutes then put them through a sieve, return them to the kettle, add the water with the beef extract, cook the butter and flour together until smooth. Then add to the soup gradually the milk, cream, salt and pepper.

White Pea Soup.

1 quart of dried green peas.
2 quarts of white stock or
water.
1 onion.
Stalk of celery.

Carrot.
Corn starch.
 $\frac{1}{2}$ teacupful of Campbell's
cream.

Soak the peas over night in cold water, and boil them for two hours in two quarts of white stock or water. Add to these an onion, cut small, a stalk of celery, and a carrot. When the peas are tender, remove the carrot and pass the rest through a hair sieve. Return to the saucepan, thicken nicely with corn-starch and boil for five minutes. Season with pepper and salt, remove from the fire and stir in gradually to the puree half a teacupful, or more, if you have it, of cream. For an ordinary soup, milk may be substituted for the cream, and if water be used instead of stock one ounce of butter should be added to it whilst the peas are boiling. This soup should be served with fried bread. If the cream is added whilst the soup is still boiling it is very apt to turn it.

Potato Soup.

6 large potatoes.	1 tablespoonful of butter.
2 quarts water.	1 teaspoonful of salt.
2 cupfuls of Campbell's milk.	1 slice of bread.
1 large onion.	

Pare the potatoes and cut in small pieces, put in a stew pan with salt, onion and water. Boil one hour or until the potatoes fall apart. Strain and mash through a strainer until entirely free from lumps. Heat the milk to boiling point and add to the strained potato water. Now cut the bread (stale preferred) into very small dice and in a small frying pan fry a light brown in the tablespoonful of butter. Pour into the soup. Serve at once before the bread or croutons soften.

Potato Soup. No. 2.

1 cupful of mashed potatoes.	1 quart of Campbell's milk.
2 hard-boiled eggs (yolks).	1 tablespoonful of flour.
½ cupful of butter.	Salt and pepper.

Season the potatoes well and be sure that there are no lumps in them. Cream the yolks of two eggs boiled as for salad, with one-half cup of butter. Have one quart of milk heated in a double boiler, thicken it with a tablespoonful of flour, stir the potato, eggs and butter into it, strain the mixture and serve hot. The soup plates should be well heated as much depends upon the soup not being allowed to chill.

Rice Soup.

6 ounces of rice.	2 quarts of white stock.
4 eggs (yolks).	½ pint of Campbell's cream.

Boil the rice in the stock and strain half of it through a jelly bag. Put the stock into the saucepan, which should be enamel, add all the rice and simmer gently for five minutes. Have the cream heated, add to the well-beaten yolks of four eggs, strain it, take the soup off the fire and pour the two mixtures together, stirring frequently. Heat again but do not allow it to boil or the eggs will curdle.

Rice Soup. No. 2.

3 ounces of rice.	4 cloves.
3 quarts of water.	Blade of mace.
3 onions.	Teaspoonful of salt.
1 stalk of celery.	Teaspoonful of whole white pepper.
Thyme, parsley and other savory herbs.	1 pint of Campbell's milk or milk and cream.
Bay leaf.	

Cut the washed and prepared vegetables into halves, put them into a covered pan with the herbs and spices. Simmer by the side of the fire for four hours. Then strain the stock. Put it back with the rice and boil for an hour. By this time the stock will be thick. Reduce it with the milk and cream, which should have been heated to boiling point. Stir a few times and serve. Soups, savories and sweets.

Variations.—Sago or tapioca may be substituted for the rice.

Squash Soup.

6 white squashes.	2 quarts of white stock.
½ pint of Campbell's cream.	Salt and pepper.

Pare the squash, cut it into small pieces and boil it in the stock. When very soft, mash it through a colander, add the cream, heated to boiling point. Season to taste.

Tomato Bisque.*

1 quart of stewed tomatoes (fresh or canned).	1 teaspoonful of soda.
1 quart of Campbell's milk.	Butter the size of an egg.
1 tablespoonful of corn starch	Pepper and salt to taste.

Put tomatoes in one saucepan, the milk in another let both come to a boil. Put soda in the tomatoes, then add butter, salt and pepper. Thin the cornstarch, blended with milk. When the tomatoes are cooked put them through a sieve, return to saucepan and add the hot milk. When it boils up again, pour into the tureen on a few cubes of buttered toast. Send to the table with milk crackers or buttered toast.

Turnip Soup.

9 turnips (white).	2 quarts of white stock.
4 onions.	½ pint of Campbell's cream.
3 ounces of butter.	

Slice the turnips and onions very thin. Put them into a saucepan in which the butter has been melted, but not allowed to brown. Cover with the stock and cook till the vegetables are a soft mass. Mash them through a colander, being sure to remove all lumps. Add the cream, previously heated, set the mixture back on the fire for a few minutes. Serve very hot.

* Bisque is a French term applied to a soup made from shell fish, generally lobster or crab. Tomatoes and milk produce a liquid closely resembling bisque in color and somewhat like it in taste, hence the name.

FISH SOUPS.

Clam Chowder.

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| 1 pint of quahaugs. | 1 quart of Campbell's milk. |
| 2 bunches of soft clams. | 1 quart of boiling water. |
| 6 medium-sized potatoes. | Piece of butter half the size |
| 1 large onion. | of an egg. |
| 3 slices salt pork. | 6 crackers. |

Put the pork into the bottom of your soup kettle, until the fat is tried out. Add the boiling water, potatoes and onions, which have previously been sliced, and the clams, the hard parts of which have been chopped fine, and let all boil twenty-five minutes. Season with salt and pepper, add the milk (scalded) and the butter. Break the crackers* into halves, put them over the top, and when they are soft, the chowder is done.

Clam Chowder. No. 2.

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|---|------------------------------|
| 25 hard clams; hard part
chopped and soft cut into
fine pieces. | ¼ pound corned pork, sliced. |
| 1 large onion, chopped fine. | 3 half-pints of water. |
| 4 potatoes; chipped in short
strips (about one pint). | 1 tablespoonful butter. |
| | Salt and pepper. |
| | 1 quart of Campbell's milk. |
| | 3 pilot biscuits. |

Place slices of pork in kettle and allow to slowly fry, browning only lightly, until slightly crisp, when remove from kettle and chop. In the fat fry the chopped onion, also a very light brown, then add potatoes and chopped pork, with the water (hot). Season well with pepper and salt, cover and boil until potatoes are fairly cooked. Add clams and butter. Simmer for five or ten minutes. Then add milk, which should in the meantime have been heating. Just before sending to table pour chowder over the broken pilot biscuit. Serve with same kind of biscuit, crisp from the oven and tiny mixed pickles.

Clam Chowder. No. 3.

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|-----------------------------|------------------------------|
| ½ lb. lean veal. | 1 pint clams. |
| ½ lb. salt pork. | 1 cupful of Campbell's milk. |
| 3 onions. | 6 small soda crackers. |
| 1 quart cold water. | Pepper, salt, parsley and |
| 4 or 5 good-sized potatoes. | thyme or sage. |

Cut the pork and veal into dice and boil gently with the onions and water for two hours; add the potatoes, cut into dice, and cook until done, but not too soft. In the meantime boil the clams, with the juice, about fifteen minutes, strain and chop the clams, and have the milk boiled. Add these when the potatoes are done, also the crackers, rolled, or broken into small pieces. Do not boil again or it will curdle. Flavor.

If a strong clam flavor is undesirable do not use all the juice.

The potatoes will not cook properly if the clam juice is added before they are done.

* Crackers should not be put into chowder which has to be kept over night as they will sour. Break what are wanted and put them into the tureen just before serving.

Clam Soup.

Hard-shell clams.

Campbell's milk.

Open hard-shell clams quickly with a knife without giving notice to the animal within, otherwise it is no easy matter to do it. Pour the liquor into a pan, set on the fire, put into another pan an equal quantity of milk, with a piece of butter the size of an egg. When both milk and clam juice have come to a boil add the milk to the clam juice and remove at once from the fire (if allowed to remain the mixture will curdle); pepper well and serve in a tureen that has been heated with hot water. If you wish you may add, just before serving, the clams themselves, chopped fine and with the little hard eye removed.

Clam Soup. No. 2.

25 hard-shell clams.

2 eggs (yolks).

1 onion.

1 quart of water.

Stalk of celery.

1 pint of Campbell's milk.

Saltspoonful of ground mace.

2 ounces of butter.

Wash the clams and put them into a pot with half a coffee-cupful of boiling water. When they have opened and the liquor run out, take out the shells, remove the clams and chop them as fine as possible and press them through a colander. Chop the onion and the celery and add them together with the mace to the clams, which are to be returned to the liquor after it is strained and a quart of water added. Boil all together for fifteen minutes. Heat the milk, pour the two together. If too thin a teaspoonful of flour or cornstarch may be used for thickening. Much depends upon the size of the clams and the liquor they contain. Just before removing from the fire add the well-beaten yolks of two eggs; let them cook one minute. Serve with little pieces of toast.

Eel Soup.

3 pounds of eels.

$\frac{1}{4}$ ounce of whole pepper.

1 onion.

Salt.

2 ounces of butter.

2 tablespoonfuls of flour.

3 blades of mace.

$\frac{1}{4}$ pint of Campbell's cream.

Sweet herbs (marjoram, summer savory and mint).

2 quarts of water.

Wash the eels, cut them into thin slices and put them into the saucepan with the butter. Let them simmer for a few minutes, then pour the cold water on them, add the onion, cut small, the herbs, mace and seasoning. Simmer till the eels are tender, but do not break them. Take them out carefully; mix the flour and cream to a smooth batter, pour it into the water, let it boil, then pour it over the eels and serve.

Fish Chowder.

2 pounds of fresh codfish,
haddock or halibut.

$\frac{1}{2}$ can of tomatoes.

$\frac{1}{4}$ pound of breakfast bacon.

1 tablespoonful of butter.

4 large potatoes.

Dessertspoonful of flour.

1 small onion.

1 quart of Campbell's milk.

Pick fish to pieces daintily, removing all skin and bones. Peel and cut into dice the potatoes. Cut up tomatoes, chop each onion and the bacon. Rub butter and flour to smooth paste. Into a porcelain or granite kettle spread half the potatoes, then a layer of half the fish. Sprinkle in the onion and the bacon, then one-half the tomatoes. At this stage add salt and pepper (using your judgment, as tastes vary in seasoning), and then remainder of potatoes, fish and tomatoes. Cover with water and let simmer for half an hour over moderate fire. While milk is scalding put into chowder one-fourth teaspoonful of soda and stir for the first time. Mix a little of the hot liquor with the paste of butter and flour and cook with chowder for two minutes. Stir in milk, a dash of parsley, if liked, and serve hot, with heated crackers and small pickles.

Lobster Bisque.

2 pounds of fresh or canned lobster.	$\frac{1}{3}$ teacupful of water.
2 ounces of butter.	Cayenne pepper.
$\frac{1}{2}$ teaspoonful of salt.	1 quart of Campbell's milk.

Pick the lobster meat over carefully to remove all black particles or pieces of shell. If canned lobster be used it should be well drained. Put the meat, butter, salt and pepper into a saucepan. Let this simmer on the side of the stove from fifteen to twenty minutes. While this is cooking put a quart of milk on in a double boiler and when it comes to a boil thicken it with from two to three teaspoonfuls of cornstarch dissolved in a little cold milk, pour this in gradually (stir all the time), and let cook about three minutes. Stir while it is cooking to prevent lumping. Now add your lobster and it is ready to serve. This is very easy and very good. You may need a little more salt or pepper according to your taste, but this amount suits the general run of people.

Oyster Soup.

$1\frac{1}{2}$ solid quarts of oysters (at least 75).	3 tablespoonfuls of corn starch.
2 quarts of Campbell's milk.	2 ounces of butter.

Pour the liquor from the oysters through a fine gravy strainer. Put it into the milk which place in a double boiler and let it come almost to boiling point. Wash the oysters, let them drain and then place the colander over the saucepan containing the milk. Cover with a lid and let them steam till the edges of the oysters curl, when add to the soup. Dissolve three even tablespoonfuls of cornstarch in three of cold milk. Thicken the milk with it and stir continually for five minutes. If allowed to boil the oysters will toughen. Put the butter into the hot tureen and pour the soup upon it.

Salmon Chowder.

1 lb. of salmon.	1 slice of fat salt pork.
3 medium-sized potatoes.	1 tablespoonful of flour.
1 large onion.	1 pint of Campbell's milk.

Pare and slice thin the potatoes, put them into a large agate-ware kettle with a quart of boiling water and cook till tender, but not broken. Meanwhile mince a large onion and fry it in an iron pan till a light brown, with a heaping tablespoonful of fat salt pork, cut into bits; stir into the fat a heaping tablespoonful of dry flour, move to the back of the range and add, gradually, a generous pint of milk, boil up once and remove from the fire. Add to the potatoes in the kettle the contents of a pound can of salmon, carefully freed from skin and bones, a level tablespoonful of salt, one-fourth of a teaspoonful of cayenne pepper, and a pint of boiling water, and let it come to a boil; stir in thoroughly the contents of the iron pan, let the chowder simmer for a couple of minutes and it is ready to serve.

FISH.

The use of milk with fish is principally in sauces, but of these there are half a dozen varieties, the simplest of which is drawn butter. The substitution of cream for milk in the preparation of sauces, rechauffes or rissoles makes a dainty dish of what would otherwise be ordinary. Salt fish soaked in skim milk or in milk and water has a more delicious flavor than where water alone is used.

Bluefish Baked.

A fish weighing not less than	1 pint of Campbell's milk.
4 pounds.	Bread crumbs.
3 slices of salt pork.	1 egg.

Split the fish, remove the backbone and lay it flat in the pan for the oven. Have a dressing made of three small slices of salt pork, chopped fine, one pint of sweet milk, in which soak bread crumbs enough to spread, add to this a well-beaten egg. Bake the fish in a hot oven fifteen minutes, then draw out the pan and spread the dressing on the fish and bake until done. This receipt is for a fish weighing five pounds.

Clams with Cream.

50 small clams.	Teaspoonful of flour.
Butter size of an egg.	Cupful of Campbell's cream.

Chop the clams into pieces about half an inch square. Put the butter into a saucepan and stir into it the flour. Add the liquor from the clams, cook three minutes and then turn into it a cupful of cream brought to the boiling point.

Devilled Clams.

1 dozen soft-shell clams.	Salt and pepper.
3 slices of bread.	Campbell's milk.
Small slice of salt pork.	

Chop the raw clams very fine, with the raw pork and onion. Add the bread, which has been well soaked in hot milk, mix well. Fill the half shells quite full and on the top of each put a small piece of salt pork. Put the shells in a pan and bake in a moderate oven a nice brown, about an hour. Put in the pan a little water as it makes a steam and keeps the clams moist.

Devilled Clams. No. 2.

25 hard-shell clams.	2 eggs.
1 tablespoonful of butter.	Dash of cayenne pepper.
2 tablespoonfuls of flour.	1 tablespoonful of chopped parsley.
½ pint of Campbell's milk.	

Drain and chop twenty-five clams. Rub together in a saucepan, one tablespoonful of butter, two of flour, and mix thoroughly with one-half pint of boiling milk. Stir over the fire until it begins to thicken, then add two tablespoonfuls of dried bread crumbs. Take from the fire, add the yolks of two eggs, an eighth of a nutmeg, grated, a pinch of mace, one pinch of cayenne pepper, a tablespoonful of chopped parsley, and the clams. Stir and mix well. Have ready some clean clam shells (or scallop shells), fill them with this mixture, sprinkle some bread crumbs over them, put them in a baking pan, and brown them in a hot oven. This will fill sixteen shells.

Creamed Codfish.

2 or 3 pounds of cod.	¼ teaspoonful of powdered sugar.
1 ounce of butter.	Flour.
Shalot, parsley.	¼ pint of Campbell's cream.
Dash of cayenne.	
White stock.	

Having boiled a slice of cod and broken it, while hot, into flakes, put one ounce of butter, a chopped shalot and some finely chopped parsley with stock or water just enough to cover into a saucepan and let them boil five minutes. Stir in sufficient flour to thicken to the consistency of drawn butter. Have the cream heated, pour the two together, let them simmer for ten minutes, add cayenne and sugar and if liked a little lemon juice. Put the fish into the sauce to warm, but do not let it boil. Serve with croutons.

Creamed Codfish. No. 2.

1 pound of salt codfish.	1 egg.
1 pint of Campbell's milk.	Little lump of butter.
1 tablespoonful of cornstarch.	

Shred the codfish and soak over night in about two quarts of cold water. In the morning put the milk in a saucepan and let it just come to a boil, then add the cornstarch that has previously been moistened with a little cold milk; stir till it thickens; add the codfish (which has been thoroughly drained), stir well, but not to boil hard for it will toughen the fish. Just before taking up add the beaten egg and butter and serve on toast.

Picked Up Codfish.

Salt codfish. 1 tablespoonful of butter.
Coffeecupful Campbell's milk. 2 eggs.

Pick the fish carefully into flakes and wash it in seven waters. This will remove all salt. Then put it into a pan with enough boiling water to cover it. Let it come slowly to boiling point and then drain off the water. Melt a tablespoonful of butter, add a cup of milk to it, let it get very hot and pour it over the fish and immediately afterwards two well-beaten eggs, yolks and whites not separated. Stir the mixture thoroughly and in two minutes it will be ready to serve.

Cod Roe.

Cod roe. Drawn butter made with
Salt. Campbell's cream.
Vinegar. Bread crumbs.

Wash the roe thoroughly and boil it for ten minutes in water with a little salt and vinegar. Cut it into dice and put into drawn butter that has been made with cream. It may be escalated by putting it with layers of bread crumbs and browning in the oven, or it may be served on hot buttered toast. Shad roe can also be served in the same manner.

Curried Cod.

Slices of cod. 1 small teaspoonful of curry
3 ounces of butter. powder.
1 onion. A little flour.
1 teacupful of white stock. Salt and cayenne pepper.
 $\frac{1}{4}$ pint of Campbell's cream. Lemon juice.

Flake the fish and fry it with the butter and onions. Put it into a saucepan, add the stock in which the curry has been slowly simmered for an hour. Thicken with the flour into which the butter has been well worked. Stir in the cream and the seasoning. Let it boil up and serve.

Halibut, haddock or any other cold fish may be prepared in the same way.

Cod with Italian Sauce.

3 slices of cod. Salt.
1 shalot. A few drops of vinegar.
1 slice of ham. Lemon juice.
 $\frac{1}{2}$ pint of white stock. $\frac{1}{2}$ teaspoonful of powdered
 $\frac{1}{2}$ teacupful of Campbell's sugar.
cream.

Cut deep gashes around the bone of the fish and lay it in water to which a teaspoonful of vinegar has been added. The soaking should be for at least two hours. This process is known as crimping and its object is to make the flesh of the fish firmer. Chop the shalot and the ham very fine, pour on the stock and let it simmer for fifteen minutes. Add the cream and strain all through a fine sieve. Season it and pour in the vinegar, lemon juice and sugar. Meanwhile the cod should have been boiled, and the middle bone taken out. Pour the sauce over the fish and serve.

Crab or Lobster, Potted.

Crabs or lobster.	1 teacupful of Campbell's
3 eggs (yolks).	cream.
Mushrooms.	Parsley.
Butter.	

Cook the fish in salt and water. Remove the meat from the shells, and put it into a pan with some chopped mushrooms and a little butter. Simmer slowly for ten minutes. When almost done add the well-beaten yolks of three eggs, the cream and the chopped parsley. Stew all together till it becomes a thick paste. Pack it tightly in earthen jars and cover with clarified butter. It will keep almost indefinitely.

Eels Stewed.

2 pounds of eels.	3 tablespoonfuls Campbell's
1 pint of stock.	cream.
1 onion stuck with cloves.	Cayenne pepper and salt to
Lemon peel and juice.	taste.
1 pint of vinegar or ketchup.	Flour.

Wash, clean and skin the eels, cut off heads and tails, divide the fish into pieces about three to four inches in length and lay them in salt and water for at least an hour. Then put them into an earthen or enameled pan, cover with the stock, add the onion, lemon and ketchup or vinegar, or, if preferred, a glass of port wine or Madeira. Stew gently for half an hour. Lift the fish out and keep it hot. Add the cream and if liked a sprinkle of nutmeg to the stock, thicken slightly with flour, pour over the fish and serve.

Note.—There are many receipts for the foregoing but they differ only in the flavoring of the sauce. The principal ingredients and the method are identical in all.

Baked Haddock.

3 eggs (yolks).	1 pint of Campbell's cream.
2 good-sized haddock.	1 pint of veal gravy.
1 pint of oysters.	2 tablespoonfuls of flour.
Parsley.	Pepper, salt, mace, nutmeg
Onion.	and wine (sherry).
Bread crumbs.	

Do not wash the fish but clean and dry them thoroughly. Strew salt over them and lay them on a board for several hours. Then wipe the salt from them, cut off the heads and fins, take the skin off by cutting it through down the back, being careful not to break the fish. Beat the yolks of three eggs, dip each fish in the egg and roll it in the bread crumbs which have been well seasoned with pepper and salt and in which the chopped parsley has been mixed. Stuff the heads and breasts with oysters chopped but not too fine and mixed with bread crumbs and egg. Lay the fish on a buttered dish, stick pieces of butter all over it and bake in a moderate oven. For sauce take a pint of veal broth and the same quantity of cream. Mix two tablespoonfuls of flour with the cream and boil until of the consistency of drawn butter. Add a blade of mace, a little nutmeg, a small

onion and a sprinkle of salt. When ready to serve take out the onion, add a wineglass of wine in which the yolk of an egg has been beaten. Lay the heads of the fish at each end of the platter and garnish with lemon. The sauce is not to be poured over the fish except upon individual portions.

Lobster Cutlet.

1 pint of lobster meat.	Bread crumbs.
1 tablespoonful of flour.	A pinch each of pepper and salt.
3 tablespoonfuls of butter.	The tips of twelve small lobster claws.
1 tablespoonful lemon juice.	
½ pint of Campbell's cream.	
4 eggs.	

Mix the chopped lobster meat with pepper and salt. Boil the cream, mix butter and flour and pour into boiling cream. Cook one minute, stirring all the time. Now put in the lobster meat and cook eight minutes. Next add two well-beaten eggs; stir quickly and take from stove at once; add the lemon juice and let cool. When cool sprinkle some of the crumbs on a board and keep a dish full. Beat the other two eggs well. Then form the cutlets. Dip first into crumbs, then into egg, then into crumbs. Stick a claw in the end of each cutlet and fry (in a deep kettle of lard) one and one-half minutes. Drain on brown paper. Serve on a napkin.

Lobster à la Newberg.

1 large lobster.	1 tablespoonful of butter.
½ pint of Campbell's cream.	1 tablespoonful of flour.
1 gill of sherry or Madeira.	

Boil the lobster forty-five minutes, remove from the fire and allow to cool. Then pick out the meat and cut into small pieces, do not chop it. Stir over the fire the butter and flour until smooth, add the milk, and when it has boiled up, the cream and lobster. Allow to boil up again. Season. Pour the wine in just before removing from the fire. Serve very hot in individual dishes.

Variations.—The yolks of three hard-boiled eggs are sometimes blended with the cream, being beaten with it to a smooth paste. Some prefer the well-beaten yolks of uncooked eggs mixed with the cream.

Scalloped Lobster.

1 lobster.	1 teaspoonful of flour.
Bread crumbs.	1 gill of Campbell's milk.
Parsley.	Juice of ½ lemon.
1 ounce of butter.	

Mince the meat of one lobster into small dice, season with salt and pepper, and as much cayenne pepper as will rest on the point of a trussing needle. Pound some of the spawn with an ounce of butter, then pass through a hair sieve. Melt another ounce of butter in a saucepan with one teaspoonful of flour; add a little milk, and the meat of the lobster. When the mixture is thoroughly hot, put in a pinch of finely minced parsley, the juice

of half a lemon, and the butter which was pounded with the spawn. Fill scallop shells, strew bread crumbs over, put them in the oven and bake fifteen minutes, then serve.

Oyster à la Francaise.

1 quart of oysters.	2 eggs (yolks).
$\frac{1}{2}$ pint of Campbell's cream.	Sherry.
$1\frac{1}{2}$ teaspoonfuls of corn-starch.	Brandy.

Put the oysters with their liquor into a saucepan and let them heat on the side of the stove until the edges shrivel. While your oysters are heating put one-half pint of cream on in a double boiler and let it come to a boil, then strain the liquor off of your oysters through a very fine strainer into your boiling cream. Leave your oysters in the strainer as you will use them in a few minutes. Thicken your cream with from one to two teaspoonfuls of cornstarch dissolved in a little cold milk. Stir all the time. Cook about three minutes, then add your oysters and set on one side of the stove. Take the yolks of two eggs, beat them up, and add to them enough sherry to fill the cup half full. Then add one teaspoonful of brandy. Pour this mixture gradually into your creamed oysters and serve immediately. If you should not have cream and could not obtain it you can use good, rich milk and a little more cornstarch. It will be good, but not as fine as when cream is used.

Creamed Oysters.

One quart of sweet cream, fifty oysters in shell,
Butter; pepper and salt to season them well;
Let the oysters in just their own liquor get hot,
But the cream you must heat in a separate pot;
When sufficiently cooked, skim; then carefully fish
Out each succulent oyster and lay in a dish
To keep them hot; then the liquor and sweet cream combine,
And thicken with cracker crumbs, powdered quite fine;
Add the oysters and season, then taste and you'll feel,
I am sure, that this recipe's worth a great deal.

Creamed Oysters. No. 2.

1 pint of oysters.	1 tablespoonful of flour.
$\frac{3}{4}$ cup of Campbell's milk.	Salt and pepper.
$\frac{1}{2}$ tablespoonful of butter.	

Take a pint of oysters, drain off the liquor and put on to boil. When boiling add the oysters, let them come to a boil, then drain again. Boil three-fourths of a cup of milk, rub together one-half tablespoonful of butter and one of flour. Add this to the milk and let it boil. Pour over the oysters, season with salt and pepper and let it come nearly to the boiling point. Then serve.

Creamed Oysters Baked.

¼ bunch of parsley.	2 tablespoonfuls of butter.
1 solid quart of oysters.	Juice of one lemon.
½ pint of Campbell's cream.	Flour for thickening.

Make a thick white sauce by rubbing the butter with an equal quantity of flour and adding to it the cream, previously brought to the boiling point. Stir over a moderate fire until it thickens. Season with the lemon juice, two teaspoonfuls of salt and half a teaspoonful of black pepper or of paprika. Chop the parsley fine and stir through the sauce. Pour the sauce into a baking dish (china), add the oysters, after carefully draining them, and bake in a very hot oven for twenty minutes or less. If baked too long the oysters will shrivel and the mixture will whey and the whole dish will be execrable.

Devilled Oysters.

25 frying oysters.	2 tablespoonfuls cornstarch.
½ pint of Campbell's cream.	1 tablespoonful of parsley.
1 ounce of butter.	Salt and cayenne pepper.
2 eggs (yolks).	Bread crumbs.

Have the oysters sent on the half shell. Take them out, drain and chop them, then drain a second time. Put the cream on in a double boiler, thicken with the cornstarch, add the yolks of the eggs, cook one moment, take from the fire, put in the butter, beating until it is thoroughly mixed, then add the parsley, then the oysters. Season with salt and a dash of cayenne. Have the oyster shells washed and the inside dried. Fill them with the mixture, sprinkle bread crumbs lightly on top and brown in a quick oven.

Oyster Omelet.

1 dozen oysters.	1 pint of Campbell's milk.
8 eggs.	Pepper and salt.
1 large cupful of flour.	

Beat the eggs and season to taste. Chop the oysters, make a batter of the flour and milk, mix the oysters well with the same and fry as an ordinary omelet.

Oyster Patties.

2 dozen oysters.	Lemon juice.
2 ounces of butter.	1 blade of mace.
3 tablespoonfuls of Campbell's cream.	Cayenne pepper.

Scald the oysters in their own liquor, beard them and cut each one into three pieces. Put the butter into a saucepan, dredge in sufficient flour to dry it up; add the strained oyster liquor with the other ingredients; put in the oysters, and let them heat gradually, but not boil. Fill the patty shells and serve.

Oyster Pie.

Oysters.	Lemon.
Eggs.	½ cup of Campbell's cream.

Line a deep earthen dish with pie crust; fill dish nearly full of drained oysters, put on the top a layer of sliced hard-boiled eggs and four slices of lemon, cover with crust and bake one-half hour. Pour in one-half cup of cream ten minutes before taking from oven.

Oyster Pie. No. 2.

Oysters.	Cracker crumbs.
Campbell's milk.	2 eggs.

Make a pie crust, thicker than for a fruit pie. The top crust should be twice the thickness of the under. Line a deep dish with the paste, fold a towel and lay it in the dish, then cover with upper crust and bake. Wet or butter the edges of upper and lower crust before putting them together, so that the upper may be removed readily. Prepare oysters as for a stew. Cook but five minutes, thickening with the cracker crumbs or if preferred, with cornstarch and just before removing from the fire add the eggs. Take the dish out of the oven, lift the upper crust, pour in the oysters, replace the crust and serve at once.

Oyster Pudding.

2 dozen large oysters.	1 egg.
Rice.	Salt and pepper.
1 gill of Campbell's cream.	

Drain two dozen large oysters entirely free of their own liquor. Spread a layer of rice, boiled very dry over the bottom of the pudding dish, then a layer of oysters, then another layer of rice. Cover that with another layer of oysters, and last the third layer of rice. Mix two ounces of butter, one gill of rich cream, with half a gill of the oyster liquor and one well-beaten egg. Season with pepper and salt and pour over the pudding. Bake fifteen or twenty minutes. Be very careful in seasoning not to put in, at first, too much pepper or salt. Remember it is easier to add a little at a time, until it is just right, then to take out, if too highly seasoned.

Scalloped Oysters.

1 quart of stewing oysters.	1 pint of Campbells' milk.
Bread or cracker crumbs.	1½ ounces of butter.
1 egg.	

Put a layer of cracker crumbs in the bottom of a well-greased baking dish, then a layer of oysters. Season with salt, and pepper and cover with cracker crumbs and bits of butter. Continue this until the dish is full (using about three pints of oysters). Have the top layer cracker crumbs. Cover with bits of butter. Beat up an egg, stir into a pint of milk and pour over the oysters. Bake until a rich brown. Half an hour is usually sufficient.

Bondins of Salmon.

Cold salmon (boiled).	Campbell's milk.
Bread crumbs.	2 eggs.
Butter.	Salt and pepper.

Take equal quantities of cold boiled salmon and bread crumbs. Put the salmon, finely flaked and picked free from bones and skin into a mortar; pound it and work into it half the bulk of butter, and the bread crumbs soaked in milk and squeezed dry. Season with pepper and salt. Then work in the yolks of two eggs, the white of one, to bind the mixture. Put into a buttered moulds and steam for half an hour in a saucepan full of boiling water. Serve with a Dutch sauce.

Salmon Cakes.

1 can of salmon.	1 egg.
6 or 8 good-sized potatoes.	1 pint of Campbell's milk.

Boil and mash the potatoes, adding milk and butter as if for the table. Drain the liquor off the salmon and take out the bones, then add together with the egg, to the potatoes and mix well. Make into cakes and fry in hot fat and serve with the following sauce: Take a pint of Campbell's milk, boil it and thicken with a scant tablespoonful of cornstarch, wet with a little milk, a good-sized lump of butter and two hard-boiled eggs that have been chopped fine.

Creamed Salmon.

1 can of salmon.	1 cupful of Campbell's milk.
1 tablespoonful of butter.	Salt and cayenne pepper.
1 tablespoonful of flour.	

Remove the fish from the can, pick to pieces with a fork and drain. Take one tablespoonful of butter and one tablespoonful of flour; melt the butter and stir in the flour; when well mixed add a cup of milk; cook until this becomes a smooth sauce. To this add the salmon. Season with salt and a dash of red pepper. When all is thoroughly heated add the juice of half a lemon. Brown in the oven in a buttered dish.

Scolloped Salmon.

1 can of salmon steaks.	Butter size of a small egg.
4 eggs.	1 tablespoonful of corn-
1 pint of Campbell's milk.	starch.

Take one flat can of salmon, four hard-boiled eggs. Boil one pint of milk with butter size of a small egg, salt and pepper to taste; thickened with one even tablespoonful of cornstarch wet in cold milk. Butter a baking dish. Put in a layer of salmon, the slices of the hard-boiled eggs, and continue in alternation until all the fish is used, with sauce on top. Sprinkle sifted bread or cracker crumbs over the top and bake half an hour.

Timbale of Salmon.

1 can of salmon.	4 tablespoonfuls of Camp-
4 eggs.	bell's cream.

One pound can of salmon, four eggs, a little salt and pepper, four tablespoonfuls of Campbell's cream or rich milk. Remove the salmon from the can and reject all bone and skin. Wash the salmon fine, adding slowly the cream; then add the salt

and pepper and the yolks of the eggs, well-beaten. Beat the whites of the eggs to a stiff froth, stir them carefully into the mixture. Fill buttered cups two-thirds full of this mixture, stand them in a pan of hot water, and bake about fifteen minutes. When done remove the timbales carefully from the cups, arrange them on a meat platter and serve.

Creamed Shrimps.

Chafing Dish Cookery.

1½ pints of shrimps.	Juice of ½ lemon.
2 tablespoonfuls of butter.	Salt and paprika.
½ pint of Campbell's cream.	

Use only the top pan of your chafing dish, as this mixture does not need to be cooked over hot water, and much time is thus saved. Put into the pan two tablespoonfuls of butter and as it melts rub into it two tablespoonfuls of flour. Then pour in half a pint of cream, stirring fast all the time, season well with salt and paprika. Squeeze in the juice of half a lemon and finally add a pint and a half of shrimps. Cook for fifteen minutes, stirring frequently to prevent burning. Remember that in using a chafing dish without the hot water pan one must work quickly and carefully as well, or the food will be spoiled.

Devilled Shrimps.

1 pint of shrimps (after being shelled).	3 eggs.	
1 tablespoonful of butter.	2 cupfuls of Campbell's cream.	
2 tablespoonfuls of flour.		

Melt the butter, add the flour and stir until smooth. Add the cream or milk and stir constantly until the mixture thickens. Add three hard-boiled eggs, pressed through a sieve and the shrimps chopped in small pieces. Season with one teaspoonful of salt, two tablespoonfuls of chopped parsley, one saltspoonful of pepper and a dash of cayenne. Fill buttered shells with the mixture, cover the top with bread crumbs and bits of the butter and brown in a quick oven. Serve the shells on beds of parsley.

Lake Trout.

French Method in use at Lake Winnipiseogee.

Trout.	1 pint or more of Campbell's milk.
Flour.	Thyme.
Salt.	

After the fish has been properly cleaned and scaled, rinse it well in cold water and lay on a fish cloth to dry. Then roll well in sifted flour and place in a well-greased baking pan. Pour into the pan about a pint of milk and cook in a brisk, steady oven. Baste the fish frequently adding extra milk if the liquid dries off. Twenty minutes to half an hour will cook a medium-sized fish. Upon removing the fish from the pan, add salt, thyme and a small quantity of thickening, and the remaining

liquid and serve this as a sauce for the fish. In cooking the fish salt and pepper may be added to the taste.

Terrapin.

A Famous Philadelphia Receipt.

4 terrapins.
 $\frac{1}{4}$ pound of butter.
Handful of flour.

4 or 5 tablespoonfuls of
Campbell's cream.
 $\frac{1}{2}$ pint of Madeira.

Put the terrapins alive in a pot of boiling water, where they must remain until quite dead. You then divest them of their outer skin and toenails, and, after washing them in warm water, boil them again until they become quite tender, adding a handful of salt to the water. Having satisfied yourself of their being perfectly tender take off the shells and clean carefully without breaking the gall and sand bags. Then cut the meat and entrails into small pieces, and put into a saucepan, adding the juice which has been given out in cutting them up, but no water, and season with salt, cayenne and black pepper to your taste, adding one-fourth of a pound of good butter to each terrapin and a handful of flour for thickening. After stirring a short time, add the cream and wine and serve hot in a deep dish.

SAUCES.

Fish, Meat and Vegetables.

Fish Stock.

The stock for fish sauces should be made from the water in which fish has been boiled. When fish is filleted the bones should be utilized in this way. The fins may also be used. The stock should be flavored with an onion and white pepper. It should then be strained and thickened with cream butter and flour. For delicate fish such as white bait, arrowroot may be used to better advantage than flour.

A famous cook says that a wooden spoon and a saucepan with a rounded bottom are required for the making of a perfect sauce.

Drawn or Melted Butter.

The basis of Fish, Meat and Vegetable Sauces of many kinds.

Flour.
Butter.

Campbell's milk.

Mix the flour and butter together by working one into the other with a silver knife and on a flat surface, a moulding board or the sides of a chopping tray are good for the purpose. Only a little flour should be used, just enough to keep the butter from oiling when it is placed over the fire. When thoroughly

blended add a teacupful of hot milk for about a tablespoonful of butter and a scant teaspoonful of flour. Put it into an enameled saucepan and stir one way constantly till it thickens. It should be thicker for fish than for vegetables, as various liquid sauces are added to it, either in preparation or at table.

Note.—Butter may be melted for sauces or dressing by putting it into a cup and setting the same into boiling water. This prevents oiling.

Bachamel Sauce.

White stock.	1 pint of Campbell's cream.
1 tablespoonful of arrowroot.	

Mix the arrowroot smoothly with the cream and allow it to simmer about five minutes. Then pour it into a pint of hot stock and let it simmer till it thickens.

Bechamel Sauce. No. 2.

2 ounces of butter.	1 egg (yolk).
1 tablespoonful of flour.	Teaspoonful of water.
1 pint of Campbell's milk.	Salt and white pepper.

Mix well together while cold, two ounces of butter and a tablespoonful of flour, then add a pint of milk, and set on the fire, stir continually and when turning rather thick, take off. Beat the yolk of an egg in a cup with a teaspoonful of water, turn into the sauce and mix well again. Season with salt and white pepper.

Bread Sauce.

For Poultry and Game.

2 cupfuls of Campbell's milk.	Salt and pepper.
1 cupful of dried bread crumbs.	2 tablespoonfuls of butter.
	$\frac{1}{4}$ onion.

Dry the bread in rather a warm oven, and then roll into rather coarse crumbs. Now sift them through a sieve, and get one-third of a cupful. Put on to boil with the milk and onion. Boil ten minutes; then add one tablespoonful of the butter and seasoning. Skim out the onion. Fry the coarse crumbs a light, crisp brown in one tablespoonful of butter, which must be very hot before the crumbs are added. Stir over a hot fire for two minutes, being careful not to burn. Cover the breasts of the birds, after roasting and serve with it.

Celery Sauce.

For Poultry and Game.

Celery, 2 stalks.	Nutmeg.
$\frac{1}{2}$ pint of Campbell's cream.	1 teaspoonful of butter.
1 blade of mace.	Flour.

Wash clean and pare one large bunch of celery, cut it up very small, and boil gently until tender. Then add half a pint of cream, a little mace, nutmeg and a small piece of butter rolled in flour. Then let it boil slowly again for a few minutes.

Celery Sauce. No. 2.

1 pint of white stock.	3 tablespoonfuls arrowroot or cornstarch.
6 heads of celery.	
2 blades of mace.	1½ pints of Campbell's cream or milk. If milk add 1 table- spoonful of butter.
1 small bunch of savory herbs.	

Boil the celery in salt and water until tender. Cut it into small pieces. Put the stock into a stew pan with the mace and herbs and let simmer for half an hour, then strain add the celery with thickening of arrowroot. Just before serving put in the cream, boil it up and add a squeeze of lemon.

Cream Sauce.

For Venison, Hare and Rabbits.

1 cupful of Campbell's cream.	Butter size of a walnut.
2 eggs (yolks).	Salt.
1 teaspoonful of chopped onion.	Flour.

When your venison, hare or rabbit is done pour a cupful of Campbell's cream over it and catch it in a dish. Beat the yolks of two eggs thoroughly and mix with the cream. Add one teaspoonful of chopped onion, a piece of butter the size of a large walnut, rolled in salt and flour. Boil one minute and serve.

Cream Sauce. No. 2.

For Vegetables, Fish, Sweetbreads, etc.

1 cupful of Campbell's milk.	1 teaspoonful of butter.
1 teaspoonful of flour.	A little salt and pepper.

Put the butter in a frying pan and when it gets hot, not brown, add the flour, stirring until perfectly smooth, then add, gradually the milk. Let it boil up at once, season to taste with the salt and pepper and serve.

Note.—For creamed potatoes, chop the potatoes and heat through in this sauce.

Egg Sauce.

4 eggs.	¼ pint of drawn butter.
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Boil the eggs hard as for salad, cut the whites and yolks separately, the latter into dice, but use only two whites. Mix them well and then stir them through the drawn butter, which should be boiling hot.

Fresh Water Fish Sauce.

2 large anchovies or 1 dessert- spoonful of anchovy sauce	4 teaspoonfuls of sherry.
½ onion.	4 teaspoonfuls of Campbell's cream.
1 teaspoonful of vinegar.	

Boil the sherry, vinegar, onion and anchovy together. Strain the mixture and thicken it by adding the cream mixed to a thin paste with flour, or, if preferred, drawn butter can be used.

German Sauce. Sauce Allemande.

For Made Dishes of All Kinds.

½ pint of white sauce.	1 saltspoonful of salt.
Mushrooms.	White pepper.
3 eggs (yolks).	

Take a half-pint of white sauce, add to it half the liquor from a can of mushrooms and half a dozen of the mushrooms, chopped fine. Let them simmer, stirring all the time, five minutes, then remove from the fire. Set the saucepan into another containing boiling water. Have the yolks of three eggs ready beaten, put a little of the sauce to them, beat together, then add the eggs gradually to the rest of the sauce, which must be returned to the fire, and stirred until the eggs begin to thicken, then it must be quickly removed and stirred until slightly cool. Season with a saltspoonful of salt, a fourth of one of pepper and strain. The sauce must not boil after the eggs are added, or they will curdle. Just allow it to reach the boiling point.

Lobster Sauce.

1 hen lobster.	½ pint of Campbell's cream.
¼ pint of drawn butter.	

Cut the lobster into small pieces. The hen is preferred, because of the coral. Beat the cream through the drawn butter and add the lobster just before serving.

Lobster Sauce. No. 2.

1 medium-sized lobster.	1 ounce of butter.
1 tablespoonful of anchovy sauce.	Salt and cayenne to taste.
	1 pint of Campbell's cream.

Choose a hen lobster, pick the meat from the shell and cut into small pieces put the spawn (which will be found under the tail of the lobster) into a mortar with the butter and pound it quite smooth. Make a sauce of two tablespoonfuls of flour, two ounces of butter, one pint of Campbell's cream. Mix together smoothly. Let it boil a few minutes, add all the other ingredients except the lobster meat. Mix the sauce well before the meat is added to it, as it should retain its form and not come to the table shredded. After putting in the meat let it get thoroughly hot, but do not allow it to boil, as the color would be spoiled. It should have a bright red appearance.

Meat Sauce.

9 Spanish onions.	2 ounces of butter.
2 tablespoonfuls of flour.	1 pint of Campbell's cream.

Peel the onions and put them in a stew pan until tender, then drain them thoroughly, chop and rub them through a sieve. Make the sauce with the above ingredients. When it boils add the onions, stir it until it simmers, when it is ready to serve.

Mushroom Sauce.

1 pint of mushrooms.	1 teaspoonful of flour.
1 pint of Campbell's milk.	1 blade of mace.
1 gill of butter.	Salt and white pepper.

One can of mushrooms, or one pint of young mushrooms, peeled. Put them into a saucepan with a little salt and pepper, a very little mace, a pint of Campbell's rich sweet milk or cream, and a gill of butter, rubbed up with a teaspoonful of flour. Boil up once and serve in a gravy boat.

Mustard Sauce.

Excellent for Lobster or Crab.

Stir two tablespoonfuls of made mustard into one-fourth of a pint of drawn butter.

Onion Sauce.

Boil white onions in two waters and until very soft. Mash them through a sieve and put the pulp into drawn butter. Stir a few times and serve.

Oyster Sauce.

For Boiled Turkey.

1 dozen stewing oysters.	½ pint of drawn butter.
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Stew the oysters in their own liquor for two minutes or until the edges curl. Strain and add oysters and broth to the drawn butter, pouring in the liquor very gradually to prevent the flour from becoming lumpy.

Parsley Sauce.

[For Boiled Chicken or Salt Broiled Fish.

1 large tablespoonful of chopped parsley.	4 tablespoonfuls of Campbell's milk.
1 tablespoonful of butter.	Dash of pepper.

Chop fine enough parsley to fill one large tablespoon, then rub it with one tablespoonful of butter, add four tablespoonfuls of hot milk, a dash of pepper and pour it at once over the food for which it was prepared.

Shrimp Sauce.

1 pint of shrimps.	½ pint of drawn butter.
1 teaspoonful of anchovy sauce.	Dash of cayenne pepper.

Take the shells from the shrimps and, having added the anchovy and pepper to the drawn butter while hot, put the shrimps into the same and let them simmer until thoroughly heated.

White Sauce.

Good for Fish, Meats or Vegetables.

1 pint of veal stock.	2 ounces of flour.
2 ounces of butter.	1 gill of Campbell's cream.

Put two ounces of butter into a thick saucepan with two ounces of flour (two heaping tablespoonfuls approximate the ounce in flour, but weight only should be relied on for fine cooking). Let these melt over the fire, stirring them so that the butter and flour become well mixed, then let them bubble together, stirring enough to prevent the flour from sticking or changing color. Three minutes will suffice to cook the flour. Add a pint of clear, hot white stock, that has been strained through a cloth. This stock must not be poured slowly or the sauce will thicken too fast. Hold the pint measure or other vessel in which stock may be in the left hand, stir the butter and flour quickly with the right, then turn the broth to it all at once. Let this simmer an hour until very thick, then add a gill of cream, stir, and the sauce is ready.

Salad Dressing.

The secret of good salad dressing lies in having the best ingredients and in the manner of mixing. The proportions may be left largely to individual taste. The cream must be thick and perfectly sweet, the oil must have no hint of rancidness and the vinegar must be pure. Let these be blended by one who possesses a steady hand and good judgment and success is certain.

Boiled Salad Dressing.

Without Oil.

$\frac{1}{2}$ pint of Campbell's milk.	$\frac{1}{2}$ cupful of vinegar.
1 tablespoonful of butter.	1 teaspoonful of fine sugar.
1 teaspoonful of mustard.	$\frac{1}{2}$ teaspoonful salt.

Melt the butter and add the sugar, salt and mustard so as to make a smooth paste. Beat two eggs well; add them together with the vinegar and the milk to the mixture and pour all into a double boiler. Stir continually until it attains the consistency of boiled custard, then remove at once to prevent curdling. Put into a preserving jar or sealed bottle and it will keep for ten days or even longer.

Boiled Salad Dressing. No. 2.

3 tablespoonful of Campbell's cream.	$\frac{1}{4}$ teaspoonful of mustard.
5 tablespoonfuls of vinegar.	1 teaspoonful of sugar.
$\frac{1}{4}$ teaspoonful of salt.	2 eggs.

Beat eggs well and add sugar, mustard and salt. Stir in cream and vinegar. Put all in a double boiler of boiling water and stir constantly till it cooks thick, which it will do in about five minutes.

Dressing for Cabbage Salad.

Take one-half cupful of vinegar with a piece of butter the size of an egg; heat in a double boiler to the boiling point. Mix together, dry, one teaspoonful of mustard, one-half teaspoonful of salt and one-third cupful of sugar. Beat the yolks

of two eggs and add half a cupful of Campbell's milk, add this to the dry ingredients, then add all to the hot vinegar, stirring over the fire until thickened. Have your cabbage shaved fine and mix the dressing with it.

Cream Cabbage Salad.

5 potatoes.	Salt and pepper.
$\frac{1}{2}$ head of white cabbage.	$\frac{2}{3}$ cup of Campbell's milk.
$\frac{1}{2}$ cup of vinegar.	1 heaping teaspoonful of but-
2 scant teaspoonfuls of mus-	ter.
tard.	1 egg.
2 teaspoonfuls of white sugar.	

Pare and boil five medium-sized Irish potatoes. When done mash them and beat with a silver fork until feathery. While the potatoes are cooling chop very fine one-half of a small head of white cabbage, or enough to fill a quart measure when chopped. Beat the mashed potatoes and chopped cabbage thoroughly together. Put over the fire in a saucepan one-half cup of vinegar in which has been dissolved two scant teaspoonfuls of ground mustard, two teaspoonfuls of white sugar, and pepper and salt to taste, usually three-fourths of a teaspoonful of salt and one-fourth teaspoonful of white pepper. When the mixture is scalded stir into the potato and cabbage. Into two-thirds of a cup of milk put one heaping teaspoonful of butter and set on the stove and scald. Beat an egg light and pour the hot milk on it, then replace over the fire and stir constantly until it thickens, then beat into the salad with the fork until the mixture is light and creamy.

Cauliflower Salad.

With Sour Cream Dressing.

1 small head of cauliflower.	$\frac{1}{2}$ teaspoonful of salt.
1 lemon.	$\frac{1}{4}$ teaspoonful of paprika.

Boil one small head of cauliflower thirty minutes in salted water or until tender. Break it in pieces, reserving the flowerets for the salad and throwing away the stump. Squeeze the juice of one lemon through a strainer over the flowerets, let it stand half an hour. Drain off the lemon juice and throw away. Season the cauliflower with half a teaspoonful of salt, one-fourth of a teaspoonful of paprika (a Hungarian pepper to be bought at any delicatessen store), half a teaspoonful of onion juice, one-eighth of a teaspoonful of white pepper and a dash of cayenne pepper, one thin slice of lemon, peeled and cut in small bits. Mix these seasonings thoroughly through the cauliflower. Add enough sour cream dressing to moisten well. Serve on a platter garnished with parsley and half a slice of lemon.

Sour Cream Dressing.

$\frac{1}{2}$ teaspoonful of mustard.	2 tablespoonfuls of melted
$\frac{1}{2}$ teaspoonful of paprika.	butter.
1 teaspoonful of salt.	5 tablespoonfuls of sour
5 tablespoonfuls of vinegar.	cream.
2 eggs.	

Sift the seasonings into the vinegar, stir until smooth, add to the beaten eggs, stir well; add the butter, cook in a double boiler over hot water, until thick as soft custard. Remove from the fire. When cold beat the cream in slowly.

Dressing for Egg Salad.

1 cupful of Campbell's milk. 1 teaspoonful of cornstarch.
Lump of butter size of an egg.

Boil the milk, stir in the cornstarch, wet up with a little cold milk, add the butter, then season to suit the taste with a little mustard wet with a little vinegar, a dash of cayenne pepper, pinch of salt. Take hard-boiled eggs, cut in quarters, spread out on a platter and pour the dressing over them. Serve cold.

Lettuce Salad Mixture.

1 tablespoonful of mustard. 5 tablespoonfuls of brown
8 tablespoonfuls of Camp- vinegar.
bell's cream. ½ teaspoonful of white pep-
2 tablespoonfuls of soft sugar. per.

Beat well together the mustard, cream, sugar and pepper. Add the vinegar and again stir well. This is sufficient for two heads of lettuce, of which every leaf must be washed separately then laid on one another and cut across in about one-half-inch widths, and a few times across again the other way. Lay the cut lettuce in a dish, pour all over it the above dressing and strew over the whole two hard-boiled eggs chopped into fine pieces.

Mayonnaise Dressing.

1 pint of best olive oil. Just a suspicion of cayenne
Yolks of four eggs. pepper.
1 tablespoonful of mustard. ¼ cup of vinegar.
1 teaspoonful of salt. ½ cup of Campbell's cream
Juice of a lemon. whipped very light.

Beat the yolks and dry ingredients until very light and thick, add the oil a few drops at a time until very thick, then more at a time, then the vinegar and more oil and the lemon juice until all is used up. Add the whipped cream last.

Salad Dressing.

For Chicken or Salmon.

2 eggs. Saltspoonful of salt.
½ teaspoonful of mustard. 1 teaspoonful of butter.
½ cup of vinegar. 1 cupful of Campbell's cream.
½ teaspoonful of sugar.

Stir the yolks of eggs with salt, sugar, butter and the mustard, then gradually add the vinegar, stirring all the time. Then add the cream, gradually, and put on the fire (double boiler is best), stirring all the time to prevent it curdling.

When the dressing is as thick as cream, take it from the fire and add the whites of eggs beaten stiff. This will last a week, if kept in a cool place. Double the quantity can be made and

kept as well. Pour dressing over cold salmon and garnish dish with lettuce leaves, it makes a pretty and good dish for luncheon or tea.

Salad Dressing. No. 2.

For Poultry, Celery, Tomatoes, Potatoes, Lobster, Shrimp, Veal, Sweetbreads Eggs, Apples, Etc.

4 well-beaten eggs.	1 even teaspoonful of sugar.
$\frac{3}{4}$ cup of vinegar and water, mixed.	A little pepper.
1 tablespoonful of butter.	1 pinch of mustard.
1 even teaspoonful of salt.	$\frac{1}{4}$ teacupful of Campbell's cream.

Cook in a little saucepan over the boiling teakettle, stirring all the time and removing it when it has thickened. Then add half a teacupful of rich cream and beat all together with an egg beater.

Salad Dressing. No. 3.

2 eggs.	2 teaspoonfuls sugar.
$\frac{1}{2}$ teaspoonful of mustard.	Butter half size of an egg.
$\frac{1}{2}$ teaspoonful of pepper.	Campbell's milk.
$\frac{1}{2}$ teacup of vinegar.	

Put on the stove in a farina kettle and stir until it thickens. Set away to cool. Add milk to thin it to the consistency you wish. This is good for chicken salad, cabbage and sliced tomatoes.

Salad Dressing. No. 4.

Easily prepared and not too rich.

1 rounded teaspoonful of mustard.	3 eggs.
1 teaspoonful of sugar.	1 cupful of Campbell's cream or milk.
1 teaspoonful of salt.	1 cupful of vinegar.
1 tablespoonful of the best olive oil.	Cayenne pepper.

Ingredients should be mixed in the order named. Cook in a double boiler, stirring now and then, until as thick as desired, about one or one and one-half hours. It thickens more while cooling. When ready to use add a pinch of cayenne pepper. This sauce will keep nicely for some days in a cool place. At times it appears curdled in the cooking, but that does it no harm and it is all right when mixed with the other salad ingredients. Cream thickens quicker and is not so apt to curdle.

Salad Dressing. No. 5.

Without Oil.

1 small cupful of vinegar.	Salt.
Butter size of an egg.	$\frac{1}{2}$ cup of sugar.
3 eggs (yolks).	1 cupful of Campbell's cream.
3 teapoonsfuls of mustard.	Pinch of cayenne.

Put a small cup of vinegar in a kettle with a piece of butter the size of an egg. Let this come to a boil. Take the yolks of three eggs, beaten, three teaspoonfuls of table mustard, salt to

taste, a pinch of cayenne, one-half cup of sugar, one cupful of cream; beat all together. Take the boiling vinegar, pour a small stream into it, stirring constantly, return to the kettle and thicken a little. This is nice for all kinds of vegetables, for salad.

Virginia Salad Dressing.

2 eggs.	1 teaspoonful of granulated
1 gill of olive oil.	sugar.
1 teaspoonful of salt.	$\frac{1}{2}$ pint of Campbell's cream.
$\frac{1}{2}$ teaspoonful of mustard.	2 tablespoonfuls of vinegar.

Take the yolks of one raw egg and one hard boiled, mash the boiled to a cream with drops of olive oil, until it will take no more, then add the raw yolk and beat again, adding oil in same way, about a gill. Now add a teaspoonful of salt, half a teaspoonful of mustard, a full teaspoonful of granulated sugar. Mix well until perfectly smooth, then half a pint of cream and stir until well mixed; then two tablespoonfuls of vinegar, stir again, put on ice, and it will thicken. This is delicious.

CHAFING DISH COOKERY AND ENTRÉES.

Creamed Chicken.

1 pint of Campbell's milk.	$\frac{1}{2}$ teaspoonful of salt (scant).
2 tablespoonfuls of corn- starch.	Lump of butter size of a wal- nut.

Remove from the bones all the meat and pick fine. Let the milk, salt and butter boil, then thicken with the cornstarch, dissolved in a little cold water or milk. Stir in the chicken and allow to boil a minute, stirring constantly. Just before serving drop in one beaten egg and whip quickly to prevent curdling. Serve on buttered toast. Either fresh or canned chicken may be used.

Creamed Chicken. No. 2.

6 pounds of chicken.	1 can of mushrooms.
4 sweetbreads.	

Boil the chicken and sweetbreads with just enough water to cover them, and when cold remove the skin and bones and cut the chicken up in small pieces as for salad. In a saucepan put one quart of cream (Campbell's), in another pan put four large tablespoonfuls of butter, and five even tablespoonfuls of flour. Stir until melted and then pour in the hot cream, stirring until it thickens. Flavor with half of a small onion, grated and a

very little nutmeg, season highly with black and red pepper (not too much red). Put the cream and chicken in a baking dish, add the mushrooms, cut in pieces, if large, cover with grated bread, put a number of pieces of butter on top and bake ten to twenty minutes.

Creamed Chicken. No. 3.

A plump chicken.	1 tablespoonful of corn-
1 pint of Campbell's milk or	starch.
cream.	Lump of butter.
Salt and pepper.	

Wash, singe and disjoint. Lay the pieces to be stewed in a large saucepan, pour on just enough cold water to cover the chicken, cook slowly and carefully until tender, when done pour into the saucepan a pint of rich milk or cream; add to all one heaping tablespoonful of cornstarch dissolved in a small quantity of milk. Allow the chicken to remain on the fire until the cornstarch has thickened the gravy; now season to taste with salt, pepper and a lump of butter, serve on toast.

Chopped Chicken.

In a Chafing Dish.

1 pint of chicken.	2 tablespoonfuls of flour.
½ pint of Campbell's cream.	Parsley (chopped).
2 tablespoonfuls of butter.	

Make a white sauce of the flour, butter and cream in the top pan of the chafing dish, stir in the parsley and then the chicken, cook for five or ten minutes until boiling hot. Have some thin soda biscuit split and laid on a warm platter. Pour the creamed chicken over them and eat at once. Veal may be used in place of chicken, in which case add to the mixture the thin outer rind of a lemon (the yellow part only), chopped very fine.

Chicken and Sweetbread Croquettes.

1 pint of chicken (chopped).	A pinch of mace (may be
6 sweetbreads.	used).
1½ pints of bread crumbs.	1 egg.
1 large coffeecupful of Camp-	Parsley (chopped).
bell's milk.	Salt and pepper.

Mix with two beaten eggs and a large coffeecupful of milk. It must be quite moist. Form the mixture in small rolls, or pyramid shapes, dip each one in beaten egg, roll in dry bread crumbs, and fry quickly in a hot pan with plenty of hot butter.

Fricasseed Fowl.

The remains of a cold roast	Pepper and salt to taste.
fowl.	½ pint of water.
1 strip of lemon peel.	2 tablespoonfuls of flour.
1 blade of mace.	1 quart of Campbell's cream.
1 bunch of savory herbs.	1 egg (yolk).
1 onion.	

Carve the fowl into neat joints, make gravy of the trimmings and legs by stewing them with the lemon peel, mace,

onions and savory herbs, adding the water, stew, then strain. Put in the fowl and when thoroughly heated thicken with flour, stir the yolk of egg to the cream, add these to the sauce and let it get thoroughly heated, but not boil, or it will curdle.

Fowl and Rice Croquette.

½ pound of rice.	A fowl.
1 quart of Campbell's milk.	1 egg.
2 ounces of butter.	Bread crumbs.

Put the rice into the above quantity of milk. Let it boil very gently for half an hour. Then add the butter, simmer till it is quite dry and soft. When cold make into balls, hollow out the inside and fill with minced fowl (the mince should be rather thick), cover over with rice, dip the balls into egg, sprinkle with bread crumbs and fry a nice brown.

Fried Chicken.

1 young spring chicken.	3 tablespoonfuls of flour.
1 pint of Campbell's milk.	1 tablespoonful of chopped parsley.
1 tablespoonful of salt.	
½ teaspoonful of pepper.	

Cut the chicken into joints, dry and season with a little salt and pepper, then roll in two tablespoonfuls of flour. Now put butter enough to cover the pieces and a little salt into a frying pan and put on the fire. When very hot put in the chicken, as much as will not be crowded. Brown one side, then turn and brown the other. When cooked place in a covered dish. Stir one tablespoonful of flour into the remaining melted butter on the pan and when smooth add the milk, stirring it all the time. Add the chopped parsley and then season with salt and pepper. Then put the chicken in the pan and let stand for five minutes. When ready to serve put in a dish and put sprays of parsley on.

Chicken Pudding.

A chicken.	1½ teaspoonfuls of baking powder.
1 quart of Campbell's milk.	4 eggs.
3 tablespoonfuls of butter.	Salt.
3 cupfuls of flour.	

The chicken should be young and tender and divided at every joint. Season with pepper and salt and lump of butter the size of an egg to each chicken. Stew slowly until tender. Take out on a hot dish. Save the liquor for gravy.

Make a batter of one quart of Campbell's milk, three table-spoons melted butter, three cups flour, one and a half teaspoonfuls of baking powder, four well beaten eggs and a little salt. Put a layer of chicken in the bottom of a deep baking dish and pour some of the batter over it, then the rest of the chicken and the rest of the batter. Bake in a moderate oven thirty or forty minutes. Beat up an egg and stir in the gravy that was set aside and thicken with flour.

Scrambled Beef and Eggs.

½ pound of smoked beef. 5 eggs.
1 cupful of Campbell's milk.

Pick the beef in small pieces and put in a saucepan covered with cold water, put on the fire and as soon as the water boils pour it off, then pour the milk on the beef and as soon as that boils stir in the eggs that have been well beaten, stir with a fork till the eggs are "set," add a small lump of butter and remove from the stove at once and serve very hot.

Stewed Heart.

2 calves' hearts. 1 even tablespoonful of but-
½ cup of Campbell's cream. ter.
Flour. Salt and pepper.

Put two calves' hearts into cold water and boil steadily until tender (from thirty minutes to an hour). Take them out when done, cut off all fat and slice into small, thin pieces; then take the water in which they have been cooking (there should be about one and one-half cups of it), add half a cup of cream, an even tablespoonful of butter, salt, pepper, thicken with flour until the consistency of sauce, then put the heart back for a moment or two. Serve on slices of thin toast.

Stuffed Tenderloins.

3 pork tenderloins. 1 teaspoonful of thyme and
2 cupfuls of bread crumbs. sage (mixed).
1 cupful of Campbell's milk. Salt and pepper to taste.
1 tablespoonful of butter.

Have the tenderloins washed, dried and split open. Put the bread and crumbs in a saucepan with the milk and butter. Place over the fire and when it bubbles add the meat, spice salt and pepper, stirring to prevent burning. Then spread the dressing on the split tenderloins, roll each one up and tie. Place in a baking pan with a cupful of boiling water and bake brown. A gravy may be made by thickening and seasoning the drippings. Pour over the baked tenderloins.

Stewed Tripe.

1 pound of tripe. 1 tablespoonful of flour.
1 quart of water. 1 tablespoonful of butter.
1 quart of Campbell's milk. Salt and pepper.
1 cupful of celery leaves.

Wash one pound of tripe and cut into inch squares. Put into an agate saucepan, with one quart of cold water, cover and boil gently for two hours. At the end of the first hour add one cupful of celery leaves, washed and cut fine. Mix one heaping tablespoonful of flour with enough of the milk to make it of the consistency of cream. At the end of the second hour stir it into the tripe. When it begins to boil stir in one tablespoonful of butter, pepper and salt to taste and add the rest of the quart of milk gradually. When it again begins to boil remove from the fire instantly, or, if it is desired to be kept hot, place the saucepan

in a pan of hot water on the stove to prevent burning. At the end of the two hours, the quart of water in which the tripe is boiling should be reduced to one pint or a little less.

Stewed Tripe. No. 2.

2 pounds of double tripe. 2 teaspoonfuls of salt.
1 pint of Campbell's milk. 1 teaspoonful of pepper.

Select two pounds of double tripe, well cleaned. Cut in pieces. Put in a saucepan with a pint of milk and one of water, two teaspoonfuls of salt, one of pepper, and eight small onions, cut in half. Set it on to boil and boil fast for almost ten minutes, then simmer until done, which will be in half an hour. Put in a tureen and serve with the milk and onions.

Tripe in Butter.

1½ pounds of honey-comb tripe. 1 pint of Campbell's milk.
1 egg. 1 cupful of sifted flour.

Wipe one and one-half pounds of honey-combed tripe well; pint of milk (scant pint), one cup of sifted flour, one teaspoonful of salt. Have batter very stiff, if not flour enough add a little more to stiffen and one and one-half teaspoonfuls of baking powder. Dip both sides of tripe into this and fry in hot fat.

Curried Rabbit.

1 rabbit. 3 ounces of butter.
3 dessertspoonfuls of curry powder. ½ lemon.
6 onions. 1 quart of Campbell's milk.
5 cloves of garlic. ¼ teaspoonful ground cloves.

Empty, skin and wash the rabbit; cut up neatly, mince the garlic and cut the onion into thin slices, fry in butter until a nice brown color, but do not allow them to blacken; pour in the milk which should be boiling; mix the curry powder and flour with a little cold milk, add to the other ingredients and simmer gently for half an hour or better. Serve with an edging of boiled rice around.

VEGETABLES.

Baked Beans.

Soak one pint of small beans in water over night. Let them be washed and boil in the morning to a scald. Then pour off the water. Add more boiling water and let boil till skins crack open. Then put in a dish to bake with one teaspoonful of salt, two tablespoonfuls of sugar, one-fourth cupful butter and water enough to cover the beans. Let them bake five hours in a closely-covered dish. As the water cooks out add Campbell's milk to keep them moist.

Boiled Cabbage.

Select a white, firm head, remove green outer leaves, cut into eight or more pieces and wash thoroughly. Place over fire in cold water. Boil ten minutes, pour off water, adding fresh, repeat this three times. When nearly done pour off water, add enough of Campbell's milk to just cover cabbage and salt to taste; boil ten minutes and serve.

French Cabbage.

Cut half a head of cabbage into coarse pieces; take the yolks of three eggs, half a pint of Campbell's milk, two tablespoonfuls of vinegar, a piece of butter the size of a walnut, and a teaspoonful of salt. Heat the butter, milk and eggs together and pour over the cabbage, when cold add the salt and the vinegar.

Escalloped Carrots.

Put into a baking dish a layer of young carrots scraped and sliced thin, sprinkle with pepper, salt, a little flour, and bits of butter, then another layer seasoned as before, till the dish is nearly full. Cover with Campbell's milk and cream and bake until tender.

Stewed Carrots.

Wash and scrape the carrots in moderately thin slices, let them cook till quite tender, and then let them dry in saucepan. Pour a quart of Campbell's sweet milk over the carrots and boil for a few seconds. Pepper and salt and serve at once.

Stewed Celery.

Cut the celery into inch lengths, cover with cold water and stew until tender. Turn off the water and supply its place with enough of Campbell's milk to cover the celery. When this begins to boil stir in a good lump of butter, rolled in flour. Pepper and salt to taste and stew gently five minutes.

Green Corn.

Cut from the cob, splitting the grains and removing the remainder with the back of the knife so as to leave the hull; stew fifteen minutes in boiling water just enough to keep it from burning; then cover with Campbell's milk, previously heated and stew ten minutes longer, add a large lump of butter cut into bits and rolled in flour. Season to suit the taste with salt and pepper, and if the corn is not sweet a trifle of sugar. Boil five minutes longer and serve.

Egg Plant.

Peel and cut in quarters or eighths (according to size); soak in salt water about one hour, boil until tender, in salted water, drain off water, mash and beat fine with a fork, add bread

crumbs in equal quantity, a little salt, pepper and one and one-half teaspoonfuls of Campbell's cream. Stir together well and bake in buttered dish. From ten to twenty minutes will be sufficient, until nicely brown.

Calico or Vegetable Hash.

Two quarts of finely sliced potato, one carrot, one blood red beet, two small white turnips. These should be cooked and chopped in small pieces; two raw onions chopped fine and a small piece of celery and parsley. Put them in a stew pan, cover tight and set in the oven. When hot pour over a gravy of drawn butter and Campbell's cream. Stir together and serve.

Onions.

Drop onions in briskly boiling water, boil for fifteen minutes. Drain and cook (preferably in another saucepan), in Campbell's milk diluted with water, until very tender, add a lump of butter and serve.

Escalloped Onions.

Peel and parboil one quart of white onions. Cut up in small pieces when done. Put a layer of bread crumbs in the bottom of a deep dish, then a layer of onions, season with pepper and salt and lumps of butter; continue with alternate layers of crumbs and onions until the dish is nearly full. Cover bountifully with milk and bake for half an hour.

French Peas.

Pour the contents of two cans of French peas into a colander and wash with cold water for a minute. Turn them into a granite saucepan, then add one cup of Campbell's milk, a little butter, pepper and salt; keep well back on stove as the peas simply want to be heated.

Note.—The same method may be used for very small fresh peas. Cook in the ordinary way and cover with milk according to the foregoing receipt.

Creamed Potatoes.

Cut six cold-boiled potatoes into small pieces and cover well with Campbell's milk. Dust a little flour over them, put in a good-sized lump of butter and season well with pepper and salt. Turn them into a saucepan and cook slowly for twenty minutes, as the milk is apt to boil away, and the potatoes become dry and not "creamy" if allowed to cook too fast.

Creamed Baked Potatoes.

Slice boiled potatoes and hard-boiled eggs, place them in layers in a buttered pudding pan. Pour Campbell's cream over all and bake in a moderate oven until light brown.

Delmonico Potatoes.

Cut up the potatoes, after peeling them, into small pieces. Put in a tin dish a layer of potatoes, then salt, pepper and small pieces of butter, here and there, also sprinkle some flour over them, then another layer of potatoes, salt, pepper, butter and flour as before, and so on until the basin is filled. Pour Campbell's milk over the whole until covered. Bake in a hot oven from a half to three quarters of an hour.

Escalloped Potatoes.

Cut one pint of cold boiled potatoes into thin slices and season. Place in a dish a layer of sauce made of half a pint of Campbell's milk, salt, butter size of an egg, when the milk boils, mix a tablespoonful of flour with a little milk and stir in, alternate a layer of potatoes and sauce until all is used, cover the top with cracker crumbs and bake twenty minutes or until brown.

Mashed Potatoes.

Pare the potatoes clean, keep in cold water until ready to boil, cook in boiling water until tender but not to pieces, sprinkle sufficiently with salt, after draining the water from them. Set the kettle back on the range, without the lid to let the steam pass off; shake the kettle and they should look white and mealy. Have ready Campbell's milk, hot, with a good lump of butter to hold them together, but not enough to make them creamy. Beat and stir with a silver fork as it makes them lighter than to use a potato masher. Pile in a deep dish, do not cover, but pass immediately while plates are hot. Let each one add pepper according to taste, but do not use it for decoration. A well in the top in which is placed a lump of butter is better.

Stuffed Potatoes.

Bake some nice, medium-sized potatoes, and as soon as done cut in half and scrape out and mix Campbell's cream with them to moisten, piece of butter, salt and pepper to taste, one egg is plenty if there are not too many potatoes. Put the mixture back in the skins and stand on end. Beat the whites of eggs stiff and drop on top of each half put in a hot oven a moment to brown.

“ Little Whack.”

A Manx Dish.

Pell lightly and very clean, sufficient good, mealy potatoes for the number who are to sup. Cook in the usual way, taking care that the water boils when the potatoes are put in; cut any large ones so as to make uniformity of size; salt is added to the water before potatoes are put in. When done pour water off and mash the potatoes quite fine. Then pour on them Campbell's milk heated almost to boiling point, as new and creamy as possible, sufficient to make a thick doughlike paste, which is to be vigorously beaten or stirred, milk, as above, to be added

without cessation of beating at intervals until the desired consistency is attained, viz.: about thin enough to just flow like very thick molasses. The stirring should continue with as little interruption as possible for at least half an hour.

Note.—In the Isle of Man, where this dish originated ages ago, the time-honored custom was to cook the potatoes in a large pot which was not more than half full when the potage was ready for the table. This huge caldron was set on the floor and each of the young people present—the occasion being usually like a candy spree—took turn about at plying the two-foot pot stick in stirring the mixture. The orthodox, indeed, only allowable method of doing this was for the performer to describe the figure 8 with the stick, which perfectly stirred the contents of the pot and which movement produced the sound against the sides of the pot not unlike “tittle-whack”; hence the name of the dish which was long considered a delicacy in rural Manxland. The more vigorous and continuous the beating, kept up until the food was not too far cooled for table, the better the dish.

Succotash.

Mrs. H. W. Beecher's Receipt.

Boil lima or small white beans fifteen minutes, then pour off the water and again cover the beans with fresh boiling water and boil until tender. Cook the corn on the cob to secure all sweetness from the cob. Put the corn on to boil twenty minutes before the beans are done. When the corn is done, cut it from the cob with a thin, sharp knife (be careful not to cut too close to the cob), and scrape off all that adheres. Put to the beans, two-thirds more corn than beans, adding from the water in which they were boiled what liquor may be needed, after first putting in a cup and a half of Campbell's cream, and add butter, salt and pepper to suit the taste.

Old-Fashioned Succotash.

Put one pound of pork over the fire in cold water enough to cover it well, two hours and a half before dinner. Two hours before dinner add three pints of stringed beans, cut into small pieces. Let these cook an hour and a half, then add a piece of baking soda the size of a pea, or an eighth of a teaspoonful, and immediately afterward three pints of corn which has been removed from the cob by scraping after the kernels have been cut through the center by a sharp knife. Add salt to taste and half a pint of Campbell's milk. Drop a piece of butter half the size of an egg into the vegetable dish before pouring in the succotash. This is a dish for a cool day rather than a hot one and may be made in winter with canned corn, which is not nearly as good, however.

Fried Tomatoes.'

Take six large, solid tomatoes, slice them into slices half or three-quarters of an inch thick, without removing the skin.

Fry them in very hot butter until browned on both sides, lay them on a platter and pour into the butter and juice that remain in the frying pan one cupful of Campbell's milk, thickened with a tablespoonful of flour. Season with salt and pepper, cook five or six minutes and pour over the slices of tomato. This is an excellent lunch dish, but care must be taken not to burn the tomatoes, and to have the butter very hot in the pan before adding the slices of tomato.

Scrambled Tomatoes.

Stew five or six good-sized tomatoes and let them cool. Take six eggs, beat whites and yolks separately. Into the yolks put a good teacupful of Campbell's milk. Add pepper and salt and stir in the whites and tomatoes, put immediately into a hot pan, well buttered and stir it until the eggs are well cooked. Place on small squares of buttered toast and serve at once.

FRITTERS, PANCAKES ETC.

Plain Fritters.

Flap-Jacks.

3 eggs. ¼ to ½ pint of Campbell's
 3 tablespoonfuls of flour. milk.

Beat the eggs thoroughly and strain them through a fine sieve. Add the flour gradually and add the milk, beating the mixture till it attains the consistency of cream. The quantity of milk required varies with the flour, some taking up much more moisture than others. Drop small portions into lard that is smoking hot. When lightly colored, turn them and when cooked drain them on brown paper. Serve with syrup or with sugar and lemon or orange or with honey.

Apple Fritters.

2 eggs. 1 heaping teaspoonful of bak-
 1 pint of Campbell's milk. ing powder.
 1 pint of flour. 2 or 3 large apples.
 ½ teaspoonful of salt. Rind of ½ lemon.

The apples may be chopped and mixed with the batter or may be cored, cut into thin slices and dipped in the mixture. Lard is better than butter for all kinds of fritters.

Bread Pancakes.

1 large cupful of bread 2½ heaping teaspoonfuls of
 crumbs. baking powder.
 1 pound of flour. 1½ pints of Campbell's milk.
 3 eggs.

Only the crumb of bread should be used. The crumbs and baking powder should be mixed thoroughly with the flour. Make

a well in the flour and drop into it the well-beaten eggs. Stir the milk in gradually. Bake on a hot griddle.

Clam Fritters.

25 hard-shell clams.	½ teaspoonful of baking powder.
2 eggs.	Salt and pepper.
1 pint of flour.	
1 pint of Campbell's milk.	

Chop the clams and remove any hard lumps which defy the knife. Beat the eggs without separating the whites from the yolks. Put milk and eggs together, whisking thoroughly and add them, gradually, to the sifted flour, which should not exceed a scant pint and with which the baking powder has been mixed. Stir the clams into the batter. Have the lard smoking and drop the fritters from a tablespoon. They should be turned with a silver knife and removed with a perforated pancake turner. Never prick with a fork either while cooking or on removing from the pan. They should be drained on paper. If preferred the fritters may be cooked on a griddle like pancakes, in which case the batter must be slightly thicker.

Clam Fritters. No. 2.

30 large clams, cut in two.	1 quart of Campbell's milk.
3 pints of flour.	½ pint of clam juice.
2 eggs.	

Put the flour into basin, add eggs, well beaten, milk and clam juice, beat batter until free from lumps, then stir in clams. Put lard in frying pan, heat to boiling, drop in batter by spoonfuls, fry brown on one side, then turn and fry brown on other.

Corn Fritters.

6 or 7 ears of corn, grated.	1 tablespoonful of melted butter.
1 tablespoonful of flour.	1 egg, well-beaten.
1 tablespoonful of Campbell's milk or cream.	½ teaspoonful of salt.

Mix together in the order named and beat well, then fry in hot lard.

Cornlets.

3 ears of green corn.	1 cupful of Campbell's milk.
1 teaspoonful of salt.	Flour enough for a stiff batter.
½ teaspoonful of pepper.	1 teaspoonful of baking powder.
1 teaspoonful of sugar.	
1 egg.	

With sharp knife cut the kernels of corn through the center from the top of the corn to the bottom. Then scrape the ears thoroughly and the soft inner part of the kernels only will come away. Add to this the milk and egg, beaten lightly, pepper, salt, sugar and last of all about one cup of flour, into which has been sifted one teaspoonful of baking powder. Have a kettle half full of smoking hot lard, fry the mixture by the spoonful, place the "cornlets" when a rich brown in a hot dish on a clean napkin. Good with cold meat for supper.

Corn Patties.

12 ears of corn.	4 eggs.
1 teacupful Campbell's milk.	1 saltspoonful of salt.
2 heaping tablespoonfuls of flour.	Pepper to taste.

Cut lengthwise with a sharp knife through the center of each row of corn kernels. Scrape out the soft contents, leaving the thin skin of the kernels on the ear. This is the only proper way to prepare corn that is removed from the ear. Beat the eggs well, with yolks and whites together, add the corn, beating all the while, then the salt and milk, and finally the flour. Drop spoonfuls of the mixture upon a griddle and bake like griddle cakes. These patties require somewhat longer cooking than wheat or bread cakes, as they are thicker. If the corn is old and the ears very full more milk is required, but do not increase the quantity of flour, as too much flour renders them solid and destroys the tenderness which is their chief characteristic.

Cream Cakes.

Beat with a pint of rich cream, flour enough to allow it to just drop from the spoon, give a few minutes vigorous light beating, add one-half teaspoonful of salt and bake on a hot griddle. Serve hot. Do not split with knife but tear open; do not bake in rings but drop from a spoon.

Flannel Cakes.

1 quart of Campbell's milk.	2 eggs.
3 tablespoonfuls of liquid yeast.	1 tablespoonful of salt.
1 tablespoonful of butter.	Flour enough to make a rather thick batter.

Mix the flour, yeast, milk and salt over night. Add the butter melted, and the eggs, well beaten, just before cooking.

Indian Pancakes.

1 quart of yellow corn meal.	4 eggs.
2 quarts of Campbell's milk.	Salt.

Beat the eggs and stir them into the milk, then add the meal to which the salt has been added. No baking powder, yeast or leavening of any kind is required.

No Matters.

1 pint of flour.	1 teaspoonful of salt.
1 teaspoonful of baking powder.	2 cupfuls of Campbell's milk.
	5 eggs.

Make a thin batter with the above ingredients. Have ready hot stewed apple made of greenings or fall pippins. Rub a scant spoonful of butter or beef drippings over the bottom of a hot frying pan, pour in large ladleful of batter and fry quickly. Lay on a dinner plate and spread on the hot apple sauce. Sprinkle with white sugar and a little grated nutmeg and keep warm. Put more batter in the frying pan and add several lay-

ers of the same, ending with the stewed apple. Serve hot, cut in quarters like a pie. Bits of butter on the apple of each layer adds to the flavor and richness.

French Pancakes.

1 level cupful of flour. ½ cupful of Campbell's milk.
2 eggs, well beaten.

Mix and brown on a hot buttered pan, then spread with jelly or fruit jam, form into little rolls and sift over the rolls a little powdered sugar.

German Pancakes.

To be served with Meat.

1 egg. Parsley or chives.
1 large tablespoonful of flour. Campbell's milk.
Pinch of salt.

Mix as for ordinary pancakes, using milk enough to make a thin batter. Cook on a griddle or in a frying pan lightly greased.

Hominy Griddle Cakes.

1 large coffeecupful of hom- 1 teaspoonful of baking pow-
iny. der.
1 large coffeecupful of pre- 1 egg.
pared flour. 1 cupful of Campbell's milk.
1 saltspoonful of salt. 1 tablespoonful of butter.

Boil the hominy and let it get quite cold. Mix it thoroughly with the flour, through which the baking powder should have been sifted, add the egg, well beaten, and then the milk, gradually. Put the butter, melted, in last.

Pork Fritters.

¼ pounf of fat salt pork. 2 teaspooontuls of baking pow-
½ pint of Campbell's milk. der.
1 pint of flour. 1 teaspoonful of salt.
1 egg.

Cut the pork into two-inch square slices and fry crisp and brown. Sift the flour, add the baking powder and salt and sift again. Then stir in the milk, and last add the beaten egg. Put the slices of fried pork into the batter and heat the pork fat smoking hot and drop in a large spoonful of batter with one slice of pork for each fritter. Fry a delicate brown. Should be light and tender. Be sure to have the pork fat hot or the fritters will absorb the grease.

Potato Pancake.

Make the usual pancake dough of eggs, milk and flour; have the lard smoking hot, pour in dough enough for quite a thick cake, have finely minced raw potatoes, sprinkle over cake when in the pan; when done on one side, slide off onto a greased platter, and turn it into the pan and brown on that side. When done sprinkle over, pepper, salt, finely cut parsley and a little of Campbell's cream.

Raw Potato Pancake.

1 quart of potatoes.
1 pint of Campbell's milk.
4 eggs.

Flour to make a thin batter.
Baking powder (2 teaspoon-
fuls for each cup of flour).

Grate the potatoes into cold water; after they have settled, pour off the water and add a pint of the milk heated to boiling point, then the eggs well beaten, the salt and the flour into which the baking powder has been sifted. Fry in lard, till they are a light brown.

Rice Cakes.

2 large cupfuls of boiled rice.
2 eggs.
2 teaspoonfuls of baking powder.

$\frac{1}{2}$ teaspoonful of salt.
Scant pint of Campbell's
milk.
Scant cupful of flour.

Mix all well together and fry on a griddle in very hot fat.

Rice Fritters.

$\frac{1}{2}$ pint of rice.
 $\frac{2}{2}$ quarts of Campbell's milk.

2 teaspoonfuls of salt.

Boil rice soft in double boiler, when cold add four well-beaten eggs and one-half pint of flour. Fry slowly in butter.

Sour Milk Pancakes.

Sour milk or cream.
Soda.
1 egg for every pint of liquid.

Flour to make rather stiff
bater.

The milk or cream may be saved from day to day until enough is secured. The quantity of soda required will depend upon the sourness of the milk. Begin with half a teaspoonful and keep on adding soda until the milk froths and is sweet to the taste. Add the egg or eggs, well beaten, then the flour and bake on a hot griddle.

BREAD, ROLLS, BISCUIT, ETC.

Good home-made bread is not difficult to make. There is more in knowing what to avoid than in committing to memory the ingredients and proportions stated as necessary by good cooks, whose opinions differ widely. The exact quantity of flour can never be given as not only do brands vary with regard to the quantity of moisture that the flour will absorb, but the flour itself, in spite of patent processes, will differ according to the crop, whether it be winter or spring wheat and the grain of which it is composed. The matter must, therefore, be left to judgment. Dough should never be sticky, but soft enough to work easily when it is in process of being kneaded.

Some cooks mix potatoes with the flour. These are mashed

finely and used in the proportion of about half a pound to three quarts of flour. It is not advisable to use them in warm weather as they will sour readily. Lard, butter or shortening of some kind keeps the bread moist, but to preserve the bread flavor as distinct from biscuit, not more than a heaping tablespoonful should be put into three quarts of flour. The quantity (three quarts) is mentioned because that will make two ordinary loaves.

Care must be taken in dissolving yeast that the water is not more than lukewarm. The same rule applies to the liquid with which the sponge is mixed. If too hot it will scald the flour and the bread will be heavy and pasty. If cold the sponge will not rise well. In summer the milk or water need not be heated. It is the universal opinion that milk makes better bread than water. It is not only sweeter, but keeps moist longer. In using milk less salt is required than for water.

With home-made yeast it was necessary to set a sponge, but with the yeast now sold everywhere it is possible to set the dough to rise and be able to knead it in a few hours. Where bread is set over night it should be placed so that no draught will blow upon it and where it will be exposed to an even warmth, not warm on one side and cold on the other.

In mixing, sift the flour, add the salt and then the shortening. It is best to rub this through the dry flour, freeing it from lumps before adding the liquid. Then make a well into which pour first the yeast, a little more than half a cake is needed for the quantity of flour given. Stir it lightly with the flour but, before it thickens, add the milk (warmed in cold weather), a little at a time, pouring it directly upon the sponge and working the flour in by turning it over lightly with the hand. For the three quarts of flour a pint and a half of milk is needed. Of course the milk may be diluted, warmed, by mixing it with water, but pure milk makes the best bread. When the sponge is a thick batter, work in more flour until it is smooth and ceases to be sticky. It may be tested by pressing the knuckles down into the center. If they leave a deep dent and the dough springs back it is of the right consistency.

In the morning, or when the bread has cracked in several places, take it out and place it upon a board, lightly floured. No more flour must be used than is necessary to prevent the sponge from sticking, for it would make the bread heavy. The process of kneading is too well known to require explanation. Much depends upon using the palm of the hand for the purpose. The more that bread is kneaded the closer and finer will be the texture. After working the entire mass, cut it into loaves and knead each separately moulding it into well-shaped loaves which should be put into greased pans and allowed to stand until they become light and smooth. Some cooks re-knead the loaves and set them to rise for the third time, but this is not necessary.

Bread ordinarily requires an hour for baking. The pans should be turned at the half hour. The oven may be tested by

putting a sheet of white paper into it. If the paper turns a dark yellow the heat is right for bread or fruit cakes. To tell whether the bread is sufficiently baked or not, press it lightly on the side least crusted. If it spring back at once it is done. If it remains dented set it into the oven again.

Those who do not like crusty bread may prevent the crust from hardening by laying a cloth slightly dampened over the loaves while they are hot. Bread should always be removed from the pans and stood on end to cool. It should not be put into a box or jar until thoroughly cold.

Mother's Home-Made Bread.

N. W. F. C.

Sponge to be set over night. One quart of Campbell's milk with enough boiling water to make it warm, one small teacupful of hop yeast, two tablespoonfuls of lard and butter mixed. Two tablespoonfuls white sugar, one of salt, and one even tablespoonful of soda added in the morning before mixing the bread, dissolved in hot water), and flour to make a stiff batter. If kept warm it should be light and foamy in the early morning. Now make a hole in the middle of a pan of sifted flour, pour in by degrees with one hand the foaming sponge, while with the other work in the flour, turning the pan as the left hand is released until the flour is well kneaded in, so the mass is smooth and free from lumps, just stiff enough to be turned free from the pan, and to allow the right hand to make a deep, free dent in the middle. If the sponge is cold in the morning, enough warm milk or water should be added in mixing the bread to make it the right temperature. Keep the dough moderately warm until it has risen light and high, then mould it into loaves on a kneading board. If right it will not need much flour to do this. Put in oval pans, greased, not floured, let it rise again, and just before putting in the oven, heated to the right temperature, prick with a fork to the bottom of the loaf to let out the gas and prevent holes. Bake one hour. The temperature of the oven can be gauged only by experience.

Baking Powder Bread.

4 quarts of flour.	1 teaspoonful of salt.
1 ounce of butter or lard.	2 large cupfuls of Campbell's
4 teaspoonfuls of baking powder.	milk.

Mix the salt and baking powder through the flour. Rub the shortening well in, add the milk, which does not need to be warmed. Mix into a smooth dough. The foregoing recipe will make two large loaves.

Twist Bread.

1 quart of flour.	1 cupful of Campbell's milk.
1 tablespoonful of sugar.	1 egg.
1 tablespoonful of butter.	1 teacupful of yeast.
Salt to taste.	

Make the yeast by dissolving a yeast cake in a cup of milk. Mix the dough as for ordinary bread. After it has risen, knead it well, let it rise again, knead a second time, cut it into three pieces, butter each strip, then braid, let it rise once more. Bake half an hour in a hot oven. When done glaze with the well-beaten yolk of an egg.

Boston Brown Bread.

1 cupful of Campbell's milk.	1 cupful of Graham flour.
1 cupful of sour milk.	1 egg.
1 cupful of molasses.	1 teaspoonful of salt.
1 cupful of rye flour.	1 teaspoonful of soda.
1 cupful of Indian flour.	

Mix in the order given, dissolve the soda in a little milk and put in the last thing. Put in a tin mould or form and steam for three or four hours. Eat warm.

Boston Brown Bread. No. 2.

1 pint of corn meal.	1 rounding teaspoonful of
1 pint of rye meal.	soda.
½ cupful of molasses.	1 small teaspoonful of salt.
1 pint of sour milk.	

Mix the meals, salt and soda (dry) together, then add molasses and milk. The milk must be quite sour and thick. Pour into pudding boiler and steam three or four hours, the water kept boiling hard. If the pint of milk does not make the mixture very soft, add sweet milk or water.

It is sometimes baked half an hour after being boiled.

Johnny Cake and Hoe Cake.

The genuine Johnny cake and hoe cake are merely corn meal (yellow or white) mixed with salt and water and baked in front of a blazing fire or under the embers. In the South, as will be seen by the recipe given for Virginia corn bread, the preference is given to the white meal. In New England, on the contrary, yellow meal is preferred and cooks in both sections have improved the original cake and added to it eggs, milk and butter in varying proportions. Sweet or sour milk may be used. When the latter is used saleratus takes the place of soda. Thus Johnny cake has become transformed into a luxury fit for the table of the millionaire, at other times than when that table is spread in the cabin of his ranch.

Corn Bread.

Little more than 1 pint of sour milk.	Butter the size of an egg.
2 cupfuls of cornmeal.	2 eggs.
2 tablespoonfuls of sugar.	2 small teaspoonfuls of soda.

Mix the butter and sugar, then the milk, flour, beaten eggs and lastly the soda, dissolved in a little of the milk.

Virginia Corn Bread.

1 pint of white cornmeal.	1 cup of boiled rice or hominy.
$\frac{1}{2}$ pint of flour.	2 tablespoonfuls of lard and
1 full teaspoonful of salt.	butter, mixed.
3 eggs.	2 teaspoonfuls of baking powder.
2 tablespoonfuls of granulated sugar.	1 pint of milk.

Sift the flour and meal, with baking powder, into a bowl, then add the rice, mixed with the lard, and salt, beat eggs separately, add yolks to milk and sugar, pour on the meal beating vigorously until smooth, now lastly add the whites; bake in a cake pan, well buttered, or in gem pans. A quick oven is required.

Southern Corn Bread.

2 cupfuls of flour.	3 teaspoonfuls of baking powder.
2 cupfuls of cornmeal.	2 eggs.
2 cupfuls of Campbell's milk.	$\frac{1}{3}$ cupful of sugar.
1 teaspoonful of salt.	
1 tablespoonful of butter.	

Mix flour, cornmeal, salt, baking powder and sugar together. Melt the butter and stir in. Beat the eggs quite stiff. Pour one cup of milk on the eggs, stir them in, and then add the rest of the milk. Stir quickly a few times. Have pan well buttered and warm. Put in a hot oven and bake twenty minutes.

Egg Bread.

1 cupful of white meal.	1 cupful of Campbell's milk.
1 teaspoonful of salt.	3 eggs.
1 teaspoonful of sugar.	1 heaping teaspoonful of baking powder.
Butter size of an egg.	
2 cupfuls of boiling water.	

Sift into a bowl the meal, salt and sugar. Add one lump of nice butter, then scald with two cupfuls of boiling water, stir rapidly until the meal becomes a smooth batter, add the milk, then the eggs, beaten light. Dissolve one heaping teaspoonful of baking powder in a small quantity of milk and stir it briskly into the egg bread. Pour into well-buttered earthenware baking dish and bake in quick oven thirty minutes.

Graham Bread.

1 quart of Graham flour.	Butter the size of a walnut.
1 teacupful of rye flour.	1 pint of milk.
1 teacupful of wheat flour.	$\frac{1}{2}$ pint of water in which has
$\frac{1}{2}$ teaspoonful of salt.	been dissolved one com-
3 tablespoonfuls Porto Rico molasses.	pressed yeast cake.

Sift rye and wheat flour, sift Graham flour and save the bran, mix all the flour and bran together. Make a well in the center of it, have the milk and water luke warm, add butter, salt, molasses, milk, water and yeast, mix all thoroughly together and set in a warm place to rise. When well risen mix or knead well but do not use any more flour, put in greased

pans to rise again, when light bake in a moderately quick oven about forty-five minutes.

Rice Bread.

Allow one pound of rice to four pounds of wheat flour. The rice must be boiled in Campbell's milk until tender enough to mash. Mix the rice into the flour just as you would rub lard into it. Dissolve a cake of yeast in a quart of warm milk and pour it into the rice and flour with two tablespoonfuls of salt and three of sugar. The dough should be quite soft to the touch. Knead well and set to rise over night. In the morning knead thoroughly and make into loaves. Put into buttered tins. Let them rise to twice their bulk and then bake one hour in a moderate oven. This receipt makes four loaves.

Breakfast Rolls.

1 pint of Campbell's milk.	Piece of butter size of a small
1 teaspoonful of sugar.	egg.
$\frac{1}{2}$ cake of yeast.	

Scald the milk into which the sugar and butter have been stirred. Let cool, and then add flour to make a soft sponge and the yeast dissolved in a quarter of a cup of lukewarm water. Stir all together with a spoon and set in a warm place to rise. When light, roll out without kneading, cut into rounds and fold each round so that one side laps half over the other. Put into a tin, stand again in warm place and when risen bake in a tolerably hot oven three-quarters of an hour.

Custard Rolls:

For Tea or Dessert.

1 quart of Campbell's milk.	1 teaspoonful of ground cin-
4 eggs.	namon.
1 cupful of sugar.	2 tablespoonfuls of butter.
1 teaspoonful of salt.	6 stale milk rolls.

Mix milk, eggs, salt and half of the sugar together and beat two minutes. Divide each roll into two parts and grate off all the crust. Mix these crumbs with the remaining sugar and cinnamon. Lay the rolls in the custard and let them soak but not too soft to handle. Take them out carefully and dip into the crumbs covering each roll entirely. Heat the butter in a large frying pan and fry the rolls a rich brown. If for dessert they should be eaten with wine sauce.

Parker House Rolls.

2 quarts of flour.	1 tablespoonful of butter.
1 pint of Campbell's milk.	Little salt.
1 egg.	$\frac{1}{2}$ cake of yeast.
2 tablespoonfuls of sugar.	

Boil the milk, put the butter in it, let it cool, then put it in the flour with the yeast, sugar, egg, etc. Mix thoroughly with your hands and knead twenty minutes. Put to rise till quite

light, then roll out until about half an inch thick, cut round, spread with butter and turn over, let rise again about two hours till very light and bake very quickly in a hot oven.

White Mountain Rolls.

4 cupfuls of flour.	2 tablespoonfuls of sugar.
1 cupful of Campbell's milk.	$\frac{1}{4}$ cupful of butter.
$\frac{1}{3}$ of a yeast cake dissolved in a little lukewarm water.	$\frac{1}{2}$ teaspoonful of salt. White of 1 egg, beaten stiff.

Have the milk warm. First place the flour in the bowl, then add the melted butter, warm but not hot, then the salt, sugar, yeast and milk. Mix well, then add the white of the egg, mix in thoroughly with your hand. Let them rise over night. In the morning shape them and bake in a quick oven after they have stood in moderately warm place for half an hour.

Raised Biscuit or Rolls.

4 good-sized boiled potatoes.	Piece of butter size of a small
1 pint of Campbell's milk.	egg.
Pinch of salt.	$\frac{1}{4}$ cake of yeast.

Grate fine four good-sized boiled potatoes, and stir into one pint of scalded milk. Add a piece of butter the size of a small egg (melted), a pinch of salt, and when the mixture is lukewarm add one-quarter of a cake of compressed yeast, dissolved in a little warm water. Stir in flour to make a sponge the consistency of rather thin bread sponge. Let stand over night in a moderately warm room, covered with the moulding board and protected from draughts. In the morning add soda the size of a pea, and mix into biscuit, not rolling out the sponge, but shaping with the fingers on the moulding board as one would shape loaves of bread. When the biscuit are again light bake in a pretty hot oven three-quarters of an hour. This recipe has never failed to produce wholesome and delicious hot-bread, superior in many respects to much shortened and sweetened hot rolls.

Raised Biscuit. No. 2.

$1\frac{1}{2}$ pints of flour.	2 teaspoonfuls of sugar.
1 teaspoonful of salt.	

Pour on the above, boiling water sufficient to scald the flour. Let stand until lukewarm. Then stir in a small tablespoonful (even full) of "emptyings," or a quarter of a cake of compressed yeast dissolved in a little warm water. Let all stand until light, four of five hours. Scald three pints of milk. When about blood warm add one tablespoonful of sugar. Stir into the sponge together with a pint of grated potatoes. Stir in as much flour as you can with a spoon and let rise again. When light break off small pieces of the sponge and mould into biscuits or long rolls. Put in a pan and set in a warm place. When risen bake in a fairly hot oven three-quarters of an hour.

Morning Biscuit.

1 quart of flour.	1 pint of sour milk.
$\frac{1}{2}$ teaspoonful of salt.	$\frac{1}{2}$ teaspoonful of soda.
2 tablespoonfuls of yeast.	

Put the soda into the milk at the moment you are ready to mix it, then work it into a dough very thoroughly. Rub into dough, half a cupful of butter, knead thoroughly and then cut off small bits and shape them into biscuits. Lay them in the bake pan, cover closely with a bread cloth and let them stand over night in a warm place in winter and a cool place in summer. Bake in the morning for breakfast.

Democrats.

2 eggs.	2 teaspoonfuls of cream of tartar.
2 cupfuls of Campbell's milk.	Salt.
2 small cupfuls of sugar.	4 cupfuls (even) of flour.
1 tablespoonful of butter.	
1 teaspoonful of soda.	

Beat the whites and yolks of the eggs separately. To the yolks add the sugar, then the milk, melted butter, soda, etc., lastly the whites of the eggs and the flour.

Muffins.

1 quart of flour.	Piece of butter the size of a small egg.
1 pint of Campbell's milk.	2 heaping teaspoonfuls of baking powder.
3 eggs.	
$\frac{1}{2}$ teacupful of sugar.	

Mix butter and sugar together, add the eggs, that have been well beaten. Mix the baking powder well in the flour and add some of it to the other ingredients, then some of the milk and so on till the full quantity of each has been used up. Beat all thoroughly and bake from fifteen to twenty minutes in well-buttered gem pans that have been heated very hot.

Raised Muffins.

3 pints of Campbell's milk.	$\frac{1}{2}$ cake of yeast.
3 eggs.	2 quarts of flour (scant).
1 tablespoonful of sugar.	1 teaspoonful of salt.
1 tablespoonful of butter.	

Mix butter and sugar, add beaten eggs, then part of the flour and some of the milk and so on until all has been used up. Dissolve the yeast in about two tablespoonfuls of warm water and put in the last thing. Beat all hard and let stand over night. If, in the morning, it smells "yeasty," dissolve a scant half teaspoonful of soda in a little water and mix well in the batter. Then pour in hot, well-buttered gem pans and bake quickly.

Raised Muffins. No. 2.

3 pints of Campbell's milk.	1 large tablespoonful butter.
1 egg.	$\frac{1}{2}$ teaspoonful of salt.
1 yeast cake.	Flour.
1 tablespoonful of sugar.	

Mix the sugar, salt, melted butter and yeast (dissolved in a little lukewarm water), in the milk, then add enough flour to make a light, spongy dough. Set to raise over night, and in the morning beat light and bake on an evenly-heated griddle in well-greased muffin rings, a delicate brown. Turn once only.

German Muffins.

1 pint of Campbell's milk.	1 cake of yeast.
1 large tablespoonful of butter.	Flour.
	Salt.

Mix a dough of the milk, yeast, butter, salt and flour to make it like a bread dough. When risen add enough flour to roll out very lightly to one and one-half inches thick, with the hands, cut out with biscuit cutter and let rise like doughnuts. Into a deep, old-fashioned frying pan put a large cup of boiling water, one tablespoonful of salt, three of lard. When boiling put in as many as there is room for and cover closely until done. The steam raises them and the lard fries them brown on one side and the salt flavors them.

Old English Crumpets.

For Two Dozen.

5 cupfuls of flour.	1 teaspoonful of salt.
1 scant cake of yeast.	1 tablespoonful of sugar.
$\frac{2}{4}$ cupfuls of Campbell's milk.	3 tablespoonfuls of butter.

Let them rise twice. Bake in muffin rings in a moderate oven.

Graham Gems.

Graham flour.	1 cupful of Campbell's milk.
1 egg.	1 cupful of water.

Essentials for these gems are pure, sweet milk, fresh eggs, best grade of flour and cast iron gem pans.

Place the gem pan on the top of the stove in front. Break into a good-sized earthen mixing bowl an egg, beat well and add the milk and the water, both of which must be ice cold. Stir this lightly and sift in through the fingers of the left hand the Graham flour, stirring with the right hand to prevent lumping, to the consistency of stiff pancake batter. Beat it well at the last to aerate it, as, having no baking powder or yeast, it depends on the air beaten into it, to help to make it light. Now, lightly and quickly, grease the pan, which should be smoking hot, and drop in the batter, nearly filling the cups. Be as quick as possible about it and place the gem pan immediately in the oven, closing the door without jarring the stove. Bake from eighteen to twenty-five minutes according to the oven. They should be light and often crack open.

These gems are very wholesome and form a hygienic breakfast with fruit sauce or baked apples. Physicians recommend them for thin, ill-nourished people and with milk they are excellent for children. They should be broken and never cut with a knife. Good hot or cold.

Graham Gems. No. 2.

1 cupful of Graham flour.	2 teaspoonfuls baking powder.
1 pint of Campbell's milk.	
1 cupful of wheat flour.	1 teaspoonful of salt.
2 eggs.	

Beat the eggs and stir the milk in with them, then add the flour in which the baking powder has been mixed, salt, etc. Beat all very thoroughly and bake in hot gem pans in a quick oven.

Indian Gems.

2 cupfuls of Campbell's milk,	2 eggs.
scant.	2 tablespoonfuls of sugar.
1 cupful of wheat flour.	2 teaspoonfuls of baking powder.
1 cupful of Indian flour.	

Mix both kinds of flour and baking powder together, add the sugar. Beat the eggs and stir in the milk, then put all together and beat well. Bake in hot gem pans about fifteen or twenty minutes.

Hominy Cakes.

Mix with cold boiled hominy an equal quantity of wheat flour until thoroughly blended. Add a teaspoonful of salt and thin with buttermilk into a portion of which a teaspoonful of soda has been dissolved. When of the consistency of griddle cakes add a dessertspoonful of melted butter and bake on a hot griddle.

Buns.

2 pounds of flour.	$\frac{3}{4}$ pint of Campbell's milk.
6 ounces of brown sugar.	$\frac{1}{2}$ pound of butter.
$\frac{1}{4}$ cake of yeast.	

Mix the sugar with the flour, make a well in the center, put in the yeast dissolved in a gill of water, add the milk, lukewarm, as for bread, and stir in flour enough to make it of the consistency of cream. Cover with a cloth and set it in a warm place. It will be light in about one and one-half hours. Melt the butter, but do not allow it to oil. Stir it into the other ingredients with enough warm milk to make it into a soft dough. Then mould it into buns, the size of an egg. Lay these in rows, at least three inches apart. Set to rise until they are double in size. Bake in a quick oven and when done touch the tops with a little milk. They should bake in twenty minutes.

Hot Cross Buns.

As Made by a Famous London Baker.

Take one pint of milk and the same quantity of hot water. Pour them together and keep them at a temperature of 90 degrees. Take six ounces of white or light brown sugar and mix it with a tablespoonful of flour and two ounces of compressed yeast and the milk and water. Set this to rise in a warm, but

not a hot place. While it is fermenting rub ten ounces of butter and lard in the proportions of about six of lard and four of butter into six ounces of white or light brown sugar, such as previously used, add half an ounce of best mixed spice and in twenty or thirty minutes after the ferment has fallen knead it and the mixture prepared into about four pounds of flour. The quantity of flour varies slightly according to the quality. The dough should be soft as for biscuits. This quantity will make twenty-four buns, six to the pound. Let it rise for an hour, knead it again, set to rise for twenty minutes and then put into the oven.

Coffee Cake.

A German Receipt.

1½ pounds of flour.	6 eggs.
¾ cupful of butter.	Cake of yeast.
2 cupfuls of Campbell's milk.	¾ cupful of sugar.

Mix flour, milk and yeast the night before; when risen in the morning add the other ingredients, beat all well, let rise, put into a hot tin, let it rise again a little. Bake in a moderate oven.

Cinnamon Cake.

2 pounds of flour.	2 eggs.
½ pound of butter.	2 cakes of yeast.
1 pint of Campbell's milk.	Cinnamon.
1 tablespoonful of sugar.	Almonds.

Mix three-fourths of the flour with nearly all the milk, in which the yeast has all been dissolved. When risen, add the butter and eggs and one scant tablespoonful of sugar and the rest of the milk and beat all the dough thoroughly. Put in a square, low pan and when risen again, strew over it almonds cut fine, sugar and cinnamon and bits of butter, and bake carefully until done in a moderate oven. Should the flour be very dry a little more milk can be used.

Hefen Torte.

¼ pound of butter.	2 tablespoonfuls Campbell's cream.
6 eggs.	3 teaspoonfuls of baking powder.
1¼ pounds of flour.	Nuts, apples, currants or raspberries.
1 large tablespoonful of sugar	
1½ cakes of yeast dissolved in 2 tablespoonfuls of Campbell's milk.	

Place one-half of this dough in a flat pan and strew on it cut nuts, sugar, grated bread crumbs, chopped apples, currants, raspberries, cherries or any boiled fruit. Lap over the other one-half of the dough and cover and close up edges. Spread the top with melted butter, sugar and cinnamon and bake in a moderate oven.

Radan Kuchen.

A German Receipt.

1 pound of flour.	2 cupfuls of Campbell's milk.
¼ pound of butter.	1 cake of yeast.
6 eggs.	Almonds and citron.
4 tablespoonfuls of sugar.	

Mix flour, milk and yeast the evening before. In the morning add the other ingredients, beat well, pour into a buttered mould, in the bottom of which strew cut almonds and citron, let it rise again, bake well in a moderate oven.

Rusks.

An English Receipt.

1 pound of flour.	2 ounces of loaf sugar.
2 ounces of butter.	3 eggs.
$\frac{1}{4}$ pint of Campbell's milk.	1 tablespoonful of yeast.

Put milk and butter into an enameled saucepan and keep shaking it over the fire till the butter is melted. Mix flour and sugar well together, add the eggs, well beaten, drop in the yeast and then alternate the milk and butter with the sifted flour until all the liquid is used, when work the remainder of the flour into a smooth dough. Let it rise, knead it when light, divide it into a dozen pieces and bake in a quick oven.

Sally Lunn.

2 cupfuls of sifted flour.	2 eggs.
1 tablespoonful of melted butter.	2 cupfuls of Campbell's milk.
	$\frac{1}{3}$ cake of yeast.

Beat the whites and yolks of the eggs separately, the whites to be whipped to a stiff froth. Mix all the ingredients together, set it to rise in a warm place. Then place it in a shallow buttered pan and bake in a quick oven.

Waffles.

1 quart of Campbell's milk.	$1\frac{1}{4}$ pounds of flour.
5 eggs.	$\frac{1}{2}$ pound of butter.

Mix well. Have your waffle irons ready and hot, buttered on both sides, bake. As each is baked sift sugar and cinnamon over and serve hot.

Wiggs.

An English Tea Cake.

1 pint of Campbell's cream.	2 dessertspoonfuls of good
1 pound of flour.	liquid yeast.

Cover it up and set it before the fire one or two hours or until it is light. Then work into it four ounces each of sugar and butter and one dessertspoonful of caraway seed. Make them into little round cakes or wiggs and bake in a quick oven.

TOAST.

Cut the bread in slices half an inch thick. Place them on a toasting fork and hold them near the fire, preferably in front, shaking the fork continually to prevent the crust from catching

or bending. The majority of cooks prefer to make toast from bread that is at least a day old, but with a good fire toast may be made from bread that is fresh. It should never be dried before toasting.

Cream Toast.

Having toasted the bread lay the slices of toast in a deep dish, and make a sauce as follows: Cream two tablespoonfuls of flour and two tablespoonfuls of butter together until smooth. Heat half a pint of Campbell's cream and a pint of Campbell's milk to the boiling point, stir in the butter and flour and stir until the mixture thickens, adding salt to taste. When it is of the consistency of very thick cream take from the fire and add two eggs, beaten light (yolks and whites together). Stir well and pour over the toast. Serve very hot. This milk toast is very different from the "dopy" article sometimes served under the same name.

Milk Toast.

Toast ten slices of bread (bakers' preferred) till a nice brown, butter them slightly and lay on a platter in a hot place while a scant quart of Campbell's milk is boiling, thickened a little with a good tablespoonful of cornstarch (wet with a little cold milk). Put some boiling water, with a little salt in it in a vegetable dish. Take the bread, a slice at a time, with a fork and just dip in the water and put back on the platter, then pour the boiling milk over and serve at once very hot.

French Toast.

Make a very thin batter of eggs, Campbell's milk and flour. Dip slices of stale bread into it and fry on hot griddle. Serve with powdered sugar. Or the bread may be cut into narrow strips and after being fried served as sandwiches with layers of currant or other slightly acid jam between.

CAKE.

Good cake requires a lavish expenditure of expensive materials. Butter, eggs, fruit and flour must be of superior quality. Care must be used in proportioning and in mixing the ingredients and the oven must be regulated so as to secure the heat that will produce the effect contemplated by the receipt given.

Flour must always be sifted. Butter and sugar are usually creamed. Opinions differ as to the sugar which it is best to use. Some receipts call for powdered, others for granulated, while many cooks give the preference to light brown and work it to whiteness. Granulated and loaf sugar are freest from adulter-

ation, but they are hard to cream. With all sugars it is necessary to test the degree of sweetness, as different refineries make grades varying greatly, so that no exact rule can be given. Old cook books direct that all ingredients be warmed before mixing.

Coffee Cake.

- | | |
|--|--|
| 1 pint of flour. | 1 teaspoonful of baking powder. |
| 1 tablespoonful of butter. | $\frac{1}{2}$ teaspoonful of salt. |
| 1 cupful of sugar. | 1 teaspoonful each of cloves, cinnamon and allspice. |
| $\frac{1}{4}$ cupful of Campbell's milk. | $\frac{1}{2}$ cupful of sultana raisins. |
| 1 egg. | |
| $\frac{1}{4}$ cupful of strong coffee. | |

Sift the flour, salt and baking powder together into a bowl, cut into this, with a knife, the butter. Beat the egg, add it to three-fourths of the cupful of sugar, add this to the flour and butter and mix to a stiff dough with the coffee and milk. Dredge a bread board with flour, roll the dough into a long strip half an inch thick. Mix the remaining sugar, spices and raisins together, spread this on the dough. Roll up like a jelly roll, cutting off in pieces half an inch thick, place in a pan cut side down. Bake in a hot oven about fifteen minutes or until light brown.

Bread Cake.

- | | |
|----------------------------------|-------------------------------------|
| 2 ounces of butter. | 2 eggs. |
| 2 ounces of sugar. | Nutmeg or other flavoring to taste. |
| 8 ounces of currants. | Bread dough. |
| 1 teacupful of Campbell's cream. | |

Take enough light bread dough to make a small loaf of cake. Work the butter and sugar thoroughly into it, add the eggs well beaten, then the cream and last of all the fruit well flavored. Citron, sultanas or caraway seeds may be substituted for the currants.

Cookies.

- | | |
|---------------------------------------|--|
| 2 cupfuls of sugar. | Nutmeg. |
| 2 eggs. | Flour to make a soft dough, yet stiff enough to roll well. |
| 1 cupful of sour cream or buttermilk. | 1 teaspoonful of soda. |
| 1 cupful of butter. | |

Cream the butter and sugar, add the eggs, well beaten, nutmeg, buttermilk or cream and lastly the soda dissolved in hot water. Bake in a quick oven.

Crullers.

- | | |
|------------------------------|--|
| 2 cupfuls of sugar. | 2 heaping teaspoonfuls of baking powder. |
| 1 cupful of Campbell's milk. | Flour enough to make a dough that will roll out. |
| Butter size of an egg. | |
| Nutmeg. | |
| 1 egg. | |

The secret of good crullers is in having just the right quantity of butter. Too much shortening will cause them to soak fat, too little makes them tough. The dough should be of the

consistency required for biscuits. Fry in pure lard, which must be smoking almost to scorching point. Crullers can be cooked to perfection in a large skillet or frying pan deep enough to hold sufficient lard in which they can float. Turn them with a silver knife thrust through the ring, taking care not to break or puncture them. They are done if they dry instantly on being lifted out of the fat.

Cup Cake.

- | | |
|----------------------|---|
| 3 eggs. | 1 heaping teaspoonful of bak-
ing powder. |
| 1½ cupfuls of sugar. | 1 teaspoonful of lemon or
vanilla extract. |
| 1 cupful of milk. | |
| ¾ cupful of butter. | |

Cream together the butter and sugar, beating with a spoon until it is a creamy white mass; add yolks of eggs and flavoring, now add the milk. Sift flour and mix baking powder in it, add flour and last the beaten whites of eggs. Add one thing at a time and beat until thoroughly mixed, grease a pan and line with paper, bake in a moderately hot oven and try with a broom straw, about fifty minutes; a cup of nut meats may be added and a very nice cake be the result.

Doughnuts.

- | | |
|----------------------------|--|
| 3 eggs. | 1 cake of yeast. |
| 1 small cupful of sugar. | 1½ pints of Campbell's milk. |
| 1 tablespoonful of butter. | Flour enough to make a stiff
dough. |
| 1 tablespoonful of lard. | |

Heat the milk until it is lukewarm. Dissolve the yeast in it. Mix the flour and set it to rise over night. In the morning add the eggs, well beaten, and the sugar and butter and lard. Roll out and cut into very small pieces. Fry in lard which is smoking hot.

Oly Koeks or Dutch Doughnuts.

Pronounced O-lee-cook.

- | | |
|------------------------------|---------------------------------------|
| 1 cupful of sugar. | 3 teaspoonfuls of baking pow-
der. |
| 1 large spoonful of butter. | Flour to make a soft dough. |
| 2 eggs. | Raisins. |
| 1 cupful of Campbell's milk. | |
| 1 teaspoonful of salt. | |

Do not roll but break off the dough and place in the middle of each piece three or four raisins; mould round with the hands and fry in hot lard, covering with fine sugar when cold.

Ginger Bread.

- | | |
|---|--|
| 1 cupful of sugar. | 1 teaspoonful of baking pow-
der. |
| 1 cupful of butter. | 2 cupfuls of flour, measured
before sifting. |
| 1 cupful of Campbell's milk
(sweet or sour). | Spice to taste (ginger and all-
spice are best. |
| 1 cupful of molasses. | |
| 2 eggs. | |
| 1 teaspoonful of soda. | |

Mix the butter and sugar together until creamy. Beat the soda into the molasses until very light and add to the butter and

sugar. Beat the eggs very light and add next. Then put in the milk. Sift the baking powder and flour together into the mixture and beat thoroughly. Stir in the spice last. Bake in a moderately quick oven. Ginger bread is best hot.

Layer Cake.

1 cupful of sugar.	1 teaspoonful of baking powder.
½ cupful of butter.	1 teaspoonful of vanilla,
2 eggs.	lemon, rosewater or ½ tea-
½ cupful of Campbell's milk.	spoonful of almond.
2 cupfuls of flour.	

Mix according to general directions. Spread smoothly in well-buttered, shallow tins and bake in a very hot oven.

Banana Cake.

½ cupful of butter.	1 cupful of Campbell's milk.
2 cupfuls of sugar.	3 cupfuls of flour.
3 eggs.	3 teaspoonfuls of baking powder.
½ teaspoonful of salt.	
1 teaspoonful of vanilla.	

Cream the butter and sugar, add the eggs, well beaten, the salt and flavoring and blend thoroughly. Add the milk and the flour and baking powder sifted together, and beat thoroughly. Bake in four layers in a quick oven.

Filling.

6 bananas.	Juice of ½ lemon.
½ teaspoonful of nutmeg, grated.	1 pint of Campbell's cream.
3 tablespoonfuls of sugar.	Scant ½ cupful of sugar.
	1 teaspoonful of vanilla.

Peel the bananas, scrape the outer surface off and slice them on to three layers of the cake. Sprinkle the same with the sugar and nutmeg, mixed, and the lemon juice. Whip the cream, sweetened and flavored, stiff, and spread lightly on the three layers already fixed. Put the layers together; place fourth layer on top and spread thickly with cream.

Chocolate Filling.

1 cupful of granulated sugar.	½ cake of chocolate (unsweetened).
¼ teacupful of water.	
1 teaspoonful of vanilla.	

Grate the chocolate with the syrup formed by the sugar and water. Beat it until thick and smooth and continue doing so until it is cold. This makes a very thick filling which hardens into the consistency of candy when cold.

Chocolate Filling. No. 2.

1½ cupfuls Campbell's milk.	1 cupful of sugar.
¼ cake of Baker's chocolate, grated.	1 teaspoonful of cornstarch.
1 egg.	1 teaspoonful of vanilla.

Mix the chocolate, egg, sugar, cornstarch and stir into the milk as soon as it boils. Boil all until thick and flavor after it is taken from the stove.

Cream Cake.

2 cupfuls of flour.	$\frac{1}{2}$ cupful of butter.
2 teaspoonfuls of baking powder.	3 eggs.
1 cupful of sugar.	$\frac{3}{4}$ cupful of Campbell's milk.
	Flavor with vanilla.

Cream Filling.

1 pint of Campbell's milk.	3 tablespoonfuls of sugar.
2 eggs.	$\frac{1}{2}$ teaspoonful of salt.

Mix one heaping teaspoonful of cornstarch with a little cold milk and add slowly. Boil two or three minutes in a rice pail, stirring constantly. When cool flavor with vanilla and spread between layers.

Ice Cream Cake.

1 cupful of butter.	$\frac{1}{2}$ teaspoonful of soda and 1
2 cupfuls of sugar.	teaspoonful of cream of
1 cupful of Campbell's milk.	tartar.
2 cupfuls of flour.	Or 2 teaspoonfuls of baking
1 cupful of cornstarch.	powder.
8 eggs (whites).	

Cream your butter and sugar. Mix starch, flour, soda and cream of tartar together, and add to the other ingredients; flavor with vanilla. Beat eggs stiff and add last.

Icing.

Boil two cupfuls of sugar, and one-half cupful of water seven minutes; don't stir. Beat the whites of three eggs stiff; pour the syrup on the beaten whites while boiling hot and beat all the time until quite cool. Then add a little vanilla and a quarter of a teaspoonful of cream of tartar. Spread thick on layers and on top of the cake.

Swiss Nut Cake Filling.

2 cupfuls of Campbell's milk.	3 eggs.
1 cupful of sugar.	1 cupful of nuts (shelled).
1 tablespoonful of cornstarch.	1 teaspoonful of vanilla.

Put the sugar and milk together and set them on to boil. At boiling point stir in the cornstarch, previously dissolved in two tablespoonfuls of milk. When the mixture thickens add the yolks of the eggs, well beaten, and then the nuts, rolled fine, last of all the vanilla.

Soft Molasses Cake.

2 cupfuls of sour cream.	2 cupfuls of molasses.
$\frac{1}{2}$ cupful of brown sugar.	2 teaspoonfuls of ginger.
2 heaping teaspoonfuls of saleratus (not soda or baking powder).	1 teaspoonful of cinnamon.
	Sifted flour to make a thick batter.

Mix well in the order in which the ingredients are given, except that the saleratus, which should be dissolved in a little hot water, should not be added until some of the flour has been beaten in. Eggs are not required and should not be used with this receipt. Bake in broad shallow pans, or in paté pans, in not too hot an oven.

Nut Cake.

1 pound of flour.	6 eggs.
1 pound of sugar.	3 teaspoonfuls of baking powder.
1 cupful of butter.	
1 cupful of Campbell's milk.	

Cream butter and sugar. Beat the eggs separately and add milk, then flour, etc. Have ready a quart of hickory nut meats, well floured and add the last thing before putting in the pan.

Gem Shortcake.

Make a batter, nearly as soft as for griddle cakes, of wheat flour and Campbell's milk, a small teaspoonful of salt, one egg and two spoonfuls of melted butter, and bake quickly in well buttered and very hot gem pans. When done break, but do not cut them open. Lay them in a deep platter and pour over them strawberries, raspberries or any kind of fruit preferred. Cover with sugar and serve with Campbell's cream.

Strawberry Shortcake.

1 pint of flour.	$\frac{1}{2}$ teaspoonful of baking powder.
Pinch of salt.	
$\frac{1}{4}$ cupful of butter.	1 pint of Campbell's milk.

Work the butter into the flour into which the salt and baking powder should have been well sifted. Mix with a knife. Add milk enough to make a dough as for biscuits. Flour board and roll out to one-half inch thickness. Short cake is a hard dessert to serve as when cutting it the berries will roll off, therefore cut the dough with a tumbler and lay the rounds in a baking pan two together with a little butter between, which makes them easy to split. Bake in hot oven for ten or fifteen minutes. In the meantime pick one quart of berries into a bowl and sprinkle with sugar. When the cake is done, split, lay strawberries on under cake, then put one on top and more strawberries, but butter the top cake slightly first. Then set in oven for a couple of minutes. Remove from oven, sift powdered sugar on top and serve with cream or whipped cream.

Spanish Bun.

Brooklyn Style.

$1\frac{1}{4}$ cupfuls of brown sugar.	3 eggs (yolks).
$\frac{1}{3}$ cupful of butter.	$1\frac{1}{2}$ teaspoonfuls each of baking powder, cloves and cinnamon.
$1\frac{1}{2}$ cupfuls of flour.	
1 cupful of Campbell's milk.	
$\frac{1}{2}$ nutmeg.	

Bake in layers and put together with the following: Beat the whites of the eggs to a stiff froth, add a medium-sized cup of brown sugar. Spread it thick between the layers. This cake is to be eaten the same day it is baked.

Snow Balls.

2 cupfuls of sugar.	3 teaspoonfuls of baking powder.
$\frac{1}{2}$ cupful of butter.	5 eggs (whites).
1 cupful of Campbell's milk.	
3 cupfuls of flour.	

Beat butter and sugar together; add milk, then flour with baking powder mixed thoroughly in it, then the beaten whites, and stir all well. Bake in deep square tins. The following day cut in two-inch squares, taking the outside crust off. Hold each piece on a fork and frost on all sides. Then roll in freshly-grated cocoanut.

Peanut Wafers.

2 quarts of rolled peanuts.	2 cupfuls of sifted flour.
$\frac{1}{2}$ cupful of butter.	$\frac{3}{4}$ cupful of Campbell's milk.
1 cupful of sugar.	$1\frac{1}{2}$ teaspoonfuls of vanilla.

Spread with a knife on buttered tins very thin, sprinkle with peanuts. Bake in quick oven, cut in squares and remove immediately.

Wedding Cake.

\$100 Prize.

12 eggs.	1 tablespoonful of bakers' yeast, or $\frac{1}{4}$ cake of compressed yeast dissolved in a tablespoonful of water.
1 pound of butter.	1 teaspoonful of saleratus.
1 pound of flour.	1 ounce of mace.
$1\frac{1}{2}$ pounds of brown sugar.	1 ounce of cinnamon.
3 pounds of raisins.	$\frac{1}{2}$ ounce of cloves.
3 pounds of currants.	$\frac{1}{4}$ ounce of allspice.
1 pound of citron.	2 nutmegs (grated).
1 pint of New Orleans molasses.	
$\frac{1}{2}$ pint of Campbell's milk.	
$\frac{1}{2}$ pint of brandy.	

A little system makes the preparation of this elaborate cake much easier than it would otherwise be. The butter and sugar may be creamed the day before and set in the ice-chest and the fruit may be stoned and chopped and dredged with flour. This latter performance should always be gone through with in making cake containing fruit, else the fruit will settle at the bottom of the loaf. When the time comes for putting the cake together, the ingredients should first be placed on the kitchen table within easy reach. The butter and sugar should be creamed in an earthenware bowl with a wooden spoon. The result will be more satisfactory if the sugar is added to the butter by slow degrees. When smooth and light add the brandy, and beat until the whole mass is creamy. Then add the fruit, which has been dredged with the flour and has had the spices stirred through it. In stoning the raisins it is well to remember that if you pour hot water over them and let them stand in it while you are stoning the labor will be much lessened. The "steam-cleaned currants" require no preparation. The citron should be sliced into thin, transparent strips. After the fruit and spices are thoroughly blended with the butter and sugar, pour in the yeast, then the milk, then the soda, dissolved in a couple of tea-

spoonfuls of boiling water, then the molasses, then the beaten yolks of the eggs. Stir thoroughly for about ten minutes, then add the beaten whites of the eggs, which should be stiff. Cut these lightly through the mixture, stirring but little. Pour the cake into two deep pans such as used to be popular for "bread tins" and prepare your mind for the baking. If you are very inexperienced you will do well to take your cake to a baker's and have it baked for five cents a pound instead of running the risk of spoiling your material. If, however, you understand your ovens, there is no reason for your failing. Your pans should be lined with buttered white paper, and when the mixture is poured into them you will think it very thin, but no harm will result from that. The pans should be put on the bottom shelf of oven just hot enough to turn a piece of white paper a very light yellow after it has been shut up in them for five minutes. The cake should bake for about four hours at a steady temperature, and should be carefully watched and turned. During the last hour a sheet of brown paper may be laid over the top of it to prevent the crust from growing too dry. If these directions are carefully carried out, this cake will be found equal to the very best wedding cake ever baked. The yeast, which is the point of variance from the ordinary receipts, gives a deliciously spongy texture.

White Mountain Cake.

1 cupful of Campbell's milk.	1 pound of sugar.
6 eggs.	1 teaspoonful of vanilla.
½ pound of butter.	2 heaping teaspoonfuls bak-
1 pound of flour.	ing powder.

Beat the sugar and butter to a cream, add the yolks of eggs, the milk and half the flour. Beat the whites of eggs to a stiff froth and stir into the mixture, then add the balance of flour. This can be used for a layer cake, drop cakes or a plain cake. It makes two layer cakes of three layers each.

PUDDINGS.

With puddings, whether baked or boiled, more depends upon the proper cooking than upon either ingredients or mixing. A simple and effectual way of preventing baked puddings of the custard variety from boiling, which will always make them watery, is to set them in a pan of water. This has the same effect as a double boiler. There is a very expensive contrivance called a "bain marie," but it is far beyond the reach of the average householder and the pan of water answers the purpose equally well. The water should come within an inch of the top of the dish in which the pudding is to be cooked.

For boiled puddings an excellent substitute for a mould may be had in a china bowl which should be tied securely in a cloth, room being allowed for the pudding to swell. Puddings cooked

in bowls require considerably longer time than when placed in tin or merely in a cloth.

No pudding containing suet can be boiled properly in less than two hours. Fruit should always be floured as for cakes and where fresh fruit has to be washed it should be made as dry as possible and allowance made for the additional moisture, where the receipt calls for fresh fruit.

The rule for mixing batter is to use equal quantities of flour and liquid. For dough half as much liquid as flour. Batter should pour like molasses. Dough should hold a spoon.

For many boiled puddings bread crumbs make a lighter mixture than flour, though some flour should always be used to hold it together.

Almond Pudding.

2½ ounces of bread crumbs.	6 eggs.
1 pint of Campbell's cream.	3 ounces of sugar.
½ pint of sweet almonds (shelled).	1 ounce of butter.

Blanch the almonds and pound them to a paste by beating them in a mortar with a little water added to the nuts. Beat the yolks of the eggs and add the whites of three. Mix all the ingredients given together, put them in a double boiler over the fire and stir the mixture till it thickens. Allow it to cool and then bake it in a deep dish lined with puff paste.

Apple Custard.

Apples.	1 pint of Campbell's milk.
6 eggs.	Sugar and spice to taste.
1 pint of Campbell's cream.	

Pare and core the apples. Stew them till about half done. Put them in the bottom of a dish and cover with the custard. See that the cream, milk and eggs are thoroughly mixed. This is a delicious pudding when cold.

Baked Apple Pancake.

3 eggs.	Flour enough for a stiff pan- cake batter.
1 quart of Campbell's milk.	2 teaspoonfuls of baking pow- der.
Apples.	
1 scant cupful of sugar.	

Slice the apples very thin. Butter a pudding dish, lay the apples in it and pour the batter over them. Bake in a slow oven until done. Serve in portions cut out with a spoon. Sprinkle sugar and cinnamon over each portion when served and if liked two tablespoonfuls of Campbell's whipped cream.

Apple Pudding.

Butter a deep baking dish and fill three-quarters full with sliced apples. Take one pint of Campbell's milk, two eggs, one teaspoonful of baking powder, a little salt and add flour to make a batter like cakes, pour over the apples and bake until they are done. Serve with sauce.

Batter Pudding.

3 eggs.
1 pint of Campbell's milk.

1 pint of flour.

Whisk the yolks and whites separately. Bake in a hot oven one hour.

Sauce.

Cupful of boiling water, one cupful of sugar, let it boil. Tablespoonful of cornstarch, wet in milk, add one egg, beaten, and flavor with vanilla.

Bread Pudding.

An Old-Fashioned Receipt.

1 quart of Campbell's milk.
4 ounces of bread crumbs.
4 eggs.

1 teacupful of brown sugar.
Nutmeg, grated lemon peel or
cinnamon to taste.

Heat the milk to boiling point, pour it over the bread crumbs. Let it get cold, then add the eggs, well beaten, the sugar and the flavoring. Bake in a buttered dish.

Note.—A few raisins may be added. This pudding may be made dainty while still retaining the genuine bread pudding flavor, which is wholly distinct from that of the bread and butter pudding, by mixing the yolks only of the eggs with the pudding itself and using the whites for a meringue.

Bread and Butter Pudding.

1 quart of Campbell's milk.
4 eggs.
Salt.

4 tablespoonfuls of brown
sugar.
Nutmeg or vanilla to taste.

Cut the slices of stale bread about half an inch thick, butter them well but not too thickly. Lay them in a buttered dish, not too close together, pour the custard over them and bake in a moderate oven half an hour.

Carrot Pudding.

2 carrots.
Bread crumbs.
1 pint of Campbell's cream.
4 ounces of butter.
4 eggs, well beaten.

Sugar to taste.
A little nutmeg.
1 glass of brandy.
Puff paste.

Grate two raw, red carrots and mix with double the weight of bread crumbs to one and one-half pounds. Put one pint of cream, four ounces of butter, clarified, four eggs, well beaten, sugar to taste, a little nutmeg, grated and a glass of brandy. Line a dish with puff paste, pour in the mixture, put slices of candied lemon or orange on the top and bake in a moderately hot oven one hour.

Lemon Sauce.

½ cupful of butter.	The grated rind and juice of
1 cupful of sugar.	1 lemon.
1 egg.	Salt to taste.
1 tablespoonful cornstarch.	

Beat all together and add one-half pint of boiling water and let it thicken.

Chocolate Pudding.

1 quart of Campbell's milk.	4 tablespoonfuls of grated
4 eggs.	chocolate.
¾ cupful of sugar.	Vanilla to taste.

Scald the milk; wet the chocolate and stir in. Boil two minutes. Beat the yolks into the sugar and pour the hot mixture slowly upon them, stirring constantly, flavor and fill small cups which should be set ready in a dripping pan of boiling water. Do not have this pan too full or they will boil over the tops. Bake until firm. While they cool whip the whites to a stiff meringue with a little powdered sugar. When the custards are cold heap this upon the tops.

Cocoanut Pudding.

Make a nice custard with one quart of Campbell's milk, four eggs, well beaten, four tablespoonfuls of sugar, one cupful of cocoanut, bake in a moderate oven until set and nicely browned.

Corn Pudding.

9 ears of corn.	1 scant teaspoonful of salt.
3 eggs.	A little pepper.
1 pint of Campbell's milk.	Butter the size of a small egg.

Cut lengthwise through each row of kernels with a sharp knife. Then scrape each ear to remove the soft part of the corn, leaving the thin skin of the kernels upon the ear, as this hardens in cooking and becomes indigestible. Butter an earthenware baking dish, turn into it the scraped corn, beat through it the three eggs, yolks and whites together, add milk, salt, and pepper. Melt the butter and stir in at the last. Bake three hours in a moderate oven. If it becomes brown too soon, cover the dish with an earthenware or granite pie-plate (one large enough not to touch the corn.) This has been a family receipt for many years and has always been served as a vegetable, not as a dessert. Its chief distinction lies in the omission of sugar and in the preparation of the corn which produces a very delicate result. The quantities given make enough for six persons.

Cream Pudding.

1½ pints of flour.	1 cupful of Campbell's milk.
1 saltspoonful of salt.	6 ounces of sugar.
3 eggs.	1 pint of Campbell's cream.

Do not add the cream until just before putting into the oven. Flavor it to taste. Bake three-quarters of an hour.

Empress Pudding.

1 pound of rice.
4 ounces of butter.

6 eggs.
1 quart of Campbell's milk.

Boil the rice in the milk gradually until very soft, then add the butter, boil it for a few minutes after the latter ingredient is put in and set it by to cool. Whisk the eggs well, line a pie dish with puff paste, put over this a layer of rice, then a thin layer of any kind of jam, then another layer of rice; proceed in this manner until the dish is full, bake in a moderate oven for one hour. Can be eaten hot or cold. Serve with cream.

Fig Pudding.

3 cupfuls of milk.
6 figs.
 $\frac{1}{2}$ cupful of grated bread.

2 eggs.
3 tablespoonfuls of sugar.
Salt.

Pour milk over bread crumbs and sugar, cook figs, after being well chopped, in half a cupful of boiling water until all particles are separated (a few minutes will be sufficient); stir into milk, etc., add the yolks of eggs, thoroughly whipped. Bake in moderate oven about three-quarters of an hour.

Beat the whites of eggs to stiff froth and add two teaspoonfuls of powdered sugar; when pudding is removed from oven spread this over top, return to oven and slightly brown. Serve with liquid sauce.

Baked Indian Pudding.

1 quart of Campbell's milk
(saving out a cupful to add cold).
4 level tablespoonfuls of cornmeal.

1 scant cupful of molasses.
1 teaspoonful of butter.
 $\frac{1}{4}$ teaspoonful of cinnamon.
1 teaspoonful of salt.

Scald the milk and pour it on the meal; add other ingredients, and last of all, when dish has been placed in the oven, the cold milk, after which do not stir. Bake slowly for an hour or more. Raisins or sweet apples, cut in small pieces, improve this pudding. To be eaten cold with Campbell's cream.

Lemon Pudding.

10 ounces of bread crumbs.
1 quart of Campbell's milk.
2 ounces of butter.
 $\frac{1}{4}$ pound of sugar.

4 eggs.
1 tablespoonful of brandy.
1 lemon.

Bring the milk to the boiling point, stir in the butter and pour these hot over the bread crumbs, add the sugar and very finely minced lemon peel. Beat the eggs and stir these in with the brandy to the other ingredients. Put a puff paste round the dish and bake one hour. Serve hot.

Macaroni Pudding.

An English Receipt.

$\frac{1}{4}$ pound of macaroni.
1 pint of sherry.
2 lemons.
 $\frac{1}{2}$ pint of Campbell's milk.

$\frac{1}{2}$ pound of sultanas.
 $\frac{1}{2}$ pound of sugar.
 $\frac{1}{2}$ ounce of allspice.

Boil the maccaroni in the wine and lemon juice with the thin lemon rind until tender; add the milk and the eggs, well beaten, pour into a dish, and add the other ingredients. Cover with puff paste and bake twenty minutes.

Manchester Pudding.

6 ounces of bread crumbs.	Sugar to taste.
1 quart of Campbell's milk.	Puff paste.
1 slice of lemon peel.	Jam.
6 eggs.	3 tablespoonfuls of brandy.
3 ounces of butter.	

Flavor the milk with lemon peel. Strain it on the bread crumbs and boil for two or three minutes, add the eggs, leaving out the whites of three, the butter, sugar and brandy. Stir all these ingredients well together. cover a pie dish with puff paste and at the bottom put a thick layer of any kind of jam. Pour the above mixture on it, cold, and bake for one hour.

Ocean House Pudding.

4 tablespoonfuls each of sifted flour, sugar and melted butter.	6 eggs. Salt. Vanilla.
1 quart of Campbell's milk.	

Put the flour and sugar in a mixing bowl, and when the milk is boiling pour it on the flour, etc., a little at a time to prevent lumping, then add the butter and let cool. Beat the yolks of eggs and stir in it; then the last thing before putting in the oven, add the beaten whites, flavoring and salt. Mix all thoroughly. Butter an earthenware baking dish, pour in the mixture and set dish in a pan of water to bake. Bake from twenty to thirty minutes in a very hot oven. Serve with sauce, a hard sauce, stirred full either of strawberries or peaches preferred.

Orange Pudding.

12 ounces of stale sponge cake.	1 quart of Campbell's milk.
12 oranges.	1 pound of sugar.
	10 eggs.

Bruise the sponge cake into fine crumbs and pour upon them the milk, which should be boiling, rub four of the rinds of the oranges on sugar, add this with the juice of the remainder to the other ingredients, beat up the eggs, stir them in, sweeten to taste and put the mixture into a pie dish previously lined with puff paste. Bake about three-quarters of an hour. Turn it out of the dish and serve with sifted sugar.

Peach Pudding.

Peaches.	Teaspoonful of baking powder.
2 cupfuls of water.	1 cupful of sugar.
1 quart of Campbell's milk.	Tablespoonful of melted butter.
4 eggs.	
1½ cupfuls of flour.	

Fill the pudding dish with the peaches, peeled, but not cut. Pour the water over them and let them bake until tender. Drain

off the water. When the peaches are cool add the batter made of the ingredients as directed. Bake until a rich brown. Serve with a custard made with one pint of milk and three eggs.

Rice Pudding.

2 teacupfuls of rice.	$\frac{1}{4}$ pound of currants.
1 quart of Campbell's milk.	1 nutmeg.
6 eggs.	$\frac{1}{2}$ pound of sugar.
2 tablespoonfuls of brandy.	Lemon flavoring.
4 ounces of fresh butter.	

Boil the rice in water until tender, with a pinch of salt. When done let it be thoroughly drained. Beat the eggs, stir to them the milk, the butter, currants and other ingredients. Add the rice and mix all well together. Line the edges of the dish with puff paste, put in the pudding and bake for one hour in a slow oven. Serve with cream.

Scalded Flour Pudding.

2 tablespoonfuls of flour.	Currants.
1 pint of Campbell's milk.	Sugar and flavoring to taste.
2 eggs.	

Mix the flour smoothly into one gill of the milk. Put the rest on to boil. Add the currants, sugar and flavoring. Pour on the milk, hot. Stir well with a fork and let it stand until cold. Then add the eggs, well beaten. Pour the mixture into a buttered dish and bake half an hour in a rather quick oven.

Sponge Pudding.

$\frac{1}{4}$ cupful of butter.	$\frac{1}{4}$ cupful of sugar.
1 pint of Campbell's milk.	5 eggs.
$\frac{1}{2}$ cupful of flour.	

Mix sugar and flour with a little cold milk and stir into the boiling milk, let cook until it thickens and is smooth. Add the butter and when well mixed, stir it into the well-beaten yolks. Then add whites, beaten stiff. Bake in a hot oven. Place dish in pan of hot water while in oven. To be eaten with hard or liquid sauce as one prefers.

Tapioca Pudding.

$\frac{1}{4}$ cupful (small) of pearl tapioca soaked over night in cold water enough to cover it well.	6 tablespoonfuls of powdered sugar.
1 pint of Campbell's milk.	3 of these to be beaten in with the yolks and 3 with the whites of the eggs.
3 eggs.	Pinch of salt.
Scant teaspoonful of vanilla.	

Put the milk on to scald in a double boiler, not boil. When scalded add the tapioca, well drained, stir it through the milk and set it back a little while preparing the eggs. Beat the eggs until thick and add gradually the three tablespoonfuls of powdered sugar. Then remove the milk from the fire and pour it gradually on the beaten eggs and sugar, stirring it quickly and well. Return to the fire in the double boiler and stir until it

thickens like soft custard. The froth will leave it and the wooden spoon become coated with the custard when ready to remove it from the fire. Stir constantly till this is accomplished that it may be smooth and not too thick. Remove from the fire and flavor with the vanilla. Set away to get cool. Beat the whites of the eggs until light and foamy and add gradually the sugar, a tablespoonful at a time. Beat until the meringue is stiff. Put on top of the pudding, return to the oven and brown the meringue to a delicate brown. Put an asbestos mat under the pudding whilst in the oven.

Vermicelli Pudding.

Parboil half a package of vermicelli and pour over it a custard of one quart of milk, one-half pint of Campbell's cream, three eggs, one and one-half to two cupfuls of sugar, all beaten well. Flavor to taste and bake light brown.

Yorkshire Pudding.

To be Cooked under Roast Beef.

½ pound of flour.
2 eggs.

1 pint of Campbell's milk.
Salt.

Make these ingredients into a batter. When the meat is nearly done, about half an hour before it is ready to serve, take it from the oven, drain as much fat as possible from the pan, but do not wash it. Put the stand back into the center, place the meat upon it, pour the batter into the pan under the meat, set it back into a hot oven and cook half an hour, by which time it should be nicely browned. Serve on a very hot dish.

BOILED PUDDINGS.

Blackberry Pudding.

1 pint of Campbell's milk.
2 eggs, well beaten.
2 teaspoonfuls of baking powder.

A pinch of salt.
Flour enough to make a stiff batter.

Sift baking powder and flour together and make a stiff batter. Stir in one pint of blackberries. Steam one hour in buttered mould.

Note.—Strawberries, huckleberries, raspberries, currants or cherries may be cooked in the same manner. Cherries should not be stoned. This same receipt may be used for a pudding that is to be boiled and which may be cooked in an ordinary pudding bag. Serve with a liquid or hard sauce, whichever is preferred. An excellent sauce for these fruit puddings is made as follows:

1 small cupful of sugar.
Butter size of a walnut.

1 tablespoonful of flour.
2 tablespoonfuls of cold water

Beat all together and pour into half a pint of boiling water. Flavor with brandy, wine or lemon.

Cabinet Pudding.

The receipts for this pudding vary so much that it may be one of the richest that could be devised or it may be little more than a bread and butter pudding with fruit added and boiled instead of baked. One receipt for making it with gelatine and without cooking will be found in the division "Miscellaneous Desserts."

Sponge cake or lady fingers.	3 tablespoonfuls of sugar.
$\frac{1}{4}$ pound of macaroons.	Nutmeg.
$\frac{1}{4}$ pound of raisins.	1 pint of Campbell's milk.
$\frac{1}{4}$ pound of currants.	4 eggs.
$1\frac{1}{2}$ ounces of candied peel.	

Butter a mould and line it with the cake. Then put in layers of the cake and fruit alternately. Mix the eggs, sugar and milk as for a custard and pour it into the mould. Cover it closely and set in water. It may be cooked either on top of the stove or in the oven. It should be cooked in one hour. It may be served hot with a sweet sauce, or iced, when whipped cream is the proper accompaniment.

Farina Dumplings.

For Soup.

2 cupfuls of Campbell's milk.	2 eggs.
1 cupful of farina.	$\frac{1}{2}$ teaspoonful of salt.
1 tablespoonful of butter.	

Put the milk, farina and butter into a saucepan, set it over the fire and stir the mixture until it becomes a smooth paste. Turn it into a bowl, add the eggs well beaten and the salt. Take out by small spoonfuls and drop into the boiling soup. Let them cook about ten minutes.

Fig Pudding.

1 pound of figs.	1 pound of flour.
6 ounces of suet.	1 quart of Campbell's milk.

Chop the suet fine. Mix with the flour and make into a smooth paste by adding the milk. Roll it about half an inch thick. Cut the figs, strew over the paste, roll it up, making the ends secure. Tie in a pudding cloth and boil two hours.

Boiled Indian Fruit Pudding.

1 cupful of cornmeal.	1 cupful of cleaned currants.
2 cupfuls of flour.	1 cupful of sultana raisins.
$\frac{1}{2}$ cupful of sugar.	$\frac{1}{2}$ cupful of molasses.
1 teaspoonful of salt.	1 tablespoonful of Butter
1 teaspoonful of baking soda.	(melted).
$1\frac{1}{2}$ cupfuls of Campbell's milk	

Sift cornmeal, flour, sugar, salt and soda together, add the currants and raisins and mix with the hands. For mixing in the liquids use a knife; stir in, first, the milk, then the molasses and last the melted butter.

Put the mixture in a well-greased, three-pint pail or mould

and set in a pot of boiling water. Boil constantly for three hours. Keep the pot always three-quarters full of boiling water and covered tight. Serve with sauce.

Minute Pudding.

Take any desirable quantity of milk, bring it to the boiling point, stir in wheat flour to make it stiff, add a little salt, and serve with cream and sugar or sweet sauce.

Officer's Pudding.

$\frac{1}{2}$ pound of suet.	4 tablespoonfuls of molasses.
$\frac{1}{2}$ pound of raisins.	1 quart of Campbell's milk.
$\frac{1}{2}$ pound of currants.	1 cupful of flour.
$\frac{1}{2}$ pound of bread crumbs.	

Chop the suet fine, mix it with the currants and raisins, which should be stoned, the flour, bread crumbs and molasses, moisten with the milk. Beat up the ingredients until all are thoroughly mixed. Put into a mould and boil for three and one-half hours. Serve with custard sauce made from one pint of milk and three eggs.

Potato Dumplings.

Grate three cold potatoes, add sufficient Campbell's milk, cold, to make quite soft, two eggs, salt and three heaping tablespoonfuls of flour. Have a pot of boiling water, wet the spoon in the water and form round dumplings, dropping them right into the boiling water. Boil about fifteen minutes. Very nice eaten with roast veal or pork. They may also be put into beef soup.

Strawberry Dumplings.

Put one pint of sifted flour into a bowl and rub into the flour two ounces of butter; add a teaspoonful of salt, a heaping teaspoonful of baking powder and sufficient of Campbell's milk to moisten. Mix quickly, take out on a board and roll out into a sheet a quarter of an inch thick. Cut into cakes with a biscuit cutter, put about four strawberries in each cake, fold them over neatly and steam about twenty minutes.

Suet Pudding.

1 cupful of suet.	2 eggs.
1 cupful of sugar.	$\frac{1}{2}$ teaspoonful of salt.
1 cupful of Campbell's milk.	1 teaspoonful of cinnamon.
3 cupfuls of flour.	1 teaspoonful of baking powder.
1 cupful of raisins.	
1 cupful of currants.	

Shred and chop the suet fine, stone the raisins, pick over, wash and dry the currants. Beat the suet, sugar and yolks of the eggs together, until light, then add the milk and flour, beat until smooth, add the spices, salt, and whites of the eggs well beaten, then add the baking powder, mix well and add the fruit well flavored, turn into a greased mould and boil continuously for three hours, serve hot with vinegar sauce.

Vinegar Sauce.

One cup of sugar and half cup of water, boiled together for three minutes, then add three tablespoonfuls of vinegar and pour out to cool.

Tapioca Pudding.

6 ounces of tapioca.	8 eggs.
2 quarts of Campbell's milk.	Vanilla or other flavoring to
4 ounces of butter.	taste.
½ pound of sugar.	

Wash the tapioca, let it stew gently in the milk occasionally stirring it, then let it cool a little, mix with it the butter, sugar and eggs which should be well beaten, put in a mould and boil one and a half hours.

Troy Pudding.

1 cupful of butter or chopped	1 cupful of raisins.
suet.	3½ cupfuls of flour.
1 cupful of molasses.	1 egg.
1 cupful of Campbell's milk.	1 teaspoonful of soda.

Mix butter, molasses, the egg, milk with soda dissolved in it, then the flour and raisins (that have been dredged with flour), the last thing. Put in a pudding bag and boil or steam four hours. Serve with hard sauce.

Yankee Pudding.

1 breakfast cupful of vermicelli.	½ pound of raisins.
2 tablespoonfuls of marmalade.	Sugar to taste.
	2 eggs
	1 quart of Campbell's cream.

Pour some boiling cream on the vermicelli and let it remain covered for ten minutes, then beat it with marmalade, stoned raisins, sugar and beaten eggs. Stir all well together. Put the mixture into a buttered mould, boil for one and one-half hours and serve with custard sauce.

Cream Sauce.

Mix one small cupful of raspberry or currant juice or jelly (dissolved) with half a pint of Campbell's cream and a tablespoonful of brandy. Beat until it froths. Milk will not answer for this receipt.

Foam Sauce.

1 cupful of Campbell's milk.	½ cupful of sugar.
1 egg.	Vanilla flavoring.

Beat the egg and sugar to a cream and stir into the boiling milk. Remove from the stove at once and put in a teaspoonful of vanilla.

PIES.

Cream Pie Crust.

1 pint of flour.	¼ teaspoonful of baking powder.
½ pint of Campbell's cream.	
Scant ½ teaspoonful of salt.	1 teaspoonful of sugar.

Mix flour, baking powder and sugar together and add the cream, mixing quickly and lightly. Roll out as ordinary pie crust. Sour cream may be used, in which case soda should be substituted for baking powder, one even teaspoonful is the average quantity required.

Carrot Pie.

1 good-sized carrot, grated.	4 eggs, well beaten.
The juice and grated rind of 2 oranges.	Sugar and salt to taste.

Stir all into a quart of Campbell's milk and bake as a custard pie.

English Cheese Cakes.

Put a pint of Campbell's cream into a saucepan over the fire; when it is warm add five quarts of Campbell's milk. Put in a little rennet, stir it and when it is turned put the curd into a linen bag. Let it drain but do not squeeze it too much. Now put it in a mortar and pound it as fine as butter. Add half a pound of sweet almonds, blanched, the yolks of nine well-beaten eggs, one grated nutmeg, a little rose or orange water and half a pound of sugar. Mix well together. It can be made in one large cake or several small ones. Put a few currants on the top of each.

Note.—The word cake is misleading, as English cheese cakes are really tartlets with the filling as described above.

Chocolate Pie.

3 cupfuls of Campbell's milk.	1 tablespoonful of cornstarch.
1½ squares of unsweetened chocolate.	⅔ cupful of sugar.
3 eggs.	A little salt.
	1 teaspoonful of vanilla.

Boil chocolate in milk till dissolved, add salt, the yolks of the eggs, well beaten, then cornstarch and sugar. Stir together well and bake in an under crust. On taking from the oven frost immediately with the beaten whites of eggs, to which has been added a tablespoonful of sugar, and return to the oven till lightly browned.

Cocoanut Pie.

The food of the gods was ambrosia, they say,
And angel cake shows on the menu to-day,
But while these confections I will not decry,
They cannot compare with a cocoanut pie.

Of eggs newly laid take a fourth of a score;
Of sugar a cupful and half a cup more;
Of cocoanut, shredded, same quantity try;
And salt to your liking for cocoanut pie.

Of crushed soda crackers two tablespoons full,
Be right in the measure and not have a mull,
And then comes the milk; lacking that I defy
Even Soyer to make a good cocoanut pie.

You need a quart bottle of Campbell's famed brand;
So widely known now as the best in the land.
For uniform richness and purity, I
Use it and none other, for cocoanut pie.

Now, when all these products are properly mixed,
And spread on the pastry in three platters fixed.
Place in a quick oven, on which keep an eye,
They cry Hip! Hip! Hurrah! for cocoanut pie.

Cream Pie.

Break three eggs and mix with four tablespoonfuls of sugar and the same quantity of flour. Beat well and pour all into a pint of Campbell's milk, heated to boiling point. Keep stirring one way until it thickens, take it off and flavor to taste. Before making the cream have the paste for three pies ready to roll out. The crust should be rolled at least twice. When baked and while warm, separate the edges with a knife and lift the upper from the lower paste; fill in the cream and put on the upper crust.

Note.—Butter the edges of the upper and lower crusts, so that they may be separated easily.

Lemon Pie.

Take one large cupful of Campbell's milk, boil it and stir in one tablespoonful of cornstarch, wet with a little cold milk (Campbell's). When that has boiled up once remove from the fire. Beat the yolks of three eggs well, with one cupful of sugar and the juice and grated rind of two lemons. Mix this with the milk after it has cooled a little and bake in a bottom crust. Take the whites of three eggs and beat stiff and add two tablespoonfuls of powdered sugar. Put over the pie when baked and set in the oven a few minutes to brown.

Pumpkin Pie.

2 cupfuls of pumpkin.	1 teaspoonful of cinnamon.
4 cupfuls of Campbell's milk.	A little grated nutmeg.
$\frac{1}{2}$ teaspoonful of salt.	5 eggs.
2 teaspoonfuls of ginger.	$\frac{3}{4}$ cupful of sugar.
1 teaspoonful of mace.	

Stew the pumpkin until soft and put through the colander. If the custard is not sweet enough add sugar to taste. Beat the whites of the eggs to a stiff froth and add just before baking. This receipt will make two medium-sized pies.

MISCELLANEOUS DESSERTS.

Whipped Cream.

This delicious addition to so many excellent desserts, including pastry, fresh fruit, jellies, etc., is easy to obtain if Campbell's cream be used for the purpose. Thin cream cannot be whipped. The cream sold by the Alex. Campbell Milk Company can be whipped with a wire spoon, a Dover egg beater or a syllabub whip, whichever you prefer. Cream should be kept cool and in hot weather it is wise to set the bowl in which it is whipped into a dish containing cracked ice or ice water.

Apple Trifle.

20 good-sized apples.
1 pound of sugar.
Rind of lemon.

1 pint of Campbell's milk.
1½ pints of Campbell's cream.
3 eggs.

Peel, core and cut the apples into thin slices and put them into a saucepan with four tablespoonfuls of water, sugar and minced lemon rind. Boil all together until tender, pulp the apples through a sieve. Put them at the bottom of a dish to form a layer, stir together milk and one pint of the cream and a little sugar over the fire. Let the mixture thicken, but do not allow it to reach the boiling point. When thick take it off the fire, let it cool a little and pour over the apples. Whip some cream with sugar, heap it high over custard and the dish is ready for the table.

Snow Apples.

6 large apples (pippins or greenings are best).
1 cupful of powdered sugar.
2 eggs (whites).

1 cupful of Campbell's cream.
Nutmeg, cinnamon and salt to taste.

Wipe and core the apples and place in a deep baking dish. In each apple put as much sugar as it will hold, a pinch of salt, nutmeg and cinnamon. Bake until tender. Beat the whites of the eggs with the remainder of the sugar to a stiff froth. Cover each apple with it and return to the oven until the whites are just set, but not browned. Send to table cold, with rich cream as an accompaniment. Nice for lunch or tea, with hot biscuits.

Blanc Mange.

This delicate and wholesome preparation of milk is especially valuable in hot weather and as a food for invalids. It may be made with cornstarch, Irish moss or with gelatine. Those who cannot take starchy foods often find the gelatine soothing and although comparatively neutral it forms a safe vehicle for the nourishment contained in milk and cream which might not be fancied if served in other ways.

Blanc Mange should always be served with cream.

Cornstarch Blanc Mange.

Take three and one-half ounces of cornstarch for one quart of Campbell's milk. Dissolve the cornstarch in a little of the cold milk and add it together with a pinch of salt and two ounces of white sugar to the rest of the milk, which should have been placed in a double boiler and heated to scalding. Cook eight minutes, stirring continually. Flavoring should not be added until the blanc mange is removed from the fire. Two or three drops of essence of lemon, half a teaspoonful of almond extract or a teaspoonful of vanilla may be used, or, if preferred, a stick of cinnamon may be boiled in the milk and removed just before the cornstarch is added. Wet the mould, pour in the blanc mange and set in a cool place.

Irish Moss Blanc Mange.

Receipt given by a nurse, graduate of L. I. College Hospital.

Pick over carefully one teacupful of Irish moss, wash it first in saleratus water, put it in a tin pail with one quart of Campbell's milk. Cover closely and set in a kettle of boiling water. Let it stand until it begins to thicken. Then strain through a fine sieve and sweeten with powdered sugar, flavor and pour into a mould and set in a cool place. When quite firm turn into a dish. Eat with sugar and cream.

Blanc Mange. (Gelatine.)

2 ounces of gelatine.	1 quart of Campbell's milk.
5 ounces of granulated or loaf sugar.	$\frac{1}{2}$ teaspoonful of vanilla or other flavoring to taste.

Soak the gelatine in one-half the milk for at least two hours. Add the sugar and flavoring. Heat the remaining pint to boiling point, remove the film that forms. As soon as the milk is removed from the fire, pour it over the gelatine. Stir until all the ingredients are dissolved. Strain through a jelly cloth into a mould, previously moistened.

Cherry Pudding.

1 cupful of dried cherries.	1 quart of water.
1 cupful of sugar.	

Boil until juice is rich and fruit is tender; strain out the cherries and thicken the juice with two scant tablespoonfuls of cornstarch, when smooth return the fruit, stir well and pour into fancy moulds to cool. Serve very cold with Campbell's cream (whipped).

Chocolate Pudding.

3 tablespoonfuls of cornstarch.	3 tablespoonfuls of grated chocolate.
3 tablespoonfuls of sugar.	3 eggs.

Mix well and put into a double boiler and cook until the mixture thickens. Remove from the fire and stir in the whites

of three eggs, beaten to a stiff froth. Mix well and pour into a mould. Beat the yolks of the eggs with half a cupful of sugar and stir the same into one pint of Campbell's milk, heated to boiling point. Cook until it forms a custard, which is to be poured over the pudding. Serve cold.

Superior Charlotte Russe.

One quart of Campbell's rich, thick cream. Sweeten to taste and flavor with vanilla or almond. Whip the cream stiff by means of a syllabub whip or a Dover egg beater, which latter has to be used continuously for fifteen minutes. When stiff place the cream on a hair sieve to drain. Take two ounces of gelatine, and after dissolving it in a pint of water, boil it down to a little less than a teacupful. Stir cream and gelatine together and set it away to cool. Prepare a mould or dish by lining it with sponge cake, either in thin sheets or in lady fingers and before the cream is hard pour it into the mould. If a richer dish is needed it may easily be procured by putting a layer of fruit jelly over the cake before pouring on the cream. A variation may be made by placing two layers of macaroons saturated with Madeira wine in the bottom of the mould.

Bavarian Cream.

1 box of gelatine.	$\frac{1}{2}$ cupful of sugar.
1 quart of Campbell's milk.	2 teaspoonfuls of vanilla.
3 eggs.	

Soak the gelatine one hour, then put on the stove, stirring until warm. Put the quart of milk on the fire until it comes to a boil, then add to the warm gelatine. Beat the yolks of three eggs and one cupful of sugar together and add to the gelatine and milk. Flavor with the vanilla and pour into a mould. When ready to serve pour over it the whipped whites of the three eggs.

Cocoanut Cream.

1 cupful of grated cocoanut.	1 cupful of white sugar.
2 cupfuls of Campbell's milk.	1 egg.

Boil the milk and sugar for a few minutes, pour it over the grated cocoanut, and let cool. Strain it, pressing the cocoanut hard to extract all the flavor. Then beat the egg and add to it. Set over the fire and stir until it thickens. Serve in glass dishes over slices of sponge cake.

Cream Dessert.

One quart of Campbell's milk, three well-beaten eggs, seven tablespoonfuls sugar, one teaspoonful salt, small, three tablespoonfuls cornstarch, wet with a little milk. Heat the milk, do not boil it, and add the three eggs, well beaten, then the sugar and salt, stir well and add the cornstarch. Let this mixture boil two minutes. Pour into a mould and flavor. Serve cold and with fruit jelly.

Ginger Cream.

8 eggs.	4 dessertspoonfuls of syrup.
1 quart of Campbell's cream.	Powdered sugar to taste.
6 ounces of preserved ginger.	2 ounces of gelatine.

Slice the ginger fine and put it in a basin with the syrup, the well-beaten yolks of the eggs and the cream. Mix all the ingredients together and stir over the fire for about ten minutes or until it thickens. Then take it off the fire, whisk until nearly cold, add the gelatine, which should be melted and strained, sweeten to taste and pour into a glass dish, garnish with preserved ginger and serve.

Italian Cream.

1 quart of Campbell's milk.	10 tablespoonfuls of granulated sugar.
$\frac{1}{2}$ box of gelatine.	
1 teaspoonful of vanilla.	

Put the milk and gelatine in a farina kettle on the range to dissolve the gelatine. Beat the yolks of eggs and the sugar to a cream. When the milk and gelatine are nearly boiling stir in the sugar and eggs and keep stirring until you feel the custard thicken, but not to boil. Beat the whites of eggs to a stiff froth and take the custard off the range and stir in the whites of the eggs and mix well. Turn into moulds and set on ice.

Pistachio Cream.

Beat half a pound of pistachio nut kernels in a mortar with a spoonful of brandy. Put them into a pan with one pint of Campbell's cream and the yolks of two eggs beaten fine. Stir it gently until it thickens then pour it into a china soup plate. When cold stick little pieces of the nuts all over and send it to the table

Note.—English walnuts may be served in the same manner.

Raspberry Cream.

Rub one quart of raspberries through a hair sieve. Don't let one seed through. Mix with one quart of Campbell's cream; make it very sweet. Now whip it and as the froth rises lay it on a hair sieve. When you have all the froth required put what cream remains in a deep china dish and pour your frothed cream over.

Rocky Mountain Cream.

Sponge cake.	Juice of a lemon.
Jam.	$\frac{1}{2}$ glassful of sherry.
3 pints of Campbell's cream.	$2\frac{1}{2}$ ounces of gelatine.
Sugar to taste.	

Cut the cake into thin slices, place two together with jam between. Pour over the sherry, sweeten and flavor the cream with a little lemon. Add the gelatine, which should be dissolved in water and beat up the cream well. Place a little of it in a mould, arrange the pieces of cake in it. Then fill the mould with the remainder of the cream. Let it cool and turn out on a dish.

Royal Cream.

1 quart of Campbell's milk. 6 tablespoonfuls of white
1/8 box of gelatine. sugar.
6 eggs.

Put the gelatine into the milk and let it stand half an hour. Beat the yolks of the eggs well with the sugar, then stir it into the milk; place this on a slow fire and stir constantly until it begins to thicken like thick custard. Have ready the whites of the eggs beaten to a stiff froth and the moment the custard is taken from the fire the whites of the beaten eggs into the custard quickly. Mix well and pour into a mould. Set aside to cool.

Snow Cream.

Put to a quart of Campbell's cream the whites of three eggs, well beaten; four teaspoonfuls of orange juice, sugar to taste and a bit of orange peel. Whip it to a stiff froth. Remove the peel and serve in a glass dish.

Solid Cream.

8 tablespoonfuls of pounded 4 tablespoonfuls of brandy.
sugar. Juice of 1 lemon.
2 quarts of Campbell's cream.

Strain the lemon juice over the sugar, add the brandy, then stir in the cream. Put the mixture into a jug and continue pouring from one to another until it is quite thick, or it may be whisked until the desired consistency is obtained. It should be served in jelly glasses.

Strawberry Cream.

Mash one quart of strawberries with one cupful of powdered sugar and rub through a hair sieve. Dissolve one and one-half ounces of gelatine in one pint of Campbell's milk, strain and add one pint of Campbell's whipped cream and the berry juice. Pour in a wet mould and set on ice to form.

Boiled Custard.

1 pint of Campbell's milk. 3 ounces of loaf sugar.
5 eggs. Rind of 1/2 lemon or a few
1 tablespoonful of brandy drops of vanilla extract.
(may be omitted if desired).

Put the milk into an enameled saucepan, with the sugar and the flavoring and let it steep until well flavored. Bring it to the point of boiling, then strain it into a bowl. Beat the eggs well and stir them into the milk when it has cooled a little. Strain again, this time into a double boiler, and place it over the fire, and if brandy is used mix it well through the custard. Fill the glasses about three-fourths full, grate a little nutmeg on top and the dish is ready when cold. The French rule regarding the quantity to be prepared is to measure the milk by the number of glasses which have to be filled, putting in as many glasses, nearly full of milk as there are to be of

custard. Then allow somewhat less than half an ounce of granulated sugar for each portion and the yolk of one egg for the same.

Cream Custard.

1 pint of Campbell's milk.	Lemon peel and cinnamon.
1 pint of Campbell's cream.	Sugar to taste.
8 eggs.	

Boil the milk with the lemon peel and cinnamon. Mix the cream with the yolks of the eggs (well beaten). When the milk tastes of the seasoning, strain it and sweeten it enough for the whole custard. Pour it into the cream and put both into a double boiler. Stir one way until it is of a proper consistency.

Caramel Custard.

Let one pint of Campbell's milk come to boiling then pour it over two well-beaten eggs. Add a large tablespoonful browned sugar, and one teaspoonful of vanilla. To brown the sugar put one large tablespoonful of dark brown sugar in a hot spider, stir constantly until dissolved; then add a very little hot water and another spoonful of sugar. Mix all thoroughly, pour in cups and steam until set.

Orange Custard.

Boil very tender the rind of half a Seville orange, beat it in a mortar very fine, with a spoonful of brandy, the juice of the orange, four ounces of sugar and the yolks of four eggs. Beat this mixture for ten minutes and pour in gradually one pint of Campbell's cream (boiling). Pour into custard cups and place in a cool corner. Before serving stick a few pieces of preserved orange peel on each cup.

Rice Custard.

Sweeten one pint of Campbell's milk with granulated sugar. Steep it in a double boiler with a stick of cinnamon or other flavoring. Stir in ground rice until thick. Remove from the fire and add the whites of three eggs, beaten to a stiff froth. Put it back over the fire for two or three minutes. Have the custard cups set in cold water. Do not wipe them before pouring the custard into them. When cold turn out the rice, pour round them a custard made with the yolks of the eggs and a generous pint of Campbell's milk. Put a little currant or other bright-colored jelly on top of each custard.

Floating Island.

1 quart of Campbell's milk.	2 teaspoonfuls of vanilla.
4 eggs.	½ cupful of currant jelly.
4 tablespoonfuls of sugar.	

Heat milk to scalding point, but not boiling, beat the yolks and whites separately, stir into them the sugar, pour upon the yolks gradually one cupful of the hot milk, return to saucepan and boil until it begins to thicken. When cool flavor and pour

into glass dish. Heap upon top a meringue of the whites, whipped stiff, into which you have beaten the jelly, a teaspoonful at a time.

Curds and Whey.

Milk for curds and whey and for junkets must be fresh. Campbell's milk, if used on the day that it is delivered to customers, will solidify properly. If kept twenty-four hours it is not guaranteed for this purpose. Curds and whey and junket are wholesome and palatable dishes for warm weather and are especially valuable as invalid food. It is better to buy prepared rennet and to use the proportions of the liquid as prescribed by the manufacturers. The milk should be heated until it is of the temperature that it was when fresh from the cow; it must not be hot.

A Killarney Dish.

12 large oranges.
1 pound of sugar (loaf).
½ pint of water.

1½ pints of Campbell's cream.
2 tablespoonfuls of brandy.
Sugar to taste.

Put the sugar and water into a saucepan and boil until the sugar becomes brittle, which may be ascertained by taking up a small quantity in a spoon and dipping it in cold water, if the sugar is sufficiently boiled it will snap easily. Peel the oranges, remove the white pith and divide them into nice-sized slices without breaking the skin, which surrounds the pulp. Place the pieces of orange on small skewers, dip them into the hot sugar and arrange them in layers round a plain mould which should be well oiled with pure salad oil. The sides of the mould only should be lined with the oranges and the center left open for the cream. Let the sugar become firm by cooling. Turn the oranges very carefully out on a dish and fill the center with whipped cream, flavored with brandy and sweetened with pounded sugar. This is a very pretty supper dish.

La Rouge.

A Danish Dessert.

1 quart of cranberries.
4 tablespoonfuls of sugar.
6 tablespoonfuls cornstarch.
A few pieces of stick cinnamon.

1 teaspoonful of extract of vanilla.
3 pints of water.
½ pint of Campbell's cream.

To be eaten with powdered sugar sprinkled over the top and served with Campbell's cream. To be poured into moulds and set away to harden.

Put the cranberries on to boil, covered with three pints of water and a few pieces of stick cinnamon broken up and stirred through them. Boil gently until soft. Press through a sieve, taking care to remove the thick cranberries from the under side of the sieve. Rinse out the vessel in which the cranberries were boiled to remove any seeds. Measure the juice—there should be exactly three pints. Pour it slowly from the dish in measuring the juice to leave the seeds behind. Return two pints to

the kettle, leaving one pint to dilute the cornstarch. If the three pints are lacking make it up with warm water. Add to the two pints the four tablespoonfuls of sugar, stir well and put it on the fire. Let it come to a boil. Set back till the boil leaves it, then stir in the other pint of juice having previously thoroughly diluted the six tablespoonfuls of cornstarch in it. Stir into the juice on the fire, stirring it well and quickly all the time. It remains on the fire until it thickens; it will do so in a few minutes, but must be stirred; allow it, generally, to come to a boil once. Have ready bowls which have been previously wet with cold water. Remove the blanc mange from the fire, add the teaspoonful of vanilla and pour into the moulds and set it away to harden. Be careful not to get it too stiff with cornstarch.

Peach Pot-Pie.

Peel as many peaches as you desire for your family. Put them into a porcelain-lined kettle and add water enough to cover them well. Sweeten to taste. When they are cooked tender, skim them from the syrup and lay them on a platter to keep them warm. Make a light biscuit dough of one quart of flour, lard the size of an egg, two cupfuls of milk, two teaspoonfuls of baking powder, and a pinch of salt and roll it into balls the size of the peaches. Drop them into the syrup and boil twenty minutes. Lay them carefully on the platter among the peaches and pour the syrup over the whole.

Solid Syllabub.

Take one quart of Campbell's cream, one quart of any white wine, the juice of two lemons, the rind of one and sweeten to taste. Whip it well and as the froth arises lay it on a hair sieve and let it stand in the refrigerator until next day. With what is left in the dish half fill your tumblers and let stand until next day. Before you serve pile the froth on each glass. The bottom of the glass will be clear and it will keep several days.

Whipped Syllabub.

Rub a lump of loaf sugar in the outside of a lemon until all the oil is absorbed; put it into one pint of Campbell's cream and sweeten to taste. Squeeze into this the juice of the lemon, add a wineglass of Madeira or French brandy. Now whip it briskly and as the froth rises lay it on a hair sieve. Fill medium-sized tumblers with any red wine and pile your froth on as high as possible. Take care your froth is well drained, otherwise it will mix with the wine and your syllabub be spoiled.

Trifle.

4 eggs.

1 cupful of sugar.

1 cupful of flour.

Little salt.

Beat the yolks and sugar until creamy, then the beaten whites and the flour stirred in the last thing. Bake twenty or thirty minutes.

Make a boiled custard of a quart of Campbell's milk, boil, stir in a large tablespoonful of cornstarch, wet with a little cold milk. Beat the yolks of three eggs thoroughly and add three or four tablespoonfuls of sugar, then add both to the boiling milk and cook for two or three minutes. Flavor. Cut the sponge cake in squares and when the custard is cold pour a bountiful supply over each piece. Then have the whites of the eggs beaten stiff with a little sugar and add a good spoonful to the top of each cake.

Whips:

We take two cupfuls of Campbell's cream, one cupful of white wine, grate in the skin of a lemon, sweeten to taste, and the whites of three eggs. Then whip it briskly, take off the froth as it rises and place it in prettily-shaped glasses in which you have placed already a dessertspoonful of some colored jelly.

Ice Cream.

Frozen Custards, etc.

Iced Apple Pudding:

2 dozen apples (small).	1 ounce of citron.
Jar of apricot jam.	2 ounces of almonds.
½ pound of sugar.	1 glassful of curacoa.
1 Seville orange.	1 glassful of maraschino.
½ pint of preserved cherries.	1 quart of Campbell's cream.
¼ pound of raisins.	

Peel, core and cut the apples into quarters. Simmer over the fire until soft. Mix with them the jam and sugar on which the rind of the orange should be rubbed. Work all these ingredients through a sieve and put them into a freezing pot. Stone the raisins and simmer in a little syrup for a few minutes. Add these with the sliced citron, the almonds, cut in dice and the cherries, drained from their syrup. Add to the ingredients in the freezer. Put in the curacoa, maraschino and freeze again. Add as much whipped cream as will be required and freeze again. Fill the mould, put the lid on and plunge into the icepot. Cover with a wet cloth, pounded ice and saltpetre, where it should remain until wanted for the table.

Brown Bread Ice Cream.

6 slices of brown bread.	4 sponge cakes.
2 glasses of maraschino.	1 quart of Campbell's cream.
1 pound of sugar.	1 pint of Campbell's milk.

Crumble the bread and biscuit into a pitcher, add by degrees the sugar, milk and cream. Place the pitcher in a saucepan of water and stir over a gentle fire like custard until it thickens. Let the mixture get quite cold, crumble the remaining slices, sift them as for bread crumbs, add them with the maraschino to the mixture and freeze.

Coffee Ice Cream.

12 ounces of Turkey coffee berries. 2 ounces of arrowroot.
1 quart of Campbell's milk. 1 pound of sugar.

Put the berries on a tin in the oven for five minutes. Boil the cream and milk together and put them into a can. Take the berries from the oven and throw them in the scalding cream; cover till cold; strain, add the arrowroot and sugar, stir over the fire like custard. Freeze.

Chocolate Ice Cream.

$\frac{3}{4}$ pound of chocolate. 1 quart of Campbell's milk.
1 quart of Campbell's cream. 1 pound of sugar.

Scrape the chocolate into the milk and blend thoroughly. Add the cream and sugar. Strain and freeze.

Maccaroni Ice Cream.

Put in double boiler two quarts of Campbell's milk. When boiling hot add the yolks of six eggs, beaten very light with two tablespoonfuls of flour mixed with a little cold milk, one teaspoonful of salt. Set on back of the stove for nearly one hour, but do not boil after adding eggs. Then turn the custard into an open dish and when cold add one pint of Campbell's cream and one-half pint of thick, sour cream, tablespoonful of vanilla extract and three quarters of a pound of grated maccaroons (stale, as they grate better). Then freeze as ordinary ice cream.

Peach Ice Cream.

Take one quart of juicy peaches of fine flavor, cut up without peeling and put in a bowl with one cupful of sugar. When sugar is dissolved, put in cheese cloth and wring all the juice out, then add one pint of Campbell's cream, which is best to have scalded as in receipt for vanilla and cooled, then put in freezer and freeze the same as for vanilla.

Pistache Ice Cream.

1 pint of Campbell's cream. 1 cupful of sugar.
1 pint of Campbell's milk. 1 lemon.
 $\frac{1}{2}$ pound of Pistachio nuts. 1 teaspoonful of vanilla.
 $\frac{1}{4}$ pound of sweet almonds.

Blanch the nuts and pound them to a paste in a mortar. Bring the milk and cream to a boiling point, remove from the fire, stir in the nuts, flavoring and sugar, color with extract of spinach. When cold freeze as usual.

Raspberry Ice Cream.

1 pound of raspberry jam. 1 pint of Campbell's milk.
2 lemons. A few drops of cochineal.
1 quart of Campbell's cream.

Strain the lemon juice as usual over the jam, stir in a few drops of cochineal, add the milk and cream, beat well and freeze.

Strawberry Ice Cream.

Take two quarts of strawberries and after hulling them put them in a large bowl with two cupfuls of sugar over them and allow them to remain until berries have absorbed sugar. Then take a square of cheese cloth and spread over another bowl. Put berries and sugar in cloth and squeeze until juice is all out. Then put what remains in cloth in a bowl and add about a pint of Campbell's milk; stir them together; then put in cheese cloth and wring until nothing remains but a ball of seeds; then add a generous pint of Campbell's cream, which should be scalded and cooled, put in freezer and freeze.

Note.—Raspberries may be prepared in the same manner. A few drops of cochineal improves the color, which is apt to be dull.

Frozen Strawberry Froth.

1 pint jar of strawberry pre- serves.	1 tablespoonful of gelatine.
½ pint of Campbell's cream.	Cold water.

Pour the strawberries into a large bowl and mix a pint of cold water with them. Soak the gelatine in half a cupful of cold water for twenty or thirty minutes, when soft dissolve by pouring over it a cupful of boiling water. Now mix it with the strawberries, taste and if not sweet enough, add sugar. Put into the freezer and pack around it cracked ice and rock salt, as for ice cream. Let it stand while you whip the cream stiff with an egg beater. When this is done the strawberries will be well chilled and ready to be beaten by turning the crank of the freezer very rapidly for five minutes. Now add the whipped cream and freeze, turning the crank fast. When well frozen take out the dasher and press the froth down with a wooden spoon, and let it stand until time to serve. It is better not frozen very hard. Beginning to make it an hour before dinner will allow ample time. In the season of fresh strawberries substitute one quart of these for the preserves and add two cupfuls of sugar to the berries, after they shall have been capped and crushed.

Frozen Custard.

2 quarts of Campbell's milk.	½ cupful of powdered sugar.
10 eggs.	

Boil the milk in a double saucepan, add the sugar to the boiling milk, then pour it over the eggs, beating all the time. Put it over the fire again, and as soon as it thickens strain into the can, let it cool before freezing.

Nesselrode Pudding.

Shell four cupfuls of Italian chestnuts, remove the brown skin, simmer for thirty minutes until soft, drain, press through a colander. Cut one and one-quarter pounds of candied fruit

into small pieces and pour one glass of sherry over it. Boil one and one-half cupfuls of sugar with one cupful of water for fifteen minutes. Beat the yolks of four eggs very light, add them to the boiling syrup, stir over the fire until boiling point, remove and beat while cooling. Add one quart of Campbell's cream, well whipped, the fruit, wine and one teaspoonful of vanilla. Turn into a freezer. When frozen pack and it is then ready for use.

Sherbet.

Take the whites of fifteen eggs and beat to a stiff froth, then take one and one-half pounds of white sugar and put on the fire with enough water to moisten it well. Let it boil until it ropes and pour it over the whites of the beaten eggs, and beat hard until cold. Add to the above one gallon of Campbell's cream and one-half gallon of Campbell's milk, two pineapples, grated (taking out the bitter center), eight lemons, grated (taking out the seeds); put all of this into the freezer, mix thoroughly and freeze hard.

Chestnut Ice Cream.

3 eggs.	½ teacupful of sugar.
½ pint of Campbell's milk.	1 saltspoonful of salt.
1 pint of Campbell's cream.	

Scald the milk in a double boiler. Beat the yolks of the eggs, adding the sugar and salt. Pour the cream slowly into them, stirring well. Then add the hot milk, and when well mixed pour all back into the double boiler and stir until it thickens to the consistency of molasses. It is not necessary to strain custard for ice cream as the freezing removes all signs of curdling. While the custard is cooling, shell one quart of large French chestnuts and blanch them by pouring boiling water over them and then rubbing off the thin brown skin, which has been loosened by the hot water. Place the chestnuts in a saucepan, cover them with boiling water and boil them half an hour. Drain them and pound them in a mortar. If one does not possess a mortar a perfectly clean chopping bowl and potato masher is a fair substitute. After the chestnuts are pounded to a paste rub them through a purée sieve (which is only a strainer with large holes). Turn them into a saucepan with half a cupful of water and place over the fire. Stir until smooth, then remove from the fire and add the juice of a sour orange, half the grated peel and three table-spoonfuls of maraschino or of sherry, or of rum. Add the mixture to the custard and stir it well. The chestnuts will lump more or less, but the freezing restores smoothness. Whip half a pint of Campbell's cream and add to the foregoing mixture. Pour the whole into a freezer, surround with ice and rock salt in the proportion of one part of salt to three parts of ice. Have the ice cracked fine and put first a layer of ice and then a layer of salt until the pail in which the freezer stands is full. Turn the handle

of the freezer slowly at first, then faster until you cannot turn any longer. The freezing takes about half an hour with a White Mountain freezer. When the cream is frozen, either remove it to an ice cream mould or, if you have none, take out the beater, scrape off the cream and replace the cover of the freezer, corking it tightly. Before doing this stir a cupful of chopped dates through the cream. Replenish the ice and salt, cover the pail with a piece of old carpeting and leave in a cool place until time for serving the cream, which should be about an hour later.

INFANTS' AND INVALIDS' FOOD.

In the preparation of food for infants or invalids it is important that milk should not only be perfectly sweet, but fresh and as pure as the latest scientific supervision can secure it. Campbell's milk possesses these advantages. It is from well-selected, healthy stock, fed according to the best approved directions of those who have made the subject of the milk supply a study. It is put up in bottles which are chemically clean and the whole dairy system of the company in under the strictest supervision.

Sugar for the use of invalids or infants should be either granulated or loaf, for these are the freest from adulteration. They are identical except in form, so either may be used with safety.

Flour should be well sifted and dried. Opinions differ as to the correct proportion of whole wheat and users must be guided by their own or their physician's judgment.

For an invalid the food should be in small quantities and daintily served. A little taken often will give the same amount of nourishment without offending the sight and appetite as the same quantity would if brought to the patient at one time. Sterilized milk was a great discovery, but it has been found that by the original process some of the valuable nutritive properties of the milk are lost. In Pasteurized milk this obstacle has been overcome, and, while perfectly sterilized, it retains the necessary chemical composition.

Infants' Food.

2 teaspoonfuls of prepared barley.	$\frac{1}{2}$ pint of hot water.
1 teaspoonful of sugar.	$\frac{1}{2}$ pint of Campbell's Pasteur- ized milk.

Blend the barley in a little cold water, add the hot water and boil three minutes, stirring constantly, remove from the fire, add the sugar, salt and milk. Put half the quantity in a nursing bottle, with a tablespoonful of lime water. The remainder keep on ice. Warm for second feeding.

Note.—The contributor of the foregoing receipt adds a P. S.: "A delicate baby successfully raised on it."

Infants' Food. No. 2.

1 quart of Campbell's milk. 3 teaspoonfuls of granulated
8 teaspoonfuls of prepared sugar.
barley.

Mix your barley and sugar in half a tumblerful of water. To this add one and one-half pints of boiling water. Pour this and the barley into a pan and boil for six minutes, stirring constantly. When it has cooled, add to your milk. No cream need be used for fattening a baby, the cream on Campbell's milk being of sufficient strength and purity for any infant or child a year old, or, as long as it may be necessary to use a bottle.

P. S.—I can recommend this to any mother. It saved my baby's life. The barley is only used to aid digestion.

When I started using Campbell's milk my baby girl was in a very bad condition, having just recovered from a severe attack of cholera infantum. I came home from the country with her on a pillow, not knowing which breath would be her last. She was ill from the use of skimmed milk and at eight weeks weighed five and one-half pounds. Immediately we started using Campbell's milk we saw a steady improvement. She is now five months old and weighs twenty-two and one-half pounds. We owe all to Campbell's milk. I can recommend it for any baby, no matter how feeble or run down.

Hot Milk.

Hot milk at as high a temperature as it can be drank, is a most refreshing stimulant in cases of cold or over-fatigue. Its action is very quick and grateful. The effect of hot milk is far more beneficial and lasting than that of alcohol. It gives real strength, as well as acting as a fillip.

Barley Soup for the Sick.

Into a pint of boiling water put one tablespoonful of barley, boil until soft enough to be strained, adding water if necessary. When done strain into a pint of Campbell's milk heated to boiling point, let boil up once or twice and season to taste.

Gelatine Milk.

A Great Restorative.

Boil a quarter of an ounce of gelatine with a pint of Campbell's milk; to half, add a bit of sugar and for a change a bitter almond. Give this at bed time. Must not be too warm.

Cream of Rice for the Sick.

Boil one-half cupful of rice in one quart of water, to which has been added a half-teaspoonful of salt. When very soft, press through a coarse sieve and cool. Then add one cupful of Campbell's cream and beat lightly. This may be eaten with sugar, or, if preferred, seasoned with salt only.

Beef and Sago.

For the Sick.

2 ounces of sago.
4 eggs (yolks).

$\frac{1}{2}$ pint of Campbell's cream.
1 pound of beef for beef tea.

Wash sago well and put in one pint of water and cook until clear. Beat the eggs and add to sago and add the cream. To one pound of lean beef, chopped, add one quart of water, let simmer to a pint and strain, add slowly to the sago eggs and cream, and add a pinch of salt. Set on ice to cool. Portion: A wineglass full.

Sweet, Sparkling Koumyss.

1 yeast cake.
5 tablespoonfuls of sugar.
4 tablespoonfuls of water.

2 quarts of Campbell's milk.
6 patent-stoppered lager beer
bottles.

Dissolve the yeast cake in the water, stir the sugar into the milk and when it is thoroughly dissolved add the yeast cake mixture and mix it with the milk thoroughly. Put this mixture into the bottles but do not entirely fill each one on account of the gas that will form. Set these bottles in a warm place, as warm as when you raise bread, for twelve or thirteen hours. Then stand upside down on the ice. Ready for use two days after. Use care in opening the bottles.

Gruel Milk.

$\frac{1}{2}$ pint of Campbell's milk.
1 small tablespoonful of oat-
meal.

Grated nutmeg.
Butter size of a nutmeg.
1 teaspoonful of sugar.

Put the milk on the fire, stir in the oatmeal till it boils. Cook three or four minutes and strain, add nutmeg, sugar and butter and serve very hot.

Milk Punch.

A Doctor's Receipt.

Beat the yolk of an egg very light. Put it into a glass and pour on it a large tablespoonful of brandy or whiskey, next a tablespoonful of sugar. Put cracked ice sufficient for about one-third of the tumbler and fill the glass with Campbell's milk. Shake it thoroughly, pouring it back and forth several times till very well frothed. Strain it, sprinkle a little nutmeg on top and serve.

Sherry Flip.

Take tumbler one-third full of broken ice, break one egg into it, add one tablespoonful of powdered sugar, one ounce of sherry wine, a small quantity of Campbell's milk. Shake well and serve with a little nutmeg on top.

Tonic for Consumptives.

Contributed by a Trained Nurse.

Half a pint of Campbell's milk, warmed and made very

sweet and two tablespoonfuls of the very best rum. Take it the first thing in the morning and the last thing at night.

Old persons who wish to take this to keep up their strength, must first boil the milk and let it get luke warm before drinking. When it has once got cold, if not boiled, it will purge.

Note.—The sender of the foregoing receipt says: "It is invaluable as by it we have prolonged the life of three, two years after they were given up by the medical fraternity."

Soothing Draught for a Cough.

Beat a fresh laid egg and mix it with a quarter of a pint of Campbell's milk, warmed, a large spoonful of capillaire, the same of rose water and a little nutmeg, scraped. Do not warm it after the egg is put in. Take it the first and last thing.

CHEESE.

Cream Cheese.

Take two quarts of Campbell's cream and put it into a clean wet cloth. Tie it up and hang it in a cool place for ten days. Take it from the cloth and put it in another and then into a mould with a weight upon it for one week. Turn it twice a day.

Cottage Cheese.

Heat sour milk until the whey rises to the top or until the curd separates from the whey. Take it with a perforated skimmer into a colander to drain, while it is warm add to the curd butter and sweet cream and salt; work them in with the hands to the consistency of soft dough (not in the colander, but mix in an earthen bowl). Make into large snow balls and eat fresh.

Pot Cheese.

Scald sour milk until the whey rises to the top. Then skim out the curd and put it into a nice, clean cotton bag and hang it up to drain for five or six hours. Do not squeeze it. After the whey has all dripped out put the curd in a bowl, salt to taste and work in thoroughly with your hand a large spoonful of butter and two spoonfuls of rich cream to every pint of curd. Then mould it into balls or small flat cakes and keep in a cool place.

Maccaroni with Cheese.

Take half a package of maccaroni, break in small pieces and boil in salted water until tender. Butter a baking dish, put a layer of the maccaroni in the bottom of it, then cover with

grated cheese, continuing to do this until the dish is nearly full, having the top layer of cheese. Pour as much Campbell's milk over it as the dish will hold well and bake about twenty minutes or until well browned.

Cheese Fondue.

One and one-half cupfuls of bread crumbs, one cupful of grated cheese, one cupful of Campbell's milk, two eggs, whites and yolks beaten separately and very light, butter the size of an egg, a pinch of salt and a suspicion of cayenne pepper. Heat milk in a double kettle, and just before it boils put in all the ingredients, first the butter, then bread crumbs, yolks of eggs, cheese, salt, pepper and whites of eggs and mix well. Bake in a very quick oven about fifteen minutes. Serve immediately.

OMELETS.

When one has learned the art of making salad dressings and omelets she may consider herself a proficient in cookery. Both require the patience, exactness and daintiness that come only with professional skill or housewifely intelligence.

An omelet pan is a great convenience, but not an absolute necessity. The whites and yolks of the eggs may be beaten separately or together. Both methods will produce feathery omelets differing in taste, which will be a matter of individual preference.

A syllabub whip, egg beater or a silver knife should be used for whisking. Good butter must be used for cooking omelets and scrambled eggs. An omelet should never be turned. Where objection is made to the slightly underdone flavor of the center of a thick omelet it may be remedied by the use of a salamander, which may be improvised by heating a shovel red hot and holding over the pan or by setting the omelet for just a moment into a hot oven.

Plain Omelet.

4 to 6 eggs.	2 ounces (scant) of butter.
$\frac{1}{2}$ to $\frac{3}{4}$ cupful of Campbell's milk.	Salt and pepper.

Whisk the eggs very light. Salt added to them will materially assist the operation. Add the milk and mix thoroughly. Have the butter very hot, but be careful not to let it brown. Loosen the omelet at the edges of the pan and cut the bubbles with a silver knife, thus allowing the liquid to run into the vacuum formed. Cook over a slow but even fire. When set turn one-half the omelet over the other, slide it off upon a hot dish and serve immediately.

Bread Omelet.

6 eggs.

$\frac{1}{2}$ cupful of bread crumbs.

$\frac{1}{2}$ cupful of Campbell's milk.

Salt and pepper.

2 ounces of butter.

Put the bread into an enameled saucepan, cover with the milk, set it on the fire and allow it to cook until it thickens by the bread having absorbed the milk. Remove from the fire and allow it to cool. Then add the eggs well beaten and cook as plain omelet.

Savory Omelet.

Plain omelet with the addition of chopped parsley. Some add onion (spring onions finely minced are excellent for the purpose) and others a sprinkle of thyme.

A little rich cheese, finely grated and beaten slightly with the eggs before cooking converts this into a cheese omelet.

Scrambled Eggs.

6 eggs.

$\frac{1}{2}$ pint of Campbell's cream.

1 teaspoonful of salt.

$\frac{1}{2}$ teaspoonful of pepper.

To six eggs, broken into a bowl, add half a pint of cream, a teaspoonful of salt and half a teaspoonful of pepper. Beat with a fork just enough to break the yolks of the eggs and amalgamate them somewhat with the cream. Have an iron or graniteware frying pan on the side of the stove where the heat is gentle. Pour the mixture of eggs and milk into the frying pan and stir constantly until the mixture grows creamy. Remove from the fire before it is quite as thick as you want it, as it thickens somewhat in the interval between its removal from the fire and the eating of it, although this interval should be made as brief as possible. It takes longer to scramble eggs in this way than to scramble them without the cream, but the result is very delicate and particularly nice for invalids where nourishment must be made an object.

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