

Kiddy Kookery

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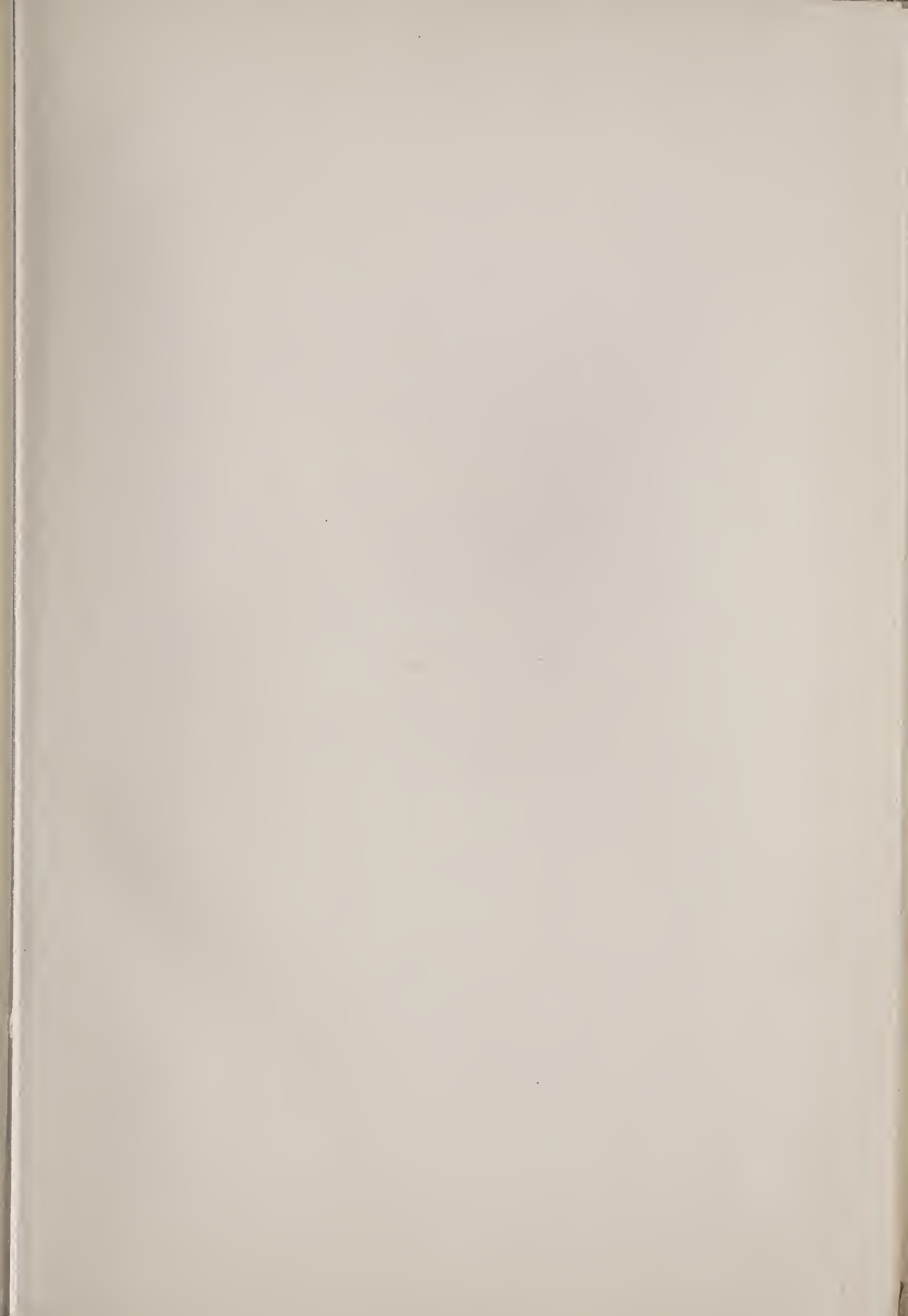


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Kiddy Kookery

MENUS and RECIPES

For
FEEDING CHILDREN
From
SIX MONTHS *to* SIX YEARS

REVISED EDITION

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FOREWORD



I have attempted to collect from various sources recipes for the preparation of most commonly used foods, and suggestive menus as a guide for well balanced meals for children. I claim no originality in regard to either, and wish to acknowledge my indebtedness to various sources of information:

1. U. S. Department of Labor, Children's Bureau. Bulletin, "Child Care," by Mrs. Max West;
2. "Nutrition of Mother and Child," by Dr. Moore;
3. "The Baby's Food," by Dr. Isaac A. Abt;
4. "Diet and Disease," by Pattee;
5. "Feeding the Family," by Mary Swartz Rose,
and various other sources too numerous to mention.

PREFACE



The draft found twenty per cent. of our men unfit for war service.

Nutrition clinics throughout the United States have established the fact that practically the same percentage of our children are also unfit for the stress and strain of modern civilization.

With these facts in mind and also the fact that our knowledge of dietetics for children has materially changed in the last few years, the authors of this little book on dietetics for the growing child have compiled, from various sources and authors, the best recipes and diets available at present.

Prevention of nutritional disorders in infants and children is of vital interest today.

This work presents in condensed form the essential material by which a normal child from six months to school age should be fed.

In this respect the authors will fill a long-felt want for the mother who desires to give her child intelligent care, and prevent rather than remedy disturbances of nutrition.

The recipes are simple and easily followed. The various methods given of inducing children to drink milk are excellent.

The tendency of modern medicine, especially in children's work, is a gradual shifting of emphasis from remedial to preventive methods.

It is the hope of the authors that this work will take its place in the dietetic field of preventive medicine.

H. L. MOON, M. D.

Seattle, June 4, 1923.

HOW TO MEASURE

Correct measurements are absolutely necessary to insure the best results. A cupful is measured level. To measure a cupful, put in the ingredient by spoonfuls, or from scoop, and level with a case knife, care being taken not to shake the cup.

A tablespoon is measured level.

A teaspoon is measured level.

Divide with knife lengthwise of spoon for a half spoonful; divide halves crosswise for quarters.

TABLE OF WEIGHTS AND MEASURES

1 cup	½ pint
12 tablespoons (liquid).....	1 cup
16 tablespoons (dry).....	1 cup
1 cup butter.....	8 ounces
2 tablespoons butter.....	1 ounce
1 cup milk.....	8 ounces
3 teaspoons.....	1 tablespoon
2 cups granulated sugar.....	1 pound

INFANT FEEDING

Every effort should be made to secure to the new born infant its birthright of mother's milk. His chances for a long and healthy life are much greater than those of the baby who has to be artificially fed. There is no perfect substitute for mother's milk. As long as breast milk is plentiful and of good quality there should be no thought of artificial feeding before six months. In extreme cases where the child no longer thrives on mother's milk, then bottle feeding is necessary. Always consult your doctor before weaning.

Good breast feeding cannot be done carelessly. A definite feeding schedule must be followed to attain the best results. Feed the baby at regular three- or four-hour intervals and you will find that he will become hungry only at the proper time, and the milk supply will be more plentiful if the breasts are stimulated at regular times. The old-fashioned mother says she will feed her baby whenever it is hungry, but the modern mother understands that she can train her baby in a very few days to be hungry at regular hours. This gives the mother more freedom and peace of mind, and at the same time is the only successful program for the infant.

You will find that almost without exception all babies are better and gain faster when they are given sufficient time for one feeding to be entirely digested and assimilated before more food is taken into the stomach. The time necessary for this is four hours. In a great many cases babies are fed every three hours for the first six or eight weeks, but most infants should be put on a four-hour schedule sooner.

SUGGESTED SCHEDULE

1-2 Months.....	6 A.M.	10 A.M.	2 P.M.	6 P.M.	10 P.M.	2 A.M.
3-10 Months.....	6 A.M.	10 A.M.	2 P.M.	6 P.M.	10 P.M.	
11-12 Months.....	7 A.M.	10 A.M.	2 P.M.	6 P.M.		

After meals the baby should be placed upright against its mother's shoulder and patted gently for a moment or two to bring up any air that he might have swallowed while nursing, then laid in his crib to rest quietly and soon go to sleep. If he shows a tendency to want to go to sleep before he has finished his meal, moisten his temples with a damp cold cloth.

The average baby gains from 6 to 8 ounces a week for the first five months, and 4 to 6 ounces from five months to a year.

The child's chief business in life is to grow strong and develop good habits. Regular hours for eating and sleeping, regular supplies of carefully chosen food, and plenty of fresh air mean healthy, rosy and happy babies.

It is a foolish notion that any whim should be allowed to control the selection of the child's food. The welfare of the child is at stake, since he has no knowledge of his needs.

If the child is good and is gaining steadily, the feeding of orange juice may be begun as early as three months. At this age give one teaspoon of strained orange juice in a little warm water.

To prevent rickets, the baby should have plenty of sunshine, supplemented in winter by a daily dose of one-half teaspoon of cod liver oil.



AT SIX MONTHS

- 6 a. m.—Breast Feeding.
- 9 a. m.—Orange Juice.
- 10 a. m.—Cooked Cereal. Finish Meal on Breast Feeding.
- 2 p. m.—Breast Feeding.
- 6 p. m.—Cooked Cereal. Breast Feeding.
- 10 p. m.—Breast Feeding.

ORANGE JUICE

Squeeze juice from half a small orange. Strain through a wire sieve. To one tablespoon juice add one tablespoon water.

Juices may be given to babies either from bottle or cup or spoon. It is well to have them get used to a bottle before weaning time.

CEREALS

List of cereals given at this age: Farina, Cream of Wheat, Wheat Hearts, Pearls of Wheat.

COOKING OF CEREALS

- (1) Cook cereal from one hour to three hours in a double boiler.
- (2) Heat directly over flame to boiling point and then complete the cooking in a double boiler one hour.

See Cooking of Cereals, page 31.

SERVING

Serve thick with a tiny piece of butter. Start with one teaspoonful and increase to four or five tablespoons by the end of the twelfth month.

BABY'S DRINKING WATER

Boil water from 5 to 10 minutes and allow to cool. Keep covered and offer to the baby several times during the day either in a bottle or from a spoon. Often babies are thirsty when we think they are hungry.

AT SEVEN MONTHS

- 6 a. m.—Breast Feeding.
10 a. m.—Cooked Cereal. Breast Feeding.
12 noon—Orange, Tomato, or Raw Cabbage Juice.
2 p. m.—Vegetables. Breast Feeding.
6 p. m.—Cereal, Cooked, or Cereal Jelly. Breast Feeding.
10 p. m.—Breast Feeding.

RAW CABBAGE JUICE

One-half cup of cabbage put through food grinder and then compressed in a cheese cloth will yield one to two ounces of juice. To one ounce of juice add one ounce of water.

TOMATO JUICE

Prepare same as cabbage. Juice from freshly opened can of tomatoes may be used in place of fresh in winter.

VEGETABLES

(For Preparation of Vegetables, See Page 43.)

Carrots, Spinach, Cauliflower.

Start giving vegetable soups or the juices in which vegetables have been cooked.

Carrots should be put through grinder or chopped fine before cooking.

TO SERVE VEGETABLES

Press through wire sieve and season with a tiny piece of butter. Begin by giving 1 teaspoonful and gradually increase to 2 tablespoons by a year.

If a baby does not take new foods easily it is a good plan to add a little of the new one with something he already likes. Gradually decrease the old one and increase the new one until it is given alone. For instance, if a child likes his cereal and you wish him to take a little prune pulp, mix it with his cereal.

Only one article should be added to the baby's diet at a time, and the effect on the baby should be carefully noted.

Never give a baby cakes, candy, doughnuts, pastry, fresh breads, griddle cakes, syrups or molasses, pork or tough meat of any kind, bananas or any over-ripe fruit, pickles, tea, coffee, soda water, wine, cider, beer nor tastes of the family meal. If this is begun he will soon demand a taste of everything he sees, and his appetite for the simple diet which is essential at this age will be quickly destroyed.

TOAST

When Teeth Erupt

Mastication should be encouraged by giving daily a dry crust, piece of zwieback, arrowroot or educator cracker upon which to suck and chew. This should be at the end of the meal.

BEEF JUICE (HOT PROCESS)

Select a piece of meat from the rump or top of the round. Remove all fat and broil or warm slightly one or two minutes, to set free the juices; lay on plate and cut meat in various directions that more juice may be extracted; then squeeze out the juice by means of a press, lemon squeeze or potato ricer into a slightly warmed cup. Salt if necessary, and serve at once. Prepare only enough to serve, as it does not keep well. Serve in dainty cup to disguise the color. One pound of meat yields four ounces of juice. A teaspoon or two of this every other day, given plain, or diluted half and half with water, is fully sufficient for a baby six months old. Double amount for a year old baby.

BEEF JUICE (COLD PROCESS)

Add about one-third pound of finely chopped round steak to one-third cup of water. Allow to stand in covered jar in cool place from six to twelve hours. Then squeeze out juice by twisting the meat in coarse muslin or cheese cloth. Season with salt.

Beef juice is chiefly valuable as a stimulant. It has but little food value, and is not to be given in place of nourishing foods, but as an addition to them.

AT EIGHT MONTHS

- 6 a. m.—Breast Feeding.
 10 a. m.—Cooked Cereal (as at six months). Breast Feeding.
 12 noon—Orange, Tomato, or Raw Cabbage Juice. 1 to 2 ounces.
 1 or 2 ounces in equal amount of water.
 2 p. m.—Vegetable, Toast, Broth (beef, mutton or chicken). Breast Feeding.
 6 p. m.—Cooked Cereal or Cereal Jelly, Toasted Whole Wheat Bread or Zwieback. Breast Feeding.
 10 p. m.—Breast Feeding.

At this age one teaspoonful of butter should be given daily, using on toast or in vegetables.

VEGETABLES

Spinach, Lettuce, Carrots, Cauliflower, String Beans, Young Beets.

PREPARATION OF VEGETABLES

Whole vegetables in the form of puree are now added to the diet. Cook vegetables until tender, press through sieve and add meat broth or butter.

BROTH

Broth made from chicken, beef or mutton may be given. This should be cooled, all fat removed, and the broth reheated before being fed to the child.

RICE JELLY

1½ tablespoons rice	1 egg white
1 cup cold water	Speck salt
⅔ cup milk	

Wash rice and soak in cold water two hours, drain off the water and add the milk. Cook in double boiler one and one-half hours. Strain through fine sieve. Pour into moulds, chill and warm up as needed, serving with fruit juice or cream and sugar.

AT NINE MONTHS

- 6 a. m.—Breast Feeding.
- 10 a. m.—Cooked Cereal (whole grain cereals), 2 ounces Whole Milk (boiled 1 minute), Toast, Broth. Breast Feeding.
- 12 noon—Orange Juice.
- 2 p. m.—Vegetable (spinach or carrots), Baked Potato, Apple Sauce or Baked Apple, Zwieback or Toast (whole wheat bread).
- 6 p. m.—Cooked Cereal (whole grain cereals) or Cereal Jelly, 2 ounces Whole Milk (boiled 1 minute), Toast, Broth, Prune Pulp. Breast Feeding.
- 10 p. m.—Breast Feeding.

MUTTON BROTH

Wash 2 pounds neck of mutton, cut off fat and cut into small squares. Put meat in saucepan with 3 pints of water. Cook slowly for several hours.

CEREALS

Cracked Wheat, Wheat Granules, Rolled Oats, Scottish Oatmeal, Steel Cut Oats, Pettijohn's.

COOKING OF CRACKED GRAIN CEREALS

Soak over night in double boiler, then bring to boil directly over flame. Stir well, cover and cook on asbestos mat thirty minutes or in double boiler for one hour.

APPLE SAUCE

Wash, pare, core and slice one apple. Place in sauce pan and add one teaspoon sugar and enough boiling water to partly cover. Cover and cook slowly without stirring until transparent and tender. Cook peaches and pears the same way.

PRUNE PULP

Soak dried prunes in just enough water to cover, leaving over night. This shortens the time required for cooking. Cook slowly until tender, adding a little sugar.

Press through a fine sieve just as needed.

AT TEN MONTHS

After the ninth month, depending somewhat on the time of year and how well the baby is taking the solid foods, the 10 p. m. breast feeding may be dropped, and shortly after that 8 ounces of whole cow's milk (boiled one minute) may be gradually substituted for the other feedings. (See your doctor about weaning.)

VEGETABLES

As at eight months, adding Asparagus Tips, Kale, Kohlrabi, Brussels Sprouts and Swiss Chard.

ADDITIONAL FOODS

Give Cooked Fig and Prune Pulp.
Egg Yolk, hard boiled and mashed.
Butter, 1 teaspoon a day.

BACON

Bacon may be given as early as 12 months if cooked crisp. The best method of cooking is broiling. If not broiled, it should be placed in hot frying pan, turned frequently until all fat is out. Drain off the fat, then brown the bacon.

MILK TOAST

Cut slices of stale bread $\frac{1}{2}$ inch thick, toast slowly until well browned. Let cool before buttering. Heat saucepan of milk, season with tiny pinch of salt and pour over buttered toast. Children love zwieback fixed this way.

SCRAPED BEEF

Wipe a small piece of steak, cut from top of round. Lay it on a meat board, and with the tip of a silver spoon scrape off the soft fibres. Make it into little flat, round cakes half an inch thick and broil them two minutes. Season with salt and pepper if allowed. Serve on rounds of buttered toast. Do not add salt before cooking, as it toughens the meat.

COTTAGE CHEESE

Cottage cheese may be given at eleven months. Begin with one teaspoon and increase to one tablespoon.



MENUS

12 to 18 Months

7:00 to 8:00—BREAKFAST

- (1) CEREALS—White or brown rice, oatmeal, wheat granules, Scottish oatmeal, steel cut oats, Farina, Cream of Wheat.
- (2) FRUITS—Stewed apples, prunes, apricots, pears, peaches, figs (mashed or sieved). Juice of grapefruit, orange, grapes and berries (after 14 months, raw scraped apple may be given).
- (3) BREAD—Stale whole wheat or white bread or toast, zwieback, hard crackers.
- (4) BEVERAGE—Milk.

11:30 to 12:30—DINNER

- (1) Potato or rice (small amount).
- (2) Other Vegetables. Spinach, carrots, peas, string beans, asparagus tips, Swiss chard, cauliflower, celery, beets, kale, kohlrabi, cooked lettuce, tomatoes, brussels sprouts.
Vegetables may be stewed, seasoned with butter or beef juice or used in thick vegetable soups or as puree in cream soups.
- (3) Zwieback or hard crackers.
- (4) Milk.

3:00 to 3:30—LUNCH

- (1) Fruit pulp or sauce of the above named fruits.
- (2) Milk.

5:30 to 6:00—SUPPER

- (1) Cream soups made from spinach, peas, celery, lettuce, potato, carrots or stewed vegetables, or vegetable soups.
- (2) Cereal. Use any of the above named cereals.
- (3) Fruit. Use any of the above named fruits.
- (4) Desserts. Custard, blanc mange, chocolate cornstarch pudding.
- (5) Beverage—Milk.

GENERAL MENU

BREAKFAST—

For Breakfast, give either 1, 2, 4 or 1, 3, 4.

DINNER—

Give either 1, 2, 3, 4 or 2, 3, 4.

LUNCH—

Give 1 or 2, or both.

SUPPER—

Give 1, 3, 5 or 2, 4, 5 or 2, 3, 5 or 1, 4, 5.

SPECIFIC MENUS

I. BREAKFAST—1, 2, 4.

- 2-4 tablespoons oatmeal,
well cooked.
- 3-4 tablespoons apple sauce.
- 1 cup milk.

DINNER—1, 2, 3, 4.

- 2 tablespoons baked potato.
- 3-4 tablespoons spinach
puree.
- 1 cup milk.
- Zwieback (at end of meal).

LUNCH—2.

- 1 cup milk.

SUPPER—1, 2, 5.

- $\frac{1}{2}$ cup cooked cereal.
- $\frac{3}{4}$ tablespoon apricots.
- 1 cup milk.

II. BREAKFAST—1, 3, 4.

$\frac{3}{4}$ tablespoon Farina.
1 slice toast.
1 cup milk.

DINNER—2, 3, 4.

4-6 ounces thick vegetable
soup.
Hard cracker.
Milk (at end of meal).

III. BREAKFAST—1, 2, 4.

2-4 tablespoons steel cut oats.
Juice of half fresh grape-
fruit.
1 cup milk.

DINNER—1, 2, 3, 4.

2-3 tablespoons cooked rice.
 $\frac{1}{2}$ cup cream of celery soup.
1 slice toast.
1 cup milk.

LUNCH—1, 2.

2-3 tablespoons pulp of stewed
figs.
1 cup milk.

SUPPER—1, 4, 5.

2-3 tablespoons cooked car-
rots.
2-3 tablespoons blanc mange
pudding.
1 cup milk.

LUNCH—1.

1 cup milk.

SUPPER—1, 3, 5.

3 tablespoons sieved green
peas.
2-3 tablespoons peaches.
1 cup milk.

IV. BREAKFAST—1, 2, 4.

2-4 tablespoons wheat
granules.
2-3 tablespoons figs.
1 cup milk.

DINNER—1, 2, 4.

2-3 tablespoons boiled potato.
 $\frac{1}{2}$ cup cream of beet soup.
1 cup milk.

LUNCH—1, 2.

Juice of berries.
1 cup milk.

SUPPER—2, 4, 5.

2-3 tablespoons browned rice.
2 tablespoons custard.
1 cup milk.

MENUS

18 Months to 3 Years

7:00 to 8:00—BREAKFAST

- (1) CEREALS—Pearls of Wheat, Wheat Hearts, hominy grits, rye, rolled oats, cracked wheat, corn meal. Any of those listed in 12 to 18 months, plus the above.
- (2) FRUITS—Same as from 12 to 18 months. (Scrape fruit if raw, mashed if stewed, strain if containing seeds.)
- (3) BREADS—Same as listed in diets from 12 to 18 months, plus graham, rye and brown.
- (4) Eggs or crisp bacon.
- (5) BEVERAGE—Milk.

11:30 to 12:30—DINNER

- (1) Potatoes.
- (2) Other vegetables. Same as in lists from 12 to 18 months. (Vegetables may be stewed, seasoned with butter or beef juice, or as thick vegetable soup, or as cream soups or creamed vegetables.
- (3) Meat or Meat Substitutes. (Lamb, egg, fish, chicken, scraped beef, crisp bacon, liver, sweetbreads, kidney, heart, etc., whenever purchased for the rest of the family.)
- (4) BREADS—Same as above.
- (5) DESSERTS—Custard, blanc mange pudding, chocolate corn-starch, rice pudding, junket, tapioca pudding.
- (6) FRUITS—Any of the above named fruits.
- (7) BEVERAGE—Milk or cocoa.

3:00 to 3:30—LUNCH

- (1) Bread and butter. Breads mentioned above.
- (2) Milk.
- (3) Fruit. Fruits mentioned above.

5:30 to 6:00—SUPPER

- (1) Vegetables. Any of the above vegetables.
- (2) Bread or cereals. Any of those previously mentioned.
- (3) Desserts. Any of the above named desserts.
- (4) Beverage. Milk or cocoa.

GENERAL MENU

BREAKFAST—

Give either 1, 2, 4, 5 or 2, 3, 4, 5, 6.

DINNER—

Give either 1, 2, 4, 5, 6 or 2, 3, 4, 5, 6.

LUNCH—

Give either 1, 2 or 2, 3.

SUPPER—

Give either 1, 2, 3 or 1, 3, 4.

SPECIFIC MENUS

- | | |
|---|---|
| <p>I. BREAKFAST—1, 2, 4, 5.</p> <ul style="list-style-type: none"> 4-5 tablespoons Farina. 2-3 tablespoons apple sauce. 1 egg. 1 cup milk. | <p>III. BREAKFAST—1, 2, 3, 5.</p> <ul style="list-style-type: none"> 3-4 tablespoons oatmeal mush. 1 orange. 1 slice toast. 1 cup milk. |
| <p>II. BREAKFAST—1, 2, 4, 6, 7.</p> <ul style="list-style-type: none"> 2-4 tablespoons prunes. 1 slice toast. 2 slices crisp bacon. 1 cup milk. | <p>IV. BREAKFAST—1, 2, 3, 5.</p> <ul style="list-style-type: none"> 3-4 tablespoons Wheat Hearts. Juice of berries. Zwieback. 1 cup milk. |

- I. DINNER—1, 2, 4, 6, 7.
 2 tablespoons baked potato.
 ½ cup spinach puree.
 Hard crackers.
 2-3 tablespoons peaches.
 1 cup milk.
- II. DINNER—2, 3, 4, 5, 6.
 2-4 tablespoons creamed
 carrots.
 Boiled fish.
 1 slice whole wheat bread.
 2 tablespoons rice pudding.
 1 cup milk.
- I. LUNCH—1, 2.
 Bread and butter.
 1 cup milk.
- III. DINNER—1, 2, 4, 6, 7.
 2 tablespoons boiled potato.
 2 tablespoons beets.
 1 slice rye bread.
 2-3 tablespoons apricots.
 1 cup milk.
- IV. DINNER—2, 3, 4, 5, 7.
 Liver and spinach.
 3 tablespoons cooked toma-
 toes.
 Zwieback.
 2 tablespoons blanc mange
 pudding.
 1 cup cocoa.
- II. LUNCH—2, 3.
 2-3 tablespoons of above
 named fruits.
 1 cup milk.
- I. SUPPER—1, 2, 3.
 4 tablespoons spinach soup.
 Zwieback.
 3 tablespoons custard.
- II. SUPPER—1, 3, 4.
 4 tablespoons cream of pea soup.
 2 tablespoons junket.
 1 cup milk.
- III. SUPPER—1, 3, 4.
 4 tablespoons celery soup.
 2 tablespoons rice pudding.
 1 cup milk.
- IV. SUPPER—1, 2, 3.
 3-4 tablespoons lettuce puree.
 1 slice rye bread and butter.
 2 tablespoons chocolate cornstarch pudding.

MENUS

3 to 6 Years

7:00 to 8:00—BREAKFAST

- (1) CEREALS—Any previously listed. Occasional use of shredded wheat biscuit, puffed grains or other prepared cereals for variety if freshened first.
- (2) FRUITS—Remove seeds when necessary. Chewing habits should be well formed by this time, so fruit may be given raw. Apricots, tomatoes, oranges, prunes, peaches, apples, pears, figs, juice of grapes, berries and grapefruit.
- (3) Eggs or crisp bacon.
- (4) BREADS—Previously named.
- (5) BEVERAGE—Milk or cocoa.

11:30 to 12:30—DINNER

- (1) Potato or rice.
- (2) Other vegetables. Any previously listed, plus dried peas, dried beans, spinach, kohlrabi, corn, squash.
- (3) Meat or meat substitutes (minced unless child chews his food thoroughly).
- (4) Breads previously mentioned.
- (5) DESSERTS—Any of the desserts previously mentioned, with the inclusion of milk sherberts, plain ice cream, hard, plain cookies, sponge cake.
- (6) Fruits previously mentioned.
- (7) BEVERAGE—Milk or cocoa.

3:00 to 4:00—LUNCH.

- (1) Bread and butter, with or without jelly.
- (2) Milk.
- (3) Fruit.

5:30 to 6:00—SUPPER

- (1) Vegetables. Any previously mentioned.
- (2) Breads previously mentioned.
- (3) Desserts previously mentioned.
- (4) Beverages—Milk or cocoa.

GENERAL MENU

BREAKFAST—

Give either 1, 2, 3, 4, 5 or 2, 3, 4, 5.

DINNER—

Give either 1, 2, 4, 5, 7 or 2, 3, 4, 6, 7 or 1, 2, 4, 6, 7 or 2, 3, 4, 5, 7.

LUNCH—

Give either 1, 3 or 2, 3.

SUPPER—

Give either 1, 2, 3 or 1, 3, 4.

SPECIFIC MENUS

I. BREAKFAST—1, 2, 4, 5.

4-5 tablespoons oatmeal cooked with raisins.
1 orange.
2 slices whole wheat bread.
1 cup milk.

II. BREAKFAST—1, 3, 4, 5.

4 teaspoons corn meal.
1 boiled egg.
1 slice toast.
1 cup milk.

III. BREAKFAST—1, 2, 4, 5.

4 tablespoons Cream of Wheat (cooked in milk).
3 tablespoons apple sauce.
4 slices rye bread.
1 cup milk.

IV. BREAKFAST—1, 2, 3, 5.

4 tablespoons brown rice.
3 tablespoons apricots.
2 slices crisp bacon.
1 cup milk.

I. DINNER—1, 2, 4, 5, 7.

3 tablespoons boiled potato.
3 tablespoons string beans.
2 slices brown bread.
3 tablespoons tapioca pudding.
1 cup milk.

II. DINNER—2, 3, 4, 5, 7.

4 tablespoons cauliflower (creamed).
Lean beef.
2 slices rye bread.
1 piece sponge cake.
1 glass milk.

III. DINNER—1, 2, 4, 5, 7.

3 tablespoons mashed potatoes.
2 tablespoons Brussels sprouts.
2 slices whole wheat bread.
3 tablespoons prune pudding.
1 glass milk.

IV. DINNER—3, 2, 4, 5, 7.

3 tablespoons baked rice and meat.
3 tablespoons creamed carrots.
2 slices graham bread.
2 tablespoons milk sherbert.
1 glass milk.

I. LUNCH—1, 3.

Bread, butter and jelly.
3 tablespoons above named fruits.

II. LUNCH—2, 3.

3 tablespoons above named fruits.
1 glass milk.

I. SUPPER—1, 3, 4.

$\frac{1}{2}$ cup cream of corn soup.
2 hard cookies.
1 cup cocoa.

II. SUPPER—1, 2, 4.

3 tablespoons baked squash.
2 slices rye bread and butter.
1 cup milk.

III. SUPPER—1, 3, 4.

4 tablespoons stewed tomatoes.
2 tablespoons milk sherbert.
1 cup milk.

IV. SUPPER—1, 3, 4.

$\frac{1}{2}$ cup celery soup.
4 tablespoons peaches.
1 cup milk.

These menus are very conservative, so that any mother may safely follow them. Some children are more advanced for their age than others, so each mother must use good judgment and not feel that there are hard and fast rules for feeding all children of a certain age. She must also realize that children's appetites differ just as much as adults and there can be no set rule about the amount of food that should be given.

In some cases more meat may be used. There are a great many different opinions about the amount of meat that should be given children, but it seems reasonable that growing children should have a fair amount of this excellent tissue builder.

BE CHEERFUL AT MEALTIME

A mother of several children has no time to cook separate meals for the children and the adults—she should plan her meals to suit the needs of both.

If a child will not eat he should not be forced to do so, nor should he be tempted with unsuitable foods when he refuses the ordinary article.

The child should be taught proper table manners, but if he is to eat properly his table and chair must be of the right height, and his utensils small enough so that he can use them easily. After the high chair is outgrown a child needs a dining chair high enough to bring his elbows nearly on a level with the top of the table, and provided with a foot rest.

Do Not Force a Child To Eat

Flavorless, badly cooked, unattractive and unappetizing food will be poorly digested. The pleasing appearance of food and an agreeable manner of serving it have much to do with the pleasure of eating it.

Forcing a child to eat antagonizes him and does more harm than good. It is far better for a child to go hungry than to be forced to swallow food when he is under extreme emotional strain. Anger, rage, excitement and worry do inhibit digestion. No child will starve himself. When good and hungry he will eat what you want him to. If he continues to have no appetite, then consult your physician.

Put the thing you particularly want the child to eat on his plate first, in reasonable small amounts. Do not plead with the child to eat his food. If he refuses, excuse him from the table and allow him no food until next mealtime.

Absolutely do not discuss food or any child's food habits at the table or at any time in his presence. Allow no one to express a dislike for any article of food before a child.

Parents and older members of the family should always eat what the child is expected to eat. Whatever is good for the child is good for the adult.

The growing child needs a good deal of good drinking water, particularly in hot weather, and should be offered water even when he does not demand it. Tea and coffee should be absolutely forbidden to all children.

According to Ellen H. Richards a mother has made a failure of her task if she brings up her children to be notional about food.

Suggested Method For Training Children to Chew Food Thoroughly

Serve fairly coarse food and do not let child drink any beverage with his meals. Do not give much soup or liquid food. He has to chew his food well, then, in order to swallow it.

Allow no drinking with meals if beverage is used merely to wash half-chewed food down.

Chewing is very important in keeping the teeth in good condition.

Do not give dry raisins and dry prunes, raw apples, bananas, raw vegetables or nuts to a child to eat until he learns to chew his food well. Until such time is reached, his hard, crisp food should be confined to zwiebach, toast, hard crackers, etc., which will soften up in the digestive juice if chunks are swallowed.

GOOD EATING HABITS ARE IMPORTANT

Do not let children eat pork or veal—much meat of any kind—fried foods, rich pies and cakes, strong spices and vinegar, green or spoiled fruit.

Do not let children drink tea, coffee, beer, wine, sodas.

Do not let them eat between meals, except for a regular lunch. Do not let them eat candy, ice cream cones, nuts, cakes and cookies between meals.

The habit of eating between meals tends to destroy the natural appetite and to make a child indifferent to his regular meals and leads to indigestion and malnutrition. If the interval between dinner and supper is very long, a light lunch consisting of milk, bread and butter or other light food may be given, if given regularly at the same hour every day.

MILK

Milk is the natural food for babies and the most important food for young children. A quart a day is a good allowance for a child if he takes plenty of solid food. The normal child needs one pint and a half only after eighteen months of age.

All milk must be kept as clean as possible, because it is an excellent food for all kinds of germs. Never give milk to a child that has not been boiled or pasteurized unless it is certified milk. Even then you are not safeguarding your child's welfare. If you bring it to a boil quickly, boil one minute, then cool quickly, most of the bacteria will be destroyed and the milk will be a little easier to digest. Keep milk in a cold place always.

If good liquid milk cannot be obtained, dried milk should be used. Dried milk comes nearer having the same composition of fresh milk than any other prepared baby food. Be sure to get dried whole milk, because the dried skim milk has no fat in it and is not the proper food for babies.

Milk for the baby should be thoroughly mixed so that the cream is evenly distributed, and each meal put in a sterile feeding bottle. Wash the bottles in hot water containing washing soda, then boil in clear water for twenty minutes. Keep cool and stoppered until ready to use. The nipple should have the same care, being boiled often and kept in boric water when not in use.

Any milk left in the bottle after a feeding should be used for the rest of the family and never reheated for the baby. Warm milk should never be kept in a thermos bottle, because germs grow rapidly in warm milk.

METHODS OF GETTING CHILDREN TO DRINK MILK

If a child does not care for milk to drink, he may be tempted by using a colored glass or a fancy cup.

Milk may be given to children by preparing desserts, cereals and soups with milk. Also by giving cocoa and malted milk. A child will sometimes drink milk if given a straw to drink through.

Let him drink from some particular cup he is fond of. If he has none, let him go to the store and select one he would like to drink his milk from.

Give milk occasionally when child is thirsty in place of water.

Place at the mother's place a large opaque mug of milk and at the child's place a tiny wine glass. As the child drinks from the glass refill it from the mug. The small glass and small amount of milk may appeal to him if he has a small appetite.

When milk is given to babies the chill is usually taken from it. It is safe to do this for all young children. When milk is used as a drink it should be sipped, not gulped down.



RECIPES

FRUITS

Fruits are necessary and should be given every day if possible.

BAKED APPLES

Wipe and core apples. Put in a shallow dish with one tablespoon water to each apple; more may be added during cooking if necessary; put into the center of each apple two teaspoons sugar. Bake in a hot oven twenty to thirty minutes, or until soft; baste with the syrup every ten minutes. A little nutmeg may be added to the sugar, and a few drops of lemon juice to each apple. Care must be taken that apples do not lose their shape and break.

STEWED APPLE SAUCE

Wash, pare, core and slice one apple; put in saucepan and add one teaspoon sugar and enough boiling water to partly cover. Cover and cook slowly without stirring until transparent and tender. Appetizing to serve with any breakfast food.

Pears and peaches may be cooked in the same way.

APRICOT AND PRUNE JUICE

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

1 cup cold water.

$\frac{1}{4}$ cup dried apricots.

Sugar to taste.

Wash fruit carefully; soak over night and cook slowly for two hours. If cooked properly the fruit will need very little sugar, as the sugar in the fruit is developed by this method of cooking.

STEWED FIGS

$\frac{1}{2}$ pound figs.

$\frac{1}{4}$ cup white sugar.

1 cup cold water.

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

Wash figs. Dissolve sugar in the water; add figs and bring slowly to boiling point. Stew two and one-half hours; when tender, add lemon juice.

NOTE—Cut figs in small pieces; cook very slowly so as not to add more water.

SERVING ORANGES

Cut a slice from the top of an orange and remove the pulp with a spoon; fill with a gelatine jelly; set on ice; when firm cut in quarters.

ORANGE BASKET

Cut two pieces from an orange, leaving a strip in the center for a handle; take out pulp; fill the basket with jelly made from pulp.

ORANGE JELLY

$\frac{1}{2}$ cup orange juice.

2 teaspoons lemon juice.

3 tablespoons sugar.

2 tablespoons boiling water.

1 tablespoon cold water.

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

Soak the gelatine in cold water; add the boiling water, sugar, lemon and orange juice. Strain.

BAKED PEARS

8 pears.

$\frac{1}{2}$ cup brown sugar.

2 tablespoons butter.

Cut pears lengthwise, remove core and sprinkle one-half tablespoon brown sugar and dot of butter on each half. Bake until tender and browned.

STEAMED RHUBARB

1 cup rhubarb.

$\frac{1}{4}$ to $\frac{1}{2}$ cup sugar.

Wash rhubarb and cut it into inch pieces without removing the skin, as this gives a pretty pink color to the juice. Put it into a double boiler without water and steam one-half hour, or until soft. Do not stir, as it breaks the pieces. Sweeten to taste at once on taking from fire. If rhubarb cooks a minute too long—which means after it has gone to pieces—it will lose its delicious flavor.

FRESH BANANAS

Fresh bananas may be given as early as eighteen months if thoroughly mashed first. Do not give more than two teaspoonfuls at a time.



CEREALS



Cereals and bread should furnish one-third of the food required by the child. If children do not like cereals, it is usually because they have not been properly cooked and served. Cereals should be thoroughly cooked. They need long, slow cooking. They may be cooked in a large enough quantity to last three days, if kept in a cool place and heated as needed. They are much improved by the addition of fruits, such as dates, prunes or crushed bananas. Mixed cereals offer a great variety of flavors. Two or three kinds may be cooked together.

Uncooked or prepared cereals may be given occasionally, if cost can be disregarded. It should also be remembered that it takes two or three times as much of these cereals by volume to supply the same amount of food as cooked cereal. They should always be freshened in the oven before serving, however.

Dried fruits, like figs, dates, and raisins, may be cooked with the cereal to sweeten it and to give flavor.

METHODS OF PREPARATION

One teaspoon salt to 1 quart water for all cereals.

Four parts water to one part fine cereal. Make thin paste out of part of water as cold water to prevent lumping.

Two to two and one-half parts water for one part cereal for coarse cereals.

Steamed rice, one part rice to three or five parts water.

Boiled rice, one part rice to eight or sixteen parts water.

1. Put required amount of water and salt in the top of the double boiler and heat directly over the flame to the boiling point. Drop in the cereal so slowly that the water keeps bubbling violently. Stir constantly. Cook directly over the flame for five minutes. Complete cooking in the double boiler for 30 minutes to one hour—more if flavor of long cooked cereal is preferred.

2. Mix equal amount of water and cereal, though finely divided cereals require more water. Add to the boiling salted water. Cook directly over the flame for five minutes. Complete cooking in a double boiler, over an asbestos pad, or directly over a slow wood fire. Cook for 30 minutes without double boiler or from one to two hours if double boiler is used.

3. (This method is especially good for whole grain wheat and oat cereals). Soak one cup of cereal in four cups of cold water over night in single boiler. The next morning bring to a boil directly over the fire. Stir well, cover and cook slowly for 30 minutes over an asbestos mat, or one hour in double boiler.

BRAN MASH

(For Constipation)

1 cup bran.	1 tablespoon Agar-agar.
1 pint water.	$\frac{1}{4}$ teaspoon salt.

Put the ingredients in a sauce pan and heat slowly to the boiling point. Simmer for ten minutes or until the Agar-agar is dissolved. Pour into a loaf pan and allow to solidify at room temperature. Serve sliced with sugar and cream for cases of constipation. A thin slice added to a cooked cereal is often more appetizing.

BARLEY GRUEL (WITH BROTH)

2 cups beef broth.	2 tablespoons cold water.
2 tablespoons barley flour.	1 teaspoon salt.

Mix barley flour and salt with the cold water to form a smooth paste. Add gradually to the boiling stock and boil one-half hour. Strain and serve very hot.

BARLEY JELLY

1 tablespoon barley flour.	1 cup boiling water.
2 tablespoons cold water.	Salt.

Blend carefully the barley flour and the cold water; add gradually to the boiling water and cook twenty minutes. Add salt to taste, reheat to boiling point, strain and serve or bottle for keeping.

CEREAL GRUELS

1 tablespoon barley flour, $\frac{1}{4}$ teaspoon salt, $\frac{1}{2}$ cup boiling water, $\frac{1}{2}$ cup scalded milk.

1 tablespoon rice flour, $\frac{1}{4}$ teaspoon salt, $\frac{1}{2}$ cup boiling water, $\frac{1}{2}$ cup scalded milk.

1 tablespoon farina, $\frac{1}{4}$ teaspoon salt, $\frac{1}{2}$ cup boiling water, $\frac{1}{2}$ cup scalded milk.

1 tablespoon oat flour, $\frac{1}{4}$ teaspoon salt, $\frac{1}{2}$ cup boiling water, $\frac{1}{2}$ cup scalded milk.

2 tablespoons cracker crumbs, $\frac{1}{4}$ teaspoon salt, $\frac{1}{2}$ cup boiling water, $\frac{1}{2}$ cup scalded milk.

In the top of the double boiler mix the desired flour with enough cold water to form a paste. Add the boiling water, boil for two or three minutes over the fire, then set over the lower part of the double boiler and cook for fifteen or twenty minutes, stirring frequently. Add the salt and scalded milk and serve in a hot cup or bowl. The cracker gruel does not need to be mixed with the cold water nor cooked over the hot water, as it is sufficiently cooked by the two or three minutes' boiling.

CORNMEAL MUSH

1 cup cornmeal.
5 cups water.

1 teaspoon salt.

Use any of the above methods of preparation.

FARINA

$\frac{3}{4}$ cups farina.
4 cups water.

1 teaspoon salt.

Use any of the above methods of preparation.

OATMEAL

1 cup oatmeal (coarse).
4 cups water.

1 teaspoon salt.

Use any of the above methods of preparation.

RICE (BOILED)

1 cup rice.
8 cups water (boiling).

2 teaspoons salt.

Pick over the rice. Wash until the water is clear. Drop into the boiling salted water which is kept bubbling violently. Boil thirty minutes or until soft. All the water should have disappeared. If any is left, drain and use for a soup. Pour over the rice one quart hot water. Return to kettle and place uncovered on back of stove to dry off. Kernels should be distinct. When stirring use a fork to prevent breaking kernels.

RICE (STEAMED)

1 cup rice.

1 teaspoon salt.

3 cups water or milk.

Pick over the rice. Wash until the water is clear. Put salt and water or milk on top of the double boiler and place on stove. Add rice, stirring with fork. Cook five minutes, cover, place over under part of double boiler and steam for 45 minutes or until kernels are soft. Uncover so steam may escape.

ROLLED OATS

1 cup rolled oats.

1 teaspoon salt.

3 cups water.

Use any of the above methods of preparation.

CREAM OF WHEAT

1 cup Cream of Wheat.

1½ teaspoons salt.

5 cups of water.

Use any of the above methods of preparation.

CRACKED WHEAT

Use four parts of boiling water to one part cracked wheat. Cook in double boiler from one-half to one hour. Salt to taste. Serve with cream and sugar.

CARNATION MUSH

3 cups water.

½ teaspoon salt.

1 cup Carnation mush.

Cook in a double boiler for about an hour.



BREAD



There should be plenty of bread and cereals, particularly oat-meal and whole wheat breads, which should be used freely. They are better for growing children than white bread. Day old bread is better than fresh bread—never give children bread which is under 24 hours old.

BRAN MUFFINS

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| $\frac{1}{2}$ cup sugar. | 1 cup toasted bran. |
| 2 tablespoons shortening. | $\frac{1}{2}$ teaspoon soda. |
| 1 or 2 eggs. | $\frac{1}{2}$ teaspoon salt. |
| 1 cup sour milk. | $1\frac{1}{2}$ cups flour. |

Mix and sift dry ingredients; melt fat, separate yolks and whites of eggs; add liquid to dry ingredients slowly. Beat. Add beaten yolks, fold in whites beaten stiffly. Fill pans two-thirds full. Bake 25 minutes in moderate oven.

DATE MUFFINS

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| $\frac{1}{3}$ cup shortening. | $\frac{2}{3}$ cup milk. |
| $\frac{1}{3}$ cup sugar. | 3 level teaspoons baking powder. |
| 2 eggs. | Little salt and nutmeg. |
| $\frac{1}{2}$ cup dates, chopped. | |
- Mix like cake and bake in muffin pans about 25 minutes.

GRAHAM NUT MUFFINS

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| 1 cup graham flour. | 2 teaspoons baking powder. |
| 1 teaspoon salt. | 2 tablespoons butter. |
| 1 teaspoon soda. | 1 cup nuts, chopped fine. |
| 1 cup brown sugar. | 2 cups sour milk. |
| 2 cups wheat flour. | |

Mix dry ingredients, add melted butter, nuts and sugar. Beat in the $1\frac{1}{2}$ cups of the sour milk and dissolve the soda in the other half cup and add last. Grease and flour pans. Bake in a moderate oven fifteen to twenty minutes.

OATMEAL MUFFINS

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| 1 cup milk. | $\frac{2}{3}$ cup rolled oats (grind). |
| 1 egg. | $\frac{1}{4}$ teaspoon salt. |
| 1 tablespoon sugar. | $1\frac{1}{2}$ cups flour. |
| 3 teaspoons baking powder. | 2 tablespoons melted fat. |

Scald milk, pour over rolled oats, cool and add well beaten egg. Add salt, flour, sugar and baking powder sifted together, and lastly melted fat. Beat well, place in muffin tins and bake in moderate oven.

ROMAN MEAL BREAD

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| $1\frac{1}{2}$ cups white flour. | $1\frac{1}{2}$ cups sour milk. |
| $\frac{1}{2}$ cup roman meal. | 1 teaspoon soda. |
| $\frac{1}{2}$ cup bran. | 1 teaspoon baking powder. |
| 1 cup chopped raisins. | 1 teaspoon salt. |
| $1\frac{1}{2}$ cups sugar. | |

Mix together and bake in loaf about $\frac{3}{4}$ of an hour.

DATE BREAD

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| 2 cups unsifted graham flour. | 1 teaspoon soda. |
| 1 cup white flour. | 1 teaspoon salt. |
| $\frac{2}{3}$ cup molasses. | $\frac{1}{2}$ cup chopped dates. |
| $1\frac{3}{4}$ cups sour milk. | |
- Mix well and bake like bread.

PEANUT BREAD

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| 1 cup salted peanuts, shelled
and ground. | 4 teaspoons baking powder. |
| 1 cup sugar. | 4 cups of flour. |
| $1\frac{1}{2}$ cups milk. | 1 teaspoon salt. |
| | 1 egg. |

Sift baking powder with flour, mix in other ingredients. Bake in moderate oven about 45 minutes. Slice when day old. Is good for sandwiches.

GRAPE-NUT BREAD

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| $1\frac{1}{2}$ cups grape nuts. | 2 cups milk. |
| 1 cup sugar. | $\frac{1}{2}$ cup raisins. |

Mix and let stand fifteen minutes.

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| 1 egg. | $3\frac{1}{2}$ cups flour. |
| $\frac{1}{2}$ teaspoon salt. | 4 teaspoons baking powder. |

Sift flour with baking powder and add to first mixture, and let stand one and a half hours before baking in a moderate oven. If sour milk is used add two teaspoons of soda in place of the baking powder. This recipe will make two medium sized loaves. Do not serve until day after baking.



EGGS



COOKED EGG

Have ready a sauce pan containing 1 pint of boiling water for one egg and an additional cup of water for each additional egg. Carefully drop the eggs in with a spoon. Remove pan from fire. Let stand from six to eight minutes for soft cooked eggs. For hard cooked eggs, place in hot water in double boiler and allow to cook for 40 minutes.

Another method to "soft cook" is to place eggs on stove in cold water and allow water to heat gradually until the boiling point is reached. Remove from stove, allow to stand in water one minute.

EGGS IN THE NEST

Cut a round slice of bread, toast it thoroughly; beat the white of one egg until it is very stiff; spread this egg white over the toast; make a depression in the center of it and drop whole yoke into it. Bake in a very slow oven until the egg is firm.

GOLDEN ROD EGGS

Boil eggs until firm. Mince the whites very finely. Add to white sauce, season with salt and pepper, and pour over hot toast. Press the yolks through fine wire seive and sprinkle on top.

SCRAMBLED EGGS

Beat eggs thoroughly with a fork or dover beater, season and add a little milk. Melt a little butter in the top of the double boiler, pour in eggs, and stir occasionally until firm.

STEAMED OMELET

Beat one egg very stiff, without separating white and yolk. Add four tablespoons of thin cream and a little salt and pepper. Place in small buttered pan and place this in stew pan of boiling water. Cover the stew pan so that very little steam escapes and allow to cook just ten minutes.

CODDLED EGGS

Place egg in pan of boiling water and remove pan from fire at once; cover, and allow the egg to cook about seven or eight minutes. The white should be soft and of jelly-like consistence, which makes it quite readily digestible.

POACHED EGGS ON TOAST

Open eggs into saucer. Drop easily into freshly boiled water and cook below boiling point. Cook until white film forms over yolk of egg. Remove from water and serve on toast. Add seasoning and tiny piece of butter. If a poacher is available it will aid greatly in making the eggs more appetizing in appearance.

PLAIN OMELET

2 eggs.	2 tablespoons hot water.
$\frac{1}{4}$ teaspoon salt.	$\frac{1}{2}$ tablespoon butter.
Pepper.	$\frac{3}{4}$ cup white sauce.

Separate yolks from whites. To yolks, add salt, pepper and hot water and beat until lemon colored. Beat whites stiff, cutting and folding into first mixture until they have taken up mixture. Heat in buttered pan. Turn in mixture, spread evenly, place on range where it will cook slowly. When well puffed and delicately browned underneath, place pan on center of grate of oven to finish cooking on top. The omelet is cooked if it is firm to touch when pressed with finger. Fold and turn out on hot platter and pour white sauce around.

Jelly may be spread on top in place of using white sauce. In case jelly is desired omit the pepper and one-half the salt and add one tablespoon sugar.

CREAMY OMELETTE

Make a white sauce using:

2 tablespoons butter.	1 cup milk.
2 tablespoons flour.	

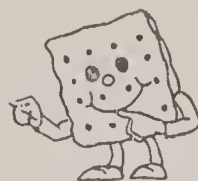
Separate three eggs. Beat whites until stiff and yolks until creamy. Fold yolks into the white sauce and then the whites. Add $\frac{1}{2}$ teaspoon salt and a little pepper. Place in a buttered baking dish and bake until firm.

EGG NOG

Beat yolk of egg thick, add 1 teaspoon sugar and 1 cup milk. Add well-beaten white of egg and season with vanilla.



SOUPS



BEEF BROTH

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| 2 lb. shin of beef. | 1 teaspoon salt. |
| 1 quart cold water. | 1 diced carrot. |
| 1 small onion. | 1 small turnip. |

Wipe the meat and cut the lean part in small pieces. If brown stock is desired, put the lean meat in a hot frying pan in marrow from the bone and brown well. Put bone, browned meat, water and salt into a soup kettle and heat slowly for one and one-half hours. Remove scum as it rises. Add vegetables, any seasonings desired, and cook for one-half hour. Strain and cool. When cold remove the fat. This may be kept in a cool place and used as desired for broth or as a stock for vegetable soups. A white soup stock may be made by using knuckle of veal.

CHICKEN BROTH

Boil a large hen in salted water with onion, celery and parsley. Cook rice separately and when done add to the broth that has been cooled, fat removed, reheated and strained.

BEAN SOUP

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| 1 quart water. | 1 cup tomatoes. |
| 1 slice onion. | Salt. |
| 2 cups cold baked or boiled beans. | |

Put beans, water and onion in a kettle and simmer twenty minutes. Rub through sieve. Add strained tomatoes, seasoning and reheat.

MUTTON BROTH

Wash two pounds neck of mutton, cut off fat and cut into squares. Put meat in sauce pan with 3 pints of water. Cook slowly for several hours.

CLAM CHOWDER

Boil 2 medium potatoes. Cut in cubes with one onion, salt to taste. Cook one pint of minced clams in clam nectar. Add 1 pint milk and 1 tablespoon of flour blended in water. Drain water from potatoes and onions and add to clams. Serve with bits of crisp bacon on top.

OYSTER SOUP

1 quart oysters.

4 tablespoons butter.

1 quart milk.

Salt.

Wash and pick over oysters. Heat liquor to boiling point and strain. Add oysters to the milk and the liquor and cook until the oyster edges begin to curl. Add butter and salt.

RICE TOMATO SOUP

Put $\frac{1}{2}$ cup of rice into a saucepan with 2 quarts of vegetable stock and boil until rice is tender. Mix with a can of tomatoes strained and 1 ounce of butter. Serve it with sippets of toast.

TOMATO SOUP

2 cups strained tomatoes.

Salt.

1 cup meat stock.

Add stock to tomatoes and simmer for twenty minutes. Season and serve.

VEGETABLE SOUP

Sieve vegetables into clear meat broth. Either one at a time or two or three in the same soup. This may be thickened with bread crumbs.

Several vegetables may be used together for a cream soup.

Putting puffed rice on top of the plate of soup or toasted squares of bread makes soup more interesting and enticing for children.

WHITE SAUCE

(For Soups)

1 tablespoon butter.

1 tablespoon flour.

1 cup milk or vegetable juice.

CREAM OF PEA SOUP

1 can peas.

Salt.

1 quart white sauce.

Seasonings.

Drain liquor from peas. Push through a sieve and add to white sauce. Season and reheat.

CREAM OF POTATO SOUP

2 cups cooked potatoes.

Salt.

1 quart white sauce.

Seasonings.

Rub potatoes through a sieve and add to the white sauce. Add seasonings and reheat.

CREAM SQUASH SOUP

Press either baked or boiled squash through sieve and add to cream sauce. Season, salt and pepper.

CREAM OF STRING BEAN SOUP

2 cups string beans.

Salt.

1 pint white sauce.

Seasonings.

Cook beans until soft in boiling water to cover. Push through a sieve. Add liquor and pulp to white sauce. Season and reheat.

CREAM OF SPINACH SOUP

1 cup cooked spinach.

Salt.

1 quart white sauce.

Seasonings.

Rub spinach through a sieve and add to the white sauce. Add seasonings and reheat.

CLAM NECTAR

Heat clam nectar from fresh clams. Add pepper, salt and a little grated onion.

CREAM OF BEET SOUP

Cream of beet soup is very good and very pretty.



VEGETABLES



TO COOK VEGETABLES

Cook mild vegetables in small amount of water and serve in juice.

Cook extremely flavored vegetables, such as onions, turnips, cabbage, kale, cauliflower and Brussels sprouts uncovered in boiling salted water, using 1 teaspoon of salt to 1 quart of water.

Cook highly colored vegetables same, except beets, which may be covered during cooking.

Cook rapidly until tender when pricked with a fork.

This method prevents discoloration of colored vegetables and prevents strong flavor in others.

Use any necessarily discarded juice in soups and gravies.

Young vegetables cook more quickly than old vegetables. Young or green leafy vegetables cook in from 20 to 30 minutes. Root vegetables or older vegetables 30 minutes to 1 hour.

Do not soak vegetables unless necessary to freshen before cooking.

Cook greens in own juice, no water except what clings from washing. Turn greens often until enough juice is drawn out to cook well.

For the retention of nutritive value cook root vegetables in jackets wherever possible. Scrape instead of peeling and if peeling is necessary, peel very thinly.

Cook in large pieces even though it is to be cut afterwards.

Avoid overcooking vegetables; use the uncooked vegetable whenever possible. For infants under two years of age all vegetables should be rubbed through sieve.

Corn on the cob may be given to children over three years of age providing each grain is cut by running a knife down the center of each row of grains.

Every child should have one or two vegetables every day. If fresh vegetables cannot always be obtained a good brand of canned may be used with safety if well heated first.

ASPARAGUS

Wash and cut off lower part of stalks as far down as they will snap. Cook in boiling salted water until tender, leaving the tips out of water the first ten minutes. Drain and season with butter. Or cut in inch pieces, cooking ends first and adding the tips last five minutes.

CREAMED ASPARAGUS

4 cups cooked asparagus. 1 pint white sauce.

LIMA BEANS

Soak one cup lima beans over night. Drain and cook in small amount of boiling salted water until soft. Season with butter.

STRING BEANS

Remove strings and break in one inch pieces. Wash and cook in boiling salted water 45 minutes to one hour. Drain and season with butter. Meatbone, salt pork or bacon give good flavor to beans.

CREAMED STRING BEANS

4 cups string beans (cooked), 1 pint white sauce.

BEETS

Wash and cook in boiling water until tender. Drain, put in cold water and remove the skins. Quarter and season with butter.

BRUSSELS SPROUTS

Remove wilted leaves and soak in cold water fifteen minutes. Cook in boiling salted water until tender. Drain and season with butter.

BRUSSELS SPROUTS AND CELERY

Cook 2 cups of celery cut in small pieces. Cook Brussels sprouts until tender and place layers of sprouts and celery and cream sauce and seasoning in well buttered baking dish. Sprinkle top with bread crumbs and bake about 25 to 30 minutes.

SCALLOPED BRUSSELS SPROUTS

Put 4 cups boiled Brussels sprouts in an oiled baking dish, sprinkle with salt, add 1 pint white sauce. Cover with buttered bread crumbs and bake until browned.

CABBAGE

Remove outside leaves, shred and cook in salted water for twenty minutes. Drain and season with butter.

BAKED CABBAGE

One-half head of cabbage, put through a grinder. Cook until tender in boiling water. Drain, make sauce of 3 tablespoons butter and 3 of flour, add one pint of milk and 1 teaspoon salt. Add to cabbage. Bake 20 minutes in moderate oven.

SCALLOPED CABBAGE

Put four cups boiled cabbage in an oiled baking dish. Add 1 pint white sauce. Cover with buttered bread crumbs and bake until browned.

CARROTS

Wash and scrape carrots. Cook until tender in small amount of boiling salted water. Season with butter. Either dice or slice carrots for older children, but press them through wire sieve for younger.

CARROTS AND PEAS

Cut carrots into dice, add salt, pepper, little sugar and lump of butter and some water. When half cooked add peas, then thicken with a little flour. Cook about $\frac{3}{4}$ of an hour longer.

CREAMED CARROTS

4 cups boiled carrots, 1 pint white sauce.

CAULIFLOWER

Remove leaves, cut off stalk and soak thirty minutes in cold salted water (head down). Cook, head up, or broken in flowerets in boiling salted water until tender. Drain and butter.

CREAMED CAULIFLOWER

4 cups boiled cauliflower, 1 pint white sauce. Juice of one lemon may be added.

CELERY

Wash, scrape and cut stalks in one inch pieces. Cook until tender in boiling water. Drain and season with butter.

BAKED CELERY

Boil celery in salted water until tender. Add cream sauce. Place in baking dish, sprinkle with bread crumbs and brown in oven.

BOILED LETTUCE

Wash lettuce carefully and remove thick stalks. Cook in boiling salted water ten to fifteen minutes. Drain, chop lightly, or push through sieve for babies. Add butter or cream sauce.

ONIONS

Remove skins from onions while under cold water. Cover with boiling salted water and boil five minutes. Drain and again cover with boiling salted water. Cook until tender. Drain and season with butter.

SCALLOPED ONIONS

Cut 8 onions in quarter. Put in an oiled baking dish and add 1 pint white sauce. Cover with buttered crumbs and bake until nicely browned.

PEAS

Cook shelled peas in small amount of boiling salted water until tender. Season with butter.

CREAMED PEAS

2 cups cooked peas, $\frac{1}{2}$ pint white sauce.

SPINACH

Wash carefully in running water two or three times. The water that clings to the leaves is sufficient for cooking. Add salt and boil ten to twenty minutes. Season with butter and serve. A slice of bacon may be cooked with the spinach if desired.

SPINACH RING

Two full cups cleaned spinach boiled and mashed through a sieve, 2 egg yolks, $\frac{3}{4}$ cup grated bread crumbs, butter ball, salt, pepper, chopped parsley. Add beaten whites. Bake in ring form that has been buttered and sprinkled with parsley, put in pan with boiling water and bake 30 minutes (moderate oven). Serve with poulette sauce of mushrooms or hard boiled eggs.

SQUASH

Wash squash, cut in pieces, remove seeds and stringy parts and pare. Cook in very small amount of boiling salted water or steam until tender. Mash and season with butter.

BAKED SQUASH

Prepare as above, cutting into 3-inch pieces, but do not pare. Bake in moderate oven until soft.

BAKED TOMATOES

Wipe and remove a half-inch slice from the stem end of the tomatoes. Make a small opening in the centre of each tomato and fill with meat, celery, onion or any left-over vegetable. Sprinkle with bread crumbs and bake until tender.

TOMATOES

Wipe, skin and cut tomatoes in pieces. Cook slowly until tender. Season with butter and salt.

SCALLOPED TOMATOES

Put a layer of bread crumbs in the bottom of an oiled baking dish. Add a layer of cooked salted tomatoes. Repeat until dish is full, having the crumbs on top. Bake until browned.

STUFFED TOMATOES

Six medium tomatoes.	1 tablespoon salt.
1 cup soft bread crumbs.	Little pepper.
2 tablespoons melter butter.	

Wash tomatoes, cut thin slices from stem end of each, remove pulp and drain off the liquid. Mix the crumbs, butter and seasoning and add to pulp. Sprinkle inside of tomato with salt and pepper, and refill with the mixture. Place in a buttered pan, sprinkle with bread crumbs and bake twenty minutes in hot oven. Chopped meat may be added to the stuffing.

TURNIPS

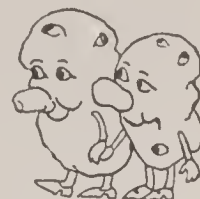
Wash, pare and quarter turnips. Cook until soft in very small amount of boiling salted water. Drain and butter or mash and season.

CREAMED TURNIPS

Four cups cooked turnips, 1 pint white sauce.



POTATOES



SCALLOPED POTATOES

Slice potatoes thin. Put in dish in layers, and on each layer put pepper, salt and bits of butter. Beat 1 egg in a cup of milk. Pour over potatoes. Bake until soft.

POTATOES BAKED IN THE HALF SHELL

Cut off top of baked potato and scoop out inside. Mash and season well as for mashed potatoes and add the well-beaten white of egg. Fill the skins with the mixture, heaping it lightly on top; brush over with milk or slightly beaten white of egg and brown slightly.

STUFFED POTATOES

Bake potatoes in a hot oven. When done cut in two and remove soft part with spoon. Mash thoroughly, add salt, pepper, a little butter, and enough milk to moisten. Beat well, put back in shell and brown in oven.

BAKED POTATOES

Select smooth, uniform sized potatoes. Wash thoroughly, using a vegetable brush, and place in dripping pan. Bake in hot oven 40 to 60 minutes or until soft; remove from oven and serve at once. If allowed to stand, unless the skin is ruptured for escape of steam, they become soggy. Properly baked potatoes are more easily digested than potatoes cooked in any other way.

POTATO TIMBALE

Grate four raw potatoes into a pint of milk. Beat two eggs separately, add yolks to the milk and potatoes, then stir in the whites. Season with salt and pepper. Butter timbale moulds, sprinkle with chopped parsley and fill with mixture. Put mould in hot water and steam 20 minutes. Serve with cream sauce.



MEATS



Milk, vegetables and cereals are more necessary than meat, and should be provided first.

Meats should be used only once a day and not every day. Substitute eggs, fish, liver, chicken, or sweetbreads.

Cuts of meat such as neck, flank, rump, and chuck are cheap and have as much food value as other cuts of meat. Heart, liver, sweetbreads and kidney have exceptionally high food value.

CHIPPED BEEF IN WHITE OR BROWN SAUCE

Chipped dried beef very fine. If it is very dry or salty pour boiling water over it, let it stand five minutes and press it dry in a strainer. Prepare white sauce or brown sauce, omitting salt, and pour over beef. Stir well and serve. Half a pound of beef is sufficient for one cup brown or white sauce.

DRIED BEEF WITH EGG

One pound thinly shaved dried beef, 3 eggs, $\frac{1}{2}$ cup milk or water, 1 tablespoon of butter. Tear beef into small pieces, pour boiling water over it, allowing it to remain a moment, then drain; place in sauce pan with luke warm water to simmer about 10 minutes. If the water has not evaporated pour most of it off, add milk and butter and eggs unbeaten. Stir back and forth as you would scramble eggs, season with salt and pepper and serve hot.

CASSEROLE OF RICE AND MEAT

Boil 1 cup rice until tender. Chop fine 3 cups of cold cooked meat, add a little chopped parsley, pinch of salt and pepper, 1 egg, 1 saltspoon celery-salt and 2 tablespoons bread crumbs. Add sufficient soup stock to moisten well. Butter mold, line with rice $\frac{1}{2}$ inch thick, put in meat, then cover with rice. Cover closely and steam for 45 minutes. Serve with brown gravy or tomato sauce.

CHICKEN A LA KING

Boil chicken until tender. When cool, cut in cubes. Melt two tablespoons butter, add two tablespoons flour and mix until smooth.

Add gradually 1 cup liquid in which chicken has been cooked, 1 cup milk, a tablespoon of catsup, salt and pepper. Then add chicken, heat through and serve on toast.

HAMBURG STEAK IN TOMATOES

Scoop tomatoes. Fill with Hamburger steak, or better ground round steak, seasoned with salt, pepper and onion. Add 1 egg and a few bread crumbs. Fill tomatoes with meat, being careful not to pack meat too solidly. Cover with bread crumbs and bake for about half an hour.

FLAME BROILED CHOPS

Wipe chops, remove superfluous fat and place in a hot broiler oiled with mutton fat. Turn as soon as seared. Complete cooking for 12 to 15 minutes at a slightly lowered temperature.

PAN BROILED CHOPS

Same as above, but use a heavy skillet in place of a broiler.

FLAME BROILED STEAK

Wipe with a damp cloth and trim off superfluous fat. Oil the wire rack in the broiler with some of the fat and place meat on the rack. Turn as soon as seared on one side and continue turning every minute until the meat is well seared all over, then turn occasionally until cooked as thoroughly as desired. Steak cut one inch thick will take ten minutes if liked rare; 15 minutes if well done. Remove to hot platter, spread with butter and season with salt and pepper.

PAN BROILED STEAD

Prepare as above. Oil a heavy frying pan with some of the superfluous fat. When this is smoking hot put in the steak. Continue as above.

BROILED LIVER

Cover liver with boiling salted water for five minutes to draw out the blood; drain. Sprinkle with salt. Place on an oiled wire broiler or in a heavy skillet and broil five minutes, turning often. Remove to hot platter, spread with butter and season.

LIVER LOAF

Put one-half pound of fresh calves' liver through the meat grinder, using a knife. Add salt and mix with two tablespoons graham flour or one egg yolk. Put into a small pan or casserole containing a tablespoon of melted butter. Bake slowly for 30 to 40 minutes.

LIVER LOAF

Parboil 2 pounds liver and then put through a food chopper. Place in a bowl, add 2 chopped onions and 1 cup fine bread crumbs. Season with salt, paprika and herbs. Mix thoroughly and pack in well greased mould (loaf shaped). Set in large pan containing warm water. Bake for 50 minutes in moderate oven. Serve hot with cold slaw.

LIVER AND SPINACH

Use one-half pound liver; scald, wipe dry, dredge in flour and broil in small amount of bacon fat. When tender remove from fire and put on hot bed of steamed spinach that has been seasoned with salt, pepper and lemon juice. Make thick milk gravy from pan in which liver was cooked and pour over liver and spinach.

TO PREPARE SWEETBREADS

(To Parboil)

Remove from paper as soon as received from market, plunge into cold water and allow to stand one hour. Drain. Place immediately in boiling salted water to cover, allowing one-half tablespoon each of salt and vinegar to a pair of sweetbread. Simmer twenty minutes; again drain and plunge into cold water that they may keep white and firm. Free from membrane fat and veins, and serve as desired.

Sweetbreads are always prepared in this way for subsequent cooking and are spoken of as parboiled.

SWEETBREADS

Parboil and stew in butter, put on dish with toast and asparagus tips. Cover with cream sauce, bread crumbs. Bake in oven.

CREAMED SWEETBREADS

$\frac{1}{2}$ tablespoon butter.

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

$\frac{1}{2}$ tablespoon flour.

$\frac{1}{3}$ cup sweetbreads.

Melt the butter, add flour and pour on gradually the scalded milk. Cook thoroughly and season. Add the parboiled sweetbreads cut in small pieces, reheat and serve on toast and garnish with parsley.

Note—For scalloped sweetbreads put creamed sweetbreads in small baking dish, cover with cracker crumbs and dot with bits of butter; bake until crumbs are a golden brown.

BEEF TONGUE

Boil pickled tongue until tender, skin and slice.

For sauce: 2 tablespoons butter, 2 tablespoons flour. Brown together slightly, add broth of tongue, few slices of lemon, salt and pepper. Put in tongue and simmer 1 hour.

BRAIN TIMBALE

Soak and skin one pound of brains. Mash through colander uncooked. Soak two slices of bread in milk, add salt and pepper then mix with brains. Add yolks of two eggs and fold in stiffly beaten whites. Bake in buttered timbale moulds for about 25 minutes. Serve with cream sauce to which one hard boiled egg, minced, has been added.

MEAT BALLS

One pound of ground round steak seasoned with salt and pepper. Beat with fork until quite light. Form lightly into balls, do not press together to make a solid mass but leave as flaky as possible. Place balls in the broiler and cook until done.

MEAT BALLS WITH RICE

To a pound and a half of round steak add a chopped onion, a little parsley, two slices of soaked bread. Salt and pepper to taste. Mix with $\frac{3}{4}$ cup of uncooked rice and form into balls. To one-half a can of tomatoes add a slice of onion, salt, pepper and parsley, and bring to a boil. Put in the meat balls, cover and allow to simmer for 40 minutes. These meat balls with rice peeping out look and taste delicious.



FISH



Fish is an excellent food and should be used more than it generally is. It is easily digested and should substitute eggs and meat at least once a week. Give shell fish only when in season. Fish must be cooked carefully as under done fish is unpalatable as well as unwholesome, while too much cooking destroys the flavor.

OYSTERS ON TOAST

Parboil only until plump and edges slightly curled 1 pint oysters in their own liquor. Put in pan, 1 tablespoon butter, add 1 tablespoon flour, 1 cup milk, a little salt and pepper. Stir over fire a few minutes and add oysters and liquor. Pour over toast and serve hot.

BAKED SALMON WITH TOMATO SAUCE

Put small trout in a flat roasting pan. Rub all over with lemon juice. Season with salt and pepper. Sprinkle cracker meal over top and put on bits of butter. Pour over one cup of tomatoes and a half cup of water. Bake 20 minutes, basting frequently. Put a little catsup in gravy.

SALMON LOAF

To 1 pint of cooked salmon add 3 beaten eggs, a tablespoon of butter and some cracker crumbs; make into a loaf and steam 1 hour. Cook peas in cream and pour over loaf to serve. A little parsley adds to the flavor if desired.

SALMON ROLL

1 pint boiled fresh salmon.	1 raw egg.
1 cup bread crumbs.	Piece of butter, melted.
1 hard cooked egg, minced fine.	Salt and pepper.

Mix this and form loaf. Bake in buttered dish until brown and serve with cream white sauce.

HALIBUT TIMBALES WITH PEAS

Chop one pound of halibut very fine, add beaten yolk of an egg, $1\frac{1}{4}$ teaspoon salt, pepper. Blend one teaspoon cornstarch with a little cold milk and add $\frac{2}{3}$ cup of scalded milk. Mix with fish and fold in beaten egg white. Fill bottom of buttered timbale moulds with cooked peas and fill $\frac{2}{3}$ full with fish mixture. Set in pan of water, place in oven and bake twenty minutes. Turn from moulds and surround with creamed peas.

CREAMED HALIBUT

Boil one pound of halibut. Remove bones and cut into small pieces when cold. Mix with salt, pepper and one hard boiled egg, minced fine. Place in a buttered casserole and pour over it enough white sauce to cover. Spread with buttered bread crumbs and brown in oven.

MOULDED FISH

Remove skin and bones from a thick piece of halibut and put through a food grinder, about $1\frac{1}{3}$ cups. Press with spoon, gradually adding whites of two eggs. Add $1\frac{1}{4}$ cups milk, salt and pepper to taste. Turn into a buttered mould, cover with buttered paper, set in pan of water and bake until fish is firm. Turn in serving dish and surround with Normandy sauce.

NORMANDY SAUCE

Cook skin and bones of fish with three slices carrot, slice onion, sprig of parsley, bit of bay leaf and two cups of cold water. Cook 30 minutes and strain, there should be one cup. Melt 2 tablespoons butter, add three tablespoons flour, fish stock, $\frac{1}{3}$ cup milk, and yolks of two eggs. Add salt and pepper.

LEFTOVER FISH

Flake either halibut or salmon in large pieces, place in baking dish, layer of fish and cooked macaroni alternately. Pour over this a well seasoned tomato sauce, bake fifteen to twenty minutes.

FISH SOUFFLE

Make a cream sauce of two tablespoons of butter, two table-
spoons flour and one cup of milk. Add yolks of two eggs, beaten, salt, pepper and a pound of fish cooked and flaked. Fold in the whites of two eggs beaten stiff. Put in buttered casserole and bake 30 to 40 minutes.



ENTREES



BAKED RICE

Boil rice and when done make a sauce of 1 large tablespoon butter and 2 tablespoons canned tomatoes. Pour over rice and put in baking dish. Put the pieces of butter on top and bake until brown.

CASSEROLE OF RICE AND SALMON

Line bottom and sides of a buttered mold with cold boiled rice one-half inch thick. Fill the cavity with creamed salmon and cover with rice. Steam 45 minutes. Turn out on a hot platter. Pour over it either white sauce or tartar sauce. Serve hot.

ONION SOUFFLE

1½ cups onion pulp.	2 tablespoons parsley.
½ cup medium white sauce.	½ cup bread crumbs.
3 eggs.	1 teaspoon salt.
Pepper.	

Cook the onion in boiling salted water until soft, drain and force through sieve. Add white sauce, parsley and bread crumbs. Beat yolks of eggs until cream colored and add to first mixture. Fold in beaten egg whites. Bake in moderate oven until firm. Serve with beef.

TOMATO CREAM TOAST

1½ cups strained tomatoes.	3 tablespoons butter.
½ cup scalded cream.	½ teaspoon salt.
¼ teaspoon soda.	5 slices toast.

Melt butter, add flour and salt, then tomato and soda. Add cream and cook until it thickens. Serve on toast.

SPAGHETTI WITH TOMATOES

Boil spaghetti in salted water for thirty minutes. Drain water off and add canned tomato soup and heat to the boiling point. Serve hot.

TOMATO NEST

4 whole tomatoes. 4 eggs. 4 slices bacon.

Skin and scoup out tomatoes. Break an egg in each tomato and lay slice of bacon on top. Place on slice of buttered toast in a buttered pan and bake about fifteen minutes in a moderate oven.

RICE OMELET WITH PEAS

2 eggs. 1 tablespoon fat.

1 cup cooked rice. 1 cup peas.

Heat peas and season with salt, pepper and a teaspoon of sugar.

Separate eggs and beat well. Add half a teaspoon of salt to egg yolks and mix with rice, then fold in whites.

Melt fat in hot omelet pan, add mixture and cook in moderate oven until firm. Fold in the middle and serve with hot peas.

SWISS EGGS

3 eggs. ½ small onion.

½ cup tomato soup. Salt and pepper.

Heat tomatoes in frying pan with seasoning. Beat eggs separately and fold into tomatoes. Bake in moderate oven until firm.

This will serve two or three people.

SPANISH RICE

Boil rice until nearly done. Place in buttered casserole, pour over enough tomato soup to cover, and bake for about fifteen minutes.

CARROT TIMBALES

Wash and scrape carrots. Cut in thin slices lengthwise. Use about four large carrots. Cook in either water or stock until tender, then drain and press through sieve. Add two whole eggs slightly beaten, salt and pepper. Fill buttered timbale moulds $\frac{2}{3}$ full, place in pan of water and bake fifteen minutes.



SALADS

ASPARAGUS SALAD

Arrange cooked asparagus on finely shredded lettuce leaves. Chop finely one hard cooked egg and one tablespoon parsley. Serve with French dressing.

CABBAGE SALAD

Chop cabbage very fine. Add a little bit of onion. Mix well with mayonnaise and arrange on lettuce.

COTTAGE CHEESE SALAD

Make cheese into balls. Roll one in chopped parsley, one in paprika. Serve on lettuce leaves.

EGG SALAD

Cook egg until it is hard; break it open and leave yolk whole; arrange lettuce leaves on a plate, put whole yolk in center and around it place the white, put through sieve. Cover with a French dressing.

FRUIT SALAD

Cut in very small pieces 1 can of sliced pineapple, 1 pint of canned peaches, 2 oranges. Mix fruit juices and put 1 cup of juice on stove to heat. Mix with two tablespoons of flour and two of sugar. Add juice of half a lemon and enough water to moisten well. Add to fruit juices and stir until thick. When cool add 1 tablespoon whipped cream. Mix well and pour over fruit.

LONDON SALAD

One cup chopped prunes or Sultana raisins, 1 cup marshmallows. Mix together and serve with French dressing or whipped cream.

RAISIN SALAD

1 cup chopped raisins. 1 cup chopped peanuts.
1 cup chopped celery.
Mix with mayonnaise and let stand before serving.

RAW VEGETABLE SALAD

1 cup raw carrots. ½ cup raw beets or raw apples.
¼ cup raw peanuts or 1 tea- Salad dressing to moisten.
spoonful peanut butter.

The above are finely ground or chopped, all the juice being retained, and the whole moistened with a cooked or mayonnaise dressing. For younger children the peanut butter is preferable. Celery and onions may be added for older children and adults.

CELERY ROOT SALAD

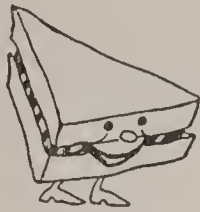
Pare celery roots and boil in salt water until tender. When cold cut in squares and arrange on lettuce leaf. Add a little dressing and garnish with minced parsley and boiled egg.

RICE SALAD

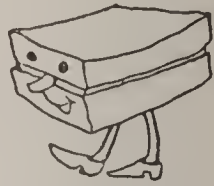
To a bowl of cold boiled rice add a little minced celery and cold cooked beets. The juice from the beets will color the rice a delicate pink color. Mix well with salad dressing.

GOOD SALAD DRESSING FOR CHILDREN

Make a white sauce of one cup of milk, two tablespoons butter and three tablespoons of flour. While still hot add one beaten egg, ½ teaspoon mustard, pinch of salt, little paprika and ¼ cup of vinegar or more if you desire it more sour. Place in double boiler and cook about ten minutes.



SANDWICHES



Children enjoy sandwiches. Whole wheat bread is preferable for them. Day old white bread may be used.

BACON TOAST

Crisp bacon between pieces of toast.

CELERY

Celery should be ground or chopped very fine.

EGG SALAD

Mince very fine hard cooked eggs. Season with salt and moisten with mayonnaise. Spread on bread. A leaf of lettuce improves these sandwiches.

HOT HASH

These can be made of soup meat ground, seasoned slightly with salt and pepper, and a little onion, moistened with gravy and served between pieces of toast or bread.

LETTUCE

Plain lettuce sandwiches are good. Either with mayonnaise or without.

LIVER PASTE

Grind well-cooked chicken livers. Add minced hard cooked egg and moisten with a little mayonnaise. Spread on bread for sandwiches.

RAISIN PASTE FOR SANDWICHES

2 cups raisins.	1 cup nuts or $\frac{1}{2}$ cup peanut
2 tablespoons lemon juice.	butter.
1 $\frac{1}{2}$ cups orange juice.	

Wash raisins, dry well and grind. Mix together until smooth paste, press in jelly glass. Will keep a long time.



DESSERTS



APPLE FLOAT

Stew rich flavored apples until soft, press through sieve, add one cup sugar and let cool. Beat whites of 2 eggs to stiff froth. Add to apples and beat for 10 minutes or until like snow. Put in glass dish and pour custard made from yolks with 1 pint of milk and enough sugar to sweeten. Flavor with vanilla. Serve cold.

APPLE GRAHAM DESSERT

Crumb graham crackers. Place layer of cracker crumbs in bottom of bowl, then layer of apple sauce. Another layer of each. Let stand several hours. Serve with sauce or cream.

BAVARIAN CREAM

1 pint whipping cream.	2 tablespoons granulated
1 can grated pineapple.	gelatin
½ cup sugar.	½ cup cold water.

Soak gelatin in cold water. Add the lemon juice, hot pineapple and sugar. If gelatin is not dissolved heat in top of double boiler. Chill. When the mixture begins to thicken fold in the whipped cream. Mould and chill.

PLAIN BREAD PUDDING

1 cup dry bread.	1 egg.
1 cup milk.	2 tablespoons sugar.
1 tablespoon butter.	½ saltspoon salt.
¼ cup seeded raisins.	

Scald milk and add butter. Beat the egg and add sugar and salt. Pour on gradually the scalding milk. Cut the bread into one-half inch cubes and add with the raisins. Pour into well buttered pudding dish, put bits of butter on top and bake in a moderate oven until the custard is set. Serve with hard sauce or cream and sugar.

Note:—Do not serve raisins in bowel trouble.

CHOCOLATE BREAD PUDDING

½ cup bread crumbs.	1 egg.
½ ounce Walter Baker's un-sweetened chocolate.	1 cup milk.
2½ tablespoons sugar.	Speck salt.
	¼ teaspoon vanilla.

Soak bread crumbs in milk. Melt chocolate over hot water and add to it the sugar and salt. To the chocolate mixture add the soaked crumbs, the beaten egg and vanilla. Put into buttered custard cups and bake in a moderate oven about twenty minutes, or until custard is set. Serve hot, plain or with hard sauce.

BROWN BETTY

3 cups chopped apples.	2 tablespoons butter.
2 cups bread crumbs.	¼ teaspoon nutmeg.
½ cup sugar.	Juice and rind ½ lemon.
¼ teaspoon cinnamon.	¼ cup water.

Mix sugar and spices. Put one-half the crumbs in the bottom of a baking dish. Add one-half the apples, butter and seasonings. Repeat. Add water or omit if apples are very juicy. Bake until apples are tender.

BROWN PUDDING

1 egg well beaten.	2 cups sugar.
½ cup molasses.	2 tablespoons butter, melted.
1½ cups flour.	1 teaspoon soda in tablespoon
½ cup boiling water.	hot water.

Steam in pudding pan.

BROWN SUGAR PUDDING

1½ cups brown sugar.	1 cup water.
2 tablespoons cornstarch.	

Place in double boiler and cook until thick. Pour into moulds and when cold serve with whipped cream with chopped dates in it.

PLAIN JUNKET

½ junket tablet.	1 pint milk.
Flavoring.	

Dissolve tablet and add milk. Heat until luke warm. Pour into moulds and let stand until firm. Keep on ice.

CARAMEL JUNKET

- | | |
|----------------------------------|---------------------|
| 2 cups milk. | Few grains salt. |
| $\frac{1}{3}$ cup sugar. | 1 teaspoon vanilla. |
| $\frac{1}{3}$ cup boiling water. | 1 tablet junket. |

Caramelize sugar, add boiling water and re-melt any hardened sugar. Cool and add lukewarm milk. Add powdered junket tablet, salt and vanilla. Turn into mould, let stand in a warm place until set then chill. Serve with whipped cream and chopped nuts gives more flavor.

COCOA JUNKET

- | | |
|------------------------------|------------------------------|
| 1 tablespoon cocoa. | 1 cup milk. |
| 2 teaspoons sugar. | $\frac{1}{4}$ junket tablet. |
| 2 tablespoons boiling water. | 1 teaspoon cold water. |
| 3 drops vanilla. | |

Rub cocoa, sugar and boiling water to a smooth paste and bring to a boiling point. Add gradually cool milk, and heat until lukewarm. Add vanilla and tablet dissolved in cold water. Place in moulds and keep in warm room until jellied.

CHOCOLATE CREAM

- | | |
|----------------------------|----------------------------------|
| 2 cups scalded milk. | $\frac{1}{3}$ cup cold milk. |
| 5 tablespoons corn starch. | $1\frac{1}{2}$ square chocolate. |
| $\frac{1}{2}$ cup sugar. | 3 tablespoons hot water. |
| 3 egg whites. | |

Mix all dry ingredients, dilute with cold milk and add to scalded milk. Cook in double boiler until thickened. Stir constantly. Add melted chocolate to which hot water has been added. Add stiffly beaten whites of eggs and vanilla. Mould and chill.

CHOCOLATE SOUFFLE

- | | |
|--------------------------|--|
| 2 tablespoons butter. | 2 tablespoons flour. |
| $\frac{2}{3}$ cup milk. | $1\frac{1}{2}$ squares melted chocolate. |
| 2 tablespoons hot water. | $\frac{1}{3}$ cup sugar. |
| 3 eggs. | 1 teaspoon vanilla. |

Melt butter, add flour and milk and heat to boiling point. Add melted chocolate, water and sugar and stir until smooth. Add egg yolks beaten well, let cool, then fold in stiffly beaten whites. Add vanilla. Bake 25 minutes.

CORNSTARCH PUDDING

4 cups scalded milk.	3 egg whites.
$\frac{1}{2}$ cup corn starch.	$\frac{1}{4}$ teaspoon salt.
$\frac{1}{4}$ cup sugar.	$\frac{1}{2}$ cup cold milk.
1 teaspoon vanilla.	

Mix the dry ingredients, dilute with cold milk and add to scalded milk. Cook in double boiler until thickened. Stir constantly. Add stiffly beaten whites of eggs, mould and chill.

DATE SPONGE

$\frac{1}{3}$ cup sugar.	1 tablespoon butter.
$\frac{1}{3}$ cup flour.	1 cup dates, chopped.
$1\frac{1}{2}$ cups hot milk.	1 teaspoon vanilla.
3 egg yolks.	3 egg whites.

Mix flour and sugar. Add hot milk slowly, stirring constantly until smooth thick paste. Cook in double boiler ten minutes. Add beaten yolks, dates, vanilla; then fold in stiffly beaten whites. Pour in well buttered baking pan, set in pan of hot water and bake in moderate oven about 30 minutes. Serve hot with tart lemon sauce.

LEMON SAUCE

Mix 1 cup sugar with 2 tablespoons corn starch. Add gradually 2 cups of hot water and cook ten minutes. Add juice and grated rind of one lemon and two tablespoons of butter. Serve hot.

FRUIT WHIP

(Two Servings)

Any fruit, fresh, canned or dried (properly prepared), or jellies may be used.

2 to 4 tablespoons fruit pulp. White 1 egg.

Lemon juice.

2 tablespoons powdered sugar (or to taste).

Prepare the fruit pulp by scraping, grating or rubbing through a strainer. Beat the white of egg on platter until stiff. Add pulp, sugar and lemon juice to taste, and beat until very stiff. Heap in center of serving dish and pour soft custard around it.

Note:—The apple is a favorite fruit for these whips. The juice of fresh fruits in season used with the raw white of egg makes an appetizing as well as a very nutritious lunch.

GRAPE FLUFF

$\frac{1}{4}$ box shredded gelatin or 1 tablespoon granulated gelatin.

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

Juice 1 lemon.

$\frac{3}{4}$ cup sugar.

1 cup Welch's grape juice.

Soften the gelatin in cold water and dissolve by standing the dish in hot water. Dissolve the sugar in the fruit juice, and strain the gelatin into it. Set in ice and water, and stir occasionally until the mixture begins to thicken, then add gradually the well-beaten whites of eggs, and beat until the whole is very light and stiff enough to hold its shape. Pile lightly in glass serving dish, or mould, and serve with whipped cream or soft custard.

GELATIN PRUNE DESSERT

$\frac{1}{2}$ pound prunes, ground.

$1\frac{1}{2}$ cups sugar.

Little water.

Cook these together and cool. Dissolve 1 package of gelatin in $\frac{1}{2}$ cup cold water. Add 1 cup boiling water and $\frac{1}{2}$ cup sugar. For older children add 1 cup of ground walnuts. Mix the gelatin with prunes, mould and serve with custard.

EMERGENCY DESSERT

Use either Graham or oatmeal crackers, 2 crackers with marshmallow between. Put in hot oven. After they are in oven a few minutes push down top cracker and serve either hot or cold.

LEMON SOUFFLE

(Individual Rule.)

Yolk 1 egg.

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

Juice $\frac{1}{4}$ lemon.

White 1 egg.

Thoroughly beat yolk, add sugar slowly, beating constantly; add lemon juice. Fold in the white beaten until dry. Pour into buttered custard cups, set in pan of hot water and bake twenty minutes or until firm, testing by pressing with finger. Serve plain or with foamy sauce.

MILK RICE WITH FRUIT

1 ounce rice.	1 tablespoon sugar.
1 pint boiling milk.	Jelly or fruit as desired.
$\frac{1}{2}$ orange.	2 egg whites.
$\frac{1}{2}$ teaspoon pulverized sugar.	

Wash the rice and pour it into 1 pint of boiling whole milk; cover and cook slowly in a double boiler until soft. Then add the orange and sugar and stir well. Place in a flat porcelain dish some stiff jelly, or, better, fresh fruit (pears, apples, oranges, or sliced pineapple). Pour the rice over the fruit, then the well-whipped whites of 2 eggs. Sprinkle it over with pulverized sugar and set it in a moderately hot oven until it is a delicate brown.

PEACH MERINGUE

1 cup yellow peaches.	Bread crumbs.
Sugar to taste.	White of 1 egg.
Yolk 1 egg.	1 tablespoon powdered sugar.

Stew peaches in a very little water, sweeten to taste and stir in the well-beaten yolk. Butter a pudding dish and cover bottom with fine bread crumbs; put in the peaches and bake fifteen minutes. Cover with meringue made of white of egg and the powdered sugar, brown slightly in the oven. Serve cold.

PINEAPPLE DESSERT

Pour 1 can of shredded or diced pineapple over $\frac{1}{2}$ pound of marshmallows. Stand over night in a cool place.

PRUNE PUDDING

1 cup graham flour.	1 teaspoon allspice.
$\frac{1}{2}$ cup molasses.	1 cup milk.
1 teaspoon baking powder.	1 teaspoon soda.
1 teaspoon cinnamon.	Pinch of salt.
1 teaspoon cloves.	
1 cup uncooked prunes cut in small pieces.	

Steam three hours in baking powder cans. Makes three cans.

PRUNE WHIP

Twenty prunes, boiled; when cold remove pits and chop very fine with a few blanched almonds. Beat three eggs to a froth and mix thoroughly with the prunes. Bake 20 minutes in a slow oven. Sweeten with a little sugar.

SNOWS

Whites of 3 eggs.

Sugar.

$\frac{3}{4}$ cup fruit pulp.

Beat the egg whites until stiff. Add the hot sweetened fruit pulp and continue beating until thoroughly mixed. Pile lightly on a dish and chill. Apple, peach, apricot or prune pulp make good snows.

APPLE TAPIOCA

$\frac{1}{4}$ cup Minute tapioca.

1 pint boiling water.

1 tablespoon sugar.

3 tart apples.

Speck salt.

Sugar, nutmeg.

Mix tapioca, sugar and salt, pour on slowly the boiling water, and cook in double boiler fifteen minutes. Pour this on to the apples, which have been pared and cored and the holes filled with sugar and a little nutmeg. Cover the dish and bake one-half hour. Serve with cream and sugar.

CHOCOLATE OR COCOA BLANC MANGE

$\frac{1}{4}$ cup Minute tapioca.

$\frac{1}{4}$ teaspoon salt.

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

$\frac{1}{4}$ teaspoon vanilla.

$1\frac{1}{2}$ cups hot chocolate or cocoa.

Mix tapioca, sugar and salt; pour on gradually the hot cocoa and cook in double boiler about twenty minutes. Remove from heat, add vanilla and pour into cold wet moulds. Serve cold, plain or with whipped cream or soft custard.

DATE TAPIOCA

$1\frac{1}{2}$ tablespoons Minute tapioca.

1 cup scalded milk.

1 tablespoon sugar.

1 egg.

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

$\frac{1}{4}$ cup chopped dates.

Mix tapioca, sugar and salt; add gradually the hot milk and cook in double boiler fifteen minutes. Add the beaten egg yolk and cook three minutes longer. Stir in the dates. Make a meringue of the white of egg, heap it on top and brown delicately in the oven.

Plain pure ice cream, such as milk sherbets and ices, may be given, beginning with very small amounts and increasing gradually to children after they are two years old.

PINEAPPLE TAPIOCA

$\frac{1}{4}$ cup Minute tapioca.	Speck salt.
$\frac{1}{4}$ cup sugar.	$1\frac{1}{2}$ cups boiling water.
1 cup canned grated pineapple.	

Mix tapioca, sugar and salt, pour on slowly the boiling water and cook in double boiler until clear, about fifteen minutes. Pour over the grated pineapple and decorate the top of the pudding with currant jelly.

TAPIOCA CREAM

$1\frac{1}{2}$ tablespoons Minute tapioca.	1 cup scalded milk.
3 tablespoons sugar.	1 egg.
$\frac{1}{2}$ saltspoon salt.	Flavoring.

Scald milk in double boiler. Mix tapioca, sugar and salt; add slowly to the scalding milk, return to double boiler and cook fifteen minutes. Add the yolk and white of the egg, beaten separately. Remove from fire, and add any flavoring desired. Serve plain or with any fresh fruit in season.

WHIPS

$\frac{1}{3}$ pound prunes.	$\frac{1}{2}$ cup sugar.
5 egg whites.	$\frac{1}{2}$ tablespoon lemon juice.

Wash prunes. Soak over night and cook until soft. Remove stones and rub through sieve. Add sugar and cook five minutes. Beat egg whites stiff, add cooled prune pulp and lemon. Pile lightly in a buttered baking dish and bake in a slow oven twenty minutes.

ICE CREAMS AND SHERBETS

If you wish to make ice cream and have no freezer, use a large baking powder can and a gallon crock. The can must be opened frequently and the mixture stirred. Take great care not to get salt in the mixture.

VANILLA ICE CREAM

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

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

2 tablespoons sugar.

Speck salt.

Mix all together and freeze as soon as sugar is dissolved.

This serves one. Multiply recipe by number you desire to serve.

JUNKET ICE CREAM

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

$\frac{1}{2}$ junket tablet.

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

2 teaspoons cold water.

$2\frac{1}{2}$ tablespoons sugar.

$\frac{2}{3}$ teaspoons vanilla.

Heat milk until lukewarm, add sugar and vanilla, when sugar is dissolved add the tablet dissolved in cold water. Allow to stand until firm then beat thoroughly and turn into freezer.

If a chocolate flavor is desired, cook $\frac{1}{2}$ teaspoon of cocoa in three tablespoons of water for ten minutes. Add to mixture before letting it set.

MALTED MILK ICE CREAM

$\frac{1}{2}$ pound malted milk.

1 pint of cream.

1 cup granulated sugar.

2 ounces of chocolate.

1 quart water.

1 tablespoon vanilla.

White of egg.

Mix the malted milk powder, sugar and boiling water, stirring until smooth. Add cream and grated chocolate and cook until chocolate is melted. Add vanilla, cool and freeze.

FROZEN CUSTARD

1 cup hot milk.

Vanilla.

1 egg.

Speck salt.

2 tablespoons sugar.

Beat egg, add sugar and salt and gradually the scalded milk. Cool, add flavoring and freeze.

LEMON MILK SHERBET

1 quart milk.

Juice of 2 lemons.

2 cups sugar.

1 teaspoon of lemon extract.

To lemon juice add sugar, milk and extract. Freeze immediately in large freezer.

ORANGE ICE

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

1 tablespoon lemon juice.

Juice of $1\frac{1}{2}$ oranges.

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

Mix and freeze.

ONE EGG CAKE

1½ cups flour.	2 tablespoons melted butter
1 cup sugar.	1 egg.
1½ teaspoons baking powder.	Vanilla.
¾ cup milk.	

Sift dry ingredients together, add egg and milk and mix well. Stir in melted butter and vanilla. Bake fifteen to twenty minutes.

MOCK ANGEL FOOD

½ cup milk.	3 level teaspoons baking powder.
1 cup Swans Down cake flour.	2 egg whites beaten stiff.
Pinch of salt.	
1 cup sugar.	

Heat milk to boiling point. Sift flour, salt, sugar several times and stir into hot milk. Add flavoring and fold in egg whites. Do not use greased pan. Bake 20 to 30 minutes.

HOT WATER GINGERBREAD

1 cup molasses.	1 teaspoon soda.
2¼ cups flour.	½ teaspoon salt.
1½ teaspoons ginger.	4 tablespoons melted butter.
½ cup boiling water.	

Pour water over molasses and add dry ingredients, which have been sifted together. Beat for two or three minutes, put in buttered pan and bake in moderate oven for about thirty minutes.

COLD WATER SPONGE CAKE

2 eggs.	1⅓ cups flour.
1 cup sugar.	2 teaspoons baking powder.
6 tablespoons cold water.	1 tablespoon lemon juice.

Beat yolks and whites separately. To yolks add sugar and beat well. Add lemon juice and cold water, sift flour and baking powder three times, add gradually. Fold in well beaten whites. Bake in moderate oven.



BEVERAGES



COCOA

2 tablespoons sugar.

2 cups milk.

2 cups boiling water.

2 tablespoons cocoa.

Scald the milk; mix $\frac{1}{2}$ cup boiling water with the cocoa, sugar and salt. Mix it into a paste, then add rest of the water and boil 20 minutes. Add the hot milk and cook one hour in double boiler. A little cream and vanilla may be added if desired.

COCOA PASTE

Mix 2 cups cocoa and 3 cups sugar, add 3 cups hot water and stir to a smooth paste. Place mixture in top of double boiler and cook over boiling water for two hours. Keep paste in cool place and use as needed.

To use paste, heat one cup of milk in double boiler and stir into it one tablespoon of the paste.

EGG LEMONADE

Grate over the sugar the peel of $\frac{1}{4}$ lemon. Add the strained juice of $\frac{1}{2}$ lemon. Beat 1 egg, add sweetened lemon juice and $\frac{3}{4}$ glass of cold water. Beat whole vigorously for a few seconds.

GRAPE JUICE

Five pounds Concord grapes.

1 pound sugar.

1 quart water.

Pick and wash grapes, then place in kettle, covering with the water. Allow to boil until seeds begin to free. Strain while hot through bag and squeeze when cool enough. Allow to come to a boil and skim. Boil again and add sugar (more or less according to desired sweetness). Boil again and fill bottles. Cork at once, pressing lightly on cork until bottles are a little cooler. Then press cork firmer. Finally cover cork with melted paraffine.

LEMONADE

1 cup sugar.

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

1 pint water.

Make syrup by boiling sugar and water twelve minutes; add fruit juice, cook and dilute with water to suit taste.

ORANGEADE

Make syrup as for lemonade. Sweeten orange juice with syrup and dilute.

WHOLESOME DRINK

One heaping tablespoon of any kind of jam to one pint of boiling water. Cover and let stand. Serve cold.

EGG ORANGEADE

1 egg white.

Sugar.

Juice of one orange.

To the unbeaten white add the orange juice, sweeten to taste and blend thoroughly. Strain, set on ice to cool and serve cold.

CHOCOLATE MILK SHAKE

2 tablespoons chopped ice.

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

2 tablespoons chocolate syrup.

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

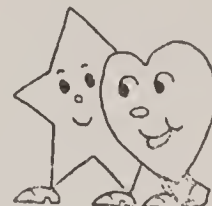
3 tablespoons whipped cream.

Shake well or beat before serving. A tablespoon of ice cream is a good addition.





COOKIES



ANISE SEED COOKIES

Three eggs, beaten with egg beater 5 minutes; add 1 cup of granulated sugar and beat 10 minutes; add 1½ cups flour and anise seed to flavor. Beat again 10 minutes. Drop by teaspoonful on buttered pan far enough apart so cookies do not touch and let stand over night. Bake in moderate oven.

CHOCOLATE COOKIES

½ cup butter.

1 cup sugar.

1 egg.

¼ teaspoon salt.

2 squares bitter chocolate.

2½ cups flour (scant).

2 teaspoons baking powder.

¼ cup milk.

Cream the butter, add sugar gradually, egg well beaten, salt and melted chocolate. Beat well, and add flour mixed and sifted with baking powder, alternately with milk. Chill, roll very thin, then shape with small cutter, first dipped in flour. Bake in moderate oven.

DATE EGGLESS

⅔ cup butter and lard.

1 cup sugar.

Little nutmeg, cinnamon, salt.

1 pound chopped dates.

Nuts may be left out for small children.

⅔ cup milk.

2 teaspoons baking powder.

1 cup chopped nuts.

Enough flour to roll.

DATE OATMEAL COOKIES

3 cups steel cut oatmeal.

2 cups flour.

¼ teaspoon soda in ½ cup hot water.

Enough flour to roll.

Roll very thin and bake until crisp.

1 cup sugar.

1 cup shortening.

FILLING

Remove seeds and chop dates very fine. Mix with sugar and water and cook until a thick paste. Place in a jar to cool. Bake cookies first and then spread filling on one, placing another cookie on top.

DROP COOKIES

- | | |
|---------------|---------------------------|
| ½ cup butter. | 2½ cups flour. |
| 1 cup sugar. | ½ teaspoon baking powder. |
| 1 egg. | ½ teaspoon lemon extract. |
| ½ cup cream. | Pinch salt. |

Drop from teaspoon on buttered pan about one inch apart. This makes about seven dozen.

One-half cup chopped raisins may be added or a current pressed in the top of each cookie before baking.

GRAPE NUT COOKIES

- | | |
|--------------------------|-------------------------|
| 1 cup sugar. | 1 tablespoon hot water. |
| ½ cup butter. | 1 cup grape nuts. |
| 1 egg. | ½ teaspoon nutmeg. |
| 3 tablespoons sour milk. | 3 cups flour. |
| 1 teaspoon soda. | Roll very thin and cut. |

HERMITS

- | | |
|----------------------------------|----------------------------|
| 1 cup butter. | 1½ cups brown sugar. |
| 3 eggs. | 1 level tablespoon soda in |
| 2 cups chopped raisins. | 2 tablespoons milk. |
| Flour to roll, cut out and bake. | |

HONEY COOKIES

- | | |
|--|--------------------|
| 1 cup sugar. | ½ teaspoon nutmeg. |
| 4 eggs. | 1 teaspoon cloves. |
| 6 tablespoons chocolate. | 1 cup milk. |
| 1 teaspoon cinnamon. | 1 cup honey. |
| 3 teaspoons baking powder. | 2½ cups flour. |
| About ½ cup nuts and raisins together. | |

Beat egg yolks, add sugar. Add melted chocolate, then spices and honey. Lastly milk and flour sifted with baking powder. Mix well, then fold in beaten egg whites. Bake in two large sheets about ½ inch thick. Spread plain white frosting on top when cool and cut.

ICE BOX COOKIES

- | | |
|---|----------------------|
| ½ cup white sugar. | 1 cup butter. |
| ½ cup brown sugar. | ½ teaspoon cinnamon. |
| ½ teaspoon soda. | Pinch of salt. |
| 1 egg, unbeaten. | |
| ½ cup blanched almonds, chopped fine or ground. | |
| 2½ cups flour or enough to make dough stiff enough to roll. | |

Knead with hands and pat into a roll about as big around as a water glass. Let stand over night, slice into thin slices and bake.

JELLY COOKIES

- | | |
|----------------|----------------------|
| 1 cup butter. | ½ teaspoon soda. |
| 2 eggs. | 2 teaspoons vanilla. |
| 1½ cups sugar. | 6 teaspoons water. |

Add enough flour to make stiff dough. Roll out as thin as paper. Cut and bake. When done spread with jelly.

OATMEAL COOKIES

- | | |
|--------------------|----------------------|
| 1 cup brown sugar. | ½ teaspoon salt. |
| ½ cup butter. | 2½ cups flour. |
| ½ cup shortening. | Level teaspoon soda. |
| ⅔ cup warm water. | 2½ cups rolled oats. |

Stir into bowl and leave until morning. Divide mixture into two parts and roll thin. Make a date paste by cooking 1 pound of dates with 1 cup sugar and a little water. Soaking the dates over night makes them cook quickly. Cool the date paste and spread between two cookies before baking. These cookies are nice cut in a variety of shapes.

PEANUT COOKIES

- | | |
|---|-----------------------|
| 1½ cups sugar. | Enough flour to roll. |
| ½ cup butter. | 2 eggs. |
| 2 teaspoons baking powder. | 4 tablespoons water. |
| 1 quart peanuts shelled and rolled to a fine paste. | |
- Roll thin and cut with fancy cookie cutter.

ROMAN SUGAR COOKIES

2 cups brown sugar.	1 level teaspoon soda.
$\frac{1}{2}$ cup butter.	1 level teaspoon cream of tartar.
2 eggs.	Enough flour to roll.

Let stand until morning, cut into thin slices and bake.

RAISIN COOKIES

1 cup sugar.	1 egg well beaten.
$\frac{1}{2}$ cup shortening.	$3\frac{1}{2}$ cups flour.
3 teaspoons baking powder.	

Roll very thin and cut with round cutter. Spread on following filling:

$\frac{3}{4}$ cup sugar.	1 cup boiling water.
1 tablespoon flour.	1 cup chopped raisins.

Cook until thick, then cool. Spread between two cookies, press edges together and bake.

SOUR MILK SUGAR COOKIES

1 cup shortening.	Flour enough to make stiff dough.
2 cups sugar.	$\frac{1}{2}$ teaspoon nutmeg.
1 cup sour milk.	1 teaspoon soda.
2 eggs.	1 teaspoon baking powder.

Roll out and cut with large cookie cutter. Sprinkle sugar on top and bake.

SOUR CREAM DROP COOKIES

1 egg.	$2\frac{1}{2}$ cups flour.
1 cup sugar.	1 teaspoon soda.
1 cup sour cream.	$\frac{1}{4}$ teaspoon salt.
1 teaspoon lemon extract.	

Drop from teaspoon on buttered pan. Bake in moderate oven.

SUGAR COOKIES

½ cup butter.	2¼ cups flour.
1 cup sugar.	2 teaspoons baking powder.
1 egg.	½ teaspoon salt.
¼ cup milk.	⅓ teaspoon vanilla.

Cream butter with sugar; add egg; add milk and dry ingredients sifted together. Roll thin, cut with fancy cookie cutter or round and bake in a moderate oven.

GINGER COOKIES

⅓ cup sugar.	1 egg.
1 cup shortening.	¼ teaspoon soda.
½ cup molasses.	3 cups flour.
1 heaping teaspoon baking powder.	½ teaspoon cloves.
1 teaspoon cinnamon.	1 tablespoon ginger.
	1 cup milk.

Mix sugar, beaten egg and melted shortening. Stir soda into molasses and add. Add flour, baking powder and spices sifted together. Add milk and mix well. This may be baked in muffin tins or rolled out thin for cookies. Bake in a moderate oven.

LADY FINGERS

2 eggs.	1 cup flour.
1 cup sugar.	1 teaspoon baking powder.
Pinch of salt.	Flavoring.

Beat eggs until light, add sifted sugar. Sift flour and baking powder together and add. Roll out, cut in strips and bake.

ZWIEBACH

Make a plain sponge cake adding a little anise seed for flavoring. When baked and cold cut in slices about half an inch thick and a half inch wide and toast in the oven.

GINGER SNAPS

One cup butter, one cup sugar. Boil until thick and when cold add one tablespoon cinnamon, two tablespoons ginger, pinch of salt, one cup sour milk, one teaspoon soda, flour to roll.

GENERAL CARE OF CHILDREN

CONSTIPATION

In case of a temporary condition either with an infant or an older child use a glycerine suppository. They are absolutely harmless and bring about immediate results. This condition should be controlled as far as possible with laxative foods before medicine. In acute cases enemas may be required. For infants troubled with colic or gas on the stomach, a warm salt water enema will usually bring very quick relief. The best cathartic for infants is milk of magnesia. Give one-half to one teaspoon sweetened or added to the bottle of milk.

Simple cathartics for older children are: Castor oil, milk of magnesia, citrate of magnesia or castoria.

If a child has a tendency to become constipated he should be fed laxative foods and encouraged to drink a large amount of water.

LAXATIVE FOODS

Sugar, honey, molasses.
 Cream, butter, oils, fats.
 Fruits, especially figs, dates, prunes, apples, oranges.
 Vegetables, the bulky ones.
 Oatmeal, whole wheat or graham breads.
 Bulgarian buttermilk.
 Fish, boiled and broiled.

DIARRHOEA

This condition may not be cured by dietetic treatment alone, but attention to the diet is all important. All laxative foods should be avoided.

The commonest foods of a constipating nature:

Flour porridge.	Custards.
Cooked white of egg.	Gelatine.
Boiled skimmed milk.	Cottage Cheese.
Toasted crackers.	Sweetbreads.
Zwieback.	Tongue.
Rice.	Chicken.
Chocolate.	Tenderloin of beef.

If the trouble continues give milk of Bismuth, one teaspoonful every two hours. If there is no change after two or three days consult your physician.

DISORDERED STOMACH

If the child has eaten something that causes discomfort and vomiting, the stomach must be given a rest. Do not be afraid to allow him to go without solid food and milk for twenty-four hours. The stomach needs a rest. Give a light cathartic, preferably Milk of Magnesia or Citrate of Magnesia.

The first day give only fruit juices, such as bottled grape juice, pineapple juice, or orange juice. Dry toast, zweiback or toasted crackers. Have everything as cold as possible. Give no milk. If there is any marked temperature allow the child to eat cracked ice. Give a teaspoon of soda in three doses.

The second, if there is no more vomiting, give a light diet. Such as: Milk toast, poached egg on toast, soup, cereals, steamed rice, canned peaches, and custards.

COLDS

Colds are very contagious and anyone with a cold should not be allowed near children. Take every precaution to prevent your children from taking cold by keeping them properly dressed. Woolen underwear is objectionable because of the danger of becoming overheated in the house. The clothing worn in the house in winter should be similar to summer weight and extra clothing added upon going outside.

If your child has a cold give him a cathartic, either Castor Oil, Citrate of Magnesia, Milk of Magnesia, or one of the brown syrups.

Spray the nostrils with Argyrol.

If there is a cough rub the throat and chest with camphorated oil.

BED WETTING

This may be caused by an acid condition of the stomach. In that case give one teaspoon of soda dissolved in six teaspoons of water in four doses during the day.

This is generally found with children who do not drink enough liquids during the day. Encourage them to drink all during the morning and afternoon up until four o'clock, but do not allow them to have any liquids after four o'clock.

CUTS

If the cut is a clean incision made by a sharp instrument, apply oil of salt or iodine and bandage. A cut should heal from the inside first. If it is quite deep and wide, a doctor should see it and perhaps take some stitches.

If the wound is jagged and dirty it should be carefully washed with absorbent cotton and warm water. Then apply iodine.

FIRST AID FOR CHILDREN

The following articles should be found in the medicine chest:

Milk of magnesia	Boric acid crystals
Castor oil	Aspirin
Cod liver oil	Syrup or wine of ipecac
Glycerine suppositories	Absorbent cotton
Zinc oxide	Sterile bandage
Iodine	Adhesive tape
Mentholatum	Dropper
Camphorated oil	Syringes
Glycerine	Thermometer
White argyrol	

BRUISES

Camphor gives quick relief to all bumps and bruises.

BURNS

A burn should be covered immediately to exclude the air. Use the nearest thing at hand. Moist soda or any salve. Carron oil should be kept on hand in the kitchen for just such an emergency.

If a blister forms this should be opened by piercing the cuticle just next to the blister with a sterile needle and running the needle under the blister. This allows the water to escape and leaves the skin intact.

HICCOUGH

Very often placing a small amount of sugar on a babies tongue will stop hiccough.

An older child can be taught to hold its breath while taking a drink of water. Ice cream is said to be a remedy.

SKIN ERUPTIONS

For any slight eruption or rash, zinc oxide salve is an excellent remedy.

For eczema a physician should prescribe a diet and a lotion.

For a small baby whose body has become sore, zinc stearate powder is good. If the case is very bad apply cornstarch to each diaper before placing it on the baby. Do not allow the child to remain wet.

EAR ACHE

To relieve ear ache drop a few drops of warm glycerine or warm glycerine diluted with an equal amount of warm water in the ear. Warm the glycerine by heating the bottle in a cup of hot water. A hot water bottle placed next to the ear, or a bag of salt that has been heated in the oven will help to ease the pain.

WARTS

Apply oil of cinnamon four or five times a day.
Another method is to keep moistened with baking soda.

TEMPERATURE

If your child is running a high temperature the first thing to do is to give an enema. If this does not reduce it try a hot mustard foot bath. Dissolve one tablespoon of mustard in one half cup of cold water and let stand for half an hour. Put hot water in pan or wash bowl and add the mustard. Place the child's feet in it adding more hot water as it cools off. If plenty of hot water is available place the child in a hot mustard bath, using three or four tablespoons of mustard.

Aspirin may be given to reduce the temperature, a five grain tablet being given in four doses.

If the temperature is very high and continues, a mustard pack may reduce it.

MUSTARD PACK

Dissolve a tablespoon of mustard in half a cup of cold water. Add this to a pan of hot water. Moisten a woolen cloth in this water wring as dry as possible and wrap around the child's nude body from the chest to the waist line. Be very careful to test the cloth on the upper part of your own arm to be sure that it is not too hot. Moisten a large bath towel in hot water, wring dry and wrap securely around the child's body. Allow this to remain on for twenty minutes leaving only the head exposed. Place the child in a warm bath for a few minutes, remove without drying, wrap in a dry bath towel and place in a warm bed. It will generally sleep for two or three hours.

FALLS

If a child has had a severe fall he immediately becomes sleepy, but never allow him to go to sleep until after the effect of the fall has been noted. To do this it may be necessary to place cold cloths or ice packs on his head and temples. Do not offer food until all effects of fall have disappeared because the sudden jolt usually causes nausea.

If there is any bleeding from the nose or mouth or indications of other injuries call a physician at once.

SORE THROAT

Spray the throat with listerine or argyrol.

CROUP

The child awakens suddenly showing great difficulty in breathing. The loud, noisy inspirations is a characteristic sound rarely forgotten. The child seems to be in great distress, the lips are blue and there seems to be eminent danger of suffocation. It is never fatal, however.

The best remedy is ipecac. This may be given in doses of 10 to 20 drops every fifteen minutes for a child of six months to a year, and one half to a teaspoonful every ten to fifteen minutes for a child of two. The doses should be repeated until vomiting occurs. A teaspoon of white vaseline may produce vomiting.

Make a tent over the child's bed, using an umbrella and a sheet. Raise the umbrella over the bed and drape the sheet over it allowing it to hang down all around the bed. Place a tea kettle of boiling water near the bed with the spout under the sheet and allow the child to breath this moist steaming air.

HIVES

Hives are usually due to some form of indigestion. Some children have a marked idiosyncrasy for certain articles of food. Strawberries are one of the causes.

An active cathartic may be given at once, either epsom salts or castor oil. Dissolve one teaspoon of soda in six teaspoons of water and give a teaspoon of this in sweetened water every two or three hours.

To relieve itching apply camphor or benzol or give a soda bath. Zinc stearate powder may relieve the itching.

INSECT BITES

Treat with spirits of camphor or benzol.

NOSE BLEED

Unless the bleeding persists for a noticeable length of time, no particular treatment is necessary.

If the bleeding continues apply pressure against the blood vessel directly under the nose between the upper lip and gums of the upper teeth. Do this by pressing a folded piece of heavy paper against this blood vessel and continue the pressure until the bleeding has stopped. If the child is kept perfectly still while this is being done the bleeding will usually stop in about a minute.

Do not allow the child to blow its nose for some time after the bleeding has stopped.

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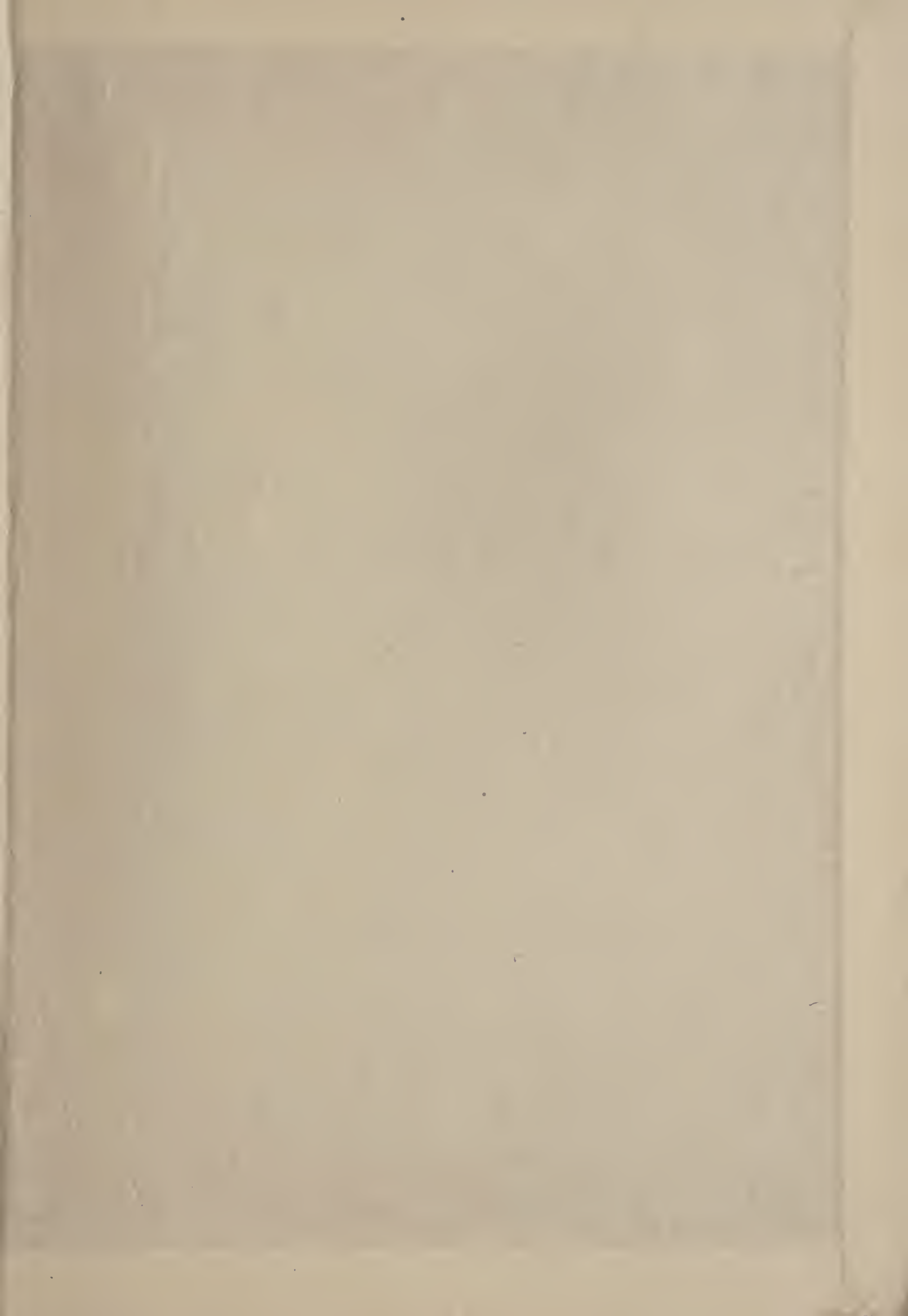
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