

# FRUITS

And Their Cookery

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HARRIET S. NELSON

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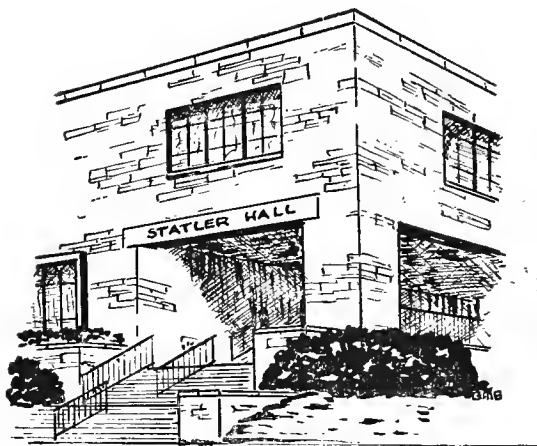
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# FRUITS AND THEIR COOKERY



# FRUITS AND THEIR COOKERY

BY  
HARRIET S. NELSON



HOTEL ADMINISTRATION

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## FOREWORD

PHYSICIANS of the present day place strong emphasis upon the value of fruits judiciously used as a part of the daily diet. This volume has been prepared for the purpose of suggesting to housekeepers various ways of supplying this recognized need.

HARRIET S. NELSON.



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## FRUITS AND THEIR COOKERY



# FRUITS AND THEIR COOKERY

## I. APPLES

### DUTCH APPLE PIE

3 pints sweet milk	pinch of salt
2 eggs	2 quarts sweet apples
2 tablespoonfuls flour	sugar to taste and nutmeg

Pare, core and slice the apples and cook until tender; then mash until fine. Add the milk and the eggs well beaten. Mix the flour until smooth with a little of the milk. Mix all together and sweeten to taste. Flavor with nutmeg as desired. Line a pie plate with rich pie crust and fill with the mixture, baking as for custard pie.

### APPLE SALAD

Scoop out the center of eight red apples with a vegetable scoop. Mix with equal parts of finely chopped celery and boiled dressing. Fill apple shells and serve on lettuce leaves.

### BOILED DRESSING

$\frac{1}{2}$ teaspoonful mustard	$\frac{3}{4}$ cupful milk
$\frac{1}{2}$ teaspoonful salt	yolk of 1 egg
2 teaspoonfuls flour	2 teaspoonfuls oil
1 teaspoonful sugar	$\frac{1}{4}$ cupful hot vinegar

Mix dry ingredients in a saucepan, add the yolk of the egg, oil and milk. Stir the mixture over hot water until it begins to thicken, then stir in the vinegar, a few drops at a time.

### APPLE PIE

Pastry:

$1\frac{1}{2}$ cupfuls pastry flour	$\frac{1}{4}$ teaspoonful baking powder
$\frac{1}{4}$ teaspoonful salt	$\frac{1}{3}$ cupful shortening

Sift together the flour, salt and baking powder. With the tips of the fingers work in the shortening, then use a little ice water to mix, use a silver knife to do this and turn it out on a well floured board. Pat it out with a rolling pin and roll into a rectangular sheet. Have ready about two tablespoonfuls of butter beaten to a cream, spread part of this over half the paste and fold the other half over the butter. Use at once or wrap in waxed paper and set in the icebox until next day.

Apples: Pare, core and slice the apples. Fill the dish, sprinkle with sugar, cinnamon and bits of butter. Wet the edge of lower crust, cover with upper crust and press edges together. Bake forty-five minutes in moderate oven.

### APPLE FRITTERS

Pare and core apples, cut in round slices. For each eight apples, mix one-fourth cupful of sugar and four tablespoonfuls lemon juice. Let apples

stand in this mixture for one hour. Dip in fritter batter, fry in hot fat, drain on brown paper, sprinkle with sugar.

### FRITTER BATTER

1 cupful flour	grated rind of a lemon
2 tablespoonfuls sugar	2 eggs
½ teaspoonful salt	½ cupful milk

Mix and sift dry ingredients; add beaten yolks, lemon rind and milk. Beat, cut and fold in the beaten whites of eggs.

### APPLE CAKE

2 cupfuls flour	2 cupfuls sliced
1 teaspoonful salt	apples
3 teaspoonfuls baking powder	1 cupful milk
	2 eggs
3 tablespoonfuls	melted butter

Mix and sift the dry ingredients; add beaten yolks, butter and milk. Beat well, cut and fold in the stiffly beaten whites. Spread mixture one-half inch thick on buttered pans. Lay sliced apples on top, sprinkle with sugar; bake in hot oven thirty minutes.

### APPLE AND SUET PUDDING

2 cupfuls chopped apples	1 cupful molasses
2 cupfuls chopped raisins	⅛ teaspoonful salt
1 cupful sour milk	1 cupful suet
1 teaspoonful soda	flour to make stiff batter

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Add soda to the milk, add the ingredients a little at a time, mix well. Boil in a pudding bag about two hours.

### APPLE SAUCE SHORTCAKE

2 cupfuls flour	3 tablespoonfuls butter
$\frac{1}{2}$ teaspoonful salt	3 tablespoonfuls lard
3 teaspoonfuls baking powder	1 cupful milk

Mix and sift dry ingredients. Add butter and lard and chop or mix with finger tips until thoroughly blended. Add milk. When thoroughly mixed, divide in halves, put each half into a round, buttered cake tin. Wet knife and spread smooth. Bake ten to twenty minutes in hot oven. Split each cake and fill with hot apple sauce. Serve with cream.

### APPLE FOAM

$\frac{2}{3}$ cupful apple sauce	2 tablespoonfuls finely
2 egg whites	chopped preserved
3 tablespoonfuls powdered sugar	ginger

Beat the whites of egg until very stiff, add the sugar a little at a time, then add the apple gradually, beating well. Fold in the ginger, turn into glasses, chill on ice and serve. It will fall if it stands too long.

**APPLE OMELET**

6 apples	4 eggs
1 tablespoonful butter	$\frac{1}{2}$ teaspoonful of rose extract
6 tablespoonfuls sugar	

Pare, core and cut the apples in small pieces. Stew until soft. Beat while hot until very smooth. Add the butter, sugar and flavoring. When cold add the well beaten yolks of the eggs, then the stiffly beaten whites. Put into a well greased baking dish and bake in a moderate oven until a light brown.

**APPLE AND SWEET POTATO SCALLOP**

Peel and cut boiled sweet potatoes into quarter inch slices. Butter a baking dish, put in a layer of the potatoes sprinkled with sugar and a grating of nutmeg, then dot with bits of butter. Cover with a layer of apple sauce. Repeat until the dish is full, having the top layer potato. Cover with a generous amount of sugar, sprinkled with buttered crumbs and bake an hour in a moderate oven.

**APPLE SANDWICH FILLING**

Peel and grate two tart apples and mix with two cupfuls of fresh cottage cheese and four tablespoonfuls of thick cream. Season with salt and paprika. Mix well and spread between thin slices of buttered brown bread.

## DIXIE APPLE BISCUIT

1 pint light bread sponge	Graham flour
$\frac{1}{4}$ cupful molasses	$1\frac{1}{2}$ cupfuls chopped apples
1 tablespoonful shortening	brown sugar

Add molasses and shortening to bread sponge and sufficient Graham flour to make a soft dough. Beat vigorously, add apples and mix well. Put into muffin pans, sprinkle with brown sugar and let stand until light. Bake in hot oven.

## PAULA'S BAKED APPLES

Remove the cores from good sized apples, fill with jam and bits of butter. Place slices of stale bread in a baking dish and put an apple on each slice. Pour scalded milk, slightly sweetened, over the bread and bake in the oven until apples are soft.

## APPLE CORN MEAL MUFFINS

2 tablespoonfuls of butter	1 cupful each of corn meal
$\frac{1}{2}$ cupful sugar	and wheat flour
1 egg	3 heaping teaspoonfuls
$\frac{3}{4}$ cupful sweet milk	baking powder
$\frac{1}{4}$ teaspoonful salt	

Cream together the butter and sugar; add the beaten egg and milk, then the flour which has been mixed with the baking powder and salt. Beat the batter hard and stir in the finely chopped apples. Bake in greased pans for twenty-five minutes.



**APPLE PANCAKES**

- |                       |                                |
|-----------------------|--------------------------------|
| 1 cupful Graham flour | 2 teaspoonfuls baking powder   |
| ½ cupful white flour  | 2 eggs                         |
| 1 tablespoonful sugar | 1¼ cupfuls milk                |
| 1 teaspoonful salt    | 1 cupful finely chopped apples |

Scald the milk and pour on the Graham flour. When cold, add remaining ingredients, apples last of all. Beat well and bake on hot griddle.

**APPLE AND DATE SALAD**

- |                            |                               |
|----------------------------|-------------------------------|
| 1 cupful chopped dates     | 3 cupfuls chopped tart apples |
| ½ cupful chopped nut meats | pinch of salt                 |

Mix all together, pour over them a dressing of lemon juice and sugar.

**BAKED APPLES AND MINCE MEAT**

Pare and core large tart apples, fill the centers with mince meat, place them in a baking pan and sprinkle with sugar. Pour in a little boiling water and bake half an hour, basting often. Serve hot with hard sauce.

**APPLE RICE PUDDING**

- |                         |                            |
|-------------------------|----------------------------|
| 4 apples                | 4 tablespoonfuls marmalade |
| 2 tablespoonfuls butter | ¼ cupful rice              |
| 2 tablespoonfuls sugar  | ¼ teaspoonful salt         |
| 2¼ cupfuls water        |                            |

Cut the apples and put them in a pan with the butter, sugar and enough water to cover them. Cook them until they are soft and all the water has been taken up. Wash and cook the rice in salted boiling water until tender, then drain. Caramelize a mold and line the bottom and sides of it with the rice. Put the cooked apples in the center of the mold and spread the marmalade over them. Cover the top with rice and bake it in an oven for fifteen minutes. When the rice is cold, turn out onto a platter and serve with any preferred liquid sauce.

### APPLE SAUCE CAKE

1 cupful of unsweetened apple sauce	1 teaspoonful soda
$\frac{1}{2}$ cupful butter or other fat	$1\frac{3}{4}$ cupfuls flour
$1\frac{1}{2}$ cupfuls sugar	$\frac{1}{2}$ teaspoonful each of nut- meg, cloves, cinnamon and salt
$\frac{1}{2}$ cupful seeded raisins	

Cream butter and sugar together. Add the soda to the apple sauce and beat well. Mix butter, sugar and apple sauce with flour and spices. Add raisins last of all. Beat well and bake in a loaf for three-quarters of an hour.

### APPLE LAYER CAKE

2 tablespoonfuls but- ter	1 egg
1 cupful sugar	2 cupfuls flour
1 cupful milk	2 teaspoonfuls baking pow- der

Mix in order given and bake in layers. Fill with the following:

Filling: Cook 2 large apples until soft, then add 1 cupful of sugar, the well beaten yolk of an egg and the juice and rind of a lemon. Beat smooth and spread between layers.

### APPLE TOAST

Stew peeled and quartered apples in one table-spoonful of butter, two of water and one of sugar. Cook in this until tender. Fry slices of bread until golden brown. Pile the apples on these and serve hot with a garnish of bacon.

### APPLE CHUTNEY

12 sour green apples	2 cupfuls brown sugar
1 large onion	juice of 2 lemons
3 peppers	1 tablespoonful salt
1 cupful chopped raisins	1 teaspoonful ginger
1 pint vinegar	$\frac{1}{4}$ teaspoonful cloves
1 teaspoonful cassia	

Make a syrup of the vinegar, sugar, lemon juice, salt and spices. Chop finely the apples, onions and peppers. Mix and when boiling hot add a cupful of tart jelly. Stir well. Cook slowly one hour. Bottle while hot and dip the corks in paraffin.

### APPLE CEREAL PIE

1 pint boiling water	$\frac{1}{4}$ cupful sugar
1 cupful breakfast cereal	2 tablespoonfuls flour
$\frac{1}{2}$ teaspoonful salt	lemon rind and nutmeg
3 cupfuls sliced apples	to flavor

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Pour the boiling water over the cereal and let it stand until the cereal is well swollen, about two hours. Then stir in the apples and other ingredients. Turn into a pie plate and bake an hour in a slow oven. Serve hot with cream.

### WALDORF SALAD

Mix one cupful each of small pieces of celery, apple cut in cubes and English walnuts broken in small pieces. Add one teaspoonful salt, two tablespoonfuls orange juice and the grated rind of one orange. Add one cupful of mayonnaise or boiled dressing. Serve on lettuce leaves.

### MAYONNAISE DRESSING

2 egg yolks  
1 cupful oil

2 tablespoonfuls vinegar  
 $\frac{1}{2}$  teaspoonful salt

Add the salt to the vinegar. Beat the yolks well, then add the oil gradually, beating rapidly all the time. As it becomes stiff, thin with a few drops of the vinegar at frequent intervals.

### APPLE WATER

1 large juicy apple  
2 cupfuls water  
sugar

Wash, pare and core apple and cut into pieces; add water and simmer until tender; strain, add sugar to water. Cook five minutes, chill and serve.

If liked, a small amount of lemon juice may be added.

**PRESERVED APPLES**

4 lbs. apples	3 cupfuls water
4 lbs. sugar	juice and rind of a lemon

Wash, pare and quarter apples; keep in water until ready to use. Cook sugar and water five minutes; add apples, cook until tender. Add lemon juice and rind. Fill jars with apples, then fill with syrup and seal.

**CANNED APPLES AND QUINCES**

4 lbs. quinces	2 lbs. sugar
2 lbs. apples	1 qt. water

Pare and quarter the quinces and apples, let stand in cold water to prevent discoloration. Cook in boiling water until tender, then simmer in sugar and water syrup for ten minutes. Arrange in jars, fill with syrup and seal.

**CANNED APPLES AND PINEAPPLE**

4 lbs. apples	2 lbs. sugar
4 lbs. pineapple	2 pints water
	rind of 4 lemons

Pare, core and cut the apples in rings. Cut pineapple in slices, remove skin and eyes and cut pulp into squares, being careful to reject the core. Boil sugar and water five minutes; add pineapple; cook

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until tender; then cook apples until tender; add lemon rind; fill jars, which have been sterilized, with the apple and pineapple. Adjust rings, fill jars with syrup, adjust covers and seal. Jelly can be made of the peel and cores of apples and pineapples by covering with cold water, letting boil until soft. Strain and proceed as for apple jelly.

### CANNED APPLES

4 lbs. apples	juice and rind of two
1 lb. sugar	lemons
	2 pints water

Pare and core the apples; cover with cold water. Boil sugar and water five minutes; add apples and simmer until tender; add lemon juice and rind; place apples in sterilized jars; fill to overflowing with syrup; adjust rubbers and covers. Set in a cold place until cool, then keep in dark dry closet.

### APPLE GINGER

4 lbs. sour apples	2 lbs. sugar
4 lemons	1 oz. white ginger root

Pare, core and chop apples; wash, remove seeds and chop lemons; add sugar and ginger root, and cook very slowly six hours or put in fireless cooker over night. Pour into glasses and cover.

### APPLE MARMALADE

Wash, core and cut apples in slices; put in kettle, add enough water to keep apples from burning.

Cook slowly until mushy, press through sieve, add equal amounts of sugar and apples and flavor with orange or lemon juice. Cook until stiff; fill glasses and cover.

**APPLE JELLY**

Wash and wipe fruit. Remove the stems; cut in pieces, put in preserving kettle, nearly cover with cold water; cook very slowly until apples are tender. Pour into jelly bag and drain thoroughly, but do not squeeze. Measure juice, allow one pound of sugar to every pint of juice. Boil juice twenty minutes; add sugar which has been heated on a platter in the oven, stir until sugar is dissolved; boil five minutes or until it jellies. Skim when necessary. Have jelly glasses standing in a pan of hot water; pour jelly into them; let stand until hard and cover first with paper or melted paraffin. Keep in cool, dry, dark place.

**APPLE TAPIOCA**

½ cupful pearl tapioca	½ cupful sugar
4 cupfuls boiling water	grated rind and juice of
½ teaspoonful salt	1 lemon
8 apples	

Cook the tapioca in boiling water until transparent; add one-half teaspoonful salt and lemon rind. Core and pare apples, arrange in baking dish, fill cavities with sugar and lemon juice, cover with tapioca and bake until apples are tender, adding a teaspoonful of butter before taking from the oven.

**APPLE MERINGUE**

8 apples	$\frac{1}{2}$ teaspoonful salt
3 egg yolks	2 cupfuls milk
$\frac{1}{4}$ cupful sugar	1 teaspoonful vanilla

Core apples and bake until tender. Make a custard of the remaining ingredients; pour over baked apples. Cover with meringue made of the whites of the eggs and three tablespoonfuls powdered sugar.

**FRIED APPLES AND ONIONS**

3 apples
6 onions
bacon fat

Fry the onions until almost tender, then add the sliced apples. Serve with baked potatoes.

**FRIED APPLES WITH SAUSAGE**

$\frac{1}{2}$ lb. sausage
6 apples
$\frac{1}{4}$ cupful brown sugar

Slice the apples after coring them, sprinkle the sugar over them and fry with the sausages until a light brown.

**STEWED APPLES AND RAISINS**

Pare and core eight apples. Arrange in baking dish; fill cavities with apple jelly and chopped raisins. Cook until tender, basting with hot water,



sugar and lemon juice. Ten minutes before removing from oven, stick almonds cut in small pieces into the apples.

**APPLE INDIAN PUDDING**

- |                                  |                                |
|----------------------------------|--------------------------------|
| 2 cupfuls quartered apples       | $\frac{1}{4}$ cupful corn meal |
| $\frac{1}{2}$ cupful molasses    | 2 tablespoonfuls butter        |
| $\frac{1}{2}$ cupful brown sugar | 1 teaspoonful salt             |
| 4 cupfuls milk                   | cinnamon and nutmeg            |

Scald milk; pour on the corn meal; add remaining ingredients; pour into buttered baking dish, and cook in slow oven four hours, keeping dish covered for three hours. Stir occasionally.

**APPLE BATTER PUDDING**

- |                         |                            |
|-------------------------|----------------------------|
| 1 cupful milk           | 1 teaspoonful salt         |
| 1 cupful flour          | 2 cupfuls quartered apples |
| 2 eggs                  | 2 teaspoonfuls lemon juice |
| 2 tablespoonfuls butter | $\frac{1}{4}$ cupful sugar |

Mix sugar, salt, flour, eggs and milk. When smooth, add apples; pour into buttered baking dish and bake in a moderate oven one hour. Serve immediately with hard sauce.

**HARD SAUCE**

- $\frac{1}{2}$  cupful butter
- 1 cupful powdered sugar
- 1 teaspoonful vanilla

Cream butter and sugar together, add vanilla.

## APPLE CHARLOTTE

8 slices of bread	1 cupful of sugar
$\frac{1}{2}$ cupful of butter	1 tablespoonful lemon juice
6 apples	$\frac{1}{4}$ cupful chopped almonds
1 tablespoonful butter	

Dip bread in melted butter; butter mold; cut bread into strips an inch wide and the height of the mold. Line bottom and sides of mold with bread. Pare and cut up apples; add sugar, water and lemon juice, cook until apples are soft. Add chopped almonds, 1 tablespoonful butter; pour into lined mold, cover with slices of buttered bread and bake half an hour. Serve with lemon sauce.

## BROWN BETTY

4 cupfuls sliced apples	$\frac{1}{2}$ teaspoonful cinnamon
$1\frac{1}{2}$ cupfuls soft bread crumbs	$\frac{1}{2}$ cupful butter
1 cupful sugar	1 cupful chopped and seeded raisins
$\frac{1}{4}$ teaspoonful salt	$\frac{1}{2}$ cupful molasses

Arrange apples and crumbs in layers in a buttered pudding dish, having crumbs on top layer. Sprinkle each layer with sugar and cinnamon and dot with bits of butter. Add molasses and raisins, then layer of crumbs and bake in slow oven one hour.

## BIRDS' NESTS

8 apples	2 cupfuls milk
2 tablespoonfuls flour	3 egg yolks
1 teaspoonful salt	3 egg whites

Arrange cored and pared apples in a buttered baking dish. Mix sugar, flour, milk. Add yolks of eggs. When well blended add the well-beaten whites. Pour this mixture over apples and bake in a moderate oven until apples are tender.

**SCALLOPED APPLE**

1 cupful sugar	1½ cupfuls soft bread
½ teaspoonful cinnamon	crumbs
2 tablespoonfuls lemon juice	4 cupfuls sliced apples
grated rind of one lemon	¼ teaspoonful salt
½ cupful butter	½ cupful water

Arrange crumbs and apples in layers in a buttered pudding dish, having crumbs on top layer. Sprinkle each layer with sugar and cinnamon and dot with butter. Add lemon juice, rind of lemon and water just before sprinkling on the last layer. Bake in slow oven one hour.

**APPLE SOUFFLÉ**

3 cupfuls quartered apples	3 egg yolks
2 tablespoonfuls butter	6 egg whites
¾ cupful sugar	nutmeg and lemon juice

Steam apples; add butter, sugar, yolks of eggs and flavoring. Cool, cut and fold in beaten whites, turn into buttered pudding dish and bake forty-five minutes in a moderate oven. Serve with sugar and cream.

**STEAMED APPLES WITH GINGER**

Pare and core firm, tart apples. Steam until tender, then cover with the syrup from preserved ginger and cook slowly until transparent. Place an apple in individual dish, pour syrup over and serve with cream.

**BAKED APPLE DUMPLING NO. 1**

2 cupfuls flour	1 teaspoonful salt
2 tablespoonfuls lard	$\frac{1}{4}$ cupful sugar
2 tablespoonfuls butter	$\frac{1}{4}$ cupful water
$\frac{1}{2}$ teaspoonful baking powder	8 apples cored cinnamon and nutmeg

Sift flour, baking powder and salt. Work in lard and butter. When well mixed, add water. Cut paste in eight rounds, place apples in center of rounds, fill cavity with sugar and flavoring. Draw paste around apple, place in baking pan rough side down. Bake forty-five minutes. Serve with Lemon Sauce or Cream.

**LEMON SAUCE**

2 teaspoonfuls cornstarch	1 cupful sugar
2 cupfuls water	grated rind and juice of
$1\frac{1}{2}$ tablespoonfuls butter	a lemon

Mix cornstarch with sugar. Add boiling water and cook twenty minutes. Add flavoring and butter. Serve hot.

**BAKED APPLES**

Core eight apples, arrange in baking dish, fill cavities with butter and sugar. Bake until tender, basting with sugar and water. When done, arrange in serving dish; sprinkle with granulated sugar.

**BAKED APPLE DUMPLING NO. 2**

Make a rich baking powder biscuit dough, roll thin and cut into six-inch squares. Into the center of each place three or four thin slices of apples and fold the dough around them forming a ball. Arrange in a deep baking dish and over them pour a syrup made by boiling for five minutes one cupful of granulated sugar with one-half cupful of water. Bake in a slow oven and serve hot with whipped cream.

**NEW ENGLAND BAKED APPLES**

Butter a quart baking dish, fill with peeled and quartered apples, dust lightly with cinnamon. Pour in one cupful of maple syrup, cover and bake in slow oven until fruit is tender. Serve with cream.

**APPLE SPONGE**

$\frac{1}{4}$  cupful sugar  
 $\frac{1}{4}$  cupful milk  
 2 eggs  
 1 cupful flour

2 teaspoonfuls baking powder  
 5 sliced apples  
 $\frac{1}{2}$  teaspoonful salt

Beat eggs; add sugar, flour in which baking powder has been sifted, and milk. Beat well; add apples, pour into buttered baking dish and bake in a moderate oven one hour. Serve with vanilla sauce.

### VANILLA SAUCE

$\frac{1}{2}$ cupful butter	1 cupful cream
1 cupful powdered sugar	1 tablespoonful vanilla

Cream butter; add sugar, beaten cream and flavoring. Heat over hot water until all is liquid. Serve hot.

## II. CRAB-APPLES

### CRAB-APPLE PIE

Slice the apples but do not peel them. Fill the pie with them and cover with bits of butter and one and one-half cupfuls of sugar. Do not add any other seasoning, as the crab-apples have a flavor all their own.

### SPICED CRAB-APPLE JELLY

One peck of crab-apples put on to cook in one-half vinegar and one-half water. Cook until apples are all soft. Then strain and measure juice. Put two tablespoonfuls of broken cinnamon, two tablespoonfuls of whole allspice, one tablespoonful whole cloves in two muslin bags and put into juice. Cook, and when the spice tastes just right, not too strong, take the bags out. Cook the juice until it jellies, when tried with one tablespoonful of juice and same of sugar. Have the same quantity of sugar in a bowl as you have of juice. Pour the juice onto sugar. When sugar is dissolved, it will thicken. Pour it into glasses. Sour apples can be used the same way.

**CRAB-APPLE JELLY**

Wash and clean out any imperfections in apples but do not cut up or pare. Almost cover with water and cook slowly until soft enough to strain. Allow first to drain through a colander, then allow the juice to drip through a jelly bag, without squeezing. Add a cupful of sugar to each cupful of juice and boil twenty minutes, removing scum as it rises. Strain again and pour into jelly tumblers and when cold cover with melted paraffin.





## 24 FRUITS AND THEIR COOKERY

equal parts of water and molasses and bake until tender.

### PEAR CONSERVE

5 pounds pears	½ pound raisins
3 pounds sugar	1 pound English walnuts
2 oranges	small jar preserved ginger
3 lemons	with syrup

Peel pears and cut in small pieces. Put sugar on and stand over night. In the morning bring to a boil, take out the pears and cook the juice until a good syrup, then add raisins, grated rind and juice of oranges and lemons and cook fifteen minutes. Chop the nuts and ginger, add them to syrup, also the pears, and cook half an hour. Put in jelly glasses.

### PEAR BUTTER

8 pounds pared and cored pears	2 pounds sugar juice one lemon
4 quarts grape juice	

Cover the pears with the sugar, grape juice and lemon juice; simmer for two hours. Then put them in a slow oven over night or in a fireless cooker. Put in jelly glasses and cover with paraffin and paper.

### COMPOTE OF PEARS

Soak dried California pears in water over night, arrange them around a mound of boiled rice. To the water in which the pears were soaked add

enough sugar to make it very sweet, and boil it down to a syrup, then add a teaspoonful of lemon juice. Pour the hot syrup over the fruit. Serve cold.

### CANNED PEAR AND ORANGE SALAD

Half a cupful of diced canned pears, three oranges, separated into sections, a quarter of a cupful of minced celery and cream salad dressing. Arrange on lettuce leaves and serve with toasted crackers.

### PEAR TRIFLE

Slice and stew five or six pears in a syrup made with a pint each of sugar and water, flavored with the juice of a lemon. In a baking dish arrange a thin layer of sponge cake, then a layer of the pears, topped with a second layer of sponge cake, then another of pears, finishing with a third layer of sponge cake. Over the whole pour the yolks of two eggs whipped with two-thirds of a cupful of sugar. Bake till lightly browned, then add to the top a meringue of the whites of the eggs; replace in the oven till well browned, and serve very cold.

### PEARS WITH CHOCOLATE SAUCE

Pare four Bartlett pears, cut in quarters, lengthwise, and sauté in butter until browned. Arrange in serving dish and pour over the following sauce. Chill thoroughly before serving. For the sauce put two ounces sweet chocolate, one tablespoonful

sugar, and one and one-fourth cupfuls cold milk in double boiler, and let cook five minutes, then add one teaspoonful arrowroot mixed with one-fourth cupful thin cream and a few grains salt, and cook ten minutes, stirring constantly. Melt one and one-half tablespoonfuls butter, add one-fourth cupful powdered sugar, and cook until well caramelized, stirring constantly. Add to first mixture and flavor with one-half teaspoonful vanilla.

### CANNED PEARS

Cut a dozen Bartlett pears in halves, leaving the stem on one half, pare and remove the cores. Make a syrup of one cupful and a half, each, of sugar and water and the juice of one lemon; skim, put in the pears and cook ten minutes, after boiling begins. With a silver fork drop the pears into a sterilized quart jar, set on a cloth in a pan of water, pour in syrup to fill the jar to overflow, adjust the rubber and the sterilized cover and tighten the jar.

### CANNED PEARS FROZEN

Pack a can of pears in ice and salt and leave for four hours, then open the can and turn out the frozen contents.

### CANDIED PEARS

Choose nice large ripe but firm pears for this purpose. Peel, and halve. Make a thick syrup with granulated sugar and water, using a cupful of water to each pound of sugar. Place the pears in

this and bring to a boil. Simmer for about five minutes; then remove from fire, and let stand over night in the syrup. Place over the fire again, and allow the pears to simmer another five minutes. Skim carefully out on to platters, and place in the sun or in a slow oven until dry. Again bring the syrup to a boil, add the pears and simmer to the crystal state, then remove the pears on to platters again, and let dry as before. Before they are quite dry, sprinkle with chopped almonds. When completely dry, pack in boxes lined with paraffin paper, and place a sheet of paper between each layer.

#### PEAR AND LEMON MARMALADE

Slice the lemons thin and remove the seeds. Allow three pints of water to each pound of the fruit, and allow to stand over night in this, then in the morning boil until tender. To each pint of this boiled fruit add one pint of sliced pears and one pound of granulated sugar. Boil until the pears are tender, and the syrup begins to jelly and the fruit is transparent, then fill into jars and seal.

#### CANNED PEAR DESSERT

Cut squares of plain cake and on each piece lay half a pear. Cover with meringue and brown in a cool oven. Pour the juice from the can around the cake.

Meringue: Beat one egg until stiff, fold in carefully one-third cupful powdered sugar and a pinch of salt.

## IV. PEACHES

### PEACH COCKTAIL

Peel and dice ripe fruit, allowing one peach for each glass. Add a few drops of lemon juice, four maraschino cherries cut in halves and three table-spoonfuls of the juice.

### PEACH POPOVERS

2 cupfuls of flour	2 well beaten eggs
2 teaspoonfuls baking powder	milk enough to make batter to drop from a spoon
½ teaspoonful salt	

Butter deep iron gem pans and have them sizzling hot. Put a spoonful of the batter in each, then a layer of sliced peaches and some more of the batter. Bake in a quick oven and serve at once.

### PEACH PARFAIT

1 cupful mashed peaches	juice of 1 orange
⅓ cupful water	1 pint heavy cream
1 cupful sugar	whipped
2 egg whites	a drop of bitter almond

Boil the sugar and water together until it threads and pour gently into the egg whites which should be beaten stiff, whipping constantly. Combine the

peaches and orange juice. Beat in the egg-white mixture, stir briskly until cool, and then fold in the cream and almond. Pour into a mold, cover with wax paper and press on the lid; if this does not fit very tightly, dip a cloth in melted lard or paraffin and bind around the edge. Pack in equal parts of ice and salt for four hours. If canned peaches are used, use three-quarters of sugar instead of one cupful.

### A NEW PEACH PIE

6 medium sized peaches	$\frac{1}{3}$ cupful flour
$\frac{1}{4}$ cupful butter	4 tablespoonfuls water
1 cupful sugar	few grains nutmeg
	flaky pastry

Line a deep pie plate with pastry, sprinkle the bottom with one-half of a crumb-like mixture made by rubbing together the butter, sugar and flour. Lay on this the halved peaches, cut side down; add the nutmeg and water, sprinkle on the remaining crumbs and bake thirty minutes in a hot oven.

### CORN MEAL PEACH PUDDING

Mix together the following:

1 cupful corn meal	2 cupfuls thick sour milk
1 cupful whole wheat flour	$\frac{1}{2}$ cupful molasses
1 cupful white flour	1 pint canned peaches
1 teaspoonful soda	$\frac{1}{2}$ teaspoonful salt

Dissolve the soda in the sour milk. Cut the peaches small and drain off their juice. Mix all the

ingredients together. Steam three hours, and serve with cream or a sweet sauce.

### PEACH MELBA

Cut sponge cake in thin slices and cut off outside edges. Lay half a canned peach on each slice, fill the cavities with bits of pineapple and candied cherries. Cover with vanilla ice cream, pour a little pineapple syrup over the top and garnish with cherries. Very rich.

### PEACH MOLD

Pare fresh peaches sufficient to make a quart and cook until soft in a cupful of water and three-quarters of a cupful of sugar. Put them through a sieve, pressing the pulp through with a wooden spoon. Soak a tablespoonful of gelatin until soft in quarter of a cupful of cold water, then stir it into the hot peach pulp. Whip a cupful of cream until stiff. Let the peach pulp cool, then mix and turn into a mold. Set on ice or pack in salt and ice for three hours. At serving time turn out and serve with sliced peaches and cream.

### PEACH PUDDING NO. 1

Butter a baking dish, slice into it enough peeled peaches to nearly fill it and add four tablespoonfuls boiling water. Sift together two cupfuls pastry flour, half a teaspoonful of salt and five teaspoon-



fuls of baking powder; rub in a quarter of a cupful of shortening, moisten with sweet milk to make a soft dough, spread it over the fruit and bake until well browned. Serve with cream and sugar.

### PEACH CROUSTADES

Cut small rounds from thin slices of sponge cake and sauté them in clarified butter until they become a delicate brown. Drain halves of large perfect peaches cooked until tender in a syrup of sugar and water. Sprinkle the rounded sides thickly with grated cocoanut and place one on each slice of cake. Serve cold with whipped cream.

### PEACH SAUCE

Pare, slice and rub through a coarse sieve enough ripe, soft peaches to make a pint. Cream two table-spoonfuls of butter and one cupful of sugar until very light, then add the peach pulp and a teaspoonful of lemon juice by degrees and set on ice until ready to serve. This sauce is very good poured over squares of plain cake or poured around a mold of corn starch.

### PEACH COBLER

Put an inverted cup in the center of a buttered baking pan surrounded with one quart of peeled and sliced peaches; sprinkle with sugar. Sift one and a half cupfuls of flour with one and a half teaspoonfuls baking powder and half a teaspoonful of

salt; work in one tablespoonful of shortening, moisten with half a cupful of milk, roll out to fit the size of the pan, cut two gashes in it to allow the steam to escape, place over the fruit and bake in a moderate oven. Serve with cream or peach sauce.

### **PEACH AND MARSHMALLOW CREAM**

Whip half a pint of cream, sweeten to taste, fold in quarter of a pound of marshmallow cream (canned) and half a cupful of canned peach pulp cut fine. Chill thoroughly and serve between slices of peach and garnish with whole marshmallows. Serve with sponge cake.

### **PEACH ROLY POLY**

2 cupfuls flour  
2¼ teaspoonfuls baking  
powder

½ teaspoonful salt  
1 egg, sugar and milk

Sift together the flour, baking powder and salt, add the yolk of the egg, well beaten, and enough sweet milk to make a soft dough. Turn on to a floured board, knead slightly, then roll out about a quarter of an inch thick, brush with softened butter, sprinkle with sugar, cover with peeled and sliced peaches, sprinkle again with sugar and roll as a jelly roll. Place in a baking pan, brush over with the beaten white of the egg, sprinkle again with sugar, bake about half an hour and serve with hard or liquid sauce.

**PEACH AND TOMATO SALAD**

Peel and quarter six firm white peaches and six red tomatoes. Set them on the ice; put into a bowl a saltspoonful of celery seed, a pinch of white pepper and five drops of table sauce. Stir well, add gradually four tablespoonfuls salad oil and juice of a lemon. If properly mixed it will be of the consistency of rich cream. Arrange lettuce leaves, pile peaches and tomatoes in the center. When ready to serve pour the dressing over them.

**BAKED PEACHES**

Pour boiling water over peaches until the skins slip off easily. Place them in a pan, sprinkle with sugar, pour water over them to the depth of half an inch. Bake until tender and slightly brown. Serve with cream.

**PEACH AND RASPBERRY TRIFLE**

Bake a sponge cake in an oblong pan; when cool cut in squares. Pile peeled and sliced peaches on each square. Heap over the tops whipped cream, which has been beaten with raspberry jelly or some fresh mashed raspberries.

**PEACH CONSERVE**

4 pounds peaches	$\frac{1}{2}$ pound blanched and
1 pineapple	chopped almonds
1 orange	$\frac{1}{2}$ pound seedless raisins
	1 lemon

Peel and cut the peaches in small pieces, peel and grate the pineapple, peel and grate the orange and lemon. Cook the fruits until soft and puffy. Then add one pound of sugar to each pint of fruit. Crush a few of the peach kernels and add them also. Cook until rich and thick, stirring frequently to prevent burning. Pour into marmalade jars and seal when cold.

### **SPICED PEACHES**

½ peck peaches	1 tablespoonful whole
2 pounds brown sugar	cloves
1 ounce stick cinnamon	2 inch piece ginger root
2 cupfuls vinegar	

Tie spices in a cheesecloth bag, boil the vinegar and spices, scald the peaches, peel them and cook them in the syrup until they are tender. Put them in sterilized jars and seal.

### **PEACH TAPIOCA**

Take the syrup from a can of peaches and add boiling water to make a pint. Stir in one-half teaspoonful salt and one-third cupful tapioca. Cook in a double boiler until transparent. Butter pudding dish and put fruits in it. Flavor the tapioca with a little lemon juice and pour over the fruit. Bake twenty minutes and serve with cream.

### **PEACH FOAM**

Soften one-half box gelatin in one-half cupful cold water; add one-half cupful boiling water, place

over hot water. Add three-quarter cupful of sugar and stir until dissolved. Remove from the fire, add one cupful strained peach pulp and one-half teaspoonful bitter almond extract and let stand until cool. Fold in the stiffly beaten whites of three eggs, turn into small molds and place on ice to harden. Serve with thin boiled custard.

### STEWED PEACHES AND RAISINS

$\frac{1}{2}$ pound dried peaches	$\frac{1}{2}$ cupful sugar
$\frac{1}{2}$ cupful seedless raisins	

Wash and soak peaches over night in water enough to cover and stew in the water in which they were soaked. When about half done add the raisins and the sugar. Cook slowly until tender.

### PEACH CUSTARD

1 pint milk	3 level teaspoonfuls corn-
1 egg	starch
$\frac{2}{3}$ cupful sugar	1 teaspoonful butter

Put milk on to boil, beat the egg very light, add sugar and beat until creamy. Then add the cornstarch which has been made smooth in a little cold water and cook five minutes; lastly add the butter. Cool and pour over peeled and sliced peaches.

### PEACH MARMALADE

Boil for ten minutes three pounds of sugar and three cupfuls of water. Add four pounds of

peaches, peeled and cut in small pieces. Boil until thick, stirring to prevent burning. Turn into small glasses and seal when cold.

### PEACH TURNOVERS

Make a rich pastry, roll out about half an inch thick and cut out round with a saucer. Put on each half a cupful of sliced peaches, a tablespoonful of sugar and a few drops of lemon juice. Moisten the edges of the paste with white of egg, fold over, press together with thumb to make the edge even scallops, sift powdered sugar over and bake. Serve with peach sauce.

### PEACH MERINGUE NO. 1

Line a deep dish with slices of stale sponge cake; fill with peeled and sliced peaches and sprinkle with sugar. Beat the whites of three eggs until very stiff. Fold in three tablespoonfuls of powdered sugar, flavor slightly with vanilla, spread over the peaches and brown in a hot oven. Serve cold with cream.

### FROZEN PEACH ROLL

Line a mold about two inches deep with vanilla ice cream. Fill with sliced peaches, cover with vanilla ice cream. Put on the lid, bind the edges with a strip of buttered cloth, pack in salt and ice and let stand two hours. When ready to serve, unmold and sprinkle with macaroon crumbs.

**PEACH ICE CREAM**

1 pint milk	1½ pints of peach pulp
1 pint cream	2½ cupfuls of sugar

Add half the sugar to the peach pulp and let it stand for two hours, then press it again through a sieve. Scald the milk with half the sugar, let it cool, half freeze it and then add the cream and peach pulp and finish freezing.

**PEACH PUDDING NO. 2**

Cover the bottom of a pudding dish with canned peaches. Take half the juice from the can, add to it two tablespoonfuls of sugar, and boil it to a thick syrup.

Make a custard, using two cupfuls of milk, the yolks of two eggs, and a heaping tablespoonful of cornstarch. Cook in a double boiler for half an hour, then add a little of the peach syrup to sweeten it, and a few drops of almond extract. Sprinkle the peaches with blanched almonds, cut in small pieces, pour over them the syrup, then the custard. Cover the top with meringue made of the whites of two eggs and three tablespoonfuls of powdered sugar. Brown the meringue. Serve the pudding hot or cold.

**PEACH MOUSSE**

Mash and rub enough fresh or canned peaches through a colander to make a cupful. Add to this

a teaspoonful of lemon juice, a few drops of almond extract and enough sugar to sweeten it. Dissolve in quarter of a cupful of hot peach juice one and three-quarter tablespoonfuls of granulated gelatin which has been soaked for an hour in half a cupful of cold water. Add the gelatin to the peach mixture. When it begins to set, mix it until smooth, then fold in a half pint of cream whipped to a stiff froth and turn it into a mold. Serve with whipped cream.

### PEACHES AND CREAM

Cut peeled peaches into slices and put them in the icebox. Add as much sugar to a half pint of cream as will be needed to sweeten the peaches. Whip the cream to a stiff froth. Just before serving, mix together lightly the peaches and cream; put in a covered mold, and pack in ice and salt. Use but little salt, for the object is to make them very cold and not to freeze them.

### PEACH OMELET

Pare and put through a sieve three very ripe peaches. Add two tablespoonfuls of powdered sugar and the yolks of three eggs well beaten. Then stir in carefully the whites of six well beaten eggs. Turn into a greased baking dish and bake in a quick oven for fifteen minutes. Serve at once.



**HOT PEACH PUDDING WITH COLD SAUCE**

Cream two tablespoonfuls of butter with half a cupful of sugar, add one beaten egg yolk and half a cupful of milk. Beat well and add one and a half cupfuls of flour sifted with two teaspoonfuls of baking powder and a little salt. Fold in the stiffly beaten whites of two eggs and turn into a shallow greased pan. Cover with slices of peaches and bake half an hour. Serve with a cold boiled custard.

**PEACHES AND RICE**

Cook a quarter of a pound of rice in three cupfuls of milk with the grated rind of a lemon and a pinch of salt. When tender and while very moist add a tablespoonful of gelatin dissolved in two tablespoonfuls of boiling water and three tablespoonfuls sugar. When cooled and beginning to set, stir in a cupful of whipped cream. Mold in a ring, serve with canned or fresh peaches in center.

**PEACH PUDDING NO. 3**

Drain one can peaches. Put syrup in saucepan and add one-third cupful sugar and a few grains salt. Bring to the boiling point and let simmer until syrup is quite thick. Chill syrup as well as peaches. Arrange halves of peaches, cavity side up, in shallow baking dish, and in each cavity put a marshmallow (using an inexpensive kind which

melts more rapidly). Place in a hot oven and let stand until the marshmallows soften, five minutes being required, by which time the chilled peaches will not be heated through. Arrange on a serving-dish, pour syrup around, and serve with thin cream.

### PEACH FRITTERS

Beat well the yolks of two eggs, add one-half cupful of cold water, one-quarter of a teaspoonful of salt and sufficient sifted flour to make a pour batter. Add one tablespoonful of olive oil or melted butter and the whites of the eggs whipped to a stiff froth. Set away for at least two hours. Pare and halve ripe peaches. Have ready a small deep kettle partly filled with smoking hot fat. Dip each half into the batter so that it may have a coating all over it, lift out with a fork and drop into the hot fat. Do not cook more than three or four at a time. Drain for a moment on unglazed paper, dust with powdered sugar and serve hot.

### PEACH DUMPLING

Pare, halve and pit six large ripe peaches and place the halves together as they were cut. Make a dough precisely the same as for shortening, roll thin and cut with a large round cutter. Lay half a peach cut side up in the center of each, put a small bit of butter and three drops of vanilla in the center of each peach on the forms. Then place the remaining halves of the peaches in position, fold the

dough over, roll gently in the hand to make ball-shaped, lay them on a buttered plate, but not closely. Set in a steamer and steam 20 minutes. Serve hot with peach or any sauce preferred.

### PEACH BAVARIAN CREAM

Soften two tablespoonfuls of granulated gelatin in one-half cupful of cold water, add one-half cupful of boiling water and stir until dissolved, then add one pint of crushed peaches and one-half cupful of sugar. Stir over cracked ice until the mixture begins to thicken. Fold in the whip from one pint of cream, turn into a wet mold, and set aside until firm. Serve with a garnish of peeled and halved peaches.

### PEACH SURPRISE

One quart of peaches cut up in small bits, two cupfuls of sugar, whites of five eggs. Do not beat the eggs at all; just mix everything together and put in the freezer and turn till stiff. This is delicious.

### PEACH BLANC MANGE

Cover one-half box gelatin with one-half cupful cold water and let stand one-half hour. Pour over one cupful of hot scalded milk and scald until it is dissolved. Take eight ripe peaches, peel, stone and put through a sieve. Add one cupful pulverized sugar. Beat one pint cream gradually into

the peaches and the dissolved gelatin, well mixed, pour into molds and stand away to harden.

### **PEACH LOAF**

Remove the center from a loaf of sponge cake, leaving a shell about one-half inch in thickness. Boil four tablespoonfuls each of water and granulated sugar for three minutes. Beat in powdered sugar to make a frosting and spread over the top and sides of the cake. Then sprinkle immediately with finely chopped almonds. Fill with peeled and sliced peaches, sprinkle generously with sugar and serve with cream, either plain or whipped.

### **PEACH PIE**

Cover a pie plate with plain pastry and cut enough fresh or canned peaches in halves to cover it. Pour in a little of the juice, and then fill up with sour cream; sprinkle sugar over it generously; lay strips of the pie crust across it and bake slowly.

### **DEEP PEACH PIE**

Line a deep pie dish with rich pie paste, and on this put canned peaches with the hollow side up. In each hollow put a bit of butter and a spoonful of sugar. Thicken the juice from the canned peaches with a little cornstarch and turn over the halves. Bake until the crust is brown and the peaches very tender. Serve cold with plain cream.

## PEACH AND RAISIN PUDDING

$\frac{1}{2}$ cupful of white flour	1 tablespoonful of butter
$\frac{1}{2}$ cupful of whole-wheat flour	$\frac{2}{3}$ cupful of milk
1 teaspoonful of baking powder	1 egg
2 tablespoonfuls of sugar	$\frac{1}{2}$ teaspoonful of salt
$\frac{1}{2}$ teaspoonful of grated nutmeg	$\frac{1}{2}$ cupful of halved raisins
	1 cupful of diced canned peaches, drained of their juice

Sift the white flour with the baking powder and salt. Add the whole-wheat flour, sugar, nutmeg, well-beaten egg, milk, raisins and peaches. Mix well and steam in a buttered mold for three hours. Serve hot with lemon or hard sauce.

## INDIVIDUAL PEACH PUDDING

Allow half a canned peach for each individual pudding dish. Make a batter by pressing through a colander two extra peach halves, adding a well-beaten egg-yolk, quarter cupful of milk, two tablespoonfuls melted butter, pinch of salt, three-fourths cupful of flour and one teaspoonful of baking powder.

Beat well and fold in beaten white of egg. Put a little of this batter in the bottom of a buttered dish, lay on a half peach, cover with two tablespoonfuls of the batter and sprinkle with granulated sugar. Put in a moderate oven and bake for twenty minutes.

Serve in molds with a spoonful of hard sauce on

each, or turn from molds and serve with plain cream.

### PEACH RICE PUDDING

1 quart of milk	1 tablespoonful of butter
$\frac{1}{2}$ cupful of rice	1 teaspoonful lemon extract
$\frac{1}{2}$ teaspoonful of salt	whipped cream, sweetened and flavored
canned sliced peaches	
3 tablespoonfuls of sugar	

Wash the rice well, add the milk, sugar, butter and salt. Bake in a moderate oven until the rice is soft and creamy. Flavor with the extract, and cool before using. Place the pudding in individual dessert dishes, garnish with sliced peaches and heap the whipped cream on top.

### PEACH SPONGE

The sponge cake to be used in this manner may be either fresh or stale. Cut the cake with a sharp knife into slices and place in individual sherbert glasses. Pour over each piece of cake a few spoonfuls of peach juice and a half peach to each glass. Cover with whipped cream, slightly sweetened and flavored with bitter almond.

### GOLDEN PEACH PUDDING

Fill a pudding dish with whole peeled peaches and pour over them two cupfuls of water. Cover closely and bake until peaches are tender, then drain off the juice from the peaches and let it stand until cool. Add to the juice one pint sweet milk, four

well-beaten eggs, a small cup of flour with one teaspoonful baking powder mixed in it, one cupful sugar, one tablespoonful melted butter and a little salt. Beat well three or four minutes, then pour over peaches in dish. Bake in the dish until a rich brown and serve with milk.

### PEACH BREAD PUDDING

On a pint of fine stale bread or cracker crumbs pour boiling water and stir in a tablespoonful of melted butter. After standing till thoroughly soaked, add two well-beaten eggs and half a cupful of sugar. On the bottom of a buttered pudding dish put a thin layer of this batter, over it a layer of sliced peaches and so on, dredging each layer of peaches with sugar, until the dish is full, having batter at the top. Bake in a moderate oven about an hour.

### PEACH STEAMED PUDDING

1 cupful flour	2 tablespoonfuls lemon juice
$\frac{1}{4}$ teaspoonful salt	1 cupful sugar
2 cupfuls fine bread crumbs	2 cupfuls peaches
$\frac{1}{2}$ cupful chopped nuts	3 eggs

Mix all the dry ingredients, add beaten eggs, lemon-juice and peaches. Beat well. Pour into buttered molds and steam two hours. Serve with cream.

## V. PLUMS

### PLUMS IN RICE BORDER

Cook half cupful rice in milk until tender and quite dry, adding a pinch of salt when it is half done. Make it rather sweet with powdered sugar and pour into a border mold to set. When ready to serve, turn it out carefully and fill the center with rich stewed plums. Pour a little of the syrup over the rice and heap whipped cream over the plums.

### PLUM CONSERVE

Put one large basket of plums into preserving kettle, cover with water and boil until soft. Remove stones and boil them a few minutes in a little water. Add this water to the plums, add one-fourth pound chopped walnuts, one-half pound raisins, six cupfuls sugar, grated peel of four oranges and the juice; do not use the white skin. Boil all together until it thickens. Put in jars boiling hot and seal at once.

### PLUM CHARLOTTE

Remove the stones from a dozen plums, put them in a saucepan just covered with water. Add sugar enough to sweeten, stew them until tender. Line a mold with lady fingers or thin strips of sponge



cake, fill with the hot plums, cover with more cake and let get icy cold. Serve with cream.

### PLUMS IN BATTER

Make a batter with two beaten eggs, five tablespoonfuls of flour, a little more than one pint of milk and a pinch of salt. Remove the stones from one quart of large ripe plums, crack them, put the kernels inside of the plums again, mix the fruit with two tablespoonfuls of moist sugar and stir it lightly into the batter. Turn it into a buttered pudding dish and bake in a hot oven till done, about forty minutes. Sprinkle powdered sugar over the top and serve hot with one-half cupful of butter, one cupful of sugar and one well-beaten egg, stirred to a cream and flavored.

### PRESERVED DAMSONS

Wipe damsons with a piece of cheese-cloth wrung out of cold water, and prick each five or six times, using a large needle; then weigh. Put three-fourths their weight of sugar in a large stew-pan, and to each pound of sugar add one cupful of boiling water. As soon as sugar and water reach the boiling point, add plums a few at a time, that fruit may keep in better shape during the cooking. Cook until plums are soft, which may easily be determined by piercing with a small wooden skewer. It is an excellent idea to use two kettles, that the work may

be done more quickly and the syrup may not cook too long a time.

### SPICED PLUMS

Wipe five pounds of plums with a piece of cheesecloth wrung out of cold water, and prick each five or six times, using a large needle. Put two and one-half pounds of brown sugar in a saucepan, and pour over one quart of vinegar ; then add two ounces of cloves, one ounce of stick cinnamon broken into pieces, one ounce of allspice-berries, and one ounce of mace (all tied in a piece of muslin). Bring mixture to the boiling point, and let boil ten minutes. Pour over plums, cover, and let stand over night. In the morning, drain plums from syrup again, bring syrup to the boiling point, let boil ten minutes, and pour over plums. Cover, let stand over night, drain, and repeat the process a third time.

### PLUM JELLY

Put the plums into the preserving kettle with water to cover. Cook slowly until the plums will mash readily, then turn into a jelly bag, and drip until pulp is dry. Boil the juice rapidly twenty minutes, skim well, remove from fire and measure. Let come to a boil again and add as many cupfuls of sugar as you had juice. Let boil until it jellies, which will be fifteen to twenty minutes. Pour into glasses and when cold cover and put in a cool, dry place.

### PLUM JAM

Wash and halve the plums, but do not remove the stones. Add enough water to barely cover and cook slowly, mashing with a wire potato masher several times. When the fruit is soft and the stones have fallen out set aside and let stand until cool. Remove the stones, which will have come to the top. Add pound for pound of sugar to the fruit and juice and cook until thick. If a plum butter or marmalade is desired put through a sieve and re-heat before canning.

### PLUM PIE

Cover pie plate with plain paste; fill with the following: Two cupfuls pitted plums, half a cupful of sugar; dredge with flour, add two tablespoonfuls lemon juice and one tablespoonful butter, cover with paste and bake.

### SWEET PICKLED PLUMS

Prick four pounds of plums with a needle in two or three places to keep them from bursting. Put them with layers of cloves and cinnamon into glass jars. Make a syrup of two pounds of sugar and one quart of vinegar and pour it hot over the plums. Next day pour off the vinegar, boil it up and pour again over the fruit. Cover the jars. This improves by keeping for some weeks before using.

## VI. QUINCES

### QUINCE CUSTARDS

Pare, core and slice two quinces and two apples, cover with one pint of cold water and simmer gently until the fruit is very tender, then strain. Return the liquid to the fire and add from one-half to three-quarters of a cupful of sugar according to the acidity of the fruit. Beat well together eight eggs, first putting aside the whites of two. Pour the fruit mixture gradually over the eggs, return to the fire and stir until of a rich custard consistence. In the bottom of each custard cup place a piece of stale cake dipped in fruit juice. When the custard is cool fill the cups and heap on each some of a meringue made by whipping together to a stiff froth the reserved whites of the eggs, three tablespoonfuls of powdered sugar and a few drops of lemon juice.

### SPANISH QUINCE PIE

Line a deep earthen pie plate with puff paste, prick it with a fork, and bake brown. When done, fill it with a layer of quince marmalade, and cover with another deep layer of whipped cream, slightly sweetened and flavored with pineapple juice. Decorate with pieces of angelica and preserved cherries, and serve cold.

### QUINCE HONEY

Pare, quarter and seed ripe quinces, keeping the parings and cores to make jelly. Grate the pared fruit on a coarse grater, or put through the food chopper using the fine knife. Measure, and for every cup of the pulp allow three-fourths of a cupful of granulated sugar. Make the sugar into a syrup adding enough water to keep from burning, then when it is dissolved stir in the quince pulp and cook slowly until the whole is a rich syrup about like thick honey. Seal while hot.

### BAKED QUINCES

Peel and core the quinces, place in a baking dish, fill the cavities with sugar, add a little grated lemon rind, pour in enough water to half fill the dish, cover and bake several hours in a moderate oven. Serve while hot with a hard sauce.

### QUINCE AND PEAR PRESERVE

Pare one peck of quinces and cut into one-quarter or one-eighth pieces, just cover with hot water and cook moderately until tender. Take quince out on a platter when cooked, then peel one-half peck ripe pears, cut up in one-quarter pieces, cook in the same liquid until tender. When cooked take out, and put on platter. Make a syrup from the liquid that the fruit was cooked in; to every two cupfuls of liquid add one cupful of heated sugar. Boil

liquid first, then add heated sugar. Cook until a syrup, then add all the fruit. Cook moderately until fruit is thoroughly heated through. Put up in air-tight jars.

### QUINCE PRESERVE

Pare, core and weigh the fruit, put in preserving kettle with one pint of water to every pound of fruit, and boil ten minutes, or until tender enough to pass straw through them. If they are not perfectly ripe they will require longer boiling. Take out, one at a time, and place on dishes to drain. Allow one pound of sugar to every pound of fruit. Put the sugar in a kettle with enough water to dissolve it, then put in the fruit and boil until the cloudy look disappears, skimming all the time. Lay the fruit on a dish to cool, then put in jars and pour the hot syrup over it.

### QUINCE MARMALADE

Cook the skins of the quinces in boiling water nearly one hour, then drain off the water and pour it over quartered unpeeled quinces from which the seeds have been removed. Let all cook until the quinces are very tender, then press through a fine colander. Measure and allow three-quarters of a cupful of sugar for each cupful of the quince pulp, and cook the pulp for twenty minutes, stirring frequently. Then add the heated sugar, cook to the

consistency of marmalade and store as for jelly or conserve.

### PRESERVED QUINCES

Wash, pare and core the quinces, weigh and allow equal weight of sugar. Cover fruit with cold water, cover kettle and cook slowly until thick and dark. Put into sterilized jars.

### QUINCE AND SWEET APPLE PRESERVE

Pare the quinces, cut in quarters and remove the cores and woody portions beneath. Cook the skins with water to cover until soft, then strain off this water and in it cook the quinces until tender; add half the quantity of sweet cooking apples prepared like the quinces—it will take much longer for the quinces to cook than the apples. Always let the fruit stand in cold water after peeling until the time for cooking, and only cook as much fruit at a time as the liquid will cover. When all the fruit has been cooked and removed with a skimmer, add to the liquor a pound of sugar for each pound of quince, and half a pound of sugar for each pound of apples. Boil the syrup for five minutes, skim, add the fruit and let cook slowly until transparent and a good color. Drain out the fruit, pack in sterilized hot jars and pour the boiling hot syrup over, filling the jars to overflowing. Seal airtight as for canned fruit.

### HONEY QUINCE JELLY

One of the reasons that there are so many failures in making good quince jelly lies in the fact that the quince seeds are cooked with the fruit. These tend to produce a mucilage-like syrup that is very hard to "jell," no matter how carefully it is cooked. To make a jelly with honey, boil the quince juice, secured in the usual manner, for about twenty minutes. Use three-quarters of a cupful of sweetening to each cupful of the juice. Let half the measure of sweetening be strained honey. Boil until the mixture jellies. It should not take longer than five minutes.



## VII. APRICOTS

### FROZEN APRICOTS

Remove the skins from one quart of canned apricots and cut them in small pieces; add the juice, one quart of water and two cupfuls of sugar and stir until the sugar is dissolved. Freeze and allow the mixture to stand an hour before serving.

### APRICOT SOUFFLÉ

Press through a sieve one cupful of stewed apricots, add three-fourths cupful of sugar. Cook until thick; then add the stiffly beaten whites of four eggs. Cut them in, as you would for sponge cake, and bake twenty minutes in a hot oven.

### APRICOT SAUCE

$\frac{1}{2}$ cupful apricot jam or juice	or	$\frac{1}{2}$ cupful water
$\frac{1}{2}$ cupful sugar		1 teaspoonful cornstarch
		1 tablespoonful lemon juice
		few grains salt

Rub the cornstarch smooth with a little of the water and boil all ingredients together for ten minutes. Serve over boiled rice or plain cornstarch pudding.

### APRICOT ROLL

Wash a half pound of dried apricots and soak over night. Put to cook in the double boiler next morning in fresh water to cover, adding a tiny pinch of soda to neutralize the acidity. When they have swelled to full size, or in about an hour, sweeten to taste and cook for twenty minutes longer. Meantime make a rich biscuit dough, using whole-wheat flour. Two cupfuls of flour, three teaspoonfuls of baking powder and three table-spoonfuls of shortening, with water or milk sufficient to make a dough, which can be rolled out thin. Roll out thin, spread lightly with butter, then spread with the drained apricots. Sprinkle with sugar. Roll up, pinch the ends to keep together, then bake in a greased pan after rubbing the top with shortening. Baste once with melted shortening mixed with some of the hot fruit juice. When brown remove to platter, and serve with the apricot liquid cooked down until syrupy and thickened with a teaspoonful of cornstarch wet with a little cold water.

### DRIED APRICOT SHERBET

Soak half a pound of dried apricots in cold water over night; pour off the water, strain it through cheesecloth and return to the apricots with as much boiling water as is needed to cook them. Let cook rapidly until tender; when done there should be one quart of apricots and liquid; press through

a sieve, add one quart of water, two cupfuls and a half of sugar and the juice of a lemon and freeze as any sherbet. For a smoother sherbet, cook the sugar in the pulp five or six minutes, then cool, add the cold water and freeze.

### APRICOT PARFAIT

1 pint of apricot fruit pulp	1 lemon
1 pint of cream	6 almonds, chopped

Add the lemon juice to the fruit pulp and then stir in the cream and the chopped almonds. Put the cream into a mold and pack it in ice and rock salt for three hours. It will make a pint and a half of cream.

### APRICOT ICE

Put one quart of apricots through a colander, add the same amount of water, the yolks of four eggs well beaten, sugar enough to make sweet, one pint of cream and then the stiffly-beaten whites of the eggs. Mix together and freeze.

### APRICOT ICE FOR AN INVALID

Into a pound baking powder can with tight seams place one-fourth cupful of apricot juice, one-third of a cupful of water and two teaspoonfuls of lemon juice. Sweeten with two tablespoonfuls of syrup made by cooking together for ten minutes equal quantities of sugar and water. Strained and bottled this gives a ripe flavor which the raw sugar

lacks. Ice creams for an invalid should be made of pure, thin cream, flavored. The cooked custard creams are not so easily digested. To freeze, place the can in a larger kettle and surround with three cups of ice to every cup of salt. Be sure the mixture reaches the height of the liquid to be frozen. Twirl the can for about fifteen minutes, and serve immediately. The whole operation should take only one-half hour.

### APRICOT SPONGE

1 cupful sugar	$\frac{1}{2}$ box sparkling gelatin
1 pound apricots	juice of one-half lemon
	whites of 2 eggs

Soak gelatin in one-fourth cupful of cold water. Cook apricots until soft. Strain, add to juice enough hot water to make two cupfuls and pour over gelatin. Put apricots through colander and add two cupfuls of pulp to gelatin. Beat with wire whip until cold and stiff or nearly so, then add lemon juice and beaten whites of eggs. Beat well and turn into mold. When ready to serve, slice cake and drop a spoonful of whipped cream on each slice.

### RICE WITH APRICOTS

Boil one cupful of well-washed rice in a kettle of salted water until tender, turn it into a well buttered mold, tapping and shaking to pack it slightly, then stand over hot water for five minutes. Turn carefully out on a hot platter and over it pour one-half of a can of apricots mashed and heated.

**EVAPORATED APRICOT PRESERVE**

Soak one pound of apricots over night; add one pound of sugar and cook gently until thick. Serve with cream.

**APRICOT MARMALADE**

Wipe and cut four pounds of apricots in halves. Remove the stones, cut the apricots in small pieces. Add four pounds of hot sugar and cook slowly for two hours; add the juice of two lemons. Put into jelly glasses and cover.

## VIII. ORANGES AND GRAPEFRUIT

### ORANGE AND ONION SALAD

2 oranges	lettuce
$\frac{1}{2}$ Spanish onion	French dressing

Peel and slice the oranges; slice the onion and mix. Arrange on lettuce leaves. Serve with French dressing.

### FRENCH DRESSING

Into a small dish put

$\frac{1}{8}$ teaspoonful of salt	1 tablespoonful vinegar or
$\frac{1}{4}$ teaspoonful black pepper	lemon
4 tablespoonfuls olive oil	

### ORANGE PUDDING SAUCE NO. 1

1 tablespoonful flour	$1\frac{1}{2}$ cupfuls boiling water
1 cupful sugar	1 tablespoonful butter
1 orange finely shredded	

Mix the flour with the sugar and add gradually the boiling water. Put in a saucepan over the fire, and when the mixture boils, add the butter and orange. Boil until the sauce is like thick cream, serve either hot or cold. Good on any boiled or baked pudding.

**ORANGE APRICOT MARMALADE**

4 quarts apricots  
 4 large oranges  
 6 cupfuls sugar

Wash the apricots and pit them. Mash and put into a granite kettle over a slow fire. With a sharp thin-bladed knife pare off the yellow part of the rind and cut it in threads with the scissors (be sure not to have the white part of the rind). Mix them with the apricots, add the juice and pulp of the oranges, let this simmer slowly, stirring frequently until well blended. Add the sugar which has been heated in the oven and boil hard for ten minutes. Put into sterilized glasses or jars.

**ORANGE OMELET**

4 eggs	2 tablespoonfuls butter
4 tablespoonfuls powdered sugar	2 tablespoonfuls orange juice
2 oranges	$\frac{1}{4}$ teaspoonful baking powder
$\frac{1}{8}$ teaspoonful salt	

Separate the yolks from the whites of eggs, add the salt to yolks and beat well. Beat whites until stiff and add yolks, baking powder and orange juice. Sprinkle powdered sugar on oranges which have been sliced lengthwise. Put butter in hot frying pan and pour in omelet mixture. When it has thickened well and is puffed up add the thin slices of one orange. Fold the omelet in half over the

orange. When done place on hot platter with the rest of orange slices on top.

### ORANGE SNOW PUDDING

$\frac{1}{2}$ box gelatin	3 eggs
$\frac{1}{2}$ cupful cold water	3 tablespoonfuls sugar
2 cupfuls boiling water	$\frac{1}{2}$ saltspoonful salt
1 cupful sugar	1 pint hot milk
juice 1 lemon	grated rind 1 orange

Cover gelatin with the cold water. When softened, add the boiling water, one cupful sugar and the juice of the lemon, stir until dissolved, strain and set aside to cool. Beat the whites of the eggs to a stiff froth, stir them into the gelatin mixture when it begins to thicken and beat to a stiff white foam. Turn into a ring mold and put on ice for several hours. Make a custard with the well beaten yolks of eggs, the three tablespoonfuls of sugar and salt, add gradually the hot milk and the grated rind of the orange. Cook in double boiler until the custard coats the spoon, then strain. Fill the gelatin ring with sliced oranges and pour the custard over.

### ORANGE WATER ICE

juice 6 oranges	2 cupfuls powdered sugar
juice 1 lemon	$\frac{1}{2}$ cupful rich sweet cream
	1 quart water

Add sugar to fruit juice, stir the water and cream in slowly until well blended, strain and freeze as for ice cream.



**HOW TO SERVE AN ORANGE TO AN INVALID**

Soak an orange in hot water for half an hour. The skin will loosen and come off like a glove and the pulp will be delicious.

**CANDIED ORANGE PEEL**

Scrub the peel carefully; cut the outer yellow rind from the white lining. Cover with water and boil until tender; remove, cut into small strips and cook in the following syrup:

1 cupful of granulated sugar  
 $\frac{1}{2}$  cupful water

Let boil one minute, add peel and cook until syrup threads. Take up with skimmer, roll in granulated sugar, dry on wax paper and pack in paper lined boxes until needed.

**GRAPEFRUIT MARMALADE (FROM SKINS)**

Remove the brown spots from the skins, run the skins through the food chopper. Measure the quantity. Put in a kettle with water enough to a little more than cover and add handful of salt. Let come slowly to a boil and boil five minutes. Put in sieve and allow cold water to run through to remove all the bitter water. Return to kettle and cover as before with cold water. To three cupfuls of chopped skins add half cupful vinegar and five cupfuls sugar. Boil slowly several hours or until

mixture is very thick. The secret is in slow boiling. Use all the skin, white as well as yellow. This is delicious in fruit cake or mince meat.

### ORANGE MARMALADE

Wash well two pounds of oranges. Place them in granite saucepan, having fruit well covered with water. Boil them for three hours, turning the oranges often. Let them cool in the water. When cool, cut each orange in four parts, remove the center with a spoon and place in a dish until ready to measure. Cut the yellow peel with scissors into threads. Measure the pulp and shredded rind, add an equal amount of sugar and one additional cupful, then one cupful water; cook all together for ten minutes counting from the time it really boils. Fill glasses and cover with paraffin. Stir gently all the time it is boiling to keep from burning.

### ORANGE FRAPPÉ

1 cupful sugar	1 cupful orange juice
2 cupfuls water	pulp of 4 oranges
4 tablespoonfuls	lemon juice

Boil sugar and water five minutes. Add other ingredients and freeze to a mush.

### ORANGE EGG CORDIAL

1 egg white
1 teaspoonful sugar
juice of 1 orange

Beat white until frothy; add orange juice and sugar; continue beating until well blended. Serve at once.

### ORANGE PUDDING NO. 1

2 cupfuls scalded milk	$\frac{1}{2}$ cupful sugar
1 cupful soft bread crumbs	$\frac{1}{2}$ cupful orange juice
4 eggs	grated rind one orange
1 tablespoonful lemon juice	$\frac{1}{4}$ cupful chopped almonds
	$\frac{1}{2}$ teaspoonful salt

Pour milk over the bread crumbs. Beat eggs, add other ingredients. When blended add bread and milk mixture. Steam in individual molds or one-half pound baking powder can three-quarters of an hour. Remove to serving dish. Serve with hard sauce.

### ORANGE ROLY POLY

2 cupfuls flour	$\frac{3}{4}$ cupful milk
2 tablespoonfuls lard	3 oranges cut in slices
1 teaspoonful salt	$\frac{1}{2}$ cupful sugar
4 teaspoonfuls baking powder	2 tablespoonfuls shredded orange peel

Mix flour, salt and baking powder, add lard and chop until fine like meal; add milk. Shape in oblong piece, spread with orange and orange peel and sprinkle with sugar. Roll like a jelly roll, pinch the edges together. Place on plate in steamer and steam one and a half hours. Serve with sauce.

### ORANGE PUDDING SAUCE NO. 2

Mix two teaspoonfuls of cornstarch with one cupful of sugar. Add two cupfuls boiling water

and cook twenty minutes. Add grated rind and juice of one orange and one and one-half tablespoonfuls butter. Serve hot.

### ORANGE SOUFFLÉ

3 eggs	1 tablespoonful orange juice
3 tablespoonfuls powdered sugar	$\frac{1}{2}$ tablespoonful lemon juice
rind of $\frac{1}{2}$ an orange	$\frac{1}{4}$ teaspoonful salt

Beat the yolks until thick. Add sugar, fruit juice and rind. Carefully fold in beaten whites. Pour into buttered baking dish and bake fifteen to twenty minutes in moderate oven.

### ORANGE SHORTCAKE NO. 1

2 cupfuls flour	3 tablespoonfuls butter
$\frac{1}{2}$ teaspoonful salt	3 tablespoonfuls lard
3 teaspoonfuls baking powder	1 cupful milk

Mix and sift the dry ingredients. Add butter and lard and chop until thoroughly blended. Add milk. When thoroughly mixed, divide in halves; put each half into a round buttered cake tin. Wet knife and spread evenly over pan. Bake about twelve minutes in hot oven, split the cakes, butter them and cover with sliced oranges. Sprinkle with sugar.

### ORANGE PUDDING SAUCE NO. 3

whites 3 eggs	juice and rind of 2 oranges
1 cupful powdered sugar	juice of 1 lemon

Beat whites until stiff, add sugar gradually and continue beating; add rind and fruit juices.

### ORANGE AND COCOANUT

Arrange layers of sliced oranges, sprinkle well with desiccated cocoanut and powdered sugar. Serve at once.

### ORANGE PUFFS

$\frac{1}{3}$ cupful butter	$1\frac{3}{4}$ cupfuls flour
1 cupful sugar	3 teaspoonfuls baking powder
2 eggs	$\frac{1}{2}$ cupful milk

Cream the butter, add sugar gradually and eggs well beaten. Mix and sift flour, baking powder and salt; add alternately with milk to first mixture; turn into buttered gem pans, bake about thirty minutes. Serve with orange sauce.

### ORANGE FROSTING

grated rind 1 orange	1 tablespoonful orange juice
$\frac{1}{2}$ teaspoonful lemon juice	confectioners' sugar

Stir the sugar into the rind and juices until thick enough to spread.

### ORANGE CREAM (FROZEN)

2 cupfuls sugar	1 cupful cream
1 cupful water	yolks 2 eggs
2 cupfuls orange juice	1 cupful heavy cream
$\frac{1}{4}$ cupful shredded candied orange peel	

Boil sugar and water eight minutes, then add orange juice. Scald cream, add yolks of eggs and cook over hot water until mixture thickens. Cool; add to first mixture with heavy cream beaten stiff. Freeze; when nearly frozen, add the orange peel.

### ORANGE CUSTARD

Arrange sliced oranges in glass dish, pour over them boiled custard. Serve very cold.

### BOILED CUSTARD

2 cupfuls scalded milk	$\frac{1}{4}$ cupful sugar
yolks 3 eggs	$\frac{1}{8}$ teaspoonful salt
$\frac{1}{2}$ teaspoonful vanilla	

Beat eggs slightly, add sugar and salt and beat again. Pour the hot milk on the eggs, stirring all the time. Cook in double boiler until a coating is formed on the spoon, strain immediately, chill and flavor.

### ORANGE DELIGHT

3 large seedless oranges	11 cupfuls water
1 large lemon	4 pounds granulated sugar

Slice oranges and lemon very thin, pour the water over the sliced fruit and set away for twenty-four hours; then boil slowly for one hour. After boiling add the sugar and set away for twenty-four hours longer, then boil one hour and twenty-five minutes. Pour into glasses and cover with paraffin. It will keep for years and is delicious used as honey.

## ORANGE CHARLOTTE

$\frac{1}{3}$ box gelatin	3 tablespoonfuls lemon juice
$\frac{1}{3}$ cupful cold water	1 cupful orange juice and pulp
$\frac{1}{3}$ cupful boiling water	whip from 2 cupfuls of cream
whites of 3 eggs	
1 cupful sugar	

Soak gelatin in cold water, dissolve in boiling water, strain, add sugar, lemon juice, orange juice and pulp. Chill in pan of ice water. When quite thick, beat with wire spoon until frothy, then add whites of eggs beaten stiff and fold in cream. Line a mold with sections of oranges, turn in mixture and chill.

## ORANGE CAKE FILLING

$\frac{1}{2}$ cupful sugar	$\frac{1}{4}$ cupful orange juice
$2\frac{1}{2}$ tablespoonfuls flour	$\frac{1}{2}$ tablespoonful lemon juice
grated rind $\frac{1}{2}$ orange	1 egg beaten slightly
1 teaspoonful butter	

Mix ingredients in order given. Cook ten minutes in double boiler, stirring constantly. Cool before spreading.

## BAKED ORANGE SOUFFLÉ PUDDING

Beat one-fourth of a cupful of butter to a cream; add gradually one-fourth cupful of sugar, then the well-beaten yolks of two eggs and half a cupful of flour sifted with one level teaspoonful of baking powder; lastly, add the whites of two eggs beaten to a stiff froth. Bake in a shallow pan.

Mix four level tablespoonfuls of cornstarch with one cupful of sugar and one-fourth teaspoonful of salt; pour over this one cupful of orange juice and the juice of a lemon scalding hot; let cook over the fire until the mixture boils, then over hot water ten minutes; add one egg beaten very light without separating, and, when the egg is cooked, pour over the cake. Beat the whites of three eggs until dry, then beat in gradually four tablespoonfuls of powdered sugar, fold in three tablespoonfuls of sugar, and spread upon the cake and custard. Brown delicately in a slow oven. It will take about eight minutes.

### ORANGE AND CUSTARD

3 cupfuls milk	$\frac{1}{4}$ teaspoonful salt
2 eggs	$\frac{1}{2}$ cupful sugar
$\frac{1}{2}$ cupful boiled rice	orange peel

Carefully boil, for a minute, a few pieces of orange peel with the milk and rice. Beat egg yolks with the sugar and salt, remove the orange peel, add sugar mixture and stir until thickened. Then remove from the heat and chill. Just before serving beat the egg whites stiff with a dash of salt, a tablespoonful of powdered sugar and a little orange juice. Pile on the custard and sprinkle lightly with candied orange peel.

### ORANGE FLUFF

Put in a double boiler one well-beaten egg yolk, one tablespoonful of sugar, a quarter of a cupful of



orange juice, and cook until the mixture thickens, stirring to keep smooth. Strain and beat into the whipped white of the egg until the mixture is creamy.

### ORANGEADE

Make a syrup, boiling one cupful of sugar and two cupfuls of water twelve minutes, add one-half cupful of orange juice. Cool, and dilute with ice water to suit the taste or pour over crushed ice.

### ORANGE BREAD PUDDING

(Single Portion)

Soak half a cupful of stale bread crumbs in a quarter of a cupful of milk until soft, beating lightly with fork; add the grated rind and juice of an orange and sweeten to taste. Whip the white of an egg very light and add it to this mixture; pour into a custard cup, set in a pan of water, and bake until firm.

### DELICIOUS ORANGE PUDDING

Cover two small oranges, peeled and cut in bits, with three-quarters cupful sugar. Let stand for at least one hour. Prepare a very thick cream by scalding in a double boiler one and one-half cupfuls milk, three-eighths cupful sugar and pinch of salt, thickening with three heaping teaspoonfuls flour mixed smoothly with the yolk of one egg and sufficient cold milk or water to moisten. Cook for five minutes or longer. When cream is cold combine the two mixtures and cover the top with a me-

ringue made as follows: White of one egg, one tablespoonful of cold water, one-third teaspoonful of baking powder, a few grains of salt, beaten to a stiff froth with silver fork. Add two tablespoonfuls sugar and beat again until it will stand alone. Brown in a slow oven. Serve cold.

### STEAMED ORANGE PUDDING

Pour a cupful and a half of scalded single cream, or rich milk, over one cupful of grated bread crumbs. Add two tablespoonfuls of butter, and let stand fifteen minutes. Beat four eggs with one-fourth of a cupful of sugar. Add the grated rind and juice of one orange and half a lemon and stir into the bread mixture. Add two tablespoonfuls of chopped almonds and turn into buttered timbale molds, decorated with candied orange peel. Steam one hour. Serve hot with strawberries cut in halves, sugared generously, and chilled; or serve the pudding with a hard sauce.

### ORANGE CUSTARD PIE

Into one cupful of granulated sugar stir two tablespoonfuls of pastry flour and a pinch of salt. Mix well, add grated rind and juice of one orange and the juice of one lemon with the well-beaten yolks of two eggs. Then add one cupful of milk and lastly fold in the beaten whites of two eggs. Use one crust and bake in rather a slow oven about thirty-five minutes.

## ORANGE SQUARES

2 tablespoonfuls gelatin	$\frac{2}{3}$ cupful boiling water
$\frac{1}{2}$ cupful of cold water	$\frac{1}{2}$ cupful candied orange or lemon peel
2 cupfuls granulated sugar	

Soak the gelatin ten minutes. Put sugar and boiling water in saucepan and when sugar is dissolved, add the gelatin. Boil gently until it threads. Then remove from the fire and add the peel cut in small pieces. Turn into pan rinsed in cold water. Let stand five or six hours to harden. Cut in squares and roll in granulated sugar and harden.

## ORANGE NUT SALAD

1 banana	lettuce
2 oranges	$\frac{1}{2}$ cupful nut meats
	French dressing

Remove skin from banana, cut in quarters lengthwise and again crosswise, roll in nut meats finely chopped. Peel oranges, cut in slices crosswise, insert a cube of banana in center of each slice. Arrange on a bed of lettuce, sprinkle over remainder of pecans and French dressing. This will make eight portions.

## GRAPEFRUIT PIE

4 tablespoonfuls cornstarch	1 grapefruit
1 teaspoonful melted butter	1 cupful hot water
2 eggs	1 orange
	1 cupful sugar

Blend the cornstarch with just enough cold water to make a paste, stir into this the melted butter, the beaten yolks of the eggs, juice and grated rind of a large orange, the same of a medium sized grapefruit, the hot water and sugar. Put into a double boiler, cook until thick, stirring constantly, turn into a baked crust, cover with a meringue and brown lightly. Serve cold.

#### **ORANGE PUDDING NO. 2**

Peel and slice a half dozen oranges, over which sift one cupful of sugar. Boil one pint of milk and thicken with one tablespoonful of dissolved cornstarch. Add the beaten yolks of three eggs just before removing from the stove. Pour this mixture over the oranges. Beat the whites of the eggs with a little sugar, for a meringue, and brown delicately.

#### **GRAPEFRUIT AND RICE**

One cupful of freshly boiled rice, one tablespoonful of granulated gelatin, two tablespoonfuls of granulated sugar, and one pint of whipping cream. Soak the gelatin in four tablespoonfuls of cold water for fifteen minutes, set over hot water until gelatin is thoroughly dissolved. Add sugar and rice and when perfectly cold carefully mix in the cream, whipped stiff. Fill a mold—a border mold makes an attractive shape—and stand aside to set. When ready to serve unmold rice, arrange full sec-

tion of grapefruit around the mold and pour sauce in center.

Sauce: Rub three lumps of loaf sugar on the outside of a well-washed orange until as much as possible of the oil in orange peel is absorbed. Cook together one cupful of sugar, including the three lumps, and one-half cupful of water until the syrup spins a heavy thread; it will take about ten minutes. Take from the fire; when cool add one or two table-spoonfuls of some other fruit juice and two table-spoonfuls of finely cut candied orange peel.

### ORANGE MARMALADE PUDDING

One-half cupful butter, one cupful sugar, one-half cupful milk, two and one-quarter cupfuls flour, three and one-half teaspoonfuls baking powder, and the whites of four eggs. Combine the above ingredients in the order given and steam together for thirty minutes. When ready to serve, cut in slices and serve with a thick layer of whipped cream on which a spoonful of orange marmalade has been placed.

### ORANGE AND HONEY MARMALADE

Peel the required amount of oranges and boil the peel in water until tender. Then cut into strips and remove the seeds from the juice and pulp of the oranges. To two cupfuls of the juice and pulp allow one cupful of strained honey and half a cupful of orange peel.

Place it with the honey in a preserving pan and boil all together for about half an hour, or until the marmalade has reached the proper consistency. Put it into glasses and when cold cover with melted wax.

### FROZEN ORANGE PUDDING

Prepare a rich boiled custard by slowly heating a pint of milk in the double boiler, adding two well-beaten eggs and two tablespoonfuls of sugar; stir until it thickens; remove from the fire and flavor with the juice of one orange and the grated yellow rind. While this is cooling, peel two oranges, and, removing pits and every particle of white skin, flake the pulp into small bits with a silver fork; sprinkle liberally with powdered sugar. To the cold custard add a half pint of sweetened whipped cream and turn at once into the freezer, stirring in when half frozen the prepared orange pulp and a small cupful of grated macaroon crumbs; continue the freezing until very stiff and then pack in a melon mold. Unmold on a large platter, decorating with stars of whipped cream pressed through a pastry tube and minced candied orange peel.

### ORANGE BAVARIAN CREAM

Soak one-half box of gelatin in one-half cupful of cold water, then dissolve in one-half cupful of boiling water, add one-half cupful of sugar. When cool add two cupfuls of orange juice and pulp. When beginning to jelly stir in one pint of stiffly

whipped cream. Beat until stiff enough to mold. Pour into a wet mold and serve with cream.

### ORANGE SHORTCAKE NO. 2

Remove the skin and bitter white covering of three oranges; slice lengthwise, rejecting the seeds and tough center. Add the juice of half a lemon and powdered sugar to sweeten, then stand aside until needed. About half an hour before serving mix and sift together two cupfuls of sifted flour, two tablespoonfuls of sugar and one tablespoonful of baking powder. With the tips of the fingers work in a fourth of a cup of butter, then mix to a soft dough with two-thirds of a cupful of milk. Spread the mixture evenly over a well-buttered layer cake pan, brush the top with melted butter, sprinkle with a tablespoonful of sugar and bake at once in a quick oven. Whip one cupful of rich cream until stiff, add a fourth of a cupful of sugar and flavor with vanilla. When the shortcake is done turn it into a pudding dish, cover with the oranges and heap the whipped cream roughly over all. Serve at once.

### ORANGE SAUCE FOR CROQUETTES

Cut the peel of one orange in thin slices, boil until tender. To two tablespoonfuls of hot butter add three tablespoonfuls of flour and cook until smooth; add gradually three-quarters of a cupful of stock, one-quarter teaspoonful of salt, dash of

pepper, and one-half cupful of currant jelly. Cook thoroughly, then add orange juice and peel.

### ORANGE AND DATE SALAD

One pound of dates and four large oranges. Separate dates, cover with boiling water, cook for three minutes. Drain, and when dried in the oven, cool. Stone and cut in halves lengthwise. Halve the oranges and cut out the sections of pulp. Arrange crisp lettuce leaves on a platter, pile the oranges in the center and surround with dates. Serve with French dressing.

### ORANGE SPONGE

One cupful of sugar, juice six or eight oranges, juice one-half lemon, one ounce gelatin, one-half cupful cold water, one-half cupful boiling water, whites four eggs, salt. Soak gelatin in cold water, then dissolve in hot water, strain into sugar, cool to smooth syrupy consistency. Beat whites stiff, then beat into fruit mixture. Blend and mold.

### ORANGE JELLY WITH BANANA CREAM

Cover one ounce of gelatin with one-half cupful of cold water and add the grated rind of a deep-colored orange. When soft, stir in one cupful of boiling water and one cupful of sugar, then stir in two cupfuls of orange juice, strain through a double thickness of cheesecloth and turn into a border mold. Press two bananas through a sieve, add one



tablespoonful of lemon juice, and three tablespoonfuls of powdered sugar, beat with a silver fork until very light and fold in one gill of cream whipped until stiff. Turn the jelly from the mold and fill the center with the banana cream.

### GRAPEFRUIT GELATIN

Put two heaping tablespoonfuls of powdered gelatin into a saucepan, add one and a half cupfuls of water, half a cupful of sugar, two teaspoonfuls of lemon juice, and three cupfuls of grapefruit juice and pulp. Stir over the fire until they almost boil, then strain. Divide into small wet molds. Turn out when set. Serve with whipped and sweetened cream.

### ORANGE AND GRAPEFRUIT MARMALADE

One large grapefruit, two large navel oranges, one lemon, five pounds sugar, eighteen cupfuls cold water. Wash the fruit, cut it into very thin slices and cut the slices into narrow strips. Use every part of the fruit but the cores and seeds. Cover the fruit with the water and let stand twenty-four hours. Boil it rapidly, uncovered, for ten minutes and let it stand another twenty-four hours. Bring it to boiling point, add the sugar and boil it two hours, or until the jelly point is reached. The cooking should be done in a broad, shallow, uncovered pan.

**ORANGES WITH CRANBERRY SAUCE**

1 cupful of cranberries	2 cupfuls of water
1 cupful of sugar	2 oranges

Wash and pick over the cranberries; put on to boil with two cupfuls of water; put over a very hot fire, so they will boil at once. Cover for a few minutes, remove the cover, and mash; add the sugar, and boil for three minutes. Mash through a colander first, and then through a fine strainer; set aside to get very cold. Pare the oranges as you would apples, remove all of the white. Chip the oranges very fine; put into sherbet glasses, and pour over them the cranberry juice.

## IX. LEMONS

### LEMON PIE FILLING NO. 1

Let a slice of bread (the crust removed and the bread crumbled fine) soak in a cupful of water; beat until smooth, then add a cupful of sugar, the grated rind and juice of a lemon, the yolks of two eggs, and two tablespoonfuls of melted butter. When baked cover with a meringue made with the whites of two eggs and five tablespoonfuls of powdered sugar and half a teaspoonful of lemon extract.

### LEMON PIE FILLING NO. 2

One lemon, one half cupful (small) of butter, two cupfuls of sugar, one tablespoonful of sweet milk, three eggs. Grate lemon and rub into the sugar and butter, then add yolks of eggs, then the milk, then whites of eggs beaten stiff; last of all, the juice of lemon. Mix in order given.

### LEMON PIE FILLING NO. 3

Two lemons, grated rind of one, juice of both, two cupfuls of sugar, two eggs, two cupfuls of hot water, six rolled soda crackers. Bake with a top crust.

### LEMON CHEESE PIE

Four eggs, one pound cottage cheese, one lemon, one and one-half cupfuls sugar. Beat the whites and yolks of the eggs separately. To the beaten yolks add the sugar, beating thoroughly, then add the grated rind and the juice of the lemon. Pass the cheese through a colander and then add it, beating again thoroughly. Lastly, stir in the beaten whites. Line a pie tin with a raw pie crust, pour in the mixture and bake in a moderate oven.

### LEMON PUDDING

Two cupfuls milk, three-quarters cupful sugar, two teaspoonfuls cornstarch, two tablespoonfuls lemon juice, one teaspoonful grated lemon rind, pinch salt, three crackers or four tablespoonfuls cake crumbs. Put milk on in top of double boiler; add cornstarch, which has been wet with a little cold water, the sugar, salt and juice and grated rind of lemon. Stir constantly until it thickens; set aside to cool. Put cracker or cake crumbs in bottom of a glass bowl and pour over them the cooled mixture.

### LEMON CHEESECAKES

Warm four ounces of butter, grate the peel of two lemons; add four ounces of powdered sugar and a few almonds. Mix all together, adding the juice of one of the lemons; pour into patty pans

lined with a good puff paste. Bake fifteen or twenty minutes.

### LEMON BUTTER

1 cupful of water	3 tablespoonfuls of lemon juice.
$\frac{1}{2}$ cupful of sugar	1 teaspoonful of grated lemon rind
1 tablespoonful of flour	
1 egg	

Put the water on to boil; add the flour, which has been mixed with a little cold water until smooth. Boil for ten minutes; then add the egg, which has been beaten with the sugar and salt. Bring to a boil; remove from the fire; add the juice and rind of lemon and beat for two minutes. When cold fill into tart shells or spread on toasted bread.

### SPICED LEMON SAUCE

1 cupful boiling water	$1\frac{1}{2}$ tablespoonfuls lemon juice
$\frac{1}{2}$ cupful sugar	2 tablespoonfuls butter
$1\frac{1}{2}$ tablespoonfuls flour	$\frac{1}{4}$ teaspoonful grated nutmeg

Mix sugar and flour until well blended, add water gradually, stirring continuously; cook five minutes, remove from fire, add butter, lemon juice, and spice, and beat until smooth. Serve with cottage pudding.

### LEMON JELLY

Two tablespoonfuls gelatin, one-half cupful cold water, two and one-half cupfuls boiling water, one cupful sugar, one-half cupful lemon juice. Soak

gelatin ten minutes in the cold water, then dissolve in boiling water, strain and add the sugar and lemon juice.

### LEMON PEARS

Use seven pounds of fruit. Pare, core and chop the pears fine, add six pounds of sugar and set on stove for sugar to melt. Add juice and grated rind of four lemons. Put the grated rind and two ounces of ginger root, cut up fine, in a small bag and let all cook slowly three hours, or until thick like marmalade. Stir often to prevent sticking to kettle. Put up in jelly tumblers when done.

### LEMON CREAM

Gelatin, six cupfuls boiling water, two-thirds cupful sugar, five tablespoonfuls condensed milk, one egg, one-half cupful lemon juice (two medium sized lemons.) Use amount of gelatin ordinarily required to make two quarts of jelly and soften it in a little cold water. Stir it into the boiling water, remove from stove and add sugar, condensed milk and egg (which has been thoroughly beaten) and stir till well blended. Return to stove and let come to boil (just enough to scald the egg), stirring to prevent scorching. Remove from stove, add lemon juice, pour into mold and set away to harden. Serve with whipped cream.

**LEMON SAGO**

Half cupful of sago, the juice of two lemons and rind of one, one ounce of maple syrup, about one-half cupful sugar. Soak sago and cook in double boiler until soft, add juice of lemon and grated rind, then add the syrup and cook a few minutes. Set in a mold. Serve with boiled custard.

**LEMON ICE**

One quart of water, four lemons, two and one-half cupfuls of sugar, one orange. Boil the sugar and water for ten minutes; strain it and add the juice of the lemons and orange; cool and freeze.

**BUTTERMILK LEMON PIE**

One and one-half cupfuls of sugar, three eggs, one cupful buttermilk, one and one-half tablespoonfuls butter, one tablespoonful cornstarch and the juice and grated rind of two lemons. Add a slight pinch of salt to the yolks and beat until very stiff, add the buttermilk, sugar, butter, lemons and the cornstarch. The cornstarch should be mixed with a small quantity of the buttermilk to keep it from lumping. Cook this filling until quite thick, fill the pie crust, beat a meringue from the whites of eggs, spread over top and place in oven until delicately browned.

### LEMON RAISIN PIE

One large cupful seeded and chopped raisins. Turn two cupfuls of hot water on the raisins and cook ten minutes. Beat yolks of two eggs, one cupful sugar, one rounding tablespoonful of flour and juice and grated rind of one large lemon, together. Mix this with the raisins when you take them from the fire. Bake with two crusts. Let the filling cool before filling the pie. Dates can be used instead of raisins.

### LEMON CREAM SAUCE

One egg yolk, one tablespoonful of lemon juice, four tablespoonfuls of sugar, one-half teaspoonful of butter, one-third cupful of thick sweet cream, one-half cupful of water, a pinch of salt. Beat the yolk, add the sugar, lemon juice, salt, water and butter. Cook in a double boiler until very thick and chill. Then add the cream, mix well, and use at once.

### LEMON COCOANUT CREAM FILLING

Juice and grated rind of one lemon, one cupful powdered sugar, yolks of two eggs, one cupful shredded cocoanut. Mix lemon juice and rind with sugar and yolks of eggs slightly beaten; cook ten minutes in double boiler, stirring constantly; then add the shredded cocoanut. Cool and use as a filling between layers of plain cake.



**STEAMED LEMON PUDDING**

Cook three tablespoonfuls of lemon juice, grated rind of one lemon and a quarter cupful of butter, two minutes. Add one cupful sugar and three eggs, slightly beaten. Cook until mixture thickens. Cool. Spread this mixture on slices of bread and butter and arrange in baking dish. When dish is full pour over all one cupful of milk to which a pinch of salt and three tablespoonfuls of sugar have been added. Cover and set in a pan of hot water and bake one hour.

**LEMONADE**

Boil two cupfuls of sugar and four cupfuls of water until a rich syrup is formed. Add one cupful lemon juice. Dilute with ice water.

**IRISH MOSS LEMONADE**

Pick over and soak four tablespoonfuls of Irish moss in cold water to cover for half an hour; drain, cover with two cupfuls of cold water and cook ten minutes, strain, add three tablespoonfuls of lemon juice and sugar syrup to taste.

## X. PINEAPPLE

### PINEAPPLE CREAM

1 can sliced pineapple	$\frac{1}{2}$ teaspoonful vanilla
1 cupful heavy cream	$\frac{1}{4}$ cupful very finely
$\frac{1}{4}$ cupful powdered sugar	chopped walnuts

Drain the syrup from the pineapple. Whip the cream, add powdered sugar, vanilla and chopped nut meats. Spread this cream between the slices of pineapple. Garnish the top with whipped cream and nut meats.

### PINEAPPLE WHIP

$\frac{1}{4}$ box gelatin	$\frac{1}{2}$ cupful sugar
1 can grated pineapple	1 pint cream

Soak the gelatin in as little cold water as possible. Mix pineapple and sugar together and bring to a boil. Add gelatin and let stand (about three hours) until it begins to get stiff. Then beat in the whipped cream. Serve, very cold, in tall glasses with a maraschino cherry on top of each. This recipe will serve six persons.

### PINEAPPLE SALAD

Arrange slices of Hawaiian pineapple on a salad plate and over them grate a little nutmeg. In the

center of each slice make a cup of tiny lettuce leaves and in this lay a smaller piece of pineapple, on top of which place a pimola or ball of cream cheese. Pour French dressing over all.

### PINEAPPLE TAPIOCA

1 cupful pearl tapioca	juice 1 lemon
½ cupful cold water	1½ cupfuls sugar
1 can pineapple	3 egg whites

Soak the tapioca over night in plenty of water. Drain and add cold water, the juice from the can of pineapple and from the lemon. Then cook in a double boiler until clear. Add the sugar to this, then the pineapple, chopped fine, and lastly, pour over the egg-whites, beaten stiff. Chill and serve with cream or custard. This can be made from fresh pineapple, if stewed and not too sweet. It will serve twelve people and will keep two or three days.

### PINEAPPLE SHORTCAKE

One cupful of butter, two cupfuls of powdered sugar, two cupfuls of flour, one cupful of milk, whites of four eggs, a little salt. Cream butter and sugar, add milk and beat hard before putting in the whites of the eggs. Sift two teaspoonfuls of cream of tartar and one of soda in the flour, beating lightly.

Filling and Icing: Boil one cupful of granulated sugar and one-fourth cupful of pineapple juice carefully strained, for six minutes, after adding one

teaspoonful of lemon juice. Beat the white of an egg to a stiff froth, add the boiled syrup gradually to it, whipping the mixture as the syrup is added with the egg whip. Beat six minutes longer and ice the cake thickly. For filling add enough finely chopped pineapple to the icing to make it moist and thick.

#### PINEAPPLE FLUFF

Turn one can of grated pineapple over one-half pound of marshmallows and let stand over night, then add one pint of whipped cream.

#### PINEAPPLE AND RHUBARB MARMALADE

Three cupfuls rhubarb peeled and cut in small pieces, six slices canned pineapple cut in small pieces, four cupfuls granulated sugar, the juice of one orange and one lemon. Add the peel cut fine. Cook slowly, stirring carefully about one-half hour. Add one-fourth pound blanched almonds chopped fine about five minutes before it is done.

#### PINEAPPLE CUSTARD

Beat the yolks of five eggs and add to them one-half cupful of sugar and the contents of a can of grated pineapple. Wet small timbale cups with cold water and fill with the pineapple mixture. Set in a pan of hot water, cover, put in the oven and bake steadily, but not too fast, until the custard is set, being careful that it cooks only to firmness and not long enough for the custard to break. Set aside

until cold, turn out on a flat dish and surround with whipped cream.

### PINEAPPLE CUSTARD PIE

Line a deep pie plate with paste. For filling, mix three eggs, one-half cupful sugar, one-eighth teaspoonful salt, a little nutmeg, four tablespoonfuls of grated pineapple and two cupfuls milk. Bake in slow oven until firm.

### PINEAPPLE MOUSSE

One cupful chopped pineapple, two-thirds cupful sugar and one cupful water. Cook these ten minutes and strain. Into this hot juice dissolve one envelope gelatin. When cool beat into it one cupful heavy cream well whipped. If you use the fresh pineapple allow one cupful sugar. Put in a mold and set away in a cool place.

### PRESERVED. PINEAPPLE

Peel and remove eyes from pineapple. Cut into small pieces. To one quart of pineapple allow one pint of water and one-half pound of sugar. Boil sugar and water for fifteen minutes, then cook pineapple in syrup for twenty minutes. Fill jars and seal.

### PINEAPPLE AND ORANGE MARMALADE

Slice thin six sweet oranges and four limes. Cut fine, or shred with silver fork, a medium-sized pine-

apple (about three pounds) from which rind has been cut. Add to other fruits and pineapple rind. For each pound of fruit allow one quart of water. Cook one hour. Then let stand twenty-four hours. Cook again until rind is tender. Let cool, weigh, add equal weight of sugar and cook until mixture jellies. Turn into glasses and seal.

### PINEAPPLE, STRAWBERRY AND CHERRY CONSERVE

One quart pitted cherries, one quart hulled strawberries, one large shredded pineapple, three pounds of sugar and one-half pound chopped English walnut meats. Put fruit in saucepan and bring slowly to a boil. Add sugar and nuts and boil mixture about five minutes. Skim out fruit and cook syrup until it is thoroughly heated. Fill glasses or small jars and seal.

### FROZEN PINEAPPLE CUSTARD

Scald one quart of milk in a double boiler, pour it over the beaten yolks of six eggs, add one cupful of sugar, return to the double boiler and cook until the custard coats the spoon. Chill, add one pint of grated pineapple and the juice of a quarter of a lemon; turn into the freezer; pack in ice and salt and frêeze in the usual manner.

**PINEAPPLE TARTS**

Beat the yolks of two eggs and add one-half cupful of sugar, the juice and grated rind of half a lemon, a dash of salt and one cupful of grated pineapple. Turn into patty pans lined with paste and bake in a moderate oven. Cool, cover with the whites of the eggs, beaten until stiff and sweetened with two tablespoonfuls of powdered sugar, and brown delicately. Serve cold.

**PINEAPPLE PUNCH**

Make a syrup by boiling one and one-quarter cupfuls of sugar to a pint of water for ten minutes. Add contents of one can of grated pineapples. When cool, add juice of four lemons and one cupful of strawberry juice. Strain, add five or six cupfuls of ice-water, according to taste, and garnish with whole strawberries, sprigs of mint and diced fresh or canned pineapple, as desired.

**PINEAPPLE SOUFFLÉ**

Four tablespoonfuls of crushed pineapple, one cupful of milk, half a teaspoonful of butter, four eggs, two ounces of flour and two tablespoonfuls of sugar.

Melt the butter in a saucepan, stir in the flour, and cook for two minutes, add the milk, and stir until the flour is thoroughly cooked. Remove from

the fire, add sugar and the pineapple, stir and allow to cool a little. Stir in the yolks of the eggs, one at a time. Add the whites of the eggs, beaten to a stiff froth. Pour into a mold that has been decorated with pieces of pineapple, cover with a buttered paper and steam gently for fifty minutes. Remove the paper, turn out onto a hot dish and garnish with some pieces of pineapple. Serve with some of the juice.

### **PINEAPPLE PARFAIT**

Boil one cupful of sugar and half a cupful of grated pineapple, pulp and juice, or juice alone, until the syrup threads from the tip of a spoon. Pour, in a fine stream, onto the white of one egg, beaten until foamy, and, when all is added, beat occasionally until cold, then fold into one cupful of double cream, beaten solid.

### **BAKED PINEAPPLE**

8 slices pineapple  
6 graham crackers

2 teaspoonfuls butter  
pineapple juice

Butter a baking dish and cover the bottom with graham crackers, finely crumbed. Then put in a layer of sliced canned pineapple, keeping the slices whole. Dot with butter and add another layer of crumbs, continuing in this way until all is used. Pour over the pineapple juice and bake three-quarters of an hour. Either canned pineapple or fresh



cooked pineapple and juice may be used in this recipe.

### PINEAPPLE CHARLOTTE

Take two and one-half teaspoonfuls of granulated gelatin, one-third cupful of cold water, one-third cupful of boiling water, one cupful of sugar, the strained juice of four lemons, one can of sliced pineapple and juice, two cupfuls of whipped cream and the stiffly beaten whites of three eggs. Mix the gelatin with the cold water and leave for ten minutes, then add the boiling water and dissolve over the fire. Take from the fire and add the lemon juice, chopped pineapple and juice. Chill and beat until foamy, then add the whites of eggs and cream. Turn into a wet mold and set in a cool place overnight. Serve with milk or cream.

### FRUIT SALAD

6 slices fresh or canned	6 strawberries
pineapple	honey salad dressing or
1 large orange	French fruit salad
1 banana	dressing
	sprigs of fresh mint

Wash and crisp the mint, arrange, stem-ends toward the center, on individual salad plates. Place a slice of pineapple on each bed of mint, on this put a slice of orange, then a layer of banana sliced into disks. Pour over it the salad dressing, and top with a strawberry. If fresh pineapple is used, it should be sprinkled with sugar and allowed to stand in a cold place for at least an hour.

### PINEAPPLE SNOW

One can of chopped pineapple, one-half box of gelatin dissolved in one pint of cold water; add juice of pineapple and let come to boil. Two cupfuls of sugar and juice of two lemons beaten until light. Pour hot gelatin over mixture and stir well, then add pineapple. Put in cold place and let stand until it thickens a little, then add whites of two eggs beaten stiff. Beat ten minutes, mold and serve with whipped cream.

### PINEAPPLE SPONGE

To a quart of pineapple jelly, which has stiffened to a syrupy consistency, add the stiffly beaten whites of three eggs. Beat together until the surface will hold a drop of the mixture, turn into eggshells from which one end has been cut, having first moistened them with ice cold water. When the sponge is firm, remove the shells and serve in a bed of whipped cream with a garnish of candied cherries.

### FROZEN PINEAPPLE PUDDING

Scald one pint of milk in a double boiler; add one tablespoonful of flour smoothly blended with a little cold milk and stir until slightly thickened; then cover and cook for fifteen minutes. Beat well together three eggs and one cupful of sugar. Add to the scalded milk, stir until the sugar is dissolved and the custard thickened, add a pinch of salt, take

from the fire, strain and cool. Peel, eye and finely chop a good-sized pineapple. Add this to the custard with one pint of rich cream, turn into the packed freezer and freeze, repack and set aside for at least two hours to ripen.

### PINEAPPLE ICE

One quart of sugar and one quart of water made into a syrup and set aside to cool. Add to this cold syrup the juice of four lemons and one can of grated pineapple; strain and put in the freezer. Beat the whites of two eggs, add two spoonfuls of white sugar, beat into a meringue, and add just before freezing. This makes one gallon.

### PINEAPPLE COCKTAIL

1 pineapple	$\frac{1}{2}$ cupful orange juice
1 cupful sugar	$\frac{1}{8}$ cupful grapefruit juice
$\frac{1}{3}$ cupful water	pink color paste

Cut fresh pineapple in one-half inch slices, then in cylinders, using an apple-corer. Put in cocktail glasses and cover with syrup. For syrup boil sugar and water three minutes, cool, add orange and grapefruit juice, and color a delicate pink with a small amount of color paste.

### PINEAPPLE FRITTERS NO. 1

Pare and grate a pineapple and drain off the juice. Mix the juice with the beaten yolk of an egg, a pinch of salt, a tablespoonful of melted butter, two cupfuls of sifted flour and enough water

to make a batter that will drop from the spoon, add the grated pineapple and the stiffly beaten white of an egg. Drop by spoonfuls into deep fat, fry brown, drain, sprinkle with powdered sugar and serve. Canned pineapple can be used with both of these recipes.

### PINEAPPLE FRITTERS NO. 2

Pare and slice a pineapple or use the canned. Sprinkle with powdered sugar, drain, dip in cake crumbs, then in fritter batter, fry brown, drain and sprinkle with powdered sugar.

### PINEAPPLE SHERBET

Three cupfuls granulated sugar, two cupfuls water. Stir until sugar is dissolved, then boil five minutes. Add the juice of one good-sized lemon and one large pineapple. Put it through the food chopper first, then press the juice out in vegetable press. In this way every bit of juice is extracted. The juice from one can of pineapple might be used as well. Keep the mixture all together in a large bowl standing in a vessel of cold water until cool, then pour into freezer. When partly frozen add the stiffly beaten white of one egg and continue freezing. Let stand an hour or so to ripen.

### PINEAPPLE MOLD

6 slices of pineapple	$\frac{1}{2}$ pint of whipping cream
1 gill of water	1 tablespoonful of sugar
2 heaping tablespoonfuls of powdered gelatin.	some custard sauce

Chop the pineapple fine. Beat up the cream and mix it with the pineapple, adding sugar. Dissolve the gelatin in the water over the fire, and strain into the other ingredients. Mix well and pour into a wet mold. When firm, turn out and serve with custard sauce.

### CANNING PINEAPPLES

The complete sterilization of scalding in boiling water of jars, rubbers, covers and all utensils used in the process of canning pineapple is necessary to insure preservation of the fruit. Pare pineapple with a silver knife, removing the eyes, and grate or shred with a silver fork. Weigh the fruit, and to every pound allow three-fourths of a pound of sugar. Mix fruit and sugar and bring quickly to the boiling point in a porcelain-lined preserving kettle. Cook slowly fifteen minutes, can and seal. If pineapple is sliced for canning, cook in boiling water until tender, then make a syrup of the water and sugar. Boil the fruit a second time and seal in the usual way.

### PINEAPPLE TOAST

One can of sliced pineapple, one large sponge cake, three heaping tablespoonfuls of butter, a few drops of red coloring, and some glacé cherries. Cut the sponge cake into slices a quarter of an inch in thickness. Melt the butter in a small frying pan, and when hot, put in the slices of cake and brown them lightly on both sides. Drain on sugared paper

and allow them to cool. Then arrange the slices neatly on a dish, with the pineapple cut in pieces on the top. Take the syrup from the can, add the red coloring, and pour this over all. Decorate with glacé cherries.

### PINEAPPLE JELLY WITH SOFT CUSTARD

Beat yolks of three eggs, three tablespoonfuls sugar, salt. Pour over this one pint hot milk. Cook slowly until it thickens. Soak three-quarters box gelatin in one-half cupful cold water. Dissolve it in one and one-half cupfuls boiling water, add one cupful sugar and one-half cupful lemon juice. When partly hardened stir in one-half can grated pineapple or one small can and whites of three eggs beaten stiff.

### PINEAPPLE DELIGHT

One can pineapple chopped or grated, tablespoonful granulated gelatin, one-half pound marshmallows, one-quarter pound walnut meats, two egg whites, sugar to taste. Drain juice from pineapple, add water to make a pint of liquid; sweeten. Dissolve gelatin in very little water, add to above and bring to boiling point. Cut marshmallows into small pieces with scissors and add to hot liquid. When gelatin commences to congeal, add pineapple, broken nut meat and whites of eggs, beaten stiff. When cold, serve with whipped cream and garnish with maraschino cherries.

## PINEAPPLE SORBET

4 oranges	1 quart of milk
2 lemons	1 pint cream
2½ cupfuls sugar	½ cupful powdered sugar
whites of 2 eggs	1 can shredded pineapple

Squeeze the juice of lemons and oranges into a bowl, add the granulated sugar, then add the shredded pineapple. Place this mixture in your freezer and turn until it begins to freeze. Remove top from freezer and add the beaten whites of eggs, to which has been added the powdered sugar. Lastly add the cream and milk, and freeze and pack until ready to serve.

## PINEAPPLE AND COCOANUT DESSERT

Turn the contents of a can of pineapple chunks in the serving dish, cut the pieces much smaller and sprinkle over them four tablespoonfuls of shredded cocoanut. Mix thoroughly, adding about a tablespoonful of sugar. Cover closely and let stand in a cool place till needed. Over night will improve the taste and soften the cocoanut.

## HAWAIIAN PINEAPPLE CREAM PIE

1 can of Hawaiian crushed pineapple	¼ cupful of butter
2½ cupfuls of flour	2 eggs
1½ cupfuls of sugar	2 teaspoonfuls baking powder

Drain the pineapple, beat the butter to a cream, add yolks of eggs, beat and gradually add the sug-

ar. When very light add the pineapple juice. Mix the baking powder and flour and sift twice. Add them to the first mixture, beat the whites, stir them in carefully last and bake the mixture in three layers.

To make the filling, put a pint of milk in a double boiler, add a level tablespoonful of cornstarch, moisten in one-fourth cupful of cold milk, cook five minutes, add the yolks of two eggs beaten with one-fourth cupful of sugar. Cook a moment, take from the fire, beat it a minute with an egg beater, beat the whites of the eggs stiff, add two tablespoonfuls powdered sugar, beat until dry. On one layer (baked) heap the meringue, and on it dust heavily powdered sugar. Return to the oven and brown. Put one of the remaining layers on a platter; cover thickly with the pineapple filling; add the other layer, then the rest of the filling, and top with the layer which has the meringue on it. Pour the cream in the bottom of the dish and serve.

### PINEAPPLE PIE

1 can sliced pineapple  
3 eggs

$\frac{1}{2}$  cupful sugar  
rich pastry

Drain off the pineapple juice, add the sugar, and bring to boiling point. Beat the eggs well and pour the pineapple juice over them. Return to double boiler and cook till thick like a custard, stirring constantly. In the meantime, bake the pastry over a deep inverted pie-plate, pricking it, especially about



the edge, so that it will retain the shape of the tin. Just before serving time spread the custard on the shell, lay on this the sliced pineapple which should be cut up, and heap with cream.

### FRUIT JELLY

One package gelatin, two large cupfuls of sugar, one cupful of shredded pineapple, two lemons, four oranges cut fine, half pound chopped walnuts, half cupful preserved ginger, half pound figs cut fine. Cover contents of one package of gelatin with one cupful of cold water, let stand till soft; add one quart of boiling water and the sugar, strain and let stand until it begins to thicken. Stir in the pineapple, juice of the lemons, oranges, figs, walnuts and ginger.

## XI. BANANAS

### BANANA CREAM

Rub five large bananas smooth with five tablespoonfuls of white sugar, beat one-half pint of cream to a stiff froth, add the fruit and a tablespoonful of lemon juice. Mix and add half an ounce of gelatin previously dissolved in enough rich milk to cover it, whisk all together gently and mold. Use with cream and sugar.

### BAKED BANANAS

5 bananas	1½ tablespoonfuls lemon
2 tablespoonfuls sugar	juice

Remove bananas from skins, sprinkle with lemon juice and sugar and bake in a moderate oven about twenty minutes, until the bananas are golden brown.

### BANANA ICE

3 cupfuls sugar	juice of 3 lemons
3 cupfuls water	juice of 3 oranges
	3 large bananas

Make a syrup by boiling the sugar and water five minutes; when cold add to it the fruit juices and the bananas mashed to a pulp. Freeze. Serve in sherbet glasses ornamented with slices of bananas.

**BANANA FRITTERS**

1 cupful flour	1 egg white
1 egg yolk	6 large bananas
1 teaspoonful salt	fat for frying
1 teaspoonful salad oil or butter	sugar

Mix flour with egg yolk, salt, and oil or butter. Add sufficient cold water to make a thick batter. Beat egg white to a stiff froth and fold into batter. Slice the bananas lengthwise, and cut each slice in half. Dip in the batter and fry in smoking hot fat until golden brown. Drain, sprinkle with sugar and serve with a sweet sauce.

**FRIED BANANAS**

Choose one dozen fine good-sized bananas, remove skin and cut fruit in halves. Dip each piece in beaten egg and cracker, dust twice, brown in boiling lard. Garnish with small lettuce leaves and serve with or without hard sauce.

**BANANA BUTTER**

4 ripe bananas	2 tablespoonfuls butter
1 cupful white sugar	grated rind and juice of one lemon
2 eggs	

Mash bananas and beat to a pulp with a fork, add butter, sugar, lemon, and the eggs well beaten, put all together in a smooth granite pan, and cook until as thick as custard, stirring constantly. Seal

in an air-tight jar; it will keep for some time in a cold place. Use as a filling for cake and pastries.

### BANANA PIE

3 bananas	$\frac{1}{3}$ cupful flour
1 cupful sugar	$\frac{3}{4}$ cupful boiling water
1 tablespoonful butter	$\frac{1}{4}$ teaspoonful vanilla
2 eggs	flaky pastry

Bake a shell of the pastry. In the meantime cream together the sugar and butter, beat in the egg yolks and flour, add the boiling water, and cook, stirring constantly until thickened. When the cream is cool, add the vanilla, slice the bananas, put a layer in the pastry shell, spread with a layer of the cream, lay on another of bananas, and top with cream. Whip the egg whites with two tablespoonfuls of sugar until fluffy and dry, spread over the pie, and bake until a delicate brown. Those who do not like very sweet desserts will find that a three-quarter cupful of sugar is ample.

### BANANA FLUFF

2 tablespoonfuls lemon juice	$\frac{1}{2}$ cupful fruit
3 bananas	1 cupful powdered sugar
1 tablespoonful grapefruit juice	1 teaspoonful vanilla
	3 eggs

Pour the lemon and grapefruit juice over the peeled bananas and put on the ice for an hour. Mash thoroughly and beat for two minutes. Stir in the sugar and add the whites of the eggs. Beat

all until very light. Add the vanilla. Fill tall glass half full of peaches or any desired canned fruit and fold in the banana fluff. Top each glass with a maraschino cherry.

### BANANA SPONGE

Soften one-fourth package of gelatin in one-fourth cupful of cold water. Remove the skin and coarse threads from four small bananas, and press the pulp through a ricer. There should be a generous cupful of pulp. Scald the pulp over a quick fire; add the softened gelatin and stir until dissolved; add half a cupful of sugar and the juice of a lemon, and stir over ice-water until the mixture thickens slightly; then fold in the whites of two eggs, beaten dry. Turn into a mold lined with slices of banana. Squeeze a little lemon juice over the slices of banana to keep them from discoloring.

### JUNKET AND BANANAS

Pass the pulp of two bananas through a vegetable press, add two teaspoonfuls of sugar and one-fourth cupful of water; let simmer until thoroughly heated, then add a tablespoonful of lemon juice and half a teaspoonful of granulated gelatin soaked in cold water and dissolved over hot water; mix thoroughly, and pour into the bottom of six custard cups. When cold and set, heat one quart of milk with half a cupful of sugar to blood heat, remove from the fire, add one teaspoonful of vanilla

extract and a teaspoonful of liquid rennet, or one junket tablet dissolved in a tablespoonful of water; mix thoroughly, and pour over the banana in the cups. Serve with or without whipped cream.

### BANANA AND DATE PUDDING

Gelatin, three scant cupfuls boiling water, three-fourths cupful sugar, one egg, one lemon, one cupful stoned dates, two bananas. Use amount of gelatin ordinarily required for one quart of jelly and soften it with a little cold water; pour the boiling water onto it and stir until dissolved. Add sugar and stir until that is dissolved. Break egg into a cup and beat until light, fill cup with cold water and add to the boiling water. Let it boil up once, stirring constantly; then remove from stove. Add lemon rind (grated) and juice, also dates, cut into small pieces. Turn into mold. When cold, but not set, add bananas, sliced thin. When hard unmold and serve with whipped cream. This makes enough for seven or eight persons.

### BANANA COMPOTE

Slice bananas, oranges and pineapple into a large dish. Mix thoroughly and sweeten to taste. Line sherbet cups with strips of banana, fill the center with the fruit mixture and place a spoonful of sweetened whipped cream and a candied cherry on top of each.

**BANANA ICE CREAM**

1 pint of milk	$\frac{1}{2}$ pound of sugar
1 pint of cream	pinch of salt
5 bananas	$\frac{1}{8}$ of a nutmeg

Scrape the bananas lightly, after removing the peel, and mash them through a colander. Add to the banana pulp the pinch of salt, stir in the sugar, then the milk and cream. Then grate the nutmeg. Mix well. Churn and freeze in a half gallon can, as ice cream increases in bulk in the process of making.

**BANANA TAPIOCA**

Slice the bananas and sprinkle with the juice of a lemon. Cook instantaneous tapioca in a double boiler, allowing a cupful to three of water until it looks transparent. Add to it a pinch of salt, the grated rind of the lemon and half a cupful of sugar. Stir the bananas into the tapioca (about three will be the right amount), turn into a buttered pudding dish, put bits of butter on top and bake in a hot oven until the top is browned. Serve cold or hot with sugar and cream.

**ROGNONS AUX BANANAS**

Veal kidney and bananas are the ingredients of this dish. Take off a little of the kidney fat—use only a half or quarter for one person—and sauté it with butter in quite a hot pan. The kidney must be browned slightly, but still be left a little pink in

the inside. This slight rareness improves the taste and leaves it tender. When cooked, push the kidney to one side and put in a banana, cut in lengthwise slices that have been sprinkled with lemon juice. These will fall to pieces with the cooking. Pile the pulp beside the kidney on a hot plate and serve at once.

### BANANA CROQUETTES

Peel and scrape ripe bananas. Cut each one in two pieces and cut off the sharp end, making them look like a croquette. Roll them in chopped nuts of any kind—either peanuts, hickory nuts or walnuts. Lay on a leaf of lettuce and serve with French dressing.

### BANANA PUDDING NO. 1

Peel one dozen bananas, pass through a sieve, add five tablespoonfuls sugar, three sponge-cakes crumbled fine, three tablespoonfuls lemon juice, a pint of cream, five tablespoonfuls strawberry jam that has been passed through a sieve, the well-beaten yolks of four eggs. Mix well, add one teaspoonful vanilla, and fold in gently the stiffly whisked whites of three eggs. Butter a mold well, put in the mixture, and steam gently one and one-quarter to one and one-half hours. Cover top of mold with buttered paper. Turn out on hot dish, pour some slightly whipped cream over, and sprinkle top with chopped pistachio nuts.



**BANANA PUDDING NO. 2**

Peel and slice some ripe bananas, place thick layer in a glass dish and cover with strawberry jam. Boil some tapioca in milk slightly sweetened and flavored with a few drops of vanilla. When cool, put a thick layer on the bananas and jam; add another layer of each, and so on, until the dish is full. Cover the whole with custard into which the pulp of two ripe bananas has been well mixed. The above can be placed in a pie dish and baked and served hot.

**BANANA PUDDING NO. 3**

Peel and slice six ripe bananas and cook them for ten minutes in syrup made with two ounces of sugar and one-half gill of water flavored with lemon. Cook two ounces of rice in a pint of milk, sweeten to taste, and add it to the bananas. Whisk stiffly whites of two eggs and mix them carefully with the rice and bananas. Pour the mixture into a buttered fire-proof baking dish, sprinkle the top with chopped almonds and sugar, and bake in a moderately heated oven for about twenty minutes. Serve hot.

**BANANA CAKE**

3 teaspoonfuls baking  
powder  
1½ cupfuls sugar

1 cupful sweet milk  
2 tablespoonfuls butter  
1 teaspoonful lemon extract  
3 eggs

Bake in layer tins. The whites of six eggs may be used, if a white cake is preferred, instead of the three whole eggs. Put together as follows:

boiled frosting  
3 bananas  
rind and juice of one lemon

Put boiled frosting between each layer and place over the frosting bananas cut in thin slices, the pieces joining each other closely. Sprinkle each layer with a little lemon juice and grated peel, and stir a little of the grated peel into the frosting used over the top of the cake.

### BANANA PICKLE

1 dozen bananas	½ teaspoonful ground gin- ger
2 pounds Bermuda onions	1 pint vinegar
⅔ cupful molasses	1 pound dates
½ pint water	1 teaspoonful allspice
1 teaspoonful salt	

Cut bananas, dates, and onions into small pieces, add spices, vinegar, water, and molasses, mix well together; turn into a large stone jar or crock, bake in a slow oven till a rich brown, seal in jars while hot.

### BANANA OMELET

Peel four not overripe bananas, cut them into round slices (not too thin), melt one ounce of butter in an omelet pan. When hot, put the bananas in and stir them in the butter for a few minutes, then

season with salt and pepper. Break four eggs into a basin, add one tablespoonful of milk, salt and pepper to taste, and beat well. Melt one ounce of butter in an omelet pan, pour in the egg mixture, and stir over a quick fire until the eggs begin to set, then shape into an omelet. Put the prepared banana in the center, fold in the sides of the omelet and let it take color; then turn out into a hot dish and serve.

### BANANA OMELET (SWEET)

Proceed the same as directed in the foregoing recipe, but omit salt and pepper, and sweeten with sugar instead. When the omelet is ready to serve dredge the top with icing sugar and glaze the surface by placing it in a very hot oven for a few minutes.

### BANANA WITH SAUSAGE

Shape pork sausage meat into little rolls, place them in a frying pan with just enough hot water to cover and let boil one minute. Drain the water off carefully and fry the sausage until crisp over a quick fire. Remove from the pan and keep in a hot place. Peel three or four bananas and slice lengthwise. Put a small piece of butter into the pan in which the sausage was cooked and add the bananas. Fry them over a hot fire until thoroughly heated through. Pile the sausages in the center of a hot platter, arrange the banana slices around the edge and garnish with parsley.

**BANANA AND RHUBARB BETTY**

1 bunch of rhubarb	1 tablespoonful butter
2 bananas	1 cupful bread crumbs
	$\frac{5}{8}$ cupful maple syrup

Peel the firm, fresh stalks and cut in half-inch lengths. Slice the bananas in thin crosswise slices. Fill a well-buttered baking dish with alternate layers of the fruit, separating the layers with bread crumbs and maple syrup. Finish with a layer of bread crumbs, maple syrup and a few dots of butter. Bake one hour in a moderate oven.

**BANANA SANDWICHES**

Divide two medium-sized bananas crosswise into halves, then cut each piece lengthwise into slices about one-fourth inch thick. Prepare buttered strips of bread the size of the banana slices. Mix six tablespoonfuls of pulverized sugar with a teaspoonful of lemon juice, spread on the bread and butter and put two strips together with a strip of banana between.

**BANANA SPLITS**

Use one banana for each person; peel, scrape and cut in two lengthwise. Lay it on a plate, cut side uppermost. Heap a spoonful of ice cream in the center, put a generous amount of whipped cream on that and top with a maraschino cherry.

**BANANA SOUFFLÉ**

- |                                   |  |
|-----------------------------------|--|
| 1 cupful thick cream              | 5 eggs                                 |
| 1 cupful finely sliced<br>bananas | $\frac{1}{2}$ cupful powdered<br>sugar |

Whip the cream stiff and fold in the sliced bananas. Beat the eggs until stiff without separating, add sugar, and fold into cream and banana mixture. Half fill buttered ramekins, set them in a pan of hot water, and bake in a moderate oven until light and delicately browned.

**BANANA AND PINEAPPLE SALAD**

- |                                       |                                   |
|---------------------------------------|-----------------------------------|
| 3 large bananas                       | $\frac{1}{4}$ cupful walnut meats |
| 5 or 6 slices Hawaiian pine-<br>apple | french dressing<br>whipped cream  |

Peel the bananas and slice lengthwise. Arrange on a salad plate alternately with the slices of pineapple. Dress with French dressing and place the walnut meats on top. Put a little pile of mayonnaise, mixed until stiff with whipped cream, on each slice of pineapple. All of the ingredients should be very cold.

**BAKED BANANAS AND APPLES**

- |           |                             |
|-----------|-----------------------------|
| 6 apples  | 6 teaspoonfuls sugar        |
| 3 bananas | 1 tablespoonful lemon juice |

Prepare the apples as for ordinary baking, but make the hole from which the core is removed large

enough to hold half of a banana. If the latter is too large around, trim it off a little. Sprinkle a teaspoonful of sugar and a few drops of lemon juice over each apple. Bake in a moderately hot oven. This imparts the flavor of the bananas to the apples.

## XII. WATERMELONS

### **WATERMELON AND PINEAPPLE COCKTAILS**

Use twice as much chilled diced watermelon as shredded pineapple. Place in cocktail glasses; pour a little juice in and garnish with a sprig of mint.

### **CANTALOUPE COCKTAILS**

Dice the melon and add half the amount of diced ripe peaches. Sprinkle lightly with a little grated nutmeg and marinate on the ice with a little sweet orange juice. Serve very cold.

### **WATERMELON CONSERVE**

Peel and cut the rind into small pieces, cover with weak salt water and let stand over night, then soak in cold water several hours. Drain and add water to cook until clear. Drain and to each pint of melon add one of sugar and one or two lemons sliced. Cook very slowly for two hours.

### **SWEET PICKLE WATERMELON RIND**

Four cupfuls of sugar, two tablespoonfuls cinnamon, one tablespoonful whole clove, two cupfuls vinegar, watermelon rind. Pare the watermelon rind, cut it into two-inch squares and cook it in

boiling water until it is tender. Put the vinegar, sugar and spices (tied in a cheesecloth bag) into a preserving kettle. Boil the mixture ten minutes and then cook it slowly for about two hours or until the syrup is thick. Add the melon rind and simmer it about one hour. Put it into jars.

### FROZEN WATERMELON

Cut a melon into halves, and with a spoon scoop out large round pieces, pick the seeds out with a fork, arrange in a pail with powdered sugar sprinkled on each layer and bury in ice and salt four hours.

### WATERMELON PRESERVE

This is made from the red part of the melon. Dice the red portion of the melon, removing all seeds and every bit of the white part; weigh and use half as much sugar as you have melon, adding to every six pounds of melon the juice and grated yellow rinds of two lemons. Put all together in a large granite kettle and boil slowly, stirring often, until it is quite thick. At first you will think it is all going to water, but very soon you will notice it thicken. When it has become as thick as you like it seal hot in glass pint jars.



### XIII. CITRON MELON

#### CITRON MELON PRESERVE

Cut open the melon as you would a watermelon, take out inside, just use the rind, peel and cut in cubes or in small pieces. To every pound of citron allow one pound of sugar and one-fourth pound of ginger root. Put the citron melon in water enough to cover, add to this water two teaspoonfuls of baking soda, boil until just tender and cool. When cold soak in strong alum water one hour. Make a syrup of one pint of water and two pounds of sugar. Beat the white of one egg to a stiff froth, add this to the sugar and water, stir, let it boil, skim off the egg. The egg clears the sugar and water. Then add the ginger root and melon and cook in the syrup until clear. Put in glass jars and cover with the syrup.

#### CITRON PRESERVE NO. 1

Pare citron and take out the seeds, cut in pieces one inch thick and two inches in length. Weigh them, put in kettle with water and cook until clear. Make a syrup of their weight in sugar, add two slices of lemon to each pound of citron, put part of the citron in the syrup and boil about fifteen min-

utes. Skim out and put in jars. When all has been thus cooked boil the syrup thick and pour over the fruit until jars are full. Seal.

### CITRON PRESERVE NO. 2

Peel and cut citron in one inch squares, then boil till soft, draw off water; add one pound of sugar to one of fruit. To every five pounds of preserve add one pound of raisins, one lemon sliced, one-half ounce of white cloves, one ounce stick cinnamon. Dissolve sugar; when hot add fruit and let simmer slowly two hours.

### BARBERRY SAUCE

Half a peck of barberries, two quarts of molasses, one peck sweet apples. Pick over barberries, remove all stems, wash and boil with water enough to float them. Add the molasses and cook until tender. While these are cooking, pare, quarter and core the apples, skim out the berries and cook the apples in the syrup, as many as can be cooked conveniently. When tender, put them into dish with berries and boil the syrup until thick. Pour over fruit. Next morning heat all together again and seal.

## XIV. RHUBARB

### RHUBARB PIE

Make and bake the pie crust, or line the pie plate in the usual way and brush the crust with white of egg, then turn in the following mixture: two cupfuls of cut-up rhubarb, two cupfuls of sugar, with which has been mixed two level tablespoonfuls of flour, and stir in, without beating, two eggs. Bake at once with or without lattice top. The amount will make one large and two small pies.

### RHUBARB CUSTARD PIE

Add to two well-beaten eggs two heaping tablespoonfuls of cornstarch mixed with two-thirds of a cupful of milk, half a cupful of sugar and one cupful of cooked and sweetened rhubarb. Pour this mixture into a plate lined with good pie-crust and bake. This may be covered with a meringue, or served with whipped cream.

### RHUBARB STEWED

2 bunches strawberry rhubarb  
1½ cupfuls sugar

Select tender stalks of rhubarb, the strawberry variety if you can get it, wash in cold water, first

cutting off leaf and root ends with a very sharp knife, so as not to start the peel, which is not taken off. Cut them on a board in inch pieces and put in a double boiler and place over a slow fire. Add no water to rhubarb. After it has cooked for half an hour, add enough sugar to sweeten it. Replace the cover and cook until quite soft.

### **RHUBARB AND ORANGE MARMALADE**

18 medium stalks rhubarb  
3 large oranges

Slice oranges very fine and cut rhubarb in one-half inch pieces without removing skins. Mix, measure, and add an equal amount of sugar. Mix thoroughly and let stand over night. In the morning, put in the preserving kettle and boil rapidly until a little of it will thicken like jelly when dropped into cold water. Pour into glasses and seal.

### **RHUBARB WHIP**

Whip to a stiff froth the whites of three eggs; beat into them three tablespoonfuls of powdered sugar and a teaspoonful of lemon juice, then about a pint of rhubarb. Sprinkle the top with chopped nuts and serve.

### **RHUBARB AND PINEAPPLE MARMALADE**

5 pounds rhubarb  
5 pounds sugar  
1 pineapple (grated)

Wash rhubarb and cut in small pieces, add grated pineapple and sugar. Cook very slowly until sugar is melted, then cook moderately until rhubarb goes all to pieces. Pour into tumblers and cover with paraffin.

### RHUBARB JAM

1 pound rhubarb  
1 pound sugar  
 $\frac{1}{2}$  lemon rind

Wash the rhubarb and wipe perfectly dry. Peel and weigh it, mince the lemon rind and add it to the rhubarb. Put in a saucepan with the sugar. Keep it well skimmed and boil until it is thick, about an hour after it begins to boil. Pour into tumblers and cover with paraffin.

### RHUBARB BAKED WITH FIGS

Cover well-washed bag figs with boiling water and cook until the water is nearly evaporated. Cut a pound of rhubarb unpeeled, if young, otherwise peeled, in inch pieces; put a layer into a baking dish, sprinkle with a teaspoonful of sugar, add a few figs, then a layer of rhubarb, sugar, and figs, until a pound of rhubarb and half a pound of figs are used; put in a few spoonfuls of hot water and bake, covered, in a slow oven until the rhubarb is tender but unbroken. Dates or raisins may take the place of the figs.

**RHUBARB BREAD PUDDING**

Pour boiling water on stale bread crumbs and let them soak until soft, then drain, and to a pint of crumbs add one well-beaten egg, one tablespoonful of sugar and a grating of nutmeg. Have ready buttered cups and put into each one and one-half tablespoonfuls of cooked and sweetened rhubarb, put over it the crumb mixture and bake.

**RHUBARB MARMALADE**

Six pounds of rhubarb, the rinds of three lemons, twelve cupfuls of sugar. Cut the rhubarb into one-inch lengths, put these into a preserving kettle over a slow fire until the juice begins to flow, then add the sugar and the grated lemon rinds. Cook very slowly until sugar is dissolved, then quickly until it will jelly. It should not be at all thin or watery. Keep it well skimmed and avoid as much as possible breaking up the pieces when stirring it. Pour into dry jars and cover tightly. One level teaspoonful of powdered ginger may be used instead of the lemon rind, if preferred.

**RHUBARB AND FIGS**

4 pounds rhubarb	6 to 8 ounces candied peel
4 pounds sugar	(orange and lemon)
1 pound dried figs	

Wash the figs in hot water, dry them and cut in thin shreds. Choose fresh garden rhubarb, wipe it,

and cut it in small pieces about one inch in length, but do not peel it unless the skin is coarse. Remove the sugar from the candied peel and shred it finely with a sharp knife. Put these three ingredients into a large earthen bowl with the sugar, cover, and let stand twenty-four hours. Then turn all into a preserving pan, bring to a boil, stirring frequently, and boil from three-quarters to one hour or until the jam will set. Pour into glasses and cover.

### RHUBARB AND GOOSEBERRIES

2 pounds rhubarb  
2 pounds gooseberries  
sugar

Wash rhubarb and gooseberries and put in preserving kettle. Boil together until soft and strain through a sieve. Weigh and return to the fire and boil until it looks clear and begins to thicken. Then add sugar of equal weight with fruit. Boil fifteen minutes longer. Pour into jelly glasses.

### RHUBARB ICE CREAM

Cut up enough rhubarb, with the red peeling on, to make three pints, and cook until tender in just enough water to cover. Add a pinch of salt, and strain through a fine sieve. Add one pound of sugar; stir until dissolved; when nearly cold add one pint of plain or whipped cream or custard, and freeze.

## RHUBARB MERINGUE PIE

1½ cupfuls rhubarb	2 eggs
1 cupful sugar	1 tablespoonful butter
1 tablespoonful flour	

Cover a pie plate with crust and fill with rhubarb mixture, which is put together as follows: Cream butter and sugar, add the slightly beaten egg yolks, flour, and the rhubarb, which has been cut fine, covered with just enough boiling water to cook it, and allow to boil one minute. Bake until firm in a moderate oven. When cool, cover with a meringue, and brown slightly in oven.



## XV. BLUEBERRIES

### QUICK BLUEBERRY PUDDING

1 quart stewed blueberries	1 teaspoonful lemon juice
2 eggs	$\frac{3}{4}$ cupful flour
$1\frac{1}{2}$ cupfuls of sugar	$\frac{1}{4}$ teaspoonful salt
2 tablespoonfuls cold water	3 tablespoonfuls baking powder

Put a quart of canned or stewed blueberries on the stove in a saucepan and let them get boiling hot, then cover the berries with a batter. To make this, beat eggs to a froth, add sugar, beat until light colored, then add water, lemon juice and lastly mix in lightly the flour sifted with salt and baking powder. Cover and cook for about thirty minutes. Serve with egg sauce.

### EGG SAUCE

1 tablespoonful butter	1 teaspoonful lemon
1 tablespoonful flour	flavoring
1 cupful boiling water	1 egg
$\frac{3}{4}$ cupful sugar	

Melt the butter in a saucepan and when liquid add the flour and mix well. Add gradually the boiling water, stirring all the time to keep the mixture smooth. Let it boil a few minutes, then add

the sugar and eggs beaten together; stir until the mixture thickens. Add flavoring.

### CREAM BLUEBERRY GINGERBREAD

1 cupful blueberries	2 cupfuls flour
1 cupful molasses	$\frac{1}{2}$ teaspoonful salt
1 cupful sour cream	1 teaspoonful ginger
2 teaspoonfuls soda	

Mix together the molasses and cream, but reserve one-fourth cupful of the flour to mix with the blueberries. Add the dry ingredients to the molasses mixture. Fold in the blueberries, and place in the oven as quickly as possible. Bake gently for thirty minutes. The gingerbread should be about one and one-half inches thick. This is equally good made with sweet cream, omitting one teaspoonful of soda.

### STEWED BLUEBERRIES AND DUMPLINGS

Pick over and wash one quart of berries and stew with three cupfuls of water and sugar to taste. When berries start to boil add dumplings and let simmer for fifteen or twenty minutes. Serve with cream.

Dumplings: Two cupfuls flour, one cupful water, two teaspoonfuls baking powder, half teaspoonful salt. Mix and drop into the berries. As the dumplings rise, turn them over with a fork and let simmer. If sauce is too thick add more water to suit taste.

**BLUEBERRY JAM**

4 quarts berries  
4 quarts sugar

Place sugar and berries in preserving kettle, let stand several hours, boil slowly until thick, put in jelly glasses.

**BLUEBERRY BREAD PUDDING**

Stew two cupfuls blueberries with sweetening and while boiling hot pour over three or four well-buttered slices of white bread arranged in bottom of white pudding dish. Set on ice before serving with cream.

**BLUEBERRY MUFFINS NO. 1**

Two cupfuls of flour, one-fourth teaspoonful of salt, two tablespoonfuls of melted butter, one-fourth cupful of sugar, two small teaspoonfuls of baking powder, one egg, one cupful of milk and one cupful of berries. Mix as for plain muffins; add berries last, dusting them with a little flour. Bake in muffin pans in a hot oven.

**BLUEBERRY MUFFINS NO. 2**

Mix together three cupfuls of barley or oat flour, five teaspoonfuls of baking powder, one teaspoonful of salt and one tablespoonful of sugar. Mix in gradually one cupful of skim milk, one lightly beaten egg, a scant quarter of a cupful of cold water,

one-quarter of a cupful of corn syrup and one cupful or more of blueberries. Mix well, fill into greased muffin pans, let stand for twenty minutes and bake in a moderate oven.

### SPICED BLUEBERRIES

Grate a nutmeg, add two teaspoonfuls of cinnamon and tie in a muslin bag. Scald one pint of vinegar with three pounds of sugar, add the spice bag and half a cupful of well-washed raisins and cook until the raisins are tender. Remove the spices, add five pounds of blueberries, let them boil five minutes and skim the fruit out into a jar. Boil the syrup ten minutes longer and pour it over the fruit. When cold cover closely and keep in a cool, dry place.

### BLUEBERRY SHORTCAKE

Mix two cupfuls of flour with four level teaspoonfuls of baking powder, one-fourth of a cupful of sugar, one-half teaspoonful of nutmeg; work in one-half of a cupful of butter, moisten with milk, place on a floured board and divide in two parts; pat, roll out, put one piece in a buttered tin, spread the dough with softened butter, cover with the remaining part and bake in a hot oven until brown. Split open, spread with stewed and sweetened berries and serve with cream.

**BLUEBERRY PIE WITH MERINGUE**

One cupful sugar, one teaspoonful flour, yolks of three eggs. Beat all together and add three cupfuls of blueberries. Bake with one crust and frost with the two egg whites, sweetened and flavored.

**BLUEBERRY CUSTARD PIE**

Two cupfuls of scalding hot blueberry juice, yolks of two eggs beaten light, three-fourths cupful of sugar, one tablespoonful of flour mixed with the sugar, a pinch of salt. Cook in double boiler until thick. Have shell previously baked. Put cooked custard in crust, frost with the whites of eggs and brown lightly in oven.

**BLUEBERRY PUDDING**

Sift together one cupful each of rice flour and cornmeal, half a teaspoonful of salt, three teaspoonfuls of baking powder and two tablespoonfuls of sugar. Beat one egg with a scant cupful of milk and gradually beat the liquid into the dry ingredients. Then add two tablespoonfuls of melted shortening, one and a half cupfuls of blueberries (dusted with rice flour) and one tablespoonful of "corn syrup." Bake in a greased pan, using a moderately hot oven, for about thirty minutes.

**BLUEBERRY PUFFS**

$\frac{1}{2}$ cupful butter	4 egg whites
1 cupful sugar	$\frac{1}{2}$ teaspoonful salt
$\frac{1}{2}$ cupful milk	2 cupfuls blueberries
$2\frac{1}{2}$ cupfuls flour	1 extra cupful sugar
3 teaspoonfuls baking powder	

Cream butter; add sugar, flour, baking powder and salt alternately with milk. Beat well, add the stiffly beaten whites. Steam forty-five minutes in buttered popover cups. Serve with blueberry sauce.

Sauce: Cook two cupfuls of blueberries and one cupful of sugar together for twenty minutes.

**CANNED BLUEBERRIES**

4 quarts of blueberries  
2 pints of sugar

Place sugar and berries in preserving kettle, let them stand several hours, then cook slowly until the boiling point is reached; boil five minutes, fill sterilized jars and seal.

**BLUEBERRY FLAPJACKS**

One pint sour milk, one-half teaspoonful soda, one-half cupful sugar, a little salt, one egg, about one cupful of blueberries, flour for batter.

## XVI. RASPBERRIES

### RASPBERRY SOUFFLÉ

Rub one quart of raspberries through a sieve, add three-quarters cupful of sugar and the stiffly beaten whites of six eggs. Mix lightly, turn into a buttered baking dish and bake from thirty to forty minutes. Serve immediately with cream, either plain or whipped.

### RASPBERRY TAPIOCA

Cook for fifteen minutes in a double boiler one-half cupful of minute tapioca, one-half cupful sugar, one teaspoonful butter and three cupfuls of hot water. Crush one pint of raspberries, sweeten to taste and let stand one-half hour. Take tapioca from the fire and stir in fruit. Set in a cool place. Serve very cold with whipped cream.

### RASPBERRY ICE

One quart of water and one pound of sugar boiled together five minutes. Add to one quart of red raspberries one cupful of sugar and the juice of two lemons, and let them stand one hour. Then press through a fruit press and add juice obtained to the boiled sugar and water; strain into a

well-packed freezer and turn five minutes, then add the whites of two eggs beaten to a stiff froth; turn until stiff.

### **RASPBERRY BOMBE GLACÉ**

Line a three-pint melon mold with raspberry ice. Fill the center with whipped cream, sweetened and flavored before whipping. Let stand, packed in equal measures of ice and salt, about three hours.

### **RASPBERRY SYRUP**

Pick over and mash two quarts of raspberries, cover and let stand in graniteware dish over night. In the morning add three-fourths cupful of cold water, bring slowly to the boiling point and let simmer twenty minutes. Force through a double thickness of cheesecloth, again bring to the boiling point, and fill small glass jars.

### **RASPBERRY CREAM PIE**

Line a deep pie plate with rich paste, rub the edge with butter, fill with raspberries and sprinkle generously with sugar. Cut out an upper crust, rub the edge also with butter to prevent the two from sticking together, place over the pie and bake. Scald one cupful of milk, thicken with two teaspoonfuls of cornstarch mixed with a little cold milk. Add one-fourth of a cupful of sugar and a dash of salt, cook over boiling water for twenty minutes, flavor



with a few drops of vanilla, cool and fold in the stiffly beaten whites of three eggs. When the pie is cold, remove the upper crust, pour in the cream, replace the crust and sprinkle with powdered sugar.

### RASPBERRY BAR-LE-DUC

1 quart perfect red raspber- ries	3 cupfuls sugar
	1 cupful red raspberry juice
1 cupful currant juice	

Combine fruit juices, add sugar, let boil until they are very thick and almost jelly, then drop in the raspberries, a few at a time; cook for two or three minutes and remove with a skimmer to small glasses. When all the berries are cooked, the syrup will be considerably thinned, so boil it down, till very thick again, pour into the glasses containing the raspberries, and seal as usual.

### LOUISVILLE FRUIT PUDDING

1 pint fresh raspberries	1½ cupfuls sugar
1 pint fresh currants	1 quart water
7 tablespoonfuls	cornstarch

Wash berries and currants, and cook in the water till soft, about five minutes. Drain through a very fine sieve, return juice to the heat, and when at boiling point, add the sugar and cornstarch, mixed with a little cold water. Let boil gently for five minutes, stirring constantly. Pour into molds wet in cold water, let stiffen, and serve with cream.

**NESTS OF RICE WITH RASPBERRY JAM**

Cook one-half cupful of rice in two cupfuls of milk until tender and the liquid is absorbed. Add two tablespoonfuls of sugar, one-half teaspoonful of salt and the beaten yolks of two eggs; cool, shape in the form of nests, dip in fine crumbs, then in beaten egg and again in crumbs, let stand one or more hours and fry in deep hot fat. Drain on soft paper and fill with preserved raspberries.

**RASPBERRY TURNOVERS**

Mix and sift together two cupfuls of flour, one tablespoonful of sugar, two rounded teaspoonfuls of baking powder and one saltspoonful of salt; rub in one-quarter of a cup of butter and moisten with enough milk to make a rather stiff dough. Place on a floured board, roll out, cut into rounds, place a tablespoonful of preserved berries on each, sprinkle with sugar, fold the dough over, press the edges firmly together, brush the tops with milk and bake in a quick oven. When done serve with raspberry sauce. To make this, cream one-third cupful of butter, add gradually one and one-fourth cupfuls of powdered sugar, flavor with a few drops of vanilla, then add very gradually half a cupful of mashed berries. Place on ice until needed.

**RASPBERRY PARFAIT**

2 cupfuls raspberries	2 egg whites
1 cupful sugar	1 cupful heavy cream
	$\frac{1}{2}$ cupful water

Wash, pick over, hull and mash berries. Sprinkle with one-half the sugar, cover and let stand several hours; then force through a fine strainer. Put remaining sugar in saucepan, add water, bring to boiling point, and let boil until mixture will spin a thread when dropped from tip of spoon. Pour syrup gradually, while beating constantly, on whites of eggs, beaten until stiff. Cool and fold in cream, beaten until stiff. Fill mold to overflow, cover with buttered paper, adjust cover, pack in ice and salt, using two parts ice to one part salt, and let stand three hours.

#### **RASPBERRY AND CURRANT DUMPLINGS**

Sift together two cupfuls of flour, four teaspoonfuls of baking powder and one-half teaspoonful of salt; rub in one-half cupful of butter, moisten with about two-thirds cupful of milk, turn out on a floured board, knead slightly, roll out one-quarter inch in thickness and cut into four-inch squares. Put two tablespoonfuls each of raspberries and currants on each piece, sprinkle generously with sugar, add a bit of butter, fold the edges of the dough over the fruit, press firmly together and bake half an hour in a moderate oven. Serve with foamy sauce.

#### **RASPBERRY SPONGE**

Sweeten well two and one-half cupfuls of raspberry juice and bring to a boil. Add half a package of soaked gelatin, stirring until dissolved. When

cool, but not set, fold in the whites of three eggs beaten until stiff. Beat until thick. Mold, chill and serve with whipped cream.

### **RASPBERRY JELLY FLUFF**

Dissolve one package of raspberry gelatin in one pint of boiling water. Divide it into three equal parts and put one part in a square mold. When one of the remaining portions begins to thicken beat it with an egg beater until it is dry and foamy and add one cupful of nut meats and one cupful of small pieces of marshmallows and chopped dates. Spread this mixture over the portion in the square mold and cover with the remaining third. Put in a cold place to harden. To serve, cut in slices, using a knife dipped in hot water; add whipped cream and bits of raspberry jam.

### **RASPBERRY NECTAR**

Dissolve two cupfuls of sugar in the same amount of cold water; add the grated rind of one orange, taking care to use the yellow part only, as the white rind imparts a bitter taste. Bring to a boil. Strain this syrup and add to it the juice of two lemons and two oranges, and one quart of raspberry juice. Set in a cold place and allow it to get ice cold before serving.

### **RASPBERRY SHERBET NO. 1**

1 quart water	$\frac{1}{2}$ cupful orange juice
2 cupfuls sugar	$\frac{1}{4}$ cupful lemon juice
2 cupfuls raspberry juice	

Boil water and sugar together for twenty minutes, add fruit juice, cool and strain. Freeze to a mush. Serve as soon as possible after freezing.

**RASPBERRY PUDDING NO. 1**

Beat the whites of four eggs to a stiff froth, add one pint of canned raspberries, one tablespoonful of lemon juice and two-thirds cupful of stale cake crumbs; beat thoroughly, turn into a buttered baking dish, stand it in a pan of hot water and bake about half an hour. Serve with custard sauce.

**RASPBERRY FOAM**

Whip the whites of four eggs until frothy, add four tablespoonfuls of sugar and whip stiff, dropping in a little at a time, three tablespoonfuls of raspberry juice. Heap in glasses and serve at once.

**RASPBERRY PUDDING NO. 2**

To use up dry pieces of cake, steam them, split and put a spoonful of raspberries previously mashed and sweetened on each piece, then cover with sweetened whipped cream, flavored or not, as you like.

**RASPBERRY SHERBET NO. 2**

Make a syrup from a pint of water and one and a quarter cupfuls of sugar. Remove from the fire, cool and beat with an egg whip. When quite cold add one large cupful of strained raspberry juice

and freeze slowly as for ice cream. When the mixture begins to harden, add the stiffly whipped whites of two eggs and continue freezing to the desired consistency. Serve in sherbet cups.

### **RASPBERRY AND APPLE JELLY**

Wash and quarter enough apples to make one and one-half cupfuls of juice, put them into a kettle, cover with water and boil until tender. Add one-half cupful of raspberry juice and three cupfuls of sugar and boil until it jellies.

### **RASPBERRY PRESERVES**

To two cupfuls of sugar add one cupful of water, let come to a boil, skim and add a few drops of lemon juice to keep the syrup from candying. Let boil until it spins a thread from the end of a silver fork, then put in one quart of fruit. Let it boil for about five minutes. Do not stir. When done, set away for six hours. Fill jars that have been sterilized with the cold preserved raspberries and seal.

### **CANNED RASPBERRIES**

Put a layer of berries then a layer of sugar in a dish until all berries are used. Let stand over night, then put in jars, put on rubbers and tops and put wire across top, but do not spring lower wire. Put in boiler, let come to a boil and boil just ten minutes. Take out, snap clamp down and when cold dip in hot paraffin.

**RASPBERRY VINEGAR**

To four quarts of raspberries put enough cider vinegar to cover and let stand twenty-four hours. Scald and strain and add a pound of sugar to a pint of juice. Boil it twenty minutes and bottle.

**RASPBERRY SHRUB**

Put one pint of cider vinegar over six quarts of raspberries. Let stand over night. Next morning strain and to every pint of juice add one pound of sugar. Scald ten minutes, then bottle and cover the corks with paraffin. When used take half a glass of the shrub to half a glass of ice water or lemonade.

## XVII. BLACKBERRIES

### BLACKBERRY JAM

1 quart blackberries  
1 pound sugar

Mash the berries, add sugar and stew for one half hour. Seal while hot.

### BLACKBERRY AND APPLE JAM

2 quarts mashed blackber-  
ries  
1 quart tart apples  
2 quarts of sugar

Cook all together about twenty minutes.

### BLACKBERRY CORNSTARCH

1 pint ripe blackberries      ½ cupful sugar  
1 pint water                      1 tablespoonful cornstarch  
whipped cream

Simmer together the blackberries and water. Do not stir. Mix cornstarch with just a little cold water and stir in carefully. Do not break the fruit. Let it cook for five minutes, remove, add the sugar, and when cool pour into glasses. Serve ice cold with a heaping tablespoonful of whipped cream on each glass.



**BLACKBERRY CHARLOTTE**

Soak two tablespoonfuls of granulated gelatin in one-half cupful of blackberry juice. Add one-half cupful hot juice, to which has been added one cupful of sugar. Add one-fourth cupful of lemon juice, when cool, and one cupful of blackberry juice. When the mixture begins to harden, beat until light; add the whip from two cupfuls of cream, and beat until stiff enough to drop. Mold. Serve with a garnish of whipped cream and whole berries.

**BLACKBERRY CUSTARD**

Line a deep dish with dead ripe blackberries. Beat the yolks of five eggs to a cream with seven tablespoonfuls of powdered sugar, and stir in two cupfuls of hot milk. Cook this in a double boiler until it becomes a smooth custard, then add a dash of salt and two teaspoonfuls of lemon juice. When almost cold pour in between the berries and set away to harden.

**BLACKBERRY GELATIN**

Make a blackberry jelly pouring a thin layer in a shallow square pan. Allow the mixture to partly set, then arrange very large and ripe blackberries in rows on the jelly. Pour over these the remaining jelly and let chill. Cut in cubes, each containing a whole berry. Serve, piled on a plate, and garnish with whipped cream put through the pastry bag.

**BLACKBERRY JELLY**

1 quart blackberries	1¾ tablespoonfuls granu-
1 lemon	lated gelatin
1 cupful sugar	water

Wash berries carefully, crush, and put in a saucepan with the sugar, allowing them to simmer for five minutes to draw out the juices. Rub through a fine sieve; add the juice of the whole lemon and the grated rind of half. Add enough water to make three cupfuls of liquid, heat but do not boil, and stir in the gelatin, which should be previously soaked in two-thirds cupful of cold water. Pour into individual molds, let stand until the next day and serve with sweetened whipped cream.

**BLACKBERRY BAVARIAN CREAM**

Heat one and one-half cupfuls of blackberry juice and pour over four egg yolks, slightly beaten, with one cupful of sugar and one-fourth teaspoonful of salt. Cook mixture in double boiler until thickened; remove from fire; add one-fourth cupful of the cold fruit juice. When cold and beginning to set, whip with the Dover egg-beater and then fold in two cupfuls of cream, whipped until stiff. Turn in a mold and let chill. It should have a spongy texture. Do not use any of the cream that has drained through in whip.

**BLACKBERRY PIE**

Wash and drain one quart of blackberries; put them in a pie plate lined with rich paste; dust with cinnamon; dot with bits of butter; sprinkle with one cupful of sugar mixed with one tablespoonful of cornstarch and a dash of salt; cover with paste having slits for the steam to escape, and bake in a moderately hot oven.

**BLACKBERRY PUDDING**

Sift two cupfuls of flour with two teaspoonfuls of baking powder and one-half teaspoonful of salt; rub in two rounded tablespoonfuls of butter and moisten with about one cupful of milk to which has been added one beaten egg; put a thin layer of the dough in a buttered dish, cover with one quart of blackberries, then with another layer of the dough; place in a steamer and steam for about forty minutes; serve with hard sauce.

**BAKED BLACKBERRY PUDDING**

One beaten egg, one-half cupful sugar, one cupful milk. Add two cupfuls flour, two teaspoonfuls baking powder, one teaspoonful salt, sifted together. Put half the butter in greased pudding dish; cover with two cupfuls berries; spread over remaining batter; bake in moderate oven or steam one hour. Serve with lemon sauce.

**Lemon Sauce:** Half cupful sugar, two level tablespoonfuls flour, one-half teaspoonful salt. Moisten with very little cold water; add two cupfuls boiling water, cook till clear; add juice of one-half lemon or one teaspoonful lemon extract and small piece of butter.

### **BLACKBERRY BREAD PUDDING**

Soak two cupfuls of bread crumbs in two and a half cupfuls of milk, then add three-quarters of a cupful of sugar, two well beaten eggs and a pinch of salt. Then add one cupful of preserved blackberries. Bake in a buttered pudding dish in a slow oven for an hour.

### **BLACKBERRY MOUSSE**

Soak two tablespoonfuls of gelatin in one-half a cupful of blackberry juice. Add a syrup made of one and one-half cupfuls of blackberry juice and one cupful of sugar. Beat until cool, then fold in two cupfuls of cream, whipped until stiff. Pour in mold.

### **BLACKBERRY SPONGE**

Into a pudding dish put a layer of thin bread and butter, then one of hot blackberry juice; continue using bread, butter and juice until the dish is full. Let it stand to get very cold. Serve with sugar and cream.

**BLACKBERRY VINEGAR**

Put four quarts of fresh blackberries in a stone jar; pour over them one quart of good cider vinegar; cover closely; let stand two weeks, then strain; pour the vinegar over two quarts of fresh berries; let stand one week; strain; pour over two more quarts of fresh berries; let stand two weeks and strain again. Add one and one-half pounds of granulated sugar to each quart of vinegar; heat to the boiling point; remove all scum as it rises, then bottle and seal.

## XVIII. STRAWBERRIES

### PRESERVED STRAWBERRIES

strawberries  
granulated sugar

Use only fresh, clean fruit, and do not wash. Hull the berries, and for each cupful of fruit measure one cupful of granulated sugar, put in an enamel kettle, place at once over a hot fire and stir. The juice thus extracted will make abundant syrup. Boil twelve minutes, and then pour into sterilized jelly glasses. It is best to make this preserve in small amounts as the color and flavor can thus be retained to better advantage. When cold the glasses should be sealed with paraffin. The fruit will keep indefinitely.

### STRAWBERRY SOUFFLÉ

Press one quart of hulled strawberries through a sieve; add six tablespoonfuls of sugar and the beaten whites of six eggs. Mix lightly; pour into a buttered dish and bake slowly for forty minutes. Serve at once with cream.

### STRAWBERRY ICE

One quart of water, two and one-half cupfuls of sugar, one and one-half cupfuls of strawberry juice, strained. Prepare like lemon ice.

**FROZEN STRAWBERRY CREAM**

2 cupfuls sugar	1 quart strawberries
1 cupful water	1 cupful cream

Make a syrup by boiling together the sugar and water; add the berries cut into halves and simmer them in the syrup for fifteen minutes. Remove the fruit, add the cream to the remaining syrup, cool and freeze rather soft. Now add the strawberries, pack down closely, and set aside for two hours to ripen.

**STRAWBERRY FLUFF NO. 1**

1 box strawberries	1¼ cupfuls sugar
2 egg whites	few grains salt
3 tablespoonfuls	cornstarch

Hull the berries, crush and combine with one cupful of the sugar and let stand for at least an hour. Then strain off one and one-half cupfuls of juice and bring to boiling point. In the meantime, mix together the cornstarch, sugar, and salt, add a little of the hot juice, combine the two mixtures, and let boil until a thick paste is formed. It should cook at least fifteen minutes. Beat the egg-whites and pour in the cornstarch mixture, beating constantly. Turn into a mold wet with cold water and let stiffen. Serve with the crushed fruit about the base.

**STRAWBERRY JUNKET**

Allow one quart of new milk to become lukewarm on the back of the range, then pour it into a glass

dish, sweeten to taste, and flavor with lemon. Add, stirring slightly, one rennet tablet or three-fourths of a tablespoonful of liquid rennet. Then set it away to cool, being careful not to jar it. Just before serving fill sherbet glasses with alternate spoonfuls of the junket and sliced and sweetened strawberries. Heap whipped cream on top, and put one fine large berry dusted with granulated sugar in the center. Serve with any delicate cake.

### STRAWBERRY FRITTERS

1 cupful flour	3 tablespoonfuls sugar
½ teaspoonful salt	3 eggs
1 teaspoonful baking powder	milk
	½ box strawberries
	frying fat

Add to the flour, salt, and baking powder, sifted together, the beaten eggs and a very little milk, to form a batter. Cut strawberries into halves, sweeten them, and add to the batter. Drop by spoonfuls into a frying pan in which is a little hot fat; cook until golden brown on both sides, then sprinkle with sugar and garnish with a few fresh berries.

### STRAWBERRY ROLL

2 cupfuls flour	1 teaspoonful salt
1½ teaspoonfuls baking powder	milk
2 tablespoonfuls butter	strawberries
	sugar

First, sift together flour, salt and baking powder, rub in the butter, then mix with the milk, as for



biscuit dough. Roll out, spread thickly with strawberries, then with sugar, and dredge a little flour over them. Roll up as for a jelly roll, moistening the edges of the dough with milk that they may stick together; tie in a cheesecloth and steam for one hour. Or, if preferred, lay the roll on a baking sheet, brush over with milk and bake in a moderately hot oven. In either case, serve with strawberry sauce or with any preferred sweet sauce.

### STRAWBERRY TRIFLE

Flavor one pint of double cream with half a teaspoonful of lemon extract, then whip to a froth. Arrange finger strips of cake log-cabin fashion in a shallow glass dish and fill the center with alternate layers of the cream and fine ripe sweetened berries. Place the cream that is left in a ring around the outside of the cake.

### FROZEN STRAWBERRY NECTAR

Whip one pint of sweet double cream until thick. Fold in two cupfuls of powdered sugar, one-half cupful of finely chopped blanched almonds and one quart of strawberries slightly crushed. Turn into a pudding mold having a tube in the center. Pack in ice and salt, cover with a heavy blanket and let stand in a cool place for three or four hours. When ready to serve, turn out carefully, and fill the hollow center with sweetened berries mixed with whipped cream.

**STRAWBERRY SALAD NO. 1**

$\frac{1}{2}$ cupful strained honey	1 tablespoonful lemon juice
3 yolks of eggs	1 cupful cream
$\frac{1}{2}$ teaspoonful salt	1 cupful cream cheese
$\frac{1}{4}$ teaspoonful paprika	2 tablespoonfuls cream
1 quart strawberries	

Bring honey to boiling point, pour slowly, while beating constantly, onto egg yolks, beaten until thick and lemon colored. Cook one minute, remove from fire, and stir occasionally until cool. Add salt, paprika, lemon juice, and cream beaten until stiff. Moisten cheese with two tablespoonfuls cream, shape like strawberries, using buttered hands, and sprinkle with paprika. Arrange cheese and strawberries on lettuce and pour honey dressing around them.

**STRAWBERRIES AND PINEAPPLE**

Wash and hull large strawberries, allowing six or eight to a person; cut fresh ripe pineapple in strips about one quarter inch thick and one inch long, insert in the berries to replace the hulls. Arrange individually and garnish with whipped cream, which has been sweetened to taste with powdered sugar.

**STRAWBERRY TAPIOCA**

1 cupful tapioca	$\frac{1}{2}$ cupful sugar
1 pint boiling water	$\frac{1}{2}$ box strawberries
juice of half a lemon	

Cook the tapioca in the boiling water until clear, using a double boiler for the purpose. Crush the strawberries slightly, add them to the tapioca, together with the sugar, cook ten minutes, stir in the lemon juice and set aside to cool. Serve plain, or with custard or cream.

### STRAWBERRY SAUCE

1 cupful powdered sugar  
3 tablespoonfuls butter  
6 or 8 ripe strawberries

Beat the butter and sugar to a cream as for hard sauce, and during the beating add the berries, one at a time, mashing them thoroughly in with the other ingredients. When all have been added, pile the sauce high in a dish and set aside to cool until needed. This is good served with any plain hot pudding.

### STRAWBERRY NESTS

Soak half a box of gelatin in half a cupful of cold water for half an hour, then add a pint of boiling water, a cupful of granulated sugar, and the juice of two lemons. Mix in the whites of two eggs, well beaten, and stir over the fire until the gelatin is dissolved, but not allowed to boil. Tinge it a very delicate green with a little vegetable coloring. Strain, and after slightly cooling put a spoonful in the bottom of each individual mold. Small bowls do nicely for these. Let the jelly harden in

the molds, then stand smaller molds, which may be tumblers, inside on the jelly. Fill the space between the two bowls with the jelly and let it harden. After brushing the inside of the smaller mold with hot water remove it carefully. Fill the space vacated with strawberry charlotte, and stand in a cold place for at least four hours.

### JELLY RUSSE

1½	tablespoonfuls gelatin	1	cupful strawberry syrup
¼	cupful cold water	2	cupfuls cream
⅓	cupful boiling water	1	small jelly roll

Soak gelatin in cold water and dissolve in boiling water. Add strawberry syrup, drained from one quart strawberries that have been standing with one cupful sugar for several hours. Set bowl containing mixture in pan of ice water, and stir until mixture begins to thicken, then fold in stiffly beaten cream. Cut jelly roll in one-half inch slices. Line a charlotte russe mold with slices and fill with the mixture, chill, and unmold for serving.

### STRAWBERRYADE

To one and one-half cupfuls of strawberry juice add the juice of three oranges and two lemons. Sweeten with about one cupful of sugar and one quart of cold water, and chill.

### STRAWBERRY PUDDING

Cream one-half cupful of butter with six tablespoonfuls of sugar, add two well-beaten eggs, one

cupful of flour, pinch of salt, one-half teaspoonful of baking powder, one tablespoonful of strawberry jam and a few drops of red color. Pour into buttered pudding mold, cover with buttered paper and steam gently for two hours. Turn out and decorate with ripe strawberries which have been slightly stewed in syrup. To make the syrup, mix one cupful of sugar and one-half cupful of water and boil for two minutes.

### STRAWBERRY SYRUP

Boil a cupful of fresh strawberry juice (obtained as in making jelly) with a cupful of sugar to a thick syrup; cool, add a tablespoonful of lemon juice and pour into a sauceboat. Serve icy cold with portions of ice cream. Red raspberries, cherries, peaches, grapes, quinces, in fact any kind of fruit, may be used for these delicious syrups, affording opportunity for unlimited variety. It is an excellent plan to make and bottle these syrups in season, using preferably bottles that are small enough to hold only sufficient for one serving. However, the juice of canned fruit may be used when fresh fruit is not obtainable, but allow only half a cupful of sugar to a cupful of juice.

### STRAWBERRY SORBET

3 cupfuls of sugar  
2 lemons

3 pints of water  
2 quarts of strawberries

1 pint of cream

Press the strawberries through a fruit sieve, then add one cupful of sugar. Mix the grated rind of one lemon with the remaining two cupfuls of sugar. Then add water and boil twenty minutes. When thoroughly cool, add the mashed strawberries and lemon juice. Freeze twenty minutes, then add cream, which should be whipped to a stiff froth, then freeze again until thoroughly frozen.

### **BAKED CUSTARD WITH STRAWBERRY SAUCE**

Beat slightly four eggs, whites and yolks together. Add one quart of fresh milk, four tablespoonfuls of sugar, a pinch of salt and one teaspoonful of vanilla. Bake in cups placed in a pan of water in a moderate oven. When done, allow the custard to become cold, and then place it in the icebox a few hours before serving.

To make this sauce, boil for five minutes a half cupful of water and one cupful of sugar; add a cupful of strawberry juice and boil for five minutes longer, then cool. At serving time, turn out the individual custard molds and pour the cold sauce over them and garnish with large fresh berries.

### **STRAWBERRY BAVARIAN CREAM**

Soak one tablespoonful gelatin in cold water five minutes, and dissolve by standing the cup containing the mixture in hot water. Strain into the strawberry juice mixed with the lemon juice. Add sugar

and when the sugar is dissolved set the bowl containing the mixture in a pan of ice water and stir until it begins to thicken; then fold in cream. Turn into a wet mold lined with strawberries cut in halves, and chill. Garnish with whole strawberries and leaves.

### STRAWBERRY COTTAGE PUDDING

Rub to a cream one tablespoonful of butter and half a cupful of sugar; add one beaten egg, half a cupful of milk and finally one cupful of flour mixed and sifted with two teaspoonfuls of baking powder and half a saltspoonful of salt. Beat thoroughly, turn into a pan having a tube in the center and bake half an hour. Turn out on serving dish, fill the center with fresh strawberries cut in halves and sweetened, and serve with whipped cream sauce.

Whipped cream sauce: Beat the white of one egg to a foam, add one cupful of heavy cream and beat until thick, then add half a cupful of powdered sugar and flavor delicately with orange extract.

### STRAWBERRIES AND BONNY CLABBER

To make bonny clabber take milk that is just at the turning point and set it in the sun or in a warm place by the fire where it will complete the souring quickly, turning to the consistency of baked custard. It should then be set on ice and kept cold until just ready to serve. It is a good plan to pour the milk

into a glass bowl before it sets, as it looks more attractive when brought to the table without having been poured out of one dish into another. It may be eaten plain with the strawberries, or with sugar, cream and grated nutmeg.

### STRAWBERRY RICE

One-third cupful of rice, three cupfuls milk, one-quarter level teaspoonful salt, one cupful ripe berries, one-half cupful water, one cupful sugar, chipped rind of one half orange. Wash the rice, put milk into a double boiler, add rice, salt and cook until the rice is soft and has absorbed all the milk, turn into individual cups or a large mold and when cold turn out and serve with strawberry sauce. Put the sugar and water and the orange rind into a small saucepan, heat slowly, stirring until the sugar is dissolved. Boil gently to a heavy syrup, one that will spin a thread when dropped from the tip of a spoon, remove from fire and add berries which have been washed, hulled and cut into halves.

### STRAWBERRY FILLING FOR LAYER CAKE

Whites of two eggs, beaten until stiff, add one cupful confectioner's sugar, one cupful crushed strawberries. Beat for about one-half hour with egg-beater, and spread on cake.



**STRAWBERRY SPONGE**

To two cupfuls of strawberries, hulled and washed, add one and one-half cupfuls of cold water and cook ten minutes with one-half cupful of sugar. Put through a fine strainer and add one tablespoonful of granulated gelatin. Pour into a dish to cool. When it begins to congeal, add the whites of two eggs which have been beaten stiff. Whip the whole with an egg-beater and turn into custard cups or frappé glasses. Serve with a soft custard made with the yolks of the two eggs and one whole egg, beaten with one-half cupful of sugar and a few grains of salt. Pour on two cupfuls of hot milk and cook in a double boiler a few minutes. Serve both ice cold.

**STRAWBERRY OMELET**

Use any good omelet recipe, leave out pepper and add one teaspoonful of sugar and either water or the juice of the fruit instead of milk. When ready to fold spread with fruit well sweetened. Put whipped cream on top of the fruit fold, shake on powdered sugar and serve immediately.

**STRAWBERRY COCKTAILS**

Select large perfect berries and cut them in halves, saving every particle of juice. For four portions use half a box of ripe berries and add the

juice and pulp of one large orange, three tablespoonfuls of honey, the juice of one lemon and four tablespoonfuls of shaved (not chopped) ice. Fill into cocktail glasses and insert in each a sprig of fresh mint.

### ICED STRAWBERRY FOOL

Crush one pound of fresh strawberries in a bowl with the strained juice of one-half lemon and three-fourths of a cupful of sugar. Rub them through a fine sieve. Beat one cupful of cream, stir into this the strawberry purée, add a little more sugar if not sweet enough and just a drop or two of red color. Freeze and serve in glasses.

### STRAWBERRIES À LA FRANCAISE

Soak one cupful of perfect strawberries in one cupful of orange juice for an hour, sweeten to taste serve in small glasses with lady fingers.

### STRAWBERRIES PRESERVED WITHOUT COOKING

To each cupful of berries (hulled and washed) add one cupful of sugar, and let stand over night on ice. In the morning place in jars and seal.

### STRAWBERRY PIE

Wash and hull one basket strawberries add one generous cupful of sugar and a little water. Bring quickly to a boil before the berries get broken or

lose their color. Thicken with cornstarch dissolved in a little cold water. Bake with rich crust with lattice top. May be served with cream.

### STRAWBERRY MERINGUE

Make a puff paste, cut out the size of a dinner plate, bake to a light brown in a quick oven. Draw to the oven door; lay strawberries rolled in sugar over it; cover these an inch deep with a meringue made of the whites of four eggs beaten stiff with three tablespoonfuls powdered sugar. Bake until meringue is faintly tinged a yellow brown. To be served warm.

### STRAWBERRY SALAD NO. 2

1 head chicory	a few chopped pistachio nuts
1 box large strawberries	cream mayonnaise
6 slices pineapple	(canned)

Wash chicory and crisp in ice-water. Wash and hull berries; let stand in refrigerator until cold. Arrange chicory on individual plates, placing a slice of pineapple in the center of each. Cover pineapple with berries; top with cream mayonnaise, garnish with nuts.

### STRAWBERRY SHERBET

Boil one quart of hot water and one pint of sugar for five minutes; cool; add the juice of two lemons, the juice of two oranges and one pint of crushed strawberries. Partially freeze; add the

beaten white of one egg and continue freezing until solid.

### STRAWBERRY FLUFF NO. 2

Crush two cupfuls of strawberries and cook them with one and one-half cupfuls of granulated sugar until they are thick. When thoroughly cool, stir in four finely crushed lady fingers. Beat this mixture, a spoonful at a time, into the stiffly beaten whites of four eggs. Line a mold with blanched almonds, and fill it with the mixture; place in pan of boiling water, and bake in the oven for one-half hour. When cool, invert on dish and serve with cream.

### STRAWBERRY AND MACARON ICE

Sprinkle one box strawberries with one cupful sugar, cover and let stand two hours. Mash, squeeze through cheesecloth and add juice of one lemon and a few grains salt. Pour into a quart brick mold, adding enough cold water to half fill the mold. Mix one-half pint heavy cream and one-third cupful milk and beat until stiff. Add one-third cupful powdered sugar, two-thirds cupful rolled macaroon drops, one-half tablespoonful vanilla, and a few grains salt. Pour on enough strawberry juice to overflow the mold, cover with buttered paper and with the tin cover. Pack in equal parts of ice and salt and let stand three hours.

**STRAWBERRY MOUSSE**

Soak one teaspoonful of gelatin in a little cold water; when soft, dissolve in a little hot water. Mash and put through a vegetable strainer one box of strawberries sweetened to taste; put in bottom of covered mold. Whip, sweeten and flavor with one-half teaspoonful of vanilla, one cupful of cream and put on top of berries. Cover with paraffin paper before putting on cover. Pack in ice and salt and let stand about six hours.

**STRAWBERRY AND RHUBARB CONSERVE**

One quart of strawberries, one-half box of chopped seeded raisins, one pound of white sugar, one-fourth pound of nut meats chopped, pulp and grated rind of two oranges, two quarts of cut-up rhubarb. Put all together in a saucepan (save nuts) and cook slowly one-half hour, then add nuts. Mix well. Put in jelly glasses and cover with paraffin.

**STRAWBERRY JAM**

4 pounds of strawberries  
2½ pounds of sugar

Hull and mash the berries; add sugar, cook thirty minutes, stirring very often. When thick turn into jelly glasses and cover.

## STRAWBERRY SHORTCAKE

2 cupfuls flour	3 tablespoonfuls butter
$\frac{1}{2}$ teaspoonful salt	3 tablespoonfuls lard
3 teaspoonfuls baking powder	1 cupful milk

Mix and sift dry ingredients; add butter and lard and chop until well blended; add milk. When well mixed, spread evenly on a large greased pie tin. Bake ten or fifteen minutes in a hot oven. Heat a knife in hot water and split the cake; have ready the following filling: Sift one cupful of sugar through one quart of berries; let stand for some little time to melt the sugar. Take out one cupful of this for the sauce. Butter the shortcake and put half the berries and sugar between and the other half on top. Serve warm.

Sauce: One cupful each of berries and sugar, one and one-half cupfuls cream or top of the bottle. Beat all together and serve with the shortcake.

## STRAWBERRY WHIP

2 cupfuls strawberries	2 egg whites
1 cupful powdered sugar	$\frac{1}{4}$ teaspoonful salt
	1 tablespoonful lemon juice

Crush the berries; add the sugar and lemon juice. Beat eggs until stiff and continue beating while adding strawberry mixture.

## XIX. GOOSEBERRIES

### GOOSEBERRY CREAM

1 pint gooseberries	3 egg yolks
1 cupful granulated sugar	$\frac{1}{3}$ cupful sugar
$\frac{1}{2}$ cupful water	$\frac{1}{4}$ teaspoonful orange ex- tract
1 pint milk	whipped cream

Stew the gooseberries and the cupful of sugar and water together till soft, then strain. Make a boiled custard of the milk, egg yolks, remaining sugar, and flavoring, stir in the gooseberries, chill, and serve very cold in a deep glass dish with the whipped cream piled on top.

### PRESERVED GOOSEBERRIES

Twelve pounds of gooseberries, eight pounds of sugar, one quart of water. Let the sugar and water boil twenty minutes, stir in the fruit and cook gently until fruit is tender, stir as little as possible and do not boil. Seal while hot.

### SPICED GOOSEBERRIES

Cap and stem five pounds of gooseberries, add four pounds of sugar, one pint of cider vinegar and two tablespoonfuls each of ground cinnamon and

cloves. Cook slowly for two hours, stirring frequently to prevent burning, turn into jelly glasses and seal with paraffin when cold.

### **GOOSEBERRY AND CURRANT JAM**

To a gallon of gooseberries use one quart of red currant juice prepared as for jelly and six pounds of sugar. Make a syrup with the currant juice and the sugar; then add the gooseberries that have been stemmed and tailed. Simmer slowly until the berries are a clear red color, then fill into glass jars. Boil the juice down to the jelly stage, and pour over the fruit and seal.

### **BAR-LE-DUC GOOSEBERRIES AND CURRANTS**

Take an equal quantity of gooseberries and currants, and to each pound of the fruit allow an equal quantity of sugar. Add just enough water to the sugar to dissolve it, and boil to the consistency of honey; then add the currants and gooseberries and boil the juice to a thick jelly-like syrup, or until it coats the skimmer; pour into jelly-glasses or pint jars, and seal. Either currants or gooseberries may be used alone.

### **GOOSEBERRY-PINEAPPLE**

Use one medium-sized pineapple to each two quarts of gooseberries and about four pounds of sugar. Carefully prepare the fruit. Add enough water to dissolve the sugar, boil to the consistency



of honey, add the fruits and simmer slowly for several minutes. Boil the syrup until it thickens, and pour over the fruit. Fill the fruit into jars, and seal.

### GOOSEBERRY FOOL

Stew one quart of gooseberries in the smallest possible amount of water. When soft, rub them through a sieve to remove the skins. Press hard so that every bit of the pulp will go through. Add sugar to make as sweet as desired, and to every pint of pulp add very slowly one pint of cream or rich milk. Serve very cold with delicate cake.

### GOOSEBERRY PUDDING (BOILED)

Line a pudding dish with rich biscuit crust rolled one-half inch thick. Fill with uncooked gooseberries, liberally sprinkled with brown sugar, and cover with a top crust. Pinch the edges of the crusts well together, tie over it a floured cloth, and boil for two and a half hours in water which must not cease boiling from the moment the pudding is put in until it is done. Serve with sweet sauce.

### GOOSEBERRY ICE

Cook one quart of gooseberries in one pint of water, sweeten to taste and strain. Add six lemons, two quarts of water, sugar enough to sweeten, and freeze slightly. Add the beaten whites of four eggs or one pint of cream and finish freezing.

### GOOSEBERRY CONSERVE

Five pounds of gooseberries, four pounds sugar, one and one-half pounds of seedless raisins, juice and chopped rind of four oranges. Boil about forty-five minutes or until it is the consistency of jam.

### GOOSEBERRY PUDDING

Cut the tops and stems from a quart of gooseberries, add one cupful of water and simmer until soft, then drain off the water and rub the berries through a colander. Put two cupfuls of the pulp in a double boiler, add the beaten yolks of four eggs and one cupful of sugar, stir until thick, remove from the fire, stir in the stiffly beaten whites and flavor with two tablespoonfuls of orange flower water. Serve cold.

### GOOSEBERRY SOUFFLÉ

Boil one quart of fine gooseberries in just enough water to keep from burning. When soft, press through a sieve. Beat in the whites of five eggs which have been whipped to a stiff froth with half a pound of powdered sugar. Flavor with nutmeg and lemon. When very stiff, whip lightly in the stiffly whipped whites of three more eggs, and set the dish in a hot oven for five minutes before serving.

**GOOSEBERRY BREAD PUDDING**

Stew one quart of gooseberries until soft; mash to a pulp, and add two cupfuls of sugar, one cupful of bread crumbs, the yolks of four eggs and the whites of two beaten separately, and a tablespoonful of butter. Bake in a moderate oven for twenty minutes. Then remove to the edge of the oven and spread over the top a meringue made with the whites of two eggs and two tablespoonfuls of powdered sugar. Return to the oven again and brown very delicately with the oven door partly open.

**GOOSEBERRY SPONGE**

Soak one-half box of gelatin in half a cupful of cold water for one hour. Cook one quart of gooseberries in a very little water until soft. Press them through a sieve, and sweeten with half a cupful of sugar. Boil one cupful of sugar with one cupful of water for twenty minutes. Add the soaked gelatin to the boiling syrup, and stir until it is all dissolved. Remove from the fire and add the gooseberry pulp. Turn into a bowl and set this in a pan of cracked ice. Whip with an egg beater for five minutes or until it begins to thicken. Then beat in the stiffly whipped whites of four eggs, and whip until it is quite stiff. Pour into wetted molds and set on ice. When time to serve, turn out on a glass dish, and serve with whipped cream.

**GOOSEBERRY MERINGUE**

Cut off the tops and stems from one quart of gooseberries, cook them in one cupful of water until tender. Press through a colander to remove the skins, place over boiling water, stir in two teaspoonfuls of butter, one and one-half cupfuls of sugar and the beaten yolks of three eggs and cook and stir until the eggs are set. Turn into a dish, cover with the whites of the eggs beaten until stiff and sweetened with three tablespoonfuls of sugar and brown delicately in the oven. Serve cold.

**STEWED GOOSEBERRIES**

. Cut the tops and stems from one quart of gooseberries, add one cupful of water and two cupfuls of sugar and cook very gently until soft.

## XX. ELDERBERRIES

### ELDERBERRY WITH APPLE FOR JELLY

Cut up apple peelings and cores and cover them with hot water ; then remove the coarse stems from about one-third as many elderberries and place them on top of apples, stew and proceed as for any apple jelly.

### ELDER BLOSSOM WINE

Allow a gallon of water to each quart of stripped flowers, and to each gallon of water three pounds of sugar. Make a syrup of the sugar and water, skimming well, and pour while boiling hot over the flowers. For each gallon of this liquid add the juice of one lemon and a heaping dessertspoonful "home brewed" hop yeast, stirring thoroughly. Place in an earthen receptacle, cover with a heavy cloth and let ferment three days. Strain and add the beaten white of one egg, stirring it well through the liquid. Allow for each gallon of wine a little over a pound of raisins, chopping them and placing them on the bottom of the cask, pour over the liquid, close the bung and in six months it will be found ready for use.

**ELDERBERRY WINE**

Extract the juice; for every quart of juice add two quarts of water and three pounds of sugar. Put in boiler and bring to a boil, add sugar, let boil ten minutes, put in jugs. Fill every day until it stops working. Have enough left to refill as it works away.

## XXI. CRANBERRIES

### CRANBERRY MARMALADE. TO SERVE WITH MEATS

Wash three quarts of cranberries, barely cover with water and cook until the berries are tender. Press through a sieve and add to this juice and pulp six pounds of warm sugar, two pounds of seeded and chopped raisins and four large, very clean oranges. The oranges should be minced fine, thus using skin and pulp, but the seeds should be picked out. Cook until thick and turn into glass jars. The orange skins must be cooked until thoroughly tender.

### FROZEN CRANBERRIES

4 cupfuls cranberries	2 cupfuls boiling water
$\frac{2}{3}$ cupful seeded raisins	juice one orange
$2\frac{1}{2}$ cupfuls sugar	juice $\frac{1}{2}$ lemon

Cut raisins in halves, add to cranberries with sugar and water and cook fifteen minutes, skimming when necessary. Add fruit-juices, rub through a purée-strainer, cool and freeze to a mush, using three parts of ice to one part of salt.

**SPICED CRANBERRIES**

2 quarts cranberries	2 tablespoonfuls ground
$\frac{2}{3}$ pint vinegar	cinnamon
$\frac{2}{3}$ cupful water	1 tablespoonful ground
6 cupfuls sugar	cloves
1 tablespoonful allspice	

Combine the ingredients, boil gently for forty-five minutes, and put up as usual in jars or glasses.

**CRANBERRYADE**

One quart of cold water, one quart of cranberries, the juice of two lemons, the juice of two oranges and one and a half cupfuls of sugar. Cook the cranberries in water till they burst, add the sugar, boil one minute, cool, strain, add the fruit juice and dilute to the desired strength with cold water.

**CRANBERRY PUDDING**

Two cupfuls cranberries, one cupful seeded raisins, one cupful dry breadcrumbs, one and one-half cupfuls flour, three-quarters cupful honey, one teaspoonful salt, one cupful beef suet, one teaspoonful cinnamon, one-half cupful water. Cut the cranberries in halves, put in bowl, add the crumbs, flour and suet, put through the food chopper or chop on board, add raisins, which have been floured, honey and salt. Mix all well together, add water enough to hold together. Brush mold with butter, put in mixture, cover and boil slowly one and one-



half hours. Or the mold can be set in a pan of water, covered and put in oven two hours.

### CRANBERRY JELLY

Pick over and wash four cupfuls of cranberries. Put them in a saucepan with two cupfuls of boiling water and boil twenty minutes. Rub through a sieve, add two cupfuls of sugar and cook five minutes. Turn into a mold or jelly glasses.

### CRANBERRY PIE

Into a saucepan put one and a half cupfuls of cranberries, three-quarters of a cupful of sugar, one-half cupful of water. Cook ten minutes. Cool and bake in one crust with a rim and strips across.

### STEAMED CRANBERRY PUDDING

½ cupful butter	1¼ tablespoonfuls baking
1 cupful sugar	powder
3 eggs	½ cupful milk
3½ cupfuls flour	1½ cupfuls cranberries

Cream the butter, add the sugar gradually, and eggs well beaten. Mix and sift flour and baking powder and add alternately with milk to first mixture. Stir in the berries, turn into buttered mold, cover and steam three hours. Serve with cream.

### CRANBERRY PUFFS

2 cupfuls cranberries	1 cupful milk
2 cupfuls flour	4 teaspoonfuls baking
4 tablespoonfuls shortening	powder
2 eggs	1 teaspoonful salt

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Mix and sift dry ingredients, add shortening and chop until mealy, add well-beaten eggs and cranberries. Pour into pop-over bowls and steam an hour and a half. Serve with hard sauce.

## XXII. CURRANTS

### CURRANT PIE NO. 1

Two cupfuls of currants and one cupful of sugar. Cook one minute and add one teaspoonful of vanilla. Pour into a deep pie plate with crust, sprinkle with flour and cover with top crust.

### BAR-LE-DUC CURRANT JELLY

Clean and pick overripe currants, detaching the stems; to each pound of fruit allow a pound of granulated sugar. Pour the sugar on the currants, set in a cool place and let them stand over night. Next morning turn the berries carefully into a colander so as not to break them and let the juice drip from them. If the mixture is too thick to let the juice flow freely add a little water. Put the syrup over the fire and cook steadily for half an hour. Drop in the currants and cook slowly for fifteen minutes. Put up in jelly glasses or small jars. This is nearly as good as the imported bar-le-duc, and is better at the end of a few months than when first made.

### CURRANT PIE NO. 2

2 eggs	1 cupful mashed currants
1 cupful sugar	2 tablespoonfuls granulated
1 tablespoonful flour	sugar
2 tablespoonfuls water	

Fill a pie plate with crust with the following mixture: Beat the egg yolks with the sugar and add the flour, water and currants, which have been washed, stemmed and mashed. Mix thoroughly and bake until done. When cool cover with a meringue made by beating the whites of the eggs very stiff, adding gradually with the egg beater the sugar. Put in a moderate oven for about eight minutes.

### SPICED CURRANTS

4 quarts fresh currants	1 tablespoonful liquid all-
8 cupfuls sugar	spice
1 pint vinegar, medium	1 tablespoonful liquid
strength	cloves
	1 tablespoonful liquid cin-
	namon extract

Mix together the sugar and vinegar and let boil for ten minutes. Then add the extracts. The currants should be picked from the stem, washed and drained. Put about a half cupful at a time into the boiling syrup, then skim out and continue in this way until all are cooked. Remove any scum that may arise. After all the fruit is cooked, boil the syrup down until so rich and thick that it almost jellies, add the fruit again, let come to a boil, and seal in sterilized glasses. This is delicious with cold meats, and if diluted with crushed ice and ice water, makes a delicious currant drink.

### CURRANT ICE

Boil two cupfuls of sugar and one cupful of water until it spins a thread, remove from the fire,

add three cupfuls of currant juice, strain, chill, turn into the freezer, pack in salt and ice, and partially freeze. Beat the whites of two eggs until stiff, fold in two tablespoonfuls of powdered sugar and add to the first mixture. Continue freezing until solid and let stand two hours to ripen.

### BLACK CURRANT PUDDING

Make a biscuit batter and roll about one-fourth inch thick. Wash currants and shake, so just a little water is left on them. Place in baking dish, insert a cup or bowl (according to amount of fruit) in center of dish, add sugar to taste, lay on crust and bake. When done remove cup at table and the juice which has cooked into cup instead of over crust is like wine sauce.

### CURRANT CROQUETTES

Pour one cupful of hot milk over two cupfuls stale cake crumbs, stir and cook over boiling water for five minutes, then add one-half cupful of currants, one-half cupful of chopped nut meats and one-eighth teaspoonful of salt. Remove from the fire, add immediately the beaten yolks of two eggs, flavor with one teaspoonful of vanilla and spread on a buttered plate to cool. Shape into croquettes, roll in fine crumbs, dip in beaten egg, roll again in crumbs and fry in deep hot fat. Serve with sauce.

### CURRENT RELISH

Five cupfuls of clear red currant juice, four cupfuls of white sugar, pinch of salt, two cupfuls of stoned raisins, the grated yellow rinds of two oranges and the juice and pulp of the oranges. Boil about twenty minutes and skim carefully. If the raisins and juice look clear and rich it is cooked enough. Put in jars and seal.

### A CURRENT PUNCH

Put in a saucepan one cupful of sugar, three quarts of water and two tumblers of red currant jelly. Let it boil until the jelly is thoroughly dissolved, then add the juice of three oranges and three lemons. Strain into a punch bowl and add to the beverage a large piece of ice. Scatter over the top of the punch a handful of ripe red currants stripped from their stems.

### CURRENT MERINGUE PIE

Mix one cupful sugar and one fourth cupful flour, add yolks of two eggs, slightly beaten and diluted with two tablespoonfuls water. Wash currants, drain, and remove stems. Add one cupful to the first mixture, bake in one crust; cool, and cover with

Meringue: Beat the whites of two eggs until stiff. Continue beating while adding gradually two tablespoonfuls powdered sugar. Add one-half

tablespoonful lemon juice, spread on pie and bake fifteen minutes in a slow oven.

### RED CURRANT WINE

One quart of water to each quart of juice. One pound of sugar to each quart of syrup. Crush the currants by rubbing them through a fine hair sieve, measure the juice, and add as much water; then pour over the sugar, allowing one pound to each quart; let this stand all night to dissolve; put into stone bottles, and as it works over refill the bottles for two or three days. Put it in a warm place for three weeks, and then lightly cork until it stops fermenting, then cork firmly, and watch that they do not fly; bottle in six months, taking care not to disturb the sediment at the bottom. The longer it stands before bottling the better.

## XXIII. GRAPES

### SPICED GRAPES

Seven pounds of grapes, four pounds of sugar, one pint of vinegar, one tablespoonful each of cinnamon and cloves, one teaspoonful allspice. Boil slowly two hours and put into jars.

### GRAPE CUP

Either Malaga or Concord grapes may be used. Crush three pounds of grapes, add four whole cloves, a scant teacupful of sugar, the juice of four oranges with a little of the grated rind and a leaf or two of lemon verbena. Bring to boiling point, cool, and let it stand in the ice chest to ripen for two or three hours. When ready to use press through a sieve, stirring in the stiffly beaten whites of three eggs, a quart of unfermented grape juice and a pint of seltzer; turn into a glass pitcher filled a quarter of its depth with pounded ice, and serve in tumblers.

### MALAGA GRAPE SALAD

Remove skin and seeds from Malaga grapes and add an equal quantity of English walnuts or pecans broken in pieces. Serve on lettuce leaves with



French dressing and garnish with maraschino cherries.

### GRAPE FLUFF

Soften half a tablespoonful of granulated gelatin in a couple of tablespoonfuls of cold water: add half a cupful of boiling water, and dissolve. Add a quarter of a cupful of sugar, juice of half a lemon, and a quarter of a cupful of grape juice; strain, pour into a wet mold, and when firm force through a potato ricer. Serve very cold.

### GRAPE MERINGUE TART

Make a rich pastry as for pie and line with it a deep tart or pudding form. Chill, brush with white of egg, prick with a fork and bake. Beat the whites of four eggs to a stiff, dry froth, add a cupful of sugar, vanilla to flavor and then gently incorporate two cupfuls of grapes. Drop by the spoonful into the baked shell and bake in a slow oven until the meringue seems firm to the touch.

### GRAPE JUICE

Ten pounds of grapes, three pounds of sugar, one cupful of water. Pick the grapes from the stems and wash clean; put them on the stove in a kettle with a little water, and cook until tender. Strain through a flannel bag. Do not squeeze it. Return juice to the kettle, add sugar and boil five minutes. Seal in glass jars when boiling hot. Slant

the jars when filling to prevent cracking. When serving add nearly the same amount of water.

### GRAPE CATSUP

To five pounds of grapes take one pint of vinegar, cook until it can be strained through a sieve. To the juice add two pounds of sugar, one teaspoonful of black pepper, one teaspoonful of cloves, one teaspoonful of salt and one tablespoonful of cinnamon. Cook down to about two quarts.

### GRAPE JUICE JELLY

Soak an envelope of granulated gelatin in half a cupful of cold water for five minutes, then dissolve it and three-quarters of a cupful of granulated sugar in two cupfuls of boiling water and a cupful of grape juice. Let cool somewhat, then add a cupful of skinned, seeded and halved Malaga grapes. Turn into a mold wet with ice water and stand in the refrigerator or very cold place overnight. Serve with plain cream.

### GREEN GRAPE JELLY

Pick the grapes when just beginning to turn. Pick them over, wash and remove stems; put into preserving kettle. Heat to boiling point, mash and boil thirty minutes. Strain through a coarse strainer, then allow juice to drop through a double thickness of cheesecloth or a jelly bag. Measure, bring to boiling point and boil five minutes; add an

equal measure of heated sugar, boil two minutes, skim and pour into glasses. Place in a sunny window and let stand twenty-four hours. Cover and keep in a cool, dry place.

### GRAPE WINE

Twenty pounds of grapes, ten pounds of sugar, six quarts of boiling water. Mash the grapes in a stone jar, pour on them the boiling water and let it stand three days, covering the jar to keep out dust. Strain the fruit and juice through cheesecloth bag, return the juice to the jar, add the sugar and let it remain until fermentation has ceased. Take off the screen, strain the juice and bottle tightly, pouring melted sealing wax on the corks. Lay the bottles on their sides in a cool place.

### SPLICED GRAPE JELLY

Set the stemmed grapes in the oven until well heated through. The fruit should be well colored, but not ripe. Crush and strain the juice through double cheesecloth, measure and set aside a cupful of sugar for every pint of juice and add half a teaspoonful of cinnamon and cloves. Boil the juice rapidly twenty minutes, add the sugar hot and the spices. Boil ten minutes or until it jellies.

### GRAPE COCKTAILS

Place in each glass three tablespoonfuls of the grape pulp, add one tablespoonful of diced sweet

pear and cover with chilled grape juice. (Individual portion.)

### GRAPE MARMALADE

Pick over, wash, drain, and remove stems from grapes. Separate pulp from skins. Put pulp in preserving kettle, heat to boiling point and cook slowly until seeds separate from pulp, then rub through a hair sieve. Return to kettle with skins, add an equal measure of sugar and cook slowly thirty minutes, occasionally stirring to prevent burning. Put in a stone jar or tumblers.

### GRAPE SPONGE PUDDING

Make grape juice by washing purple grapes, then mash or pulp them and cook slowly till soft, then strain. Take one cupful grape juice, one cupful water, boil and thicken with two heaping tablespoonfuls of cornstarch and pinch of salt, wet with a little cold water, add one-half cupful sugar and stir constantly until thick. Let it cook (in double boiler) while beating the whites of two eggs to a stiff froth, then pour the hot mixture onto the eggs. Mix well. Serve cold, with custard sauce made with yolks of two eggs, two heaping tablespoonfuls of sugar, one even tablespoonful of sifted pastry flour, one-quarter teaspoonful of salt and one pint of hot milk. Cook till thickened, stirring constantly.

**GRAPE CRAB-APPLE PRESERVE**

To each two pounds of grapes use one pound of crab-apples. Stew the grapes and the crab-apples until soft, then pass through a sieve. To each pint of pulp add one cupful of sugar and one-half teaspoonful of cinnamon, if liked. Simmer slowly until of the right consistency for preserve or jam.

**GRAPE SHERBET**

One quart of milk, one pound of sugar, one cupful of grape juice, the juice of one lemon. Mix and freeze.

**GRAPE JUICE FRAPPÉ**

1 quart of grape juice	2 large lemons
1 quart of water	1½ cupfuls sugar
juice of 4 oranges	½ pint cream

Mix and pour into the can of the freezer. Churn until half frozen. Serve in punch cups. Decorate with whipped cream. The cream should be sweetened only a little if at all. This is sufficient for sixteen small glasses.

**GRAPE JELLY**

Pick grapes from stems and wash. Put grapes into boiling water. Let boil until soft and seeds are free; then strain and measure juice. Put juice to boil. Have the same amount of sugar in a deep bowl. Try a spoonful of juice and the same of sugar and see if it will jelly by stirring together.

If so, pour juice on the sugar in dish and keep stirring. When the sugar is all dissolved it will thicken; then pour into glasses. All jellies can be made this way. If when you try the little sugar and juice together it does not jelly boil the juice a little longer and try again.

### MALAGA GRAPE TARTS

Boil two cupfuls of water and one cupful of sugar five minutes, add one-half box of gelatin softened in one-half cupful of cold water, stir until dissolved, then add the grated rind of one lemon and the juice of three, let stand five minutes and strain. Partly fill baked pastry shells with Malaga grapes from which the skins and seeds have been removed, pour in the jelly when it begins to stiffen and place on ice until firm.

## XXIV. CHERRIES

### CHERRY WATER ICE

Weigh the fruit and sugar; allow a pound and a half of loaf sugar to each pound of fruit, half of a pint of water and the white of one egg. Stone the cherries before weighing, place them in a preserving kettle on the back of the range, letting them stand until the juice starts freely, but do not boil. When ready turn into a jelly bag and press thoroughly. Combine the sugar, water and whites of eggs, let these boil, skimming occasionally until rich and transparent. Remove from the fire, add the juice, pack in a freezer and treat the same as ice-cream.

### CHERRY BAVARIAN CREAM

Soak one-quarter of a box of granulated gelatin in one-third of a cupful of cold water, then set over hot water until melted. Whip one pint of very heavy cream to a solid froth, keeping it very cold. Gradually and lightly stir into it one-third of a cupful of powdered sugar and the melted gelatin. As the mixture thickens add gradually one teaspoonful of vanilla, and two-thirds of a cupful of candied cherries which have been cut fine. Turn into in-

dividual molds or one large one and set away to stiffen.

### CHERRY SHORTCAKE

Pit one quart of fine sweet cherries, cut them in halves with a silver knife, sprinkle generously with sugar and let stand one hour. Sift one pint of flour with one-half teaspoonful of salt and two teaspoonfuls of baking powder, rub in one tablespoonful each of butter and lard, then add one egg well beaten and mixed with enough milk to make a soft dough. Roll out half an inch thick, spread with softened butter and bake in a biscuit pan in two layers. When done spread the prepared cherries between the layers and over the top.

### FROZEN CHERRY PUDDING

3 cupfuls of milk	1½ cupfuls of sugar
½ cupful of rice	½ teaspoonful of salt
3 cupfuls of fresh cherries	

Put the milk in the top of a double boiler; add the well-washed rice, and steam for one hour and a half. Add the sugar and salt. Wash and pit the cherries; chop fine, or put through a food chopper. When the rice is cold add the cherries, and freeze at once. The amount of sugar must be guided by the kind of cherry used.

### CHERRY PIE

1 quart sour cherries	few drops almond extract
1 cupful granulated sugar	3 tablespoonfuls flour
few grains salt	rich pie crust



Mix together the sugar, salt, and flour, line a pie-plate with pastry, spread over half of the sugar, place on the cherries, which should be pitted, add extract, and sprinkle the rest of the sugar mixture over the cherries. Wet the lower crust around the edge, put the upper crust in place, press firmly together, and then loosen from the pie-pan. Bake for ten minutes in a rather quick oven, then reduce heat and cook slowly for a half hour longer.

### CHERRY WINE

Take four quarts of fruit, either sweet or sour, place in a mortar and slightly bruise without crushing the stones. To this add three quarts of water and let stand in a jar forty-eight hours. Strain, and to each four quarts of juice add three and one-half pounds of sugar if the fruit is acid, or three pounds if sweet. Fill into jugs, reserving a bottle of the liquid with which to keep the jars filled while fermenting. The openings of the jars should be kept covered with a thin cloth. After the fermentation ceases, cork tightly and keep in a cool place for three months; then drain off carefully and bottle.

### CRUSHED CHERRY CUP

Cover three cupfuls of cherries with sugar and let them stand for two hours. Add to them the juice and pulp of two lemons, a shredded pineapple and one-half pound of chopped marshmallows. Sweeten again if necessary. Serve in sherbet glasses after the fruit has been well chilled.

**CHERRY CORDIAL**

Two quarts cherries, three pounds sugar, put into a gallon jug, which is then filled with cold water. Tie a piece of cheesecloth over top and put away for six months or more, then bottle.

**CHERRY PUFFS**

½ cupful butter	1 cupful milk
2 tablespoonfuls sugar	2 tablespoonfuls baking powder
1 cupful pitted cherries	
1 egg	2 cupfuls flour

Cream butter and sugar, and add the beaten egg, then the milk and flour sifted with baking powder and last of all the cherries. This makes six large puffs. Put into buttered cups and steam one-half to three-quarters of an hour. Serve with a sauce.

**CHERRY GELATIN**

Soak one tablespoonful granulated gelatin in one-fourth cupful cold water, dissolve in one-fourth cupful boiling water, and add one and one-half cupfuls cherries, which have been stoned, cooked and sweetened to taste, and one-half cupful juice. When mixture begins to thicken, add the stiffly beaten whites of two eggs and a few grains salt. Turn into a mold, first dipped in cold water, and chill. Serve with cream.

**CHERRY PUDDING NO. 1**

Butter a mold and fill two-thirds full ripe cherries. Make a batter of one-quarter cupful butter, one-half cupful sugar, one well beaten egg, one-half cupful milk, one and one-half cupfuls sifted flour, three teaspoonfuls baking powder and a little salt. Beat until light, pour over cherries in mold, put on tight fitted cover and steam one and one-half hours. Serve with sauce made as follows: Cream one-third cupful of butter, one cupful powdered sugar, add beaten white of an egg and one-quarter cupful of strained cherry juice.

**CHERRY PUDDING NO. 2**

Beat one egg yolk until light, add one-third cupful sugar, beat, and add two tablespoonfuls melted butter. Mix, and sift twice, one and one-fourth cupfuls flour, two teaspoonfuls baking powder and one-fourth teaspoonful salt. Add alternately with one-half cupful milk to first mixture. Stir in one cupful cherries, stoned and cut in halves. Turn into a buttered and floured cake-pan and bake. Serve with two cupfuls hot stewed and stoned cherries, sweetened to taste and hard sauce.

Hard sauce: Cream one-third cupful butter, add gradually one cupful powdered sugar, then carefully fold in one egg white, beaten stiff, and one-half cup beaten cream. Flavor with one-half teaspoonful vanilla.

**PICKLED CHERRIES**

Pour three cupfuls of vinegar into a sauce-pan, add one-half cupful of brown sugar, one tablespoonful of whole cloves and twelve blades of mace, boil five minutes, cool and strain. Fill glass jars with three quarts of firm sour cherries, pour in the spiced vinegar and seal at once. Do not stone the cherries.

**SPICED CHERRIES**

1 pound pitted cherries	$\frac{1}{2}$ teaspoonful whole cloves
$\frac{1}{2}$ cupful cider vinegar	$\frac{1}{2}$ teaspoonful whole cinnamon
$\frac{1}{2}$ pound brown sugar	

Heat all but fruit to boiling point and drop in pitted cherries. Cook fifteen minutes, fill glasses, and pour over hot spiced syrup. Seal.

**CHERRY AND CURRANT JAM**

3 quarts red cherries	sugar equal in measure to
1 quart currants	the combined fruits

Pit the cherries, stem the currants and mix thoroughly with the sugar. Add one tablespoonful or more, according to the taste, of the cherry pit meats. Boil for fifteen or twenty minutes and pour into jelly glasses, leaving a few of the pits in each jar. This is excellent with steamed puddings.

**FROSTED CHERRIES**

Select firm, ripe cherries having the stems attached, drop them into the white of an egg beaten

to a foam, roll in powdered sugar and chill thoroughly on ice.

### CHERRY DUFF

4 cupfuls pitted cherries	4 teaspoonfuls baking powder
2 cupfuls sugar	1 teaspoonful salt
1 teaspoonful vinegar	$\frac{3}{4}$ cupful milk
1 tablespoonful butter	2 cupfuls flour

Mix flour, baking powder and salt; add butter; mix until mealy; add milk. Put sugar, cherries and vinegar in bottom of buttered baking dish. Cover with flour mixture and steam forty-five minutes. Serve in dish in which it is cooked.

### CHERRY SAUCE

1 $\frac{1}{2}$ cupfuls pitted cherries	$\frac{1}{2}$ glass currant jelly juice
$\frac{1}{2}$ cupful water	and rind of $\frac{1}{2}$ lemon
$\frac{1}{2}$ cupful sugar	1 inch stick cinnamon

Cook all ingredients until syrupy. Strain and serve.

### PRESERVED CHERRIES

4 pounds cherries
4 pounds sugar

Wash cherries, remove stems and stones. Cover cherries with sugar, let stand two hours; then set on stove, and bring slowly to the boiling point. Cook until cherries are tender. Fill jars first with cherries, then with syrup. Seal.

## CANNED CHERRIES

4 pounds cherries  
1½ pounds sugar

Place cherries and sugar in preserving kettle and let stand two hours. Cook until tender, fill sterilized jars and seal.

## CHERRY CROQUETTES

2 cupfuls scalded milk	¼ cupful cold milk
¼ cupful cornstarch	yolks of 3 eggs
¼ cupful flour	½ cupful maraschino cherries cut in halves
½ cupful sugar	
¼ teaspoonful salt	

Mix cornstarch, flour, sugar and salt. Dilute with cold milk and add beaten yolks, then add gradually to scalded milk and cook fifteen minutes in double boiler. Add cherries, pour into a buttered shallow pan and cool. Turn on a board, cut in pieces, dip in flour, egg and crumbs, fry in deep fat and drain. Serve with sauce.

## MARASCHINO SAUCE

¾ cupful boiling water	¼ cupful Maraschino cherries
⅓ cupful sugar	
2 tablespoonfuls cornstarch	½ cupful Maraschino syrup
½ tablespoonful butter	

Mix sugar and cornstarch, add gradually to boiling water, stirring constantly. Boil five minutes, and add cherries, syrup and butter.

**CHERRY SALAD**

Pit the cherries, leaving as near whole as possible. Take slices of canned pineapple and arrange on lettuce leaves, the cherries to be piled on the slices of pineapple. Pour a French dressing over and serve very cold.

**COTTAGE CHEESE AND CHERRY DESSERT**

Arrange lady fingers or slices of plain cake on a dish with deep sides. Fill the center with cottage cheese to which has been added a pint jar of preserved cherries drained dry. These should be arranged as in a charlotte russe.





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