

TX 715
.D481
Copy 1

A Little Book of Practical Cookery



By
Herr
Edward
Detlefs

PRICE
50 CENTS



A LITTLE BOOK
OF
PRACTICAL COOKERY

BY ✓
HERR EDWARD DETLEFS



SPECIAL RATES GIVEN TO CLASSES
GOTTEN UP FOR THE BENEFIT OF
CHURCHES, CLUBS, OR CHARITIES

ADDRESS:
PROF. EDWARD G. DETLEFS

P. O. BOX 63, DANVILLE, ILL.

1900

32685

Library of Congress
TWO COPIES RECEIVED
AUG 9 1900
Copyright entry
Aug. 9, 1900
No. *A. 19850*
SECOND COPY.
Delivered to
ORDER DIVISION,
AUG 20 1900

7713
481

68233

Copyright, 1900,

BY

HERR EDWARD DETLEFS

uu



CONTENTS

PART		PAGES
	I. SOUPS.....	5-8
“	II. MEATS AND ENTRÉES.....	9-17
“	III. MEAT AND FISH SAUCES.....	18-20
“	IV. FISH AND GAME.....	21-23
“	V. VEGETABLES.....	24-28
“	VI. EGG DISHES.....	29-32
“	VII. SALADS AND SALAD DRESSINGS.....	33-36
“	VIII. BREAD, MUFFINS, AND GRIDDLE CAKES.....	37-39
“	IX. PASTRY.....	41-43
“	X. PUDDINGS AND PUDDING SAUCES.....	45-51
“	XI. CAKES.....	52-58
“	XII. CAKE FROSTINGS AND FILLINGS.....	59-61
“	XIII. COLD AND FROZEN DESSERTS.....	62-66
		(iii)

PART I

SOUPS

ASPARAGUS SOUP

OPEN a can of asparagus, turn out contents, lay in a colander, and rinse thoroughly in cold water. Drain, cut off the points, and put the stalks in a saucepan with 1 quart of the stock; simmer until very tender and rub through a fine sieve. Return to the fire, add 1 heaping tablespoonful butter and 2 heaping tablespoonfuls flour rubbed together to a paste; stir constantly until the soup is slightly thickened; season to taste and simmer for five minutes. Add $\frac{1}{2}$ cup hot cream and the points; stir in 1 cup whipped cream, and take at once from the fire.

TOMATO SOUP

ONE can tomatoes, 1 pint water, 4 peppercorns, 1 bay leaf, 4 cloves, 1 teaspoonful salt, a pinch of mace, and 1 dessert-spoonful sugar; cook and strain,

then thicken with 2 tablespoonfuls butter and $1\frac{1}{2}$ tablespoonfuls flour.

CREAM OF LIMA BEAN SOUP

SOAK 1 cup of dried Lima beans over night; drain and add 3 pints cold water; cook until tender and rub through a sieve. Cut 2 slices onion and 4 slices carrot into dice and cook in 2 tablespoonfuls butter until yellow; add 1 cup milk, 2 tablespoonfuls flour, 1 teaspoonful salt, and $\frac{1}{2}$ teaspoonful pepper. Stir this into the boiling soup.

CREAM OF LETTUCE SOUP

COOK 4 heads of lettuce in boiling salted water for ten minutes; drain and throw into a pan of cold water. In five minutes drain, chop fine, and rub through a sieve. Melt 2 tablespoonfuls butter, add 2 tablespoonfuls flour, and blend well; add gradually 1 quart milk and stir until thickened. Add the lettuce pulp which has been thinned with a little of this sauce, season with salt and pepper, and simmer five minutes. Serve with croutons.

WHITE SOUP STOCK

TAKE 4 pounds of the knuckle of veal and cut the meat into small pieces. Crack the bone and put into the soup kettle with the meat, 2 stalks celery, 2

small onions, 1 level tablespoonful salt, and 6 peppercorns. Cover with 3 quarts cold water. Set where it will heat slowly and skim every bit that rises to the surface. Let it simmer slowly for five or six hours; strain and when cold remove the fat. If possible make the day before using. This is the foundation for velvet and cream soups.

CREAM OF CELERY SOUP

ONE pint white stock, 1 head celery; cook together for twenty minutes. Add 1 cup milk and 1 cup cream and strain. Thicken with 2 tablespoonfuls butter and 1 heaping tablespoonful flour which have been rubbed together. Season with salt, pepper, and nutmeg.

TAPIOCA CREAM SOUP

SOAK $\frac{1}{3}$ cup tapioca in cold water over night. Cook it very gently for one hour in 1 quart of white stock. Cut 1 medium-sized onion and 2 stalks celery in small pieces and cook in 1 pint milk or cream for twenty minutes. Strain and add to the tapioca and stock. Season with salt, pepper, and lastly add 1 tablespoonful butter. Serve.

TOMATO BISQUE

MELT 2 tablespoonfuls butter in a saucepan, add 1 rounded teaspoonful flour and rub together until

smooth; add gradually 1 quart milk and cook until thickened. Cook $\frac{1}{2}$ can tomatoes, $\frac{1}{2}$ cup water, $\frac{1}{2}$ bay leaf, and 2 cloves together for five minutes; strain and add while hot to the thickened milk. Season with salt, pepper, and a tablespoonful sugar and serve at once.

PART II

MEATS AND ENTREES

CANNELON OF BEEF

MIX well together the following: 1 pound chopped beef, 2 ounces butter, $\frac{1}{2}$ teaspoonful salt, $\frac{1}{4}$ teaspoonful white pepper, yolk of 1 egg, 10 drops onion juice, 1 teaspoonful chopped parsley, and the grated rind of half a lemon. Form into roll and bake in pie crust. Serve with brown gravy.

BLANQUETTE OF VEAL

COOK 1 pound lean veal until tender, cut into small pieces, and simmer in the following sauce for five minutes:

Sauce — Melt 1 tablespoonful butter, add $\frac{1}{2}$ tablespoonful flour, 1 cup boiling water, a little nutmeg, and a sprig of parsley chopped fine. When just ready to serve stir in the yolks of 2 eggs without boiling, also a few drops lemon juice. Serve in a rice border.

NUT CANNELON

Six ounces fine bread crumbs, $\frac{1}{2}$ teaspoonful salt, $\frac{1}{2}$ cup milk, a seasoning of sage or thyme, and 2 tablespoonfuls chopped parsley; add 1 cup of mixed nuts chopped fine. Fry 1 small onion in 3 tablespoonfuls butter until slightly colored, and strain into other ingredients. Stir over fire for five minutes, then add 2 well-beaten eggs and stir until mixture leaves bottom and sides of kettle; cool, then form into roll. Bake in pie crust, and serve with brown gravy.

CECILS

ONE cup cold beef, chopped fine; add seasoning of salt, pepper, and a little grated onion; also 2 tablespoonfuls soaked bread and the yolks of 3 eggs. Melt 1 tablespoonful butter on a griddle and add the meat mixture. Stir over the fire for two minutes; then take from fire, form into balls, dust with flour, dip in beaten egg, then in cracker crumbs, and fry in deep fat like a doughnut. Serve with "Cream" or "Tomato Sauce."

CHICKEN CUTLETS

COOK $\frac{1}{2}$ cup flour in $\frac{1}{3}$ cup butter, add 1 cup stock (or liquor in which the chicken was cooked), $\frac{1}{3}$ cup

cream, 1 beaten egg, and $1\frac{1}{2}$ pints chopped chicken. Season to taste with salt, pepper, and sweet herbs. When cold form into cutlets and dip in beaten egg and bread crumbs. Either bake until brown, or fry in deep fat until nicely colored. Garnish each cutlet with mashed potatoes, to which a beaten egg has been added. Serve with creamed peas.

SALMON CROQUETTES

Mix together 2 tablespoonfuls butter, 6 of flour; add gradually $\frac{3}{4}$ cup boiling milk; put in double boiler and stir until it thickens, then add 1 tablespoonful chopped parsley, $\frac{1}{2}$ teaspoonful salt, 1 tablespoonful lemon juice, a little cayenne, and 1 can salmon which has been picked fine. Stir until mixture leaves bottom and sides of kettle, then spread on platter to cool for one hour; afterwards finish like other croquettes. Serve with "Cream Sauce."

FRICANDELLE OF VEAL

Mix together 1 pound chopped veal, 4 ounces soaked bread, $\frac{1}{4}$ teaspoonful salt, a little pepper, and grated onion; form into small cakes. Melt 2 tablespoonfuls butter in a baking-pan, place these cakes in it and brown on both sides. Serve with brown gravy.

CHICKEN TERRAPIN

MELT 3 tablespoonfuls butter, add 2 tablespoonfuls flour, $\frac{1}{4}$ teaspoonful salt, a little pepper and cayenne, and gradually 1 cup sweet milk. Stir until it thickens, then add $1\frac{1}{2}$ cups cooked chicken cut fine, the yolks of 2 hard-boiled eggs also cut fine, the whites cut in $\frac{1}{4}$ inch pieces; boil two minutes longer and serve on toast. Garnish with parsley.

PHILADELPHIA FRIED OYSTERS

DRAIN the oysters and drop them in a large bowl of cracker crumbs; when all are in shake the bowl so that all may be dried in the crumbs. Take out, dip in beaten eggs (4 to 1 pint of oysters), then again in cracker crumbs. Pat them a little to smooth them, and when all are ready, fry in smoking fat.

STUFFED STEW OF BEEF

TAKE a thick slice from the round. Make slits in it about two inches long and almost through; fill these with the filling for "Nut Cannelon," or use any ordinary bread stuffing. Roll up and tie well and put into a baking-pan; add a sliced onion and a carrot, 2 bay leaves, a sprig of parsley, and 1 quart water. Cover the pan and cook slowly for about two hours. Serve with brown gravy.

VIENNA STEAKS

ONE-HALF pound each of raw lean beef and veal freed from gristle and bone. Run through a meat chopper; add $\frac{1}{2}$ teaspoonful salt, $\frac{1}{4}$ teaspoonful pepper, $\frac{1}{4}$ teaspoonful mixed sweet herbs, 1 teaspoonful chopped parsley, and 1 teaspoonful chopped onion. Stir in 1 well-beaten egg and set aside for several hours. Form into steaks and fry in hot butter.

CHICKEN TIMBALE

TAKE the white meat from 1 uncooked chicken, chop fine and rub through a sieve. Put 1 cup of white bread crumbs and $\frac{1}{2}$ cup milk in a saucepan. Stir until boiling hot. Take from the fire and add gradually the chicken, 1 teaspoonful salt, and a dash of pepper. Stir in carefully the well-beaten whites of 5 eggs. Put this mixture into timbale cups, stand them in a pan of boiling water, cover with oil paper, and bake in a moderate oven for fifteen or twenty minutes.

CHICKEN CROQUETTES

COOK 1 four-pound fowl in boiling salted water with 4 slices carrot, 4 slices onion, 1 sprig parsley, and $\frac{1}{2}$ a bay leaf until tender. Remove the vegetables and reduce stock by boiling, to 3 cups; cool and remove fat. Chop the chicken from the breast

and second joints; melt 1 heaping tablespoonful butter, add 2 heaping tablespoonfuls flour, 1 cup chicken stock, and, when perfectly smooth, yolk of 1 egg, then the chopped chicken, salt, pepper, and a slight grating of nutmeg. Cool the mixture and proceed as for other croquettes.

BROILED SWEETBREADS

WASH a pair of sweetbreads, throw them in boiling salted water, and cook for ten minutes. Drain and lay in iced water until thoroughly cold. This process is called "blanching" the sweetbreads, and should be done as soon as the perishable dainties are brought home from the butcher's. Wipe them dry, rub with butter, and broil over a clear fire. Watch them that they do not scorch. When done put on a hot dish, pour a little melted butter over them, sprinkle lightly with salt and pepper, and serve.

SWEETBREAD PATES

MAKE shells of rich puff paste and fill them with a mixture made according to the following recipe :

Cut a pair of blanched sweetbreads into small dice. Cut 10 canned mushrooms into quarters and mix them with the sweetbreads. Add 8 blanched and chopped almonds and 6 olives cut into tiny pieces. Heat 1 cup cream and thicken it with 1 teaspoonful corn-

starch rubbed into 1 of butter. When smooth and thick, add the sweetbreads, olives, etc. If too thick now, thin the mixture with a little mushroom liquor. As soon as the ingredients are heated through, remove from the fire.

SWEETBREAD MOLDS

BLANCH and chop 2 pairs of sweetbreads until as fine as powder, then rub them very smooth with the back of a silver spoon. Work into this paste 1 gill rich cream and the beaten yolks of 2 eggs. Season with salt and white pepper, and beat long and hard. Butter small timbale molds or "nappies" and pour the mixture into them. Set the molds in a pan of hot water and bake in a hot oven until "set." Loosen the contents of the nappies with a sharp knife, and turn out the molds upon a hot dish. Pour a white sauce about them.

WHITE HASH WITH POACHED EGGS

PREPARE a white sauce with 1 tablespoonful butter, 1 tablespoonful flour, $\frac{1}{2}$ teaspoonful salt, $\frac{1}{4}$ teaspoonful white pepper, and 1 cup milk. Season 1 pint chopped lamb with salt, pepper, and onion juice and add it to the sauce. Melt 1 teaspoonful butter in a frying-pan, turn the pan so that the bottom and sides may be greased and pour the hash into it.

Cook slowly for ten minutes, turn out on a heated platter, spread smoothly, and garnish the top with poached eggs and a little finely chopped parsley.

POT ROAST OF BEEF

SELECT a solid piece of rump or lower round of beef, weighing from six to eight pounds. Rub the bottom of a hot iron pot with a bit of suet; put in the meat, which has been wiped and dredged with salt and pepper; place the pot over a moderately hot fire and brown slowly, turning often so that it is well colored on all sides. When thoroughly browned add 1 cup boiling water, 1 teaspoonful salt, $\frac{1}{4}$ teaspoonful pepper, and 2 cloves; cover closely and simmer steadily for four hours, adding a little boiling water from time to time as the first quantity evaporates. When done lift the meat to a hot platter and draw the pot forward where the liquor will boil. Stir and pour in gradually enough flour blended with cold water to slightly thicken. Taste and add more seasoning if needed. Boil for five minutes, pour a little over the meat and serve the remainder in a boat.

BROWN FRICASSEE OF CHICKEN

CUT up the chicken and brown the pieces gradually in 2 tablespoonfuls butter; be careful not to let the butter burn. When browned nicely, draw

the pieces to one side of the pan and to the fat add 2 tablespoonfuls flour; mix and add 1 pint stock or water. Stir constantly until it boils, moving the chicken around in the sauce. Add 1 slice onion, 1 bay leaf, 1 tablespoonful chopped carrot, 1 teaspoonful salt, and $\frac{1}{4}$ teaspoonful pepper. Cover the pan, push it to the back part of the stove, and simmer slowly for one hour. Dish it when done, and add to the sauce the yolk of 1 egg beaten with 2 tablespoonfuls cream. Strain over the chicken and serve.

ROAST BEEF

THE sixth, seventh, and eighth ribs make a good and inexpensive roast. Request the butcher to remove the bones and roll the meat. To bake have the oven very hot. Before putting in the meat sprinkle with salt and pepper and dredge with flour. Place it on a rack in the pan to keep it from the water in the bottom which will be used for basting. Baste frequently and give ten minutes for each pound.

ROAST LAMB

THE best roasts are the fore and hind quarters. They should be well seasoned with pepper and salt, thoroughly cooked, and often basted.

PART III

MEAT AND FISH SAUCES AND GRAVIES

TOMATO SAUCE

MELT 1 tablespoonful butter, add 1 tablespoonful flour, and gradually 1 cup strained tomatoes, $\frac{1}{2}$ teaspoonful salt, $\frac{1}{2}$ teaspoonful sugar, $\frac{1}{4}$ teaspoonful white pepper, and 1 clove.

CREAM SAUCE

MELT 1 tablespoonful butter, add 1 tablespoonful flour, 1 cup milk, $\frac{1}{2}$ teaspoonful salt, and $\frac{1}{4}$ teaspoonful pepper.

BECHAMEL SAUCE

COOK 2 slices onion and 4 slices carrot in 2 tablespoonfuls butter for five minutes, then add 1 tablespoonful flour, 1 cup water or stock, and stir well for two minutes. Add $\frac{1}{2}$ teaspoonful salt, $\frac{1}{4}$ teaspoonful pepper, and 2 unbeaten egg yolks.

BROWN GRAVY

BROWN 1 tablespoonful butter, add 1 tablespoonful flour, brown again, then add gradually 1 cup water or stock, salt, pepper, onion juice, and parsley.

CUCUMBER SAUCE

IN A saucepan put 1 tablespoonful butter and 1 tablespoonful chopped onion and place over a moderate fire until the onion is tender and has slightly changed color. Strain the butter into a clean saucepan, return to the fire and stir in 1 tablespoonful flour; when well blended add slowly $\frac{3}{4}$ cup white stock or water and stir until smooth. Add $\frac{1}{2}$ cup grated cucumber pulp, 1 tablespoonful tarragon vinegar, $\frac{1}{2}$ teaspoonful salt, and $\frac{1}{4}$ teaspoonful white pepper and simmer for five minutes.

MAITRE D'HOTEL SAUCE

MIX together 2 tablespoonfuls butter, the juice of $\frac{1}{2}$ lemon, and 2 sprigs parsley chopped fine; add salt and pepper. Use on boiled meat or fish.

HOLLANDAISE SAUCE

FOUR tablespoonfuls vinegar, 4 peppercorns, $\frac{1}{2}$ teaspoonful salt. Let boil until reduced one-half; let cool. then add the well-beaten yolks of 4 eggs,

4 ounces butter, and a little nutmeg. Cook until thick as cream. Take from fire, put it in another kettle of boiling water at back of stove and whip with egg beater until frothy, adding by degrees 3 tablespoonfuls butter. When sauce is light and smooth it is ready. A delicious sauce for fish.

MINT SAUCE

Four tablespoonfuls chopped mint, 2 tablespoonfuls sugar, $\frac{1}{2}$ cup vinegar. Let stand one hour before using.

CAPER SAUCE

To ONE pint "Cream Sauce" add 3 tablespoonfuls capers. Remove from fire and add yolk of 1 egg and juice of half a lemon.

PART IV

FISH AND GAME

HALIBUT WITH CHEESE

COOK a two-pound steak of halibut to which has been added 2 slices onion, 1 sprig parsley, 1 stalk celery, and 1 blade mace, in boiling water until the flesh leaves the bones. Cool, drain, and break into flakes. Into a saucepan put 1 tablespoonful butter, add 1 tablespoonful flour, $\frac{1}{2}$ teaspoonful salt, and $\frac{1}{4}$ teaspoonful pepper. Stir until mixed and add $\frac{1}{2}$ cup stock and $\frac{1}{2}$ cup cream. Stir until smooth and thick, and simmer five minutes, then remove and add the beaten yolk of 1 egg. Place on a platter alternate layers of the fish, salt, pepper, the sauce, grated cheese, and chopped parsley, using altogether 1 heaping tablespoonful parsley and 1 cup cheese. Have the last layer sauce and sprinkle buttered crumbs over the top. Make a border of mashed potatoes around the dish, brush with beaten egg, and brown in a hot oven.

HALIBUT A LA FLAMANDE

INTO a baking-pan put 1 tablespoonful chopped onion, 1 tablespoonful chopped parsley, 1 tablespoonful butter in small bits, $\frac{1}{2}$ teaspoonful salt, and $\frac{1}{4}$ teaspoonful pepper. Lay on this the halibut which should be cut in a steak two inches in thickness; brush it over with beaten egg and cover with 1 tablespoonful chopped parsley, 1 tablespoonful chopped onion, 1 tablespoonful butter in bits, and 1 teaspoonful lemon juice. Bake forty minutes in a moderate oven, and serve with a "Tomato" or "Bechamel Sauce."

SOUTHERN RECIPE FOR COOKING QUAIL

PUT 1 tablespoonful beef fat into a frying-pan, in it brown the birds slowly on both sides, then add almost enough water to cover them. Put in 2 tablespoonfuls butter, then as fast as they get dry add water. When tender add salt and pepper to taste. If the birds are old it may take an hour to cook them.

FILLETTS OF DUCK. No. 1

BOIL 1 head of celery in 1 quart of water for twenty minutes. Strain and cool. Lay in this stock the duck fillets allowing them to remain one hour; afterwards drain and brown in butter, being careful

not to overdo them. Dish them and add to the fat in the pan 1 tablespoonful flour (if there are about 2 of fat), blend well and add $1\frac{1}{2}$ cups of the celery stock, salt, pepper, and a little onion juice. Cook until thickened; pour into a platter and lay the fillets in it or pour it over them.

FILLETS OF DUCK. No. 2

Cook together for fifteen minutes, 1 quart of water, 1 level teaspoonful salt, 8 peppercorns, 1 chopped onion, $\frac{1}{2}$ teaspoonful ginger, and 1 teaspoonful chopped parsley. Cook the fillets in this for ten minutes. Take out, rub with butter—or dip in melted butter—dust lightly with pepper and salt and brown quickly in a spider in butter or broil over coals. Make a gravy of the stock in which the fillets were cooked proceeding as in last recipe.

FISH TURBANS

Cut 2 slices of halibut into 8 fillets. Dip them in melted butter; squeeze over them the juice of $\frac{1}{2}$ a lemon, a little onion juice, salt, and pepper. Roll into turbans, fasten with buttered toothpicks, and bake for twenty minutes. Serve with "Hollandaise Sauce."

PART V

VEGETABLES

DUCHESS POTATOES

MASH 5 nicely boiled potatoes until fine, add 1 tablespoonful butter, 2 of cream, pepper and salt to taste, and the yolk of 1 egg. Press through a pastry bag on greased tin in form of meringues. Brush with beaten egg and brown in oven.

POTATO CROQUETTES

BOIL 5 medium-sized potatoes in well-salted water. When tender drain; add 1 tablespoonful butter, 1 tablespoonful chopped parsley, 2 tablespoonfuls cream, $\frac{1}{4}$ teaspoonful pepper. Mash and beat; lastly, add yolk of 1 egg, stir in well; then stand over the fire and stir until mixture leaves bottom and sides of kettle. Spread on platter to cool. Afterwards mold in rolls two inches long, dip in beaten eggs and cracker crumbs, and fry in deep fat.

VIENNOISE POTATOES

BOIL 6 large potatoes; when done, drain and mash; add salt, pepper, 2 tablespoonfuls butter, the yolks of 4 eggs, 2 tablespoonfuls cream, and 4 of grated mild cheese. Make into balls the size of an egg, then roll lightly on a floured board, making the ends pointed like a vienna roll. Put on a greased pan, brush with beaten egg, make two slanting cuts on the top of each, and brown in a hot oven.

SCALLOPED CORN AND TOMATOES

MIX together 1 pint raw corn scraped from the cob, 1 pint tomatoes skinned and cut fine, $1\frac{1}{2}$ teaspoonfuls salt, $\frac{1}{3}$ teaspoonful pepper, 2 tablespoonfuls butter, and 1 teaspoonful sugar. Pour this into a buttered baking-dish and cover the top with buttered crumbs. Bake in a moderate oven for half an hour.

TOMATO FRICASSEE

COOK together $\frac{1}{2}$ can tomatoes, 1 tablespoonful butter, and a seasoning of salt and pepper. When the tomatoes are very soft add a pinch of baking soda. When the foam passes off add three beaten eggs, stir and take from the fire as soon as they begin to thicken.

CARROT TIMBALES

GRATE 3 good-sized carrots; add to them $\frac{1}{2}$ cup cream, 4 eggs beaten until very light, 1 teaspoonful salt, and a dash of pepper. Fill into small custard-cups, stand in a baking-pan of boiling water, and bake in a moderate oven for thirty minutes. If the carrots are old and rather large they had better be boiled slightly before being grated for the timbales.

CREAMED POTATOES

CHOP 6 potatoes (boiled) coarsely, season with salt and pepper, and turn them into a well-buttered shallow pan. Pour over them a scant cup of thin cream, then 3 tablespoonfuls melted butter, and place in a very hot oven until well browned.

POTATOES AU GRATIN

MAKE a sauce by melting 1 tablespoonful butter, adding 1 tablespoonful flour, $\frac{1}{2}$ teaspoonful salt, $\frac{1}{4}$ teaspoonful pepper, and gradually one cup milk, cooking until smooth and thick. Butter a dish, put in it alternate layers of sliced potatoes (2 cups of potatoes will be required in all) and the sauce; season the potatoes lightly. Sprinkle the top with buttered bread crumbs and bake until well browned, about twenty minutes.

CORN OYSTERS

ONE cup corn, 1 egg beaten, $\frac{1}{4}$ teaspoonful salt, a little pepper, 2 tablespoonfuls flour, 1 tablespoonful milk, $\frac{1}{4}$ teaspoonful baking powder. Mix all together and drop by tablespoonfuls on a greased griddle. Fry a delicate brown on both sides.

CREAMED ASPARAGUS

Cook until tender, lay on toast, and pour over the following sauce:

Melt one tablespoonful butter, add 1 tablespoonful flour, rub together until smooth; add gradually 1 cup of the water in which the asparagus was cooked, 1 tablespoonful lemon juice, and a seasoning of salt and pepper. When smooth and thick, serve.

ASPARAGUS FILLING FOR PATTIES

MAKE a sauce of 3 level tablespoonfuls each of butter and flour, $\frac{1}{2}$ cup each of chicken or veal broth, cream, and the water in which the asparagus was cooked. Add the beaten yolks of 2 eggs, 1 teaspoonful lemon juice, salt, pepper, and a bunch of hot asparagus cut in small pieces and cooked until tender.

BAKED MACARONI

TO PREPARE the macaroni for baking, break $\frac{1}{4}$ pound of it into three-inch pieces and put into

boiling salted water. Boil until tender, which will be in from twenty-five to thirty-five minutes; drain in a colander and pour cold water through to rinse off the pieces and keep them from sticking. Cut into inch pieces, lay the strips on a board parallel to each other, and cut them all through at once with a sharp knife. Butter a shallow pudding-dish, and put the macaroni into it. Cover with a white sauce made with 1 tablespoonful butter, 1 tablespoonful flour, $1\frac{1}{2}$ cups milk, and a seasoning of salt and pepper. For the top mix $\frac{2}{3}$ cup bread crumbs with $\frac{1}{3}$ cup melted butter, and sprinkle over. Bake until crumbs are brown.

MACARONI WITH CHEESE

PREPARE as above mixing $\frac{1}{4}$ cup grated cheese with the macaroni and $\frac{1}{4}$ cup with the crumbs for the top. Bake in a quick oven until brown.

PART VI

EGG DISHES

POACHED EGG SOUFFLES WITH CHEESE

PUT in a saucepan 1 tablespoonful butter, 1 tablespoonful flour, $\frac{1}{4}$ teaspoonful salt, and a dash of cayenne. Set over the fire, and when mixed add gradually 1 pint milk and stir until thick and smooth, then add $\frac{1}{2}$ cup grated Swiss cheese and the beaten yolks of 3 eggs; stir until thickened and set aside to cool. Whip the whites of the eggs until stiff and dry, and cut lightly into the cold mixture. Poach 6 fresh eggs in salted water until set, drain on a cloth, and place each on a square of buttered toast. Cover completely with the soufflé batter, sprinkle thickly with grated cheese, and set in a hot oven until browned.

EGG TIMBALES

FOUR eggs, scant teaspoonful salt, 10 drops onion juice, a dash of white and cayenne pepper, 1 tea-

spoonful chopped parsley, and 1 cup milk. Pour in buttered cups, set in pan half filled with hot water, and bake until centres are firm. Serve with "Tomato Sauce."

EGGS AND MUSHROOMS

PEEL $\frac{1}{4}$ pound of fresh mushrooms and cut with a silver knife. Put in a saucepan with 2 tablespoonfuls butter, cover and cook gently for fifteen minutes. Beat together 5 eggs, add $\frac{1}{2}$ cup cream and salt and pepper. Pour them over the mushrooms, stir until cooked to a soft scramble, and serve on hot toast.

STEWED EGGS

Two Spanish onions, 4 hard-boiled eggs, 2 tablespoonfuls butter, 2 tablespoonfuls flour, $\frac{3}{4}$ pint milk or cream, salt, pepper, and grated nutmeg to taste. Fry the onions in the butter until very tender, add the flour, mix well, add the milk and stir until thickened. Season, add the eggs cut in slices, simmer ten minutes, and serve with a garnish of strips of fried bread.

EGGS WITH CHEESE

FOR each person take 1 slice of bread, $\frac{1}{4}$ cup grated cheese, and 1 egg. For 4 slices of bread take $\frac{1}{2}$ pint milk and 1 egg. Beat the egg enough to mix and

add the milk. Dip each slice of bread in the mixture, then lay on a greased dish. Sprinkle over the grated cheese and dust with salt and pepper. Break the eggs separately as if for poaching, then slide 1 carefully on each slice of bread. Put in a hot oven until the whites are set, then serve.

CHOCOLATE SOUFFLE

IN MAKING a chocolate soufflé melt 1 tablespoonful butter in a double boiler, blend in 2 tablespoonfuls flour, add 1 cup milk and $\frac{1}{2}$ cup grated chocolate (melted over steam or on the back part of the stove), and stir until smooth and thick. Now add the yolks of 4 eggs and $\frac{1}{2}$ cup sugar beaten together until very light; cook until the yolks have had time to thicken, then stand away to cool. Half an hour before serving add the whites of 5 eggs beaten until very stiff and dry, fill into a buttered baking-dish, and bake. The same recipe should be followed in making caramel soufflé, only using $\frac{1}{2}$ cup brown caramel instead of other sweetening.

SOUFFLE FLOAT

SOUFFLÉ float is made by beating the whites of eggs until very stiff, adding then $\frac{1}{2}$ tablespoonful sifted powdered sugar for each egg. Heap these beaten and sweetened whites into small, flat-bottomed

cups, and stand in a covered steamer over boiling water long enough to cook them. When done turn from the cups gently, scoop out 1 teaspoonful from the top of each white mound, fill with a rich custard (made from the yolks of the eggs), and pour more custard around the base. The cooked whites do not fall, so this dessert may be served ice cold. Orange makes a delicious flavoring for the custard.

FRENCH OMELET

SEPARATE 4 eggs, stir yolks and pinch of salt together; now add 1 tablespoonful flour which has been dissolved in 1 small cup sweet milk, lastly fold in the 4 stiffly beaten whites of eggs.

LEMON SOUFFLE

MELT 2 tablespoonfuls butter in a double boiler, add 2 tablespoonfuls flour and blend well; now add 1 cup milk and cook until thickened. Beat the yolks of 4 eggs with 4 tablespoonfuls sugar until thick and light and add to the mixture in boiler, also the grated zest from a lemon rind and a pinch of salt. Cook until the yolks have thickened. Cool and half an hour before serving add the stiffly beaten whites of the 4 eggs. Fill into a buttered dish and bake in a moderately quick oven. Serve at once with any delicate sauce preferred.

Orange and vanilla soufflés are made the same.

PART VII

SALADS AND SALAD DRESSINGS

NUT AND EGG SALAD

FOUR hard-boiled eggs, 1 cup chopped walnuts, 12 whole walnut meats, 1 bunch parsley. Remove yolks from 2 of the eggs and chop the rest fine, season with salt and pepper; chop nuts and season also. On a small platter or salad dish put a layer of eggs, sprinkle with boiled dressing, and then a layer of the nuts. Alternate in this way until all are used up. Use the reserved yolks for the top, rubbing them through a sieve or chopping them fine and sprinkling them over. Put a row of whole meats around dish and finish with a border of parsley.

DATE AND ALMOND SALAD

ONE pound dates, 2 dozen almonds, 2 tablespoonfuls grated cocoanut, 1 lemon, 1 bunch parsley. Cut dates in small pieces; blanch and brown almonds, chop fine and add to dates; mix with boiled dressing

and pile in neat heap on a platter. Sprinkle with grated cocoanut and garnish with sprigs of parsley and lemon cut in slices and then in eights.

SALAD DRESSING

BEAT 2 eggs, add 5 tablespoonfuls vinegar, 1 dessert-spoonful sugar, $\frac{1}{2}$ teaspoonful mustard, $\frac{1}{2}$ teaspoonful butter and stir over fire until it thickens; don't let it boil.

FRENCH DRESSING

PUT into a bowl $\frac{1}{2}$ teaspoonful salt, $\frac{1}{4}$ teaspoonful white pepper, add gradually 6 tablespoonfuls salad oil, rubbing all the while; now add slowly 2 tablespoonfuls vinegar and, if liked, 10 drops onion juice or a few drops of any prepared sauce or catsup.

WHITE DRESSING

SELECT a light-colored yolk of egg; drop it into a clean, cold bowl; mix it lightly; add just as much salt as you can take between the thumb and finger; then begin to add, drop by drop, 6 tablespoonfuls salad oil. The dressing should be very thick; add the oil slowly. Stand the bowl in another containing a little cracked ice so that you may beat constantly, reducing the color of the egg; now add slowly 1 tablespoonful lemon juice, then stir in 6

tablespoonfuls cream that has been whipped to a stiff froth. This dressing, if properly made, is almost as white as whipped cream, while having the flavor of "Mayonnaise Dressing."

MAYONNAISE DRESSING

PUT the yolks of 2 eggs in a bowl, stir lightly with a fork; add $\frac{1}{4}$ teaspoonful salt and then very carefully, almost drop by drop, the oil. After 1 gill has been used begin to alternate vinegar with the oil occasionally, using to 1 cup of the oil 2 tablespoonfuls vinegar. When done it should be smooth and thick. Have all the ingredients *very cold*. Half a cup of whipped cream makes a nice addition and neutralizes the oil flavor which many dislike. Season with salt and pepper.

CREAM DRESSING

THREE hard-boiled egg-yolks rubbed smooth and beaten with 1 raw yolk and 1 level teaspoonful each of mustard, salt, and sugar; add 1 cup thick cream and 2 spoonfuls tarragon vinegar.

JULIENNE SALAD

CUT pared potatoes into narrow strips and simmer in seasoned white stock until barely tender. When cool mix with "Salad Dressing" and serve on lettuce or cress leaves.

POTATO SALAD

Six medium-sized potatoes boiled and diced, 1 tablespoonful chopped parsley, 10 drops onion juice, 1 large fresh cucumber diced, 1 teaspoonful salt, $\frac{1}{2}$ teaspoonful pepper, 6 tablespoonfuls melted butter, and 4 tablespoonfuls vinegar. Stand in refrigerator until ready to serve, then mix with enough cooked dressing to make palatable. Garnish and serve. In winter $\frac{1}{2}$ cup chopped walnuts or 1 cup celery chopped fine may be substituted for the cucumber.

APPLE AND NUT SALAD

COVER $\frac{1}{2}$ pound shelled walnuts with boiling water; let them stand for fifteen minutes, then rub off the brown skins. Cool and add an equal quantity of sliced apples. Mix with "Mayonnaise Dressing" and serve.

CHICKEN SALAD

Two cups each diced chicken and celery. Mix together and season with salt, pepper, vinegar, and salad oil. Let it stand one hour, then mix with enough "Mayonnaise Dressing" to make sufficiently moist and palatable. Garnish and serve.

PART VIII

BREAD, MUFFINS, AND GRIDDLE CAKES

RECIPE FOR BREAD

DISSOLVE 2 cakes compressed yeast in 1 quart milk and water mixed, temperature 85° or lukewarm; add 1 teaspoonful salt and 3 quarts flour. To make dough, mix and knead a little; put in a gallon dish and cover to exclude air; when it raises the lid, knead to shape in loaves and put in tins half full, and when full bake for fifty minutes.

Fleischman's Compressed Yeast is the most reliable: it has a yellow label.

FRENCH ROLLS

ONE pint milk, $1\frac{1}{2}$ rounded tablespoonfuls butter, $1\frac{1}{2}$ rounded tablespoonfuls sugar, 1 cake Fleischman's Compressed Yeast, $\frac{1}{4}$ teaspoonful salt, and flour sufficient to make a dough just stiff enough to handle. Heat the milk good lukewarm, dissolve the yeast and

to it add the sugar, butter, salt, and lastly the flour. Let it raise until double its bulk, then shape, let get light, and bake.

COFFEE CAKE

ONE cup milk, 2 eggs, 2 tablespoonfuls sugar, 2 tablespoonfuls butter, a little cinnamon and vanilla, 1 cake Fleischman's Compressed Yeast, and flour sufficient to make dough. Proceed as for rolls. When dough is light roll it out and spread on a greased pan, brush the top with milk, cover to exclude air, and after five minutes brush with melted butter; strew the following streussel over it:

Streussel—Two ounces flour, 1 ounce sugar, and 1 ounce butter; mix together until crumbly, and add cinnamon. Sprinkle over cake. Let it get very light and bake.

BUCKWHEAT GRIDDLE CAKES

DISSOLVE 1 cake Fleischman's Compressed Yeast in 1 quart water, add a little salt, 1 egg, 3 tablespoonfuls molasses, and flour enough to make a batter.

If the water is good lukewarm for the above, they will be ready for frying one hour after setting. If cold water is used they may be set in the evening and used the next morning.

WHEAT GRIDDLE CAKES

Mix and sift together $\frac{1}{2}$ pound flour, 1 ounce sugar, $\frac{1}{2}$ ounce baking powder, and a little salt. Add 1 egg and sufficient sweet milk to make a batter.

BISCUIT

Two pounds flour, 2 teaspoonfuls baking powder. Sift together and rub in $\frac{1}{4}$ pound butter, a little salt, and make into dough with sweet milk.

CORN MUFFINS

Two and one-half ounces sugar, $1\frac{1}{2}$ ounces butter, 2 eggs; stir all together, add 1 cup milk, stir again, lastly add 6 ounces corn meal, 6 ounces flour, and 1 heaping teaspoonful baking powder, previously mixed together. Bake in greased muffin pans.

QUEEN OF MUFFINS

CREAM $\frac{1}{2}$ cup butter, add gradually 1 cup sugar, then 2 well-beaten eggs. Sift together 3 cups flour and 3 teaspoonfuls baking powder and add alternately with 1 cup milk to the first mixture. Beat for a minute and bake.

BETTER THAN BUTTER

CHEAPER THAN LARD

Wesson's Cooking Oil

This Cooking Oil possesses many advantages over butter and lard for all cooking purposes.

It is **ODORLESS**, a quality which will commend itself to all housekeepers.

It is **ECONOMICAL**, as one pound will go twice as far as the same quantity of butter or lard.

It is **HEALTHFUL**, as confirmed dyspeptics who cannot eat food fried in lard can eat the same food cooked in Wesson Oil with impunity.

WESSON'S SALAD OIL

Equal to imported oil at a more satisfactory price.
Read Mrs. Rorer's testimonial:

Philadelphia, January 25th, 1900.

WESSON PROCESS CO.

Gentlemen:—Both Brands of Wesson Oil have now been most thoroughly tested, and both give excellent results. The Wesson Salad Oil is certainly sweet and bland, and makes up easily into all sorts of salad dressings.

Fully believing as I do that oil is the only fat to use for frying purposes, I most heartily indorse the Wesson Cooking Oil, which has given most favorable results.

Very truly yours,

SARAH TYSON RORER.

The Wesson Oils are just being introduced to the trade and should be on sale at all high-class grocers.

PART IX

PASTRY

PIE CRUST

RUB together until of an even color $\frac{1}{2}$ pound flour and $\frac{1}{4}$ pound butter, then add just enough cold water to make it merely hold together. Roll out and use.

PUFF PASTE

ONE-HALF pound butter, $\frac{1}{2}$ pound pastry flour, and a little ice-water. Wash butter and pinch off a lump the size of an egg; flatten out remainder into a square cake and put both it and the lump in ice-water to chill. Sift flour and work the lump of butter into it as for ordinary pie crust; add enough ice-water to make a stiff paste. Roll out and lay the square of butter on one half, fold the other half over, and roll out again. Fold and roll in this way six times, chilling between rollings if it show any tendency to stick to board, otherwise between every two rollings. After sixth rolling fold and put in refrigerator to become

thoroughly chilled. When it has been rolled the sixth time it is ready to be cut out in shells or used for pies, tarts, etc. If possible, make in a cold room, and have all the ingredients cold.

SWEDISH TIMBALE CASES

BEAT the yolks of 2 eggs, add $\frac{1}{2}$ cup cold water, then stir in 1 cup flour, add $\frac{1}{2}$ teaspoonful salt and beat until smooth, add 1 tablespoonful olive oil, beat again, then stir in the whites of 2 eggs beaten to a stiff froth. Stand away for two hours before using. Heat your timbale iron in the hot fat for ten minutes, then drain a second, dip in the batter until well coated, then back again in the smoking fat, and cook until light yellow and crisp.

LEMON CREAM FILLING FOR PIE

MIX together 3 ounces sugar, $1\frac{1}{2}$ ounces flour, and 2 eggs; when smooth add gradually 1 pint milk. Cook in double boiler until thickened, stirring constantly. Afterwards add the juice and grated rind of 1 lemon.

CREAM PRUNE PIE

WASH thoroughly 1 pound prunes, cover with fresh cold water, and set aside over night. Put in a double boiler, adding more water, if necessary, to

cover them and simmer slowly until very tender. Remove the stones and rub the prunes through a colander, adding sufficient juice to moisten them. Measure and to each cup of pulp allow 1 cup cream, the yolks of 4 well-beaten eggs, and $\frac{1}{3}$ cup sugar. Line a pie plate with a good crust, fill with the mixture, and bake in a moderate oven. Spread with a meringue made of the whites of 2 of the eggs and 2 tablespoonfuls powdered sugar whipped together until stiff; dust well with sugar and return to the oven long enough to color.

MERINGUE FOR PIE

BEAT stiff whites of 3 eggs, afterwards add 3 heaping tablespoonfuls fine sugar; use after pie is cold. Brown in oven.

COCOANUT CREAM PIE

USE recipe for "Lemon Cream Filling for Pie" but omit the lemon and flavor instead with vanilla, adding also 2 tablespoonfuls grated cocoanut.

BANANA CREAM PIE

SAME as "Lemon Cream Filling for Pie," excepting the lemon, instead of which use vanilla flavoring and 2 chopped bananas.

PETER COOPER'S
CLARIFIED
GELATINE

FOR

Wine Jellies,
Blanc Mange,
Charlotte Russe,
Jellifying all kinds of Fruits, Etc.

Our PULVERIZED GELATINE is the most convenient
for family use, as it takes much less time to dissolve.

FOR SALE BY ALL GROCERS.

WAREHOUSE—No. 13 Burling Slip., NEW YORK CITY.

PART X

PUDDINGS AND PUDDING SAUCES

INDIAN PUDDING

ONE quart milk, 4 ounces corn meal, 2 ounces butter; stir together and cook in double boiler for twenty minutes, then add 4 ounces sugar, 3 eggs, 1 teaspoonful salt, 1 teaspoonful ginger; these latter stirred together for a few minutes. After adding cook few minutes longer, then pour into a buttered mold and bake thirty minutes.

HARD SAUCE

CREAM 4 ounces butter and 4 ounces sugar together; when light grate nutmeg over top and set to cool for half an hour.

CALIFORNIA FRUIT PUDDING

TO ONE quart cake crumbs add 1 pint thin boiled custard; mix, then add 1 cup canned peaches, 2

ounces citron cut fine, 2 ounces raisins. Fill muffin or timbale cups (greased) with the pudding. Set in pan of hot water and bake twenty minutes.

GRAHAM PUDDING

Mix thoroughly and sift $1\frac{1}{2}$ cups Graham flour, $1\frac{1}{2}$ level teaspoonfuls baking powder, $\frac{1}{2}$ teaspoonful salt. To $\frac{1}{4}$ cup melted butter add $\frac{1}{2}$ cup milk, $\frac{1}{2}$ cup molasses, 1 egg well beaten, the flour and baking powder, and 1 cup chopped raisins. Turn into a buttered mold and steam two and one-half hours. Serve with "Hard" or "Lemon Sauce."

CUSTARD PUDDING

FIVE eggs, 5 ounces sugar; beat together for two minutes; add 1 quart sweet milk and a little vanilla. Bake in buttered tin molds which have been placed in a dripping-pan half filled with hot water.

APRICOT SHORTCAKE

TEN ounces flour, $\frac{1}{4}$ teaspoonful salt, 1 large teaspoonful baking powder, 2 ounces sugar. Mix all together then rub in — as for biscuit dough — 2 ounces butter, and make into dough with $\frac{3}{4}$ cup sweet milk. Roll out and bake in a greased layer-cake pan. Cool and split open; spread with butter, and then with

canned apricots—which have been robbed of the juice, chopped fine, and sweetened with 4 tablespoonfuls sugar. Finish with a meringue made of whites of 2 eggs and 2 tablespoonfuls powdered sugar. Serve with “Custard Sauce.”

RICE CROQUETTES

SOAK 4 ounces rice in cold water for one hour; strain and put in double boiler with 2 cups milk, and $\frac{1}{2}$ teaspoonful salt; when tender add quickly yolks of 2 eggs, 2 ounces sugar, and $\frac{1}{2}$ teaspoonful vanilla. When cold mold into croquettes, dip in eggs and cracker crumbs, and fry in deep fat.

STRAWBERRY SAUCE

ONE teaspoonful cornstarch, 3 ounces sugar; mix together and add 1 cup water; cook for two minutes, then add juice of half a lemon, 1 teaspoonful butter, a few drops strawberry extract, and the same of fruit coloring.

CUSTARD SAUCE

FOUR ounces sugar, $\frac{1}{2}$ ounce flour, 2 eggs; stir all together, then add 2 cups sweet milk, and a small piece of stick cinnamon bark; cook in double boiler, stirring constantly; flavor with vanilla.

WHIPPED CREAM

BEAT to stiff froth 1 cup thick sweet cream, then add $\frac{1}{2}$ teaspoonful vanilla and 2 ounces sugar.

APRICOT SAUCE

PUT in a saucepan $\frac{3}{4}$ cup of the syrup from a can of apricots, add 2 tablespoonfuls sugar, the yellow rind of $\frac{1}{4}$ of a lemon, and $\frac{1}{2}$ inch stick cinnamon. Simmer ten minutes, thicken with 1 teaspoonful flour and cook two minutes longer.

CHOCOLATE SAUCE

BOIL 1 cup each of water and sugar for five minutes. Melt 6 tablespoonfuls grated chocolate in a saucepan by standing it in hot water or over a teakettle, add the boiling syrup to it, blending thoroughly. Now dissolve 1 tablespoonful arrowroot in $\frac{2}{3}$ cup milk, and add to the sauce mixture. Boil three minutes, add $\frac{1}{2}$ teaspoonful vanilla, and strain.

MAPLE SAUCE

TO ONE pound powdered maple sugar add $\frac{1}{2}$ cup water and boil until it will thread from a fork. Pour this slowly on the stiffly beaten whites of 2 eggs, stirring all the time. Lastly add $\frac{1}{2}$ cup cream.

FOAMY SAUCE

ADD the stiffly beaten whites of 2 eggs to the recipe for "Hard Sauce" and stir constantly over hot water until foamy throughout.

FRUIT SAUCE

ADD to the "Foamy Sauce" recipe $\frac{1}{2}$ cup sweetened fruit juice from fresh fruit.

MARYLAND SAUCE

CREAM well 2 tablespoonfuls butter, 4 tablespoonfuls brown sugar, and yolks of 2 eggs. Add $\frac{1}{2}$ cup peach syrup and a small piece of cinnamon bark. Stir over hot water until it thickens.

FOAM TART

TWO ounces A sugar, 6 ounces flour, 4 ounces butter, 1 egg. Bake in a round cake, about as thick as a cookie; spread when cold with thick boiled custard (see "Cream Puff Filling"), then with meringue, and brown in a mild oven.

LEMON CREAM PUDDING

BEAT the yolks of 4 eggs with 4 tablespoonfuls sugar, add the juice and rind of 1 large lemon and 2

tablespoonfuls hot water; cook until it thickens. Take from the fire and stir in the whites of 4 eggs, beaten stiff with 2 tablespoonfuls powdered sugar. Serve cold.

DATES WITH WHIPPED CREAM

STUFF dates with walnut meats, stew in water until tender; add sugar and lemon juice to taste and when cold serve with "Whipped Cream."

RICE PUFFS

ADD to 1 pint cold rice 1 cup milk, 3 well-beaten eggs, 1 tablespoonful melted butter, 1 teaspoonful baking powder, 1 tablespoonful sugar, a little salt, and enough flour to make a thick batter. Drop by spoonfuls in hot deep fat and fry a delicate brown. Serve dusted with sugar or with any liquid pudding sauce.

RICE AND PEACH PUDDING

BOIL $\frac{1}{2}$ cup rice (previously soaked in cold water for 1 hour) in plenty of water. When barely tender drain. Put in a double boiler, add enough milk to cover, and cook slowly until the milk is absorbed. Take from fire, add 1 cup sugar, 1 tablespoonful butter, and 2 well-beaten eggs. Put a half-inch layer of

this in a buttered dish, add a layer of halved peaches, and continue until the dish is full. Bake twenty minutes in a hot oven if the peaches are canned, forty minutes if they are fresh. Serve with "Maryland Sauce."

TAPIOCA CREAM PUDDING

SOAK 1 cup tapioca over night in milk. Stir into it the next day the yolks of 3 eggs well beaten with 1 cup sugar. Bring 1 quart milk to a boil and stir in the tapioca. Cook until it has thickened, then take it off the fire and stir in the whites of the eggs beaten to a stiff froth. Flavor to taste. Meringue the top and brown in the oven delicately.

PART XI

CAKES

WHITE CAKE

CREAM $\frac{1}{2}$ cup butter; add gradually $\frac{1}{2}$ cup sugar. Measure $\frac{1}{2}$ pint water and 1 pint flour; add to the flour 2 teaspoonfuls baking powder and sift. Add first a little water, then a little flour alternately until both are used. Beat thoroughly for at least five minutes, then fold in carefully the well-beaten whites of 5 eggs. Bake in three layers.

DARK FRUIT CAKE

CREAM together 1 pound butter and 1 pound sugar; add gradually 1 dozen unbeaten eggs, then 1 teaspoonful mixed spices, 1 teaspoonful Souders's Vanilla, 3 tablespoonfuls dark molasses. Mix 3 pounds raisins, 2 pounds currants, $\frac{1}{2}$ pound citron cut fine, $\frac{1}{4}$ pound orange peel also cut fine, and 4 ounces almonds chopped with 2 ounces flour and add to mixture. Lastly add 1 pound flour.

GENOA CAKE

ONE-HALF pound butter, $\frac{1}{2}$ pound sugar, rub to a cream; stir in gradually 6 eggs; add a little mace and 10 ounces flour; beat well for a minute, then add $1\frac{1}{4}$ pounds raisins, $\frac{1}{4}$ pound citron cut fine, the grated rind of 1 lemon, 2 ounces chopped almonds. Mix well, put in tin lined with paper, sprinkle top with chopped almonds, and bake in slow oven.

DELICATE CAKE

TEN ounces sugar, 6 ounces butter, cream well together, then add 1 cup sweet milk, $13\frac{1}{2}$ ounces flour mixed with 1 teaspoonful baking powder, 1 teaspoonful vanilla, and lastly the stiffly beaten whites of 6 eggs. Bake in slow oven.

SUNSHINE CAKE

STIR together until creamy, the following ingredients: yolks of 3 eggs, 3 ounces sugar, $\frac{1}{2}$ teaspoonful lemon extract; mix in lightly the stiffly beaten whites of 6 eggs. Lastly add the following, which are first mixed well together: 4 ounces flour, 2 ounces sugar, and 1 teaspoonful cream tartar. Put in ungreased pan and bake in moderate oven thirty minutes.

LOAF AND LAYER CAKE

ONE-HALF pound sugar, 3 ounces butter, 2 eggs, flavor with lemon or vanilla. Stir all together with 1 cup milk, add 12 ounces flour mixed with $1\frac{1}{2}$ teaspoonfuls baking powder. Baking powder and flour should be mixed before using.

GINGERBREAD

ONE-HALF pound sugar, 6 ounces butter, 2 eggs, 2 teaspoonfuls soda, 1 pint molasses, 1 teaspoonful mixed spices or ginger only if preferred; stir, then add 1 pint milk and stir again, and lastly add 2 pounds sifted flour.

SPONGE CAKE

STIR to a sponge 6 yolks, $\frac{1}{2}$ pound sugar, and 1 teaspoonful lemon extract; mix in lightly the stiffly beaten whites of 6 eggs and lastly $\frac{1}{2}$ pound sifted flour.

ALBERT CAKE

CREAM $\frac{1}{2}$ pound sugar, 4 ounces butter; stir in 3 unbeaten eggs, a little vanilla, 1 cup sweet milk, and 1 pound flour mixed with $\frac{3}{4}$ ounce baking powder. Bake in muffin cups.

CREAM PUFFS

ONE cup water, 3 ounces butter, a pinch of ammonia; let it come to a boil, then stir in 5 ounces flour; boil until a stiff paste (a minute). Remove from fire, stir in gradually 5 eggs (unbeaten); drop on tins that have been greased and then dusted with flour, two inches apart. Bake thirty-five minutes.

Filling—One pint milk, 3 ounces sugar, 2 eggs, 1 ounce flour; flavor with vanilla. Cook in double boiler. Cut open cream puffs when cold and fill with this custard.

CRULLERS

FIVE ounces sugar, $1\frac{1}{2}$ ounces butter, 2 eggs, a little flavoring, and salt. Mix together and stir in 1 cup sweet milk, add $1\frac{1}{4}$ pounds flour, through which $\frac{1}{2}$ ounce baking powder has been thoroughly sifted.

PARIS BUNS

Mix together $2\frac{1}{2}$ ounces sugar, $2\frac{1}{2}$ ounces butter, 1 egg, and a little vanilla; add $\frac{1}{2}$ cup milk and lastly 10 ounces flour and $\frac{1}{2}$ ounce baking powder.

SWEDISH SHORTCAKE

FOUR ounces butter, 4 ounces sugar; stir to a cream; add 2 eggs, a little cinnamon and vanilla,

$\frac{1}{4}$ ounce lump ammonia; stir again, and lastly add $\frac{1}{2}$ pound flour.

CHOCOLATE CAKE, MARSHMALLOW FROSTING

CREAM 4 ounces butter; add $\frac{1}{4}$ cup cocoa, the beaten yolks of 4 eggs, 8 ounces sugar, 1 teaspoonful cinnamon, and $\frac{1}{2}$ cup water, then the beaten whites of 3 eggs and 5 ounces flour, with 1 teaspoonful baking powder. Decorate with "Boiled Frosting," to which dissolved marshmallows are added.

SCOTCH COOKIES

ONE-HALF pound sugar, 4 ounces butter, $1\frac{1}{2}$ table-spoonfuls molasses, $\frac{1}{4}$ teaspoonful mixed spices, 2 eggs; mix all together, and add lastly 13 ounces flour mixed with 1 teaspoonful soda and ammonia. Do not add more liquid as this recipe is just right. Glaise tops with a wash made of 1 egg, or the yolk only and 1 table-spoonful milk beaten together, before baking.

SUGAR COOKIES

ONE-HALF pound sugar, $\frac{1}{4}$ pound butter, 1 egg, a little flavoring; stir all together, then add $\frac{1}{2}$ cup sweet

milk, and lastly 14 ounces flour and 1 teaspoonful ammonia. Roll out, dredge with sugar, cut in circles, and bake.

CHEESE STICKS

THREE ounces grated cheese, 4 ounces butter, 1 teaspoonful sugar, $\frac{1}{4}$ teaspoonful salt, a little white pepper and nutmeg, 1 egg, and 2 tablespoonfuls sweet cream; mix all these ingredients together, then add 6 ounces flour; roll out, cut in strips six inches long and one-fourth inch wide. Bake on greased tins in bread oven.

ALMOND MACAROONS

ONE-HALF pound almond paste, $\frac{3}{4}$ pound powdered sugar, whites of 5 eggs, $\frac{1}{2}$ teaspoonful flour. Mix to a paste by adding eggs gradually to the other ingredients. Drop from a spoon or pastry bag onto paper and bake in a mild oven.

VANILLA WAFERS

CREAM 4 ounces powdered sugar and 4 ounces butter; stir in 1 egg, a little vanilla, 3 tablespoonfuls milk, and 4 ounces sifted flour. Drop in small dots on greased tin.

TABLE OF WEIGHTS AND MEASURES

1 rounded tablespoonful butter	1 ounce
1 " " sugar.....	1 ounce
2 " " flour	1 ounce
1 pint butter.....	1 pound
1 " granulated sugar	1 pound
1 " sifted flour.....	$\frac{1}{2}$ pound
2 level teaspoonfuls baking powder.....	$\frac{1}{2}$ ounce
1 cup corn meal.....	6 ounces

RECIPE FOR BAKING POWDER. No. 1

Mix well and sift together 1 pound cream of tartar and $\frac{1}{2}$ pound cornstarch; add $\frac{1}{2}$ pound baking soda and sift again several times. Keep in tin cans, and after two weeks, during which time it is undergoing the sweating process, sift again. It is ready for use immediately after first mixing.

RECIPE FOR BAKING POWDER. No. 2

Mix together $\frac{1}{2}$ pound tartaric acid, $1\frac{1}{2}$ pounds cornstarch, and $1\frac{1}{2}$ pounds cream of tartar. Sift several times; add $1\frac{1}{4}$ pounds soda. Sift again. Put in close cans and sift again after two weeks, after which it will not lump again.

PART XII

CAKE FROSTINGS AND FILLINGS

BOILED FROSTING

BOIL together until it will spin a thread, 1 cup granulated sugar and $\frac{1}{4}$ cup water. Pour slowly over the stiffly beaten whites of 2 eggs, beating vigorously all the time; set on ice and beat five minutes; flavor with $\frac{1}{4}$ teaspoonful each vanilla, orange, and strawberry extracts.

CHOCOLATE FROSTING

STIR together 6 ounces powdered or confectioners' sugar and 2 tablespoonfuls lukewarm water; add $\frac{1}{2}$ ounce unsweetened chocolate which has been shaved fine and melted in the oven. Flavor with Souders's Vanilla. Spread on cake at once.

ORANGE FROSTING

GRATED rind of 1 orange, 1 tablespoonful orange juice, 1 teaspoonful lemon juice; let stand fifteen

minutes. Strain, add powdered sugar to thicken and 1 beaten egg yolk.

CREAM FROSTING

ONE cup granulated sugar, 5 tablespoonfuls cream. Boil until thickened, about four minutes. Take from fire, flavor, and beat until white and creamy. Spread at once.

CONFECTIONERS' ICING

STIR 2 cups powdered sugar into the unbeaten whites of 2 eggs. Whip until light. Flavor.

LEMON FILLING FOR CAKE

ONE-HALF cup granulated sugar, 1 tablespoonful flour, 1 teaspoonful butter, the juice and grated rind of 1 lemon, and 1 egg. Mix in order given and cook in double boiler until thickened.

BANANA FILLING FOR CAKE

SOAK $\frac{1}{4}$ box gelatine in $\frac{1}{2}$ cup cold water for half an hour. Whip $\frac{1}{2}$ pint cream to a stiff froth; add $\frac{1}{2}$ cup powdered sugar and 6 bananas chopped very fine. Melt the gelatine over hot water and add to the banana mixture. Stir constantly until thickened, then use. The cake should be cold.

FIG FILLING

ONE-HALF pound chopped figs, $\frac{1}{3}$ cup sugar, $\frac{1}{3}$ cup water, and juice of 1 lemon. Mix in this order and cook until thick enough to spread.

ORANGE FILLING

ONE-HALF cup sugar, 1 egg, 1 heaping tablespoonful flour, 1 teaspoonful butter, rind and juice of $\frac{1}{2}$ an orange, $\frac{1}{2}$ tablespoonful lemon juice. Mix in order given. Bring to a boil, then cook in a double boiler for ten minutes.

COFFEE FILLING

Mix together $\frac{1}{2}$ cup sugar, 1 tablespoonful flour, and 2 eggs; add 1 gill strong coffee, 1 cup cream, and a pinch soda, and cook in double boiler until thickened. Then add $\frac{1}{2}$ cup chopped English walnuts and set away to cool.

PART XIII

COLD AND FROZEN DESSERTS

LEMON SPONGE DESSERT

DISSOLVE $\frac{1}{2}$ ounce gelatine in the juice of 2 lemons, add the grated rind of 1 and let stand half an hour, then put it over hot water to melt. Separate 6 eggs, add to the yolks $\frac{1}{2}$ pound sugar and 1 teaspoonful lemon extract; stir to a sponge, stand on ice, and add melted gelatine; stir for five minutes. Lastly mix in the stiffly beaten whites of 6 eggs and stand on ice for one hour.

ORANGE SHERBET

ONE quart water, $1\frac{1}{2}$ pounds sugar, 1 cup apricot juice, the juice of 6 oranges, and the yolk of 1 egg. Freeze.

MAPLE PARFAIT

BEAT the yolks of 6 eggs until light, add $\frac{3}{4}$ cup maple syrup; place the mixture on the stove and stir
(62)

constantly until the eggs have thickened enough to make a thick coating on the spoon; turn it into a bowl and beat until cold, when it should be light; add $\frac{1}{2}$ ounce gelatine dissolved in 3 tablespoonfuls water and melted over hot water. Beat five minutes. Lastly whip 1 pint thick cream to a stiff froth and mix lightly with the egg mixture. Turn into a mold holding 3 pints and pack in ice and salt for three hours.

SNOW PUDDING

To ONE ounce gelatine, add 1 cup cold water and let stand one hour to dissolve, then add 2 cups boiling water, $\frac{3}{4}$ pound sugar, juice of 1 lemon, 1 inch cinnamon bark, and a few drops lemon extract; strain through towel. When nearly cold add the stiffly beaten white of 1 egg, and stir over ice until white as snow all through and very thick. Then pour in mold, and stand on ice for two hours.

NEAPOLITAN ICE CREAM

ONE quart sweet cream, $\frac{1}{2}$ pound sugar, 1 teaspoonful vanilla, and beaten yolks of 2 eggs. Turn into a freezer and freeze. Take $\frac{1}{3}$ of it and mix with 2 ounces burnt almonds and a little caramel coloring. Put this in a mold, add a layer of the plain vanilla cream, and color the last third with red fruit coloring

and flavor with strawberry extract. Put this on top of the other two layers in mold. Put on cover and bury in ice and salt for two hours.

CANARY CREAM

DISSOLVE 1 ounce gelatine in 1 cup cold water. After an hour add $1\frac{3}{4}$ cups boiling water, $\frac{3}{4}$ pound sugar, the juice of 2 lemons, a small piece cinnamon bark, a little lemon extract, and the beaten yolks of 2 eggs. Strain through a sieve; mold and stand on ice to congeal.

STRAWBERRY CHARLOTTE

ONE-HALF box gelatine dissolved in $\frac{1}{2}$ cup cold water. To 1 pint strawberry juice, add 1 cup sugar, and stir until dissolved. Melt the gelatine over hot water and add to the strawberry juice. Stir and as soon as it begins to congeal, add 1 pint whipped cream. Turn into a mold and chill.

ORANGE CHARLOTTE

GRATE the yellow rind from 1 orange, pour over it $\frac{1}{2}$ cup boiling water; cover closely and steep for fifteen minutes. Soak $\frac{1}{4}$ cup gelatine in $\frac{1}{4}$ cup cold water. Heat the water in which rind was steeped to boiling point, add 1 cup sugar, bring again to boiling point, and pour over the gelatine. Strain and set

aside until cool, then add 1 cup orange juice. When it begins to thicken stir in carefully 1 cup cream whipped to a stiff froth. Pour in mold lined with lady fingers and set on ice.

APPLE SPONGE

SOAK $\frac{1}{2}$ box gelatine in $\frac{1}{2}$ cup cold water for one-half hour. To 1 pound pared and quartered apples add 1 pint water and stew until apples are tender. Melt the gelatine over hot water and add to the apples. Press through a colander; add 1 cup sugar, the grated rind and juice of 1 lemon, and when the mixture begins to congeal stir in carefully the well-beaten whites of 3 eggs. Turn into a mold, chill, and serve with "Custard Sauce."

PEACH MOUSSE

ONE-HALF ounce gelatine dissolved in $\frac{1}{4}$ cup cold water. Melt it over hot water after it has stood half an hour, and add it to the pulp of 12 peaches, add also the juice of 1 lemon and $\frac{1}{2}$ pound of sugar. Stir until the mixture begins to congeal, then add 1 pint whipped cream. Mold and chill for three hours.

PINEAPPLE MOUSSE

DISSOLVE 1 ounce gelatine in $\frac{3}{4}$ cup cold water. After one hour add 1 cup boiling water, $\frac{3}{4}$ pound

sugar, the juice of 1 lemon, and 1 can shredded pineapple. Stir until it begins to thicken, then add 1 cup whipped cream. Put in mold and bury in ice and salt for two hours.

FROZEN BANANA WHIP

PRESS 6 peeled bananas through a sieve. Stir into them $\frac{1}{2}$ cup orange juice and $\frac{1}{2}$ cup powdered sugar. Soak $\frac{1}{4}$ box gelatine in $\frac{1}{2}$ cup cold water; melt over hot water, and add to the fruit. When it begins to stiffen, stir in carefully 1 pint thick cream whipped to a stiff froth, and turn into a covered mold. Bury in ice and salt for two hours.

SULTANA ROLL

ONE cup sugar, 1 tablespoonful flour, 1 beaten egg, 1 pint milk. Cook for twenty minutes. Cool and flavor with 1 teaspoonful each almond and vanilla, add 1 quart whipped cream, color leaf green, and freeze. Line a mold with this and sprinkle with sultana raisins which have been soaked in fruit juice for one hour. Fill centre with 1 pint whipped cream. Pack in ice and salt and let stand two hours.

SAUCE

BOIL 1 cup sugar and $\frac{1}{4}$ cup hot water until slightly thickened. When cold add 4 tablespoonfuls fruit juice and chill.

A WORD ABOUT EXTRACTS

I N MY talks, I talk for pure foods, and I give a great deal of instruction for which I am not paid.

I am actually disgusted with some of the cheap food products to be found on the market, and amongst them, the flavoring extracts that are sold by agents from house to house, some of which are merely preparations of tonka beans and artificial vanillin, and you had better let them alone, if you want good flavors.

I have been using Souders's Extracts for more than four years. I find them the best goods on the market for the money. They are absolutely pure flavors, and if you will give them a trial, I am convinced that you will continue to use them. You can procure them of your grocer, and if he has not got them in stock, by insisting on getting them I think he will get them for you. If he should refuse, then it is because he makes more money on some other brand of extracts that he is handling.

E. G. DETLEFS.

(67)

MOTHER'S OATS

ALWAYS FRESH
AND SWEET.....

Being parched by the pan process, MOTHER'S OATS
have that nutty flavor so desirable in a
delicious breakfast food.

NO HULLS OR BLACK SPECKS.

*Endorsed by Prof. Dettlefs, and demonstrated by him
in his classes.*

FIRST PRIZE NEW ORLEANS
INDUSTRIAL EXPOSITION, 1900.

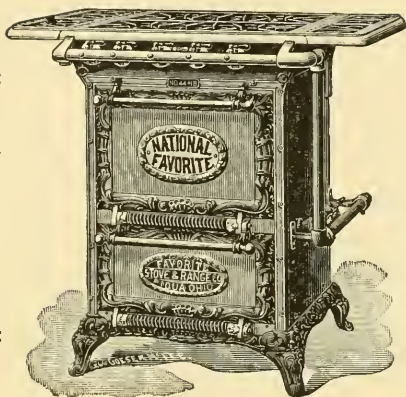
MOTHER'S OATS

Are sold in 2 pound packages only. All grocers.

THE AKRON CEREAL CO.,
AKRON, OHIO.

BRANCHES

St. Paul
Chicago
Kansas City
Omaha
Ottumwa
La Crosse



BRANCHES

Menominee
Salt Lake
Ogden
Buffalo
Baltimore
New York City

EVERY

..Favorite Gas Range..

IS GUARANTEED
TO BE PERFECT

Made in the Largest Variety of Sizes and Styles by

The Favorite Stove and Range Company,

Makers of Fine Stoves and Ranges
of All Kinds.

Works and Main Offices, - - PIQUA, OHIO.

MR. DETLEFS says:

I use only Favorite Gas Ranges because I have found them to be the best. They do perfect work and are superior to all others in my judgment. I am not employed by the company who make them, or paid for this testimonial. The excellent satisfaction these ranges have given me justifies me in recommending them.

FORMULÆ FOR USE WITH DETLEFS'S
VAPORIZER

Price of vaporizer, 65 cents.

No. 1

Menthol Crystals	1 drachm
Gum Camphor	1 drachm
Oil Cassia	5 minims

For acute congestion or inflammation of the nose, throat, or middle ear, or soreness from a cold.

No. 2

Oil Eucalyptus	2 drachms
Oil Gaultheria	10 minims
Oil Cassia	5 minims
Menthol Crystals	2 drachms

For catarrhal affections of the nose and throat, especially for dry catarrh.

No. 3

Oil Eucalyptus	2 drachms
Gum Camphor	1 drachm
Menthol Crystals	1 drachm
Oil Cassia	10 minims
Oil Scotch Pine	1 drachm

For hay fever and asthma.

No. 4

Beech Creosote.....	1 drachm
Oil Eucalyptus.....	1 drachm
Oil Cassia.....	10 minims
Menthol Crystals.....	1 drachm

For tuberculosis.

No. 5

Menthol Crystals.....	1 drachm
Gum Camphor.....	1 drachm
Acid Carbolic.....	10 minims

For catarrhal deafness.

No. 6

Oil Eucalyptus.....	2 drachms
Menthol Crystals.....	2 drachms
Oil Cassia.....	10 minims

For chronic bronchitis and catarrh.

No. 7

Equal parts powdered borax, salt, and soda. Take one teaspoonful to a pint warm water. A most excellent nasal douche for catarrhal affections. Follow by vaporizer with suitable formula.

If the vaporizer is carried in the pocket, the warmth of the body is sufficient to render the medicinal substance readily volatile. If it does not seem to be strong enough, it is only necessary to blow the breath out through it a few times to warm it sufficiently.

**DIRECTIONS FOR USING DETLEF'S
POCKET VAPORIZER**

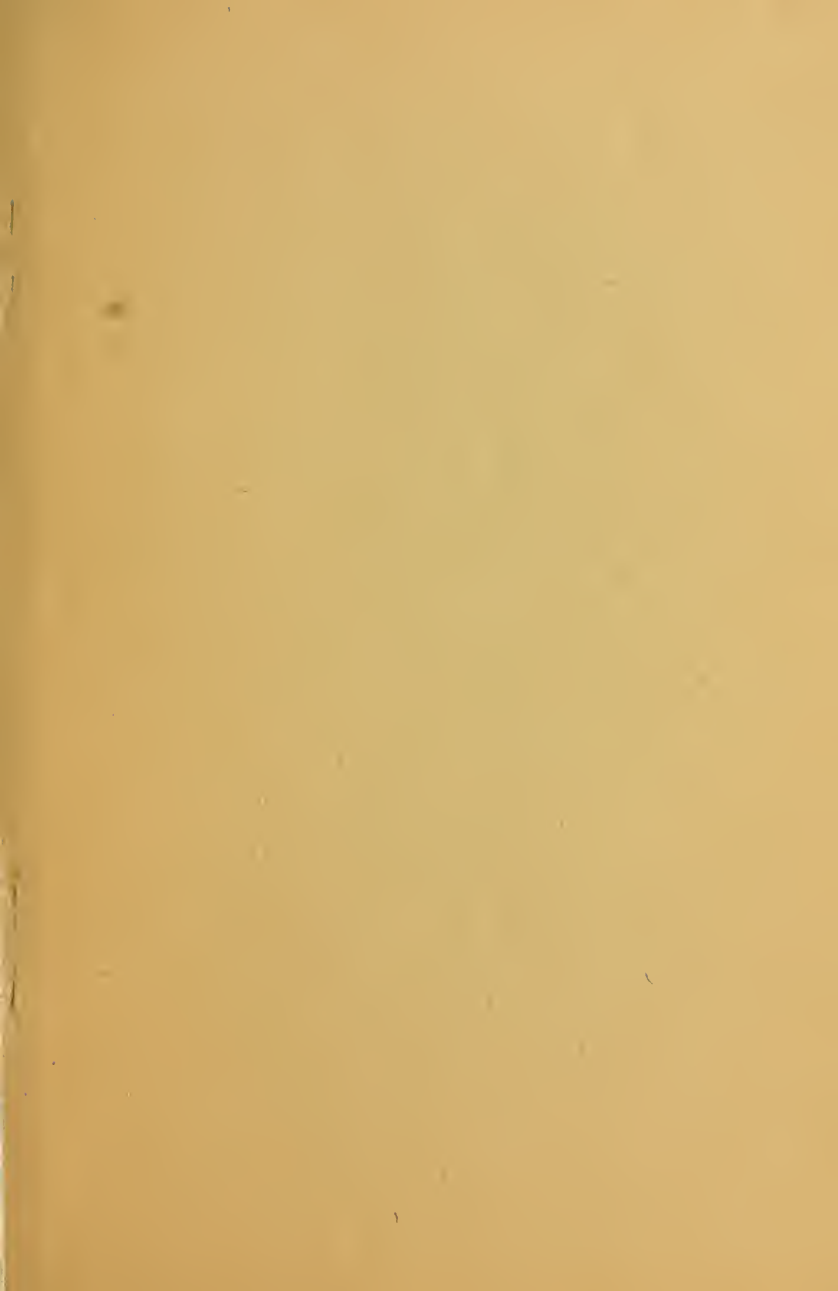
For the Throat or Lungs—Use the small end or mouth-piece. Holding it between the lips take deep inhalations, breathing out through the nose.

For the Nose—Use the large end or nose-piece, placing it in first one nostril then the other, taking deep inhalations.

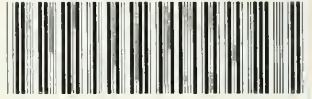
For the Ears—Put a rubber bulb on the mouth-piece end, place the nose-piece tightly in one nostril, holding the other nostril closed with the thumb. Swallow to close the throat forcibly compressing on the bulb at the same time, the vapor will thus be carried up through the Eustachian tubes into the middle ear. This has cured cases of catarrhal deafness of long standing.

CHARGING THE VAPORIZER

The vaporizer is filled with absorbent material which is saturated with the medicament giving it off as the air passes through by inhalation. To recharge, unscrew the nose-piece end and put five or ten drops of the solution on the absorbent material inside.



LIBRARY OF CONGRESS



0 014 486 981 3

