



KITCHENETTE COOKERY

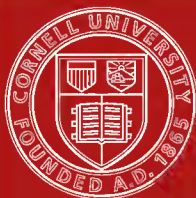
ANNA MERRITT EAST

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Kitchenette Cookery



Kitchenette Cookery

By

Anna Merritt East

Formerly New Housekeeping Editor,
The Ladies' Home Journal

Illustrated



Boston

Little, Brown, and Company

1918

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FOREWORD

AS the artist presents his finished picture, mounted or framed so that his friends may drink in its beauty without the odor of paints or brushes, so I offer this little book to you, friends of the business world, who must needs eat and mayhap, too, love to cook what you eat rather than sit forever around a boarding-house table.

I do not offer you my paints and brushes, that is, calories and proteins; nor even a dissertation on the chemistry of cooking or the physiology of digestion — for there are many books on those lines better than I could possibly write. I will refer you to them should this volume send you delving deeper for yourself into this fascinating play. I simply pass on to you the practical

Foreword

application of these underlying principles which I have made in my own kitchenette apartment, the Scribbler's Den.

Come with me into my playhouse and as my guest "bide a wee."

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KITCHENETTE COOKERY

CHAPTER I

FITTING SHELVES TO SPACE AND SERVICE

A KITCHENETTE is, as its name implies, a wee kitchen, and so tiny are the kitchenettes in the newest apartment houses that they make you think of children's playhouses. I dubbed my first one a playhouse, for many a luscious bite came forth after a bit of play.

To one whose whole life, in so far as it has touched the kitchen, has known nought but the big old kitchen of her mother, a readjustment of both thought and body is necessary before a kitchenette becomes truly a play-

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house. My first real kitchenette — in college days I cooked in one made over from a clothes closet — was less than seven feet long and less than three feet wide with an adjoining supply closet. My present play kitchen measures seven and a half feet by two and a quarter feet, with no supply closet — just dreadful high shelves, of which the topmost one can only be reached from a stepladder — or a box on a chair and the cook on top with arms outstretched, while the sink is so low that she must make a crook of her back to wash the dishes. Apartment house builders and plumbers must all be bachelors or widowers, for, if they had wives, they too would realize the objection to reaching from sky to river bottom every time a meal was cooked.

By dint of keeping at it, I finally persuaded my landlord to have the carpenter put up one shelf, and after waiting vainly for the fulfillment of promises of more,

Fitting Shelves to Space and Service

purchased my own shelves and screws and, by means of a dollar bill, induced the janitor to put up two more shelves. These gave ample room for the necessary pots and pans and the foods to be cooked in them.

On the topmost shelf are kept the cake tins, jelly molds, the ice-cream freezer, and other utensils which are not used every day. The next shelf is my grocery store and by stocking it well in the beginning and watching that the supplies do not get too low a complete dinner is always possible without calling on the butcher, baker, or grocer, or even stopping at the delicatessen shop. All dry groceries, as beans, split peas, cereals, sugar, etc., are poured out at once from the bags or boxes in which they arrive from the grocery store and placed in glass jars. Then no one is forgotten and reordered, or allowed to run out, as it is always easy to see when

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the supply is getting low. The lower shelf — although it is travesty to call it low — carries the casseroles, glass jars, and other food containers.

NOT STEPS BUT A REACH

Because we have tiny kitchens instead of the old rambling ones in which our mothers or their hired girls traveled so many miles in preparing the meals, it does not mean that we cannot have the good things to eat, or that our womanly hands must needs lose their traditional cunning in cookery. Far from it — in fact it enriches our inherited cunning, for it makes us take a new tack, since our difficulty now lies not in having to walk so far from pantry to stove but in so arranging our cooking tools that each one is conveniently within reach, for there is no room to run about.

Each pot and pan, knife and spoon, must have its place and learn to keep it.

Fitting Shelves to Space and Service

Each utensil for which a place is allowed must have its definite purpose in order to keep its place for there is no room for useless or merely ornamental kitchen devices in so small a kitchen.

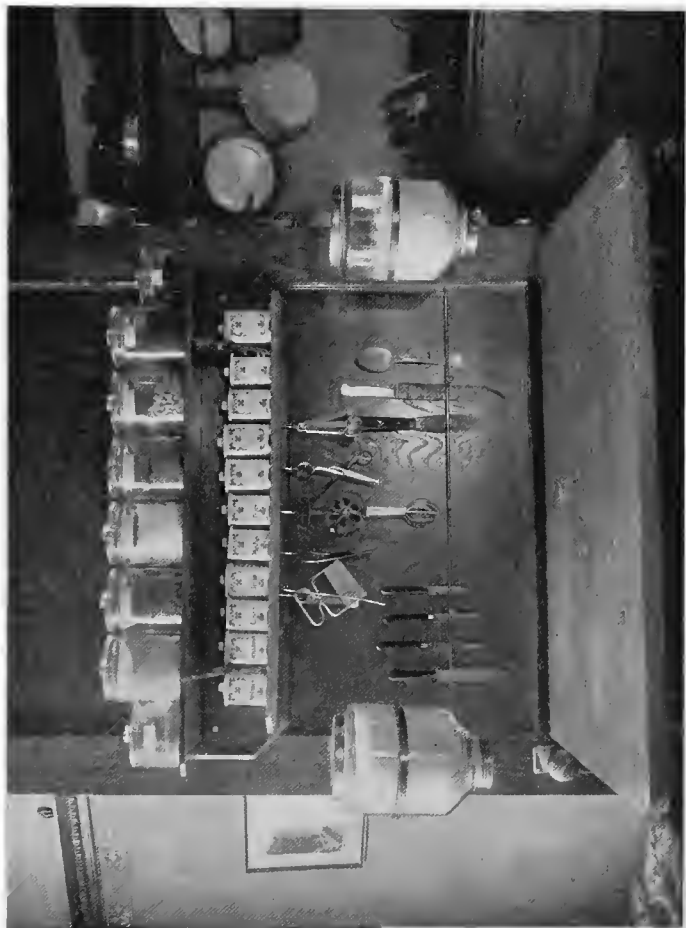
On the back of one of the big doors which conceal the kitchenette when closed is my kitchen cabinet. To use it the door must be opened and by means of a foot clamp firmly fastened to the floor so that it will not swing. The hanging work table lifts up and by means of an adjustable bracket and support becomes a solid working surface. Sugar and flour containers are so fastened to the heavy outer edges of the door that they swing in to let the sugar or flour fall into the pans standing on the table below.

A curtain rod fastened to the door six inches above the table holds the knives, spatula, and cooking spoons. A ready-to-hang shelf above carries the glass containers

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holding bread crumbs, cereal, corn meal, brown sugar, powdered sugar, elbow macaroni, coffee, and tea. The spice containers hold the nutmeg, cinnamon, cloves, allspice, mustard, pepper, and paprika, as well as cream of tartar, baking powder, and salt. Hanging from hooks just below the shelf are the vegetable chopper and cutters, can opener, Dover egg beater, kitchen scissors, and measuring spoons.

On an enameled rack fastened to the end wall and fitted out with hooks for carrying pots and pans hang most of the cooking tools. I call this my Kitchen Carryall. On the first row of hooks hang the measuring cups, one glass and one aluminum — glass to measure sugar and flour and show the half and quarter cupfuls so frequently used in kitchenette cookery, and metal to measure scalding water or milk for sponge cakes. Two cups make cake mixing much quicker under any circumstances.



A KITCHEN CABINET ON THE BACK OF THE BIG DOOR.

Fitting Shelves to Space and Service

The "crab" hangs on the top row, too. It is a metal lifter which closes like a crab's claw on the hot pan or food which needs to be lifted or turned. Beside the crab hang the candy thermometer, skimmer, and egg whip. The food chopper hangs just below, where it can be readily lifted off and screwed on to the table edge. It is quite a worker in this kitchen.

On a ready-to-hang shelf, which is securely fastened to the back wall by means of two large screws, reside my dishes, a cottage set of forty-three porcelain pieces. There is no unused space on this shelf either. Each dish has its place and must take it. Several brass-headed tacks placed near the back of the shelf form a plate rail to hold the platter and vegetable dish in place, while six screws under the shelf hold the six cups.

The roll of paper toweling hanging just below does away with the old-fashioned

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and unsightly kitchen cloths. At a cost from one fifth to one third of a cent apiece for absorbent paper squares it is not unduly expensive to use them in place of cloths which must be frequently laundered, especially if you must needs pay for every bit of laundering done. Here paper towels have found many uses, such as wiping tables, as oven cloths, drying lettuce, wiping off greasy plates, and for draining greasy water.

A KITCHENETTE STOVE

We hunted for some time to find the proper stove for this playhouse, for just as the sinks would give our backs unnecessary bending, so would most of the small stoves, in which the ovens are set below the cooking surface of the stove. Our present stove fills the bill nicely in having a high oven for baking as well as a broiler — frying has no legitimate place in a kitchen-



THE POTS AND PANS EACH HAVE THEIR HOOKS.

Fitting Shelves to Space and Service

ette apartment — but it is unnecessarily large, fitting in without an inch to spare. Two burners instead of four, with the simmerer and the oven four to six inches shallower, would serve the needs of a kitchenette cook just as well and leave the extra space for other uses — you have to count the inches in so small a kitchen. Some day stove manufacturers will build kitchenette stoves which will exactly fit our needs as well as our space, but not until they are convinced that we women really don't want to break our backs any longer. The shelf under this stove comes in very handy to carry the bread box, scales, and pressure cooker.

The small ice box, which ordinarily needs refilling but every other day, stands on a cement base set into the floor from which a pipe drains off the drip of the melting ice. Contrary to rule, the milk bottle takes its place beside the ice as does the

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lettuce washed and placed in a cheesecloth bag. The floor of the ice_box holds the butter, cheese, eggs, and cream; the first shelf contains the half-a-can portions in glass jars and any cooked foods, while the top shelf is reserved for the fresh fruits. It is surprising how much food the little box will hold.

KITCHENETTE DISH WASHING

Stretched from one faucet in the sink to the other is a little wire rack which holds the soap, cork knife polisher, and the dish mop, a tinsel one. The flat suction sink stopper and rubber dish scraper hang above the sink. Sievelike cups cover the faucet ends to prevent the water from splashing.

No dishpans hang on these walls — and why should they? — for the always abundant hot water of the modern apartment makes both teakettles and dishpans merely hangers-on of other days, when all the water had

Fitting Shelves to Space and Service

to be heated and sparingly used. A paper towel or paper napkin wipes off the plates which under the fall of hot water from the hot-water faucet are automatically washed, or at most need but a switch or two with a dish mop to take their places in the wire dish drainer. The rack is then lifted into the sink for a moment, and the scalding water poured over the dishes, which are soon as dry and shiny as any you would wish to see. Only the glasses and silver need to be wiped with a tea towel, which is quickly washed right in the kitchen sink on a little aluminum washboard that you slip over the left hand, one of the newest devices found in the house-furnishing stores. Modern kitchenette dish washing has several strong points of which to boast:

No greasy dishwater — for it all runs down the sink as used.

No smelly dishcloth or dish towels, for

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it takes but one tea towel for glasses and silver.

No horrid pots and pans, for you can not so dub lightweight utensils.

No manicured hands ruined by dish washing, for your hands scarcely touch the water.

CHAPTER II

THE POTS, PANS, AND CONTAINERS

WE business women go at our house-keeping quite differently from other women, partly because of the system business life has instilled into us and partly from necessity. We know that our housekeeping is going to receive a minimum of time and attention, so that we must arrange to eliminate as many of its details as possible and let the rest almost automatically take care of themselves. This requires tools to fit the task and those that will do the work with the least trouble.

One of my hardest workers is an aluminum four-piece set which does duty as a roaster, large kettle, steamer, colander,

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and vegetable cooker. This, with a small aluminum double boiler, is a treasure since I have found it possible to procure the steel wool and soap combination cleaner, now put up by several firms, to keep aluminum in good condition. Steel wool — aptly called the “shearings of a hydraulic ram” — applied with just a little “elbow grease” every few weeks keeps the aluminum utensils bright and shiny. It is the alkali of hard water which discolors them by attacking the surface of the aluminum, so by avoiding the use of extra alkali or soda in washing I avoid unnecessary work.

The hardest worker of all is a small double boiler; the upper part is used in preparing half-a-can recipes or in cooking about a pint of food material either directly over the flame or in simmering it over the lower water-filled boiler. The lower boiler is used in the cooking of larger amounts of food directly over the flame. This

The Pots, Pans, and Containers

utensil serves not only in its capacity as a double boiler but as a teakettle for boiling water for tea or coffee.

The aluminum pans cost more than some others — the four-piece set costing over three dollars and the double boiler eighty-five cents — but a business woman counts so much of her time as money that her home hours become precious. So for her, if not for all, it is economy in the long run to buy utensils that both do good work and require the least time and care later.

A PRESSURE COOKER AS A TIME SAVER

The waffle iron has its regular Sunday breakfast to prepare, while my best play-fellow, a steam pressure cooker, does double duty. It plays its part as a steam canner when a basket of peaches or corn has been sent in from the country by friends, as well as to cook combination meals in double-

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quick time. It is a large cast aluminum kettle with its cover fastened down to retain the steam by means of copper bolts which develop muscle and sometimes temper in the unscrewing when the table and guests are waiting — but then what good friend has not his drawbacks.

The pressure cooker's greatest asset to the kitchenette dinner party, besides cutting the cooking time in two or three, is that the odors of the cooking are all retained in the kettle and released to the great out-of-doors instead of in the room itself — by setting the cooker on the sill of an opened window before turning the exhaust valve to release the pressure prior to removing the cover. A ball-and-spring safety valve eliminates all possible troubles from too high pressure, for when thirty pounds of steam pressure is reached, as shown on the dial, a whistle blows which not only lets off the extra steam

The Pots, Pans, and Containers

but gives warning to the cook lady to turn down her gas flame.

GLASS JARS FOR DRY GROCERIES

Glass jars with wide mouths and rubber rings around the top to exclude air and break the click of glass in closing come in various sizes. Pint and quart sizes at fifteen and twenty cents apiece best fit the need of a kitchenette. This is a purchase to be made but once, and once these jars are used you will never part with them, or be out of the food material needed through having forgotten that "the powdered sugar was all used up last time."

The little two-cup percolator, which in the first few weeks of its stay was as good as an alarm clock piping out "Get up and see your percolator perk", has had a tragic career. It had a dreadful accident. Somebody set it on the stove with coffee in the top but no water below, and it lost both

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its spout and handle, was badly burned, and had to spend four weeks in its manufacturer's hospital for injured goods. However, you would never know it now as it sings its cheery morning song.

THE UTENSILS AT WORK AND PLAY

In order to prove the advantage of having utensils and food containers, work table and stove so close together, let us make a Baker sunshine cake. Bringing down the small-tube cake tin, size Number 5, from the top shelf, we can stand in front of the work table, reach down into the ice box for our two eggs, reach to the right without a step for the flour sieve, egg whip, measuring cups, flour pan, and the long-handled saucepan with a rounded bottom which does duty as a mixing bowl.

Baking powder from the shelf above is measured with the measuring spoon which

The Pots, Pans, and Containers

hangs in front of us and is added to the sifted and measured flour, sifted again once or twice, and set aside while the sugar is measured and sifted once. The eggs are separated, and the yolks dropped into a third of a cupful of cold water which has been placed in the mixing bowl. The whites of the eggs are beaten up with the egg whip until the platter can be inverted without the mass moving. The yolks and the water are beaten up with the Dover egg beater for five or six minutes until light and foamy. The sugar, then the sifted flour and baking powder, are added gradually, continuing the beating with the beater. The flavoring is added now, and the whites of the eggs carefully folded, not stirred or beaten, into the mixture. It is a very foamy mass as it is poured into the pan, half filling it, as a sunshine or sponge cake should rise as high again while in the oven. We may

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put this into a cold oven — that is, light the oven gas just as we put the cake into the oven and let it gradually get hot. A cake without shortening needs to rise and bake slowly so as not to be tough.

We must look at our cake frequently to see that the heat is right for the cake to rise but not to brown during the first fifteen minutes. It should take from forty to forty-five minutes for the entire baking. If the oven gets too hot turn down the flame or turn out one of the burners. It is done and ready to come out when the edge begins to shrink away from the side of the pan, and it stops its funny little sizzling sound of baking. It should come out of the oven at once and be turned upside down to “hang” for a time before it is removed from the pan on to a wire rack to air, cool, and to be frosted.

In three minutes we can have all the

The Pots, Pans, and Containers

soiled dishes washed up, for as we have finished with egg beater, cup, or pan we have set it under the cold-water faucet to soak in cold water.

It has taken just twenty minutes to put the cake into the oven and five more to leave the same order we found. Cake making as simple as this becomes a pleasant diversion with the added zest of serving real homemade cake to friends who drop in later.

Simplified kitchens give greater satisfaction in return for the time spent in their planning than almost anything else, since to most women cooking is either a distinct pleasure or a dreadful cross.

Baker Sunshine Cake

1 cupful sugar	1	teaspoonful	baking
1 cupful flour			powder
$\frac{1}{3}$ cupful cold water	$\frac{1}{2}$	teaspoonful	vanilla
2 eggs			extract
	$\frac{1}{4}$	teaspoonful	salt

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White Mountain Icing

1 cupful sugar	1 egg white
$\frac{1}{2}$ cupful boiling water	$\frac{1}{2}$ teaspoonful vanilla

Cook the sugar and water together until it forms a soft ball when dropped into cold water. Add the flavoring and pour slowly into the stiffly beaten white of egg, beating while pouring it in. Beat until it begins to thicken and spread at once on the cake.

CHAPTER III

THE FIRST BILL OF GROCERIES

THE first bill of groceries is not such an enormous one, after all, for our kitchenette supply space is almost microscopic as compared with our mother's pantry and cellar supply shelves, and so must be filled accordingly.

The staple groceries which we could at once turn out of their bags and boxes into our glass jars, or keep in their own containers, would include the following :

Flour, 5 pounds	Powdered Sugar,
Corn Meal, 2 pounds	2 pounds
Granulated Sugar,	Medium Brown Sugar,
5 pounds	2 pounds
Cut Loaf Sugar,	Cornstarch, 1 pound
2 pounds	Molasses, 1 can

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Coffee, 1 pound	Tea, $\frac{1}{4}$ pound
Chocolate, 1 pound	Rice, 1 pound
Cocoa, $\frac{1}{2}$ pound	Uncooked Cereal, 1 pound
Salted Crackers, 1 pound	Macaroni, 1 pound
Baking Powder, $\frac{1}{4}$ pound	Prepared Cereal, 1 box
Baking Soda, $\frac{1}{4}$ pound	Cooking Fat or Lard, 2 pounds
Cream of Tartar, $\frac{1}{4}$ pound	Purified Cottonseed Oil, 1 quart
Eggs, 1 dozen	Butter, 1 pound

Canned Goods; 1 can each of

Tomatoes	Peas
String Beans	Mushrooms
Corn	Asparagus
Pimentos	Shrimps
Tomato Soup	Chicken Soup
Peaches	Pineapples
Cherries	Ripe Olives

Seasonings and Flavorings

Vinegar, 1 quart	Mustard, 2 ounces
Salt, 1 bag	Cinnamon, 2 ounces
Black Pepper, 2 ounces	Cloves, 2 ounces
Paprika, 2 ounces	Nutmeg, 2 ounces

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Allspice, 2 ounces	Tomato Catsup,
Vanilla Extract,	1 bottle
8 ounces	Table Sauce, 1 bottle
Lemon Extract,	
4 ounces	

Fruits and Vegetables

Prunes, 1 pound	Dried Peas, 1 pound
Raisins, 1 pound	English Walnuts,
Apricots, 1 pound	1 pound
Dates, 1 pound	Potatoes, $\frac{1}{4}$ peck
Figs, 1 pound	Onions, 1 quart
Loganberries, 1 pound	Oranges, $\frac{1}{2}$ dozen
Pea Beans, 1 pound	Lemons, $\frac{1}{2}$ dozen
Peanuts, 1 pound	

MARKETING FOR TWO

The ability to market or purchase food supplies is not a matter of inheritance or of theoretical knowledge any more than the fact that four times four equals sixteen is inherited or is a matter of theoretical knowledge. Somewhere in the course of our school days we found that four fours gave us sixteen, over and over again, and

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the theoretical fact became a practical one that we could use. So it is with marketing, whether for one or two or more. Of course I knew theoretically how to buy cabbage, etc., how to pick out a solid head, and what it cost at the time and in the place where I was studying marketing.

But unlike the axiom that four times four equals sixteen, which is unchanged whether in China or in Philadelphia, and the same fifty years ago as to-day, food prices differ not only in different parts of the country but often just across the street, or even at another counter of the same market; they not only have changed in the last fifty years but have literally galloped within the last year — sometimes they leaped just overnight.

I have taken to marketing as I have taken to other games — and there is certainly enough of a gamble in marketing for foods these days, for no matter how

The First Bill of Groceries

well I play my hand, sometimes I win, sometimes I lose; but I am finding it as fascinating a game as ever I played.

From my store of theoretical knowledge I brought out and turned into everyday use these divisions of all foods, which aid in the planning of my menus and in the marketing to fit or adjust them.

Flesh or Protein Foods

Meats	Poultry
Fish	Milk
Cheese	Eggs
Nuts	Dried Peas and Beans

Starchy Foods

Bread	Rice
Macaroni	Tapioca
Cereals	Potatoes

Fatty Foods

Butter	Cream
Bacon	Salad Oils
Cooking Fats	

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Fruits and Vegetables

Potatoes	Lettuce
Celery	Carrots
Onions	Asparagus
Cabbage	String Beans
	Peas
Oranges	Bananas
Grapefruit	Lemons
Cranberries	Berries

Sweets

Sugars	Cakes
Candies	Cookies
Jellies	Preserves
Honey	Sirups
Dates	Raisins
Dried Figs	Currants

WHERE KNOWLEDGE OF FOOD VALUES HELPS

There are just five of these groups, but every food is so chemically constructed that it more naturally falls into one group than another, so I have to carry but five groups in mind in order to plan my meals.

The First Bill of Groceries

I aim to plan them so that I have a food out of each of the five groups at least twice each day — that is, I may have meat only for dinner, but I will use milk or cheese in my lunch dish so that gives flesh foods twice.

This flesh or protein group includes the foods that cost the most money, so if we are playing the marketing game to reduce expenses, it pays to find out the cost of various kinds of meat, fish, and cheese, and to serve flesh foods just twice instead of several times a day.

The least expensive group is the next one, the starches — and although we have most of us inherited the notion, not fact, that we must have potatoes with meat, we can find by a study of their make-up that rice, macaroni, and bread all have the starch which potatoes supply, and so we can turn up other cards and win the game by knowing which ones to play.

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As Americans we are apt to overeat rather than undereat, so that for one who knows the game and how to be diplomatic with her partner's tastes and fancies, it is not impossible to win the prize.

CHOOSING QUANTITIES

Another phase of the kitchenette marketing is getting the right amount — not too much or too little — of the food desired. Where there are pantry and cellar supply shelves, it pays to buy foods in quantities, but not so for our kitchenette apartment. All fresh fruits and vegetables, as well as meats, must find a place in the refrigerator, and as the walls of the refrigerator are not elastic, the garbage pail is too apt to get more than its share of food that is wasted because of the lack of a cool place to keep it.

A glance at a two weeks' market order, after some of these experiences had taught

The First Bill of Groceries

wisdom in small-quantity buying, tells how it can be done.

Meat Orders

Breast of Lamb, 2 pounds	Chicken, $3\frac{1}{2}$ pounds
Porterhouse Rib Roast, $3\frac{3}{4}$ pounds	Dried Beef, $\frac{1}{4}$ pound
Crab Meat, $\frac{1}{2}$ pint	Club Steak, 1 pound
	Stewing Veal, 1 pound
	Eggs, 1 dozen

Groceries

Tomatoes, 1 can	Coffee, 1 pound
Tomato Soup, 1 can	Peanut Butter, 1 pound
English Walnuts, 1 pound	Potato Chips, $\frac{1}{2}$ pound
Apricots, 1 pound	String Beans, 1 can
Asparagus, 1 can	Chicken Soup, 1 can
Sugar, 2 pounds	Salad Oil, 1 quart
Cheese, 1 can	Olives, 1 bottle

Fruits and Vegetables

Lettuce, 2 heads	Green Peppers, 2
Mushrooms, $\frac{1}{4}$ pound	Potatoes, $\frac{1}{4}$ peck
Bermuda Onion, 1	Bananas, $\frac{1}{2}$ dozen
Oranges, $\frac{1}{2}$ dozen	Grapefruit, 1

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THE QUANTITY TO ORDER

In buying ribbon we instinctively ask the price per yard and then order a yard or two, or if less than a yard, we call for a half, a quarter, or an eighth of a yard — never ten cents' worth. We should so order our food — by the pound, half pound, quarter pound, or other definite measure. Just because it is easier or a matter of habit to follow the line of least resistance, we too often say "ten cents' worth, please", when it comes to buying food, and, by not being exact ourselves, encourage our grocer to become careless too.

The profits on retail groceries are not large, so that our very carelessness necessitates the grocer adding to his overhead expense the cost of expensive scales on which he can weigh accurately the "ten cents' worth" of food which retails at twenty-five or thirty-five cents a pound

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— which charge we must pay in the increased cost of our groceries. The alternative open to the grocer who has not invested in these expensive scales is to guess at the quantity, and guessing sometimes is overweight, sometimes underweight — his loss or ours.

Another necessary point is to see that we get the quantity we order, for a second result of this same carelessness on the part of the buyer is the condition existing in many stores: when you ask for three pounds of rib roast at twenty-two cents a pound, they cut it off and, on weighing, invariably find that they have made a mistake and cut too much. “Seventy-five cents’ worth; that’s all right, isn’t it?” This with a manner that makes us feel very small not to say “Oh, certainly” and pay the bill.

It does take courage to refuse it, but it doesn’t take more than a few refusals to convince the butcher that we know how

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much meat we want. He wants our trade, and competition is keen, so that he will serve us as we wish, when we let him know that we ourselves know what we want. The grocer, too, will go to the trouble to look up specific brands of goods for us when he finds that we really don't want substitutes.

The brands of canned and package foods are becoming so numerous that there is a great field for interesting exploration among them as well as in the market among the fresh fruits, vegetables, and meats. The business woman is at a great disadvantage when it comes to the choosing of these latter, for she must needs turn the picking out of her order over to her grocer or market man because her daily work seldom gives her the time to go to market. But she can train her grocer to send her good products by returning poor goods just a few times.

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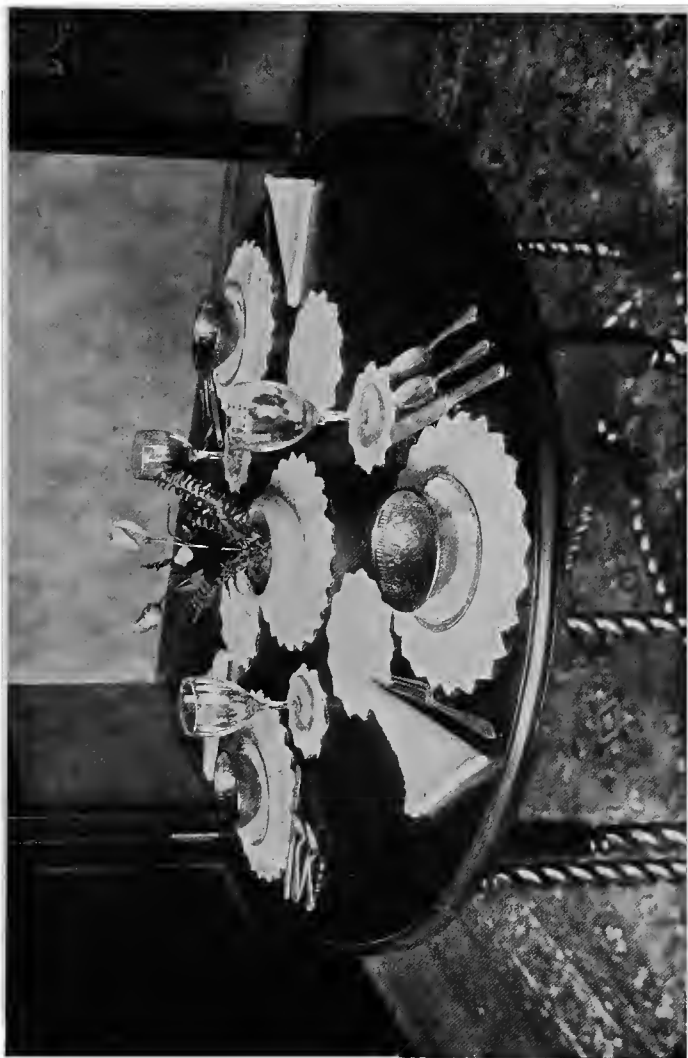
If we give the grocer a fair deal, he'll give us one — but let us not give him a chance to act on the basis that *we* don't know what we want.

CHAPTER IV

COUNTING COSTS

WHEN I started out to fit up this kitchenette I had a very vague idea as to how much it would cost, for the paper houses I had furnished in school days had long ago gone with the notebooks containing them, the way college notebooks go. I was not seeking to spend a certain amount of money for furnishings, or to get along on the fewest and cheapest of kitchen tools — but to purchase the tools best fitted for the tasks as I found them.

In looking for china, I found a cottage set that included all the necessary pieces for kitchenette dining service, and, although they were American porcelain, not so at-



DOILIES MAKE AN ATTRACTIVE TABLE AND SIMPLIFY THE LAUNDRY QUESTION.

Counting Costs

tractive as the more expensive china, a set with a tiny band of gold and two pink roses on each dish fitted in harmoniously with the color scheme of the dining and living room of my two-room suite. In looking for silver I searched for simple lines, and as that day the pocketbook had cautioned "Go easy", I found among inexpensive, silver-plated ware a set of dessert knives, forks, spoons, and teaspoons which met these demands as well as the size of the small gate-legged oak table.

I saved all bills and purchase slips to check up some day. The following list includes utensils which I purchased in the house-furnishing departments of several large department stores, house-furnishing stores, and ten-cent stores. It may be of use as a guide for another who, too, starts with a hazy idea of the cost of kitchenette utensils. Prices, of course, are continually

Kitchenette Cookery

varying, due to qualities of material and conditions of the general market.

Kitchenette Furnishings

1 gas stove	\$28.00
1 refrigerator	8.50
1 rack for utensils	1.00
1 wooden dish shelf	1.10
1 wooden supply shelf	1.10
1 soap basket	.10
2 curtain rods	.20
1 towel rack	.10
1 paper towel rack	.10
1 roll paper toweling	.35
1 roll paper toweling	.50
1 linoleum floor mat	.25
1 rubber sink stopper	.10
11 china spice boxes	1.10
6 quart glass jars	1.20
6 pint glass jars	.90
2 large glass containers and brackets	1.50
1 rolling pin	.10
1 bread board	.10
1 set four tin boxes	.85
3 tin molds	.45
1 dish drainer	.10

Counting Costs

1 drain pan	\$.10
1 food chopper	.75
1 muffin tin	.10
1 biscuit tin	.10
2 asbestos mats	.10
2 dish mops	.10
2 anti-splashes for faucets	.05
1 garbage can	.15
2 tea towels	.70
2 glass towels	.50

Time and Fuel Saving Utensils

Large pressure cooker	\$14.00
Baby pressure cooker	2.50
Aluminum hand washboard	.50
Vacuum ice-cream freezer	2.50

Kitchen Cooking Utensils

1 coffee percolator	\$2.50
4-piece aluminum set	3.25
10-piece earthenware set	.85
1 aluminum double boiler	.85
1 aluminum omelet pan	1.25
1 aluminum skillet	1.25
1 food scales	2.50
1 wire sieve	.10

Kitchenette Cookery

1 enamel saucepan	\$.55
1 small frying pan	.10
1 lifting fork (the "crab")	.25
1 candy thermometer	1.00
1 egg beater	.10
1 egg whip	.05
1 tea ball	.10
1 cheese grater	.10
1 flour sifter	.10
1 waffle iron	1.50
1 glass casserole	.85
1 tablespoon	.06
1 bread knife	.50
1 spatula	.10
3-piece vegetable cutter set	.50
1 can opener	.05
3-piece measuring spoon set	.15

Cottage Set — Porcelain Dishes

(Total cost \$3.60)

- 6 dinner plates
- 6 tea plates
- 6 sauce dishes
- 6 butter dishes
- 6 cups
- 6 saucers
- 1 platter, 8 inches

Counting Costs

2 uncovered vegetable dishes
1 sugar bowl
1 cream pitcher
1 bowl

Silver and Glassware

1 salt and pepper set	\$.10
1 water pitcher	.10
6 glasses	.30
6 sherbet glasses	.30
6 dessert knives	1.70
6 dessert forks	1.45
6 dessert spoons	1.45
6 teaspoons	.75

CHAPTER V

BREAKFAST ON A TIME LIMIT

NEARLY every one has a time limit for breakfast — either in the preparing or eating of it. That is probably the reason that for most people breakfast becomes more or less of a static affair. You may like coffee and toast as the framework of the meal, and some one else may wish fruit and eggs, varying the drink from coffee to cocoa or milk. If we must catch a certain car, we know about how long it takes to put down our static breakfast, and if we must needs prepare it also, we have found out how long that takes. When a change in the routine is made, we must

Breakfast on a Time Limit

allow extra time or take the chance of missing that car.

As a light breakfast suits the mistress of this kitchenette, the routine is to turn on the hot-water faucet (in a house where forty-eight apartments are supplied with hot water from a boiler, I count the water fresh enough to use for cooking), measure two level tablespoonfuls of coffee into the top of the percolator, and pour over it a cup of water, now quite hot from the faucet, and set the coffeepot on the simmerer. In three minutes it begins to bubble up and sing its cheery song. I light the burners of the oven for toast, cut two slices of bread, prepare grapefruit, orange, or bananas, and set my breakfast table. Getting the pint bottle of milk from the dumb waiter, I wipe off the mouth of the bottle and dip out the cream for coffee. When the gas oven has been lighted for five minutes, the slices of bread

Kitchenette Cookery

are placed on the broiler, set up close to the flame. Three minutes of close watching are necessary now to ensure slices of golden brown toast without even a blackened streak near the edges. This is buttered, and the coffee poured, and all soon disappear in order that a certain car may be caught.

For the bride whose time limit is set by another's car and appetite, I have included a variety of breakfasts which may be built up from the static breakfast of fruit or cereal, eggs or meat, toast or hot bread, and breakfast drink.

Spring Breakfast Menus

Stewed Apricots
Waffles with Maple Sirup
Coffee

Sliced Oranges
Prepared Cereal
Eggs à la Goldenrod
Coffee

Breakfast on a Time Limit

Strawberries with Cream

French Omelet

French Rolls and Butter

Coffee

Orange Juice

Wheat Cereal

Pop-overs

Coffee

Sliced Bananas, Raisins, and Cream

Eggs in Ramekins

Toast

Coffee

Grapefruit

Chicken Hash on Toast

Coffee

Sliced Oranges

Creamed Eggs on Toast

Rolls and Jelly

Coffee

Sliced Bananas with Cream

Hot Biscuits

Marmalade

Coffee

Kitchenette Cookery

Strawberries on the Stem
Ham Croutons with Poached Eggs
Coffee or Cocoa

Grapefruit
Waffles with Honey
Coffee or Cocoa

Breakfasts for the Summer Time

Raspberries and Cream
French Rolls Butter
Coffee

Sliced Peaches
Creamed Chicken on Toast
Coffee

Halves of Peaches with Whipped Cream
Poached Eggs on Toast
Coffee

Blackberries with Powdered Sugar
French Rolls
Coffee and Cookies

Cold Baked Apple
Creamed Eggs on Toast
Coffee

Breakfast on a Time Limit

Blueberries with Milk
Waffles Maple Sirup
Coffee

Raspberries and Cream
Creamed Dried Beef and Pop-overs
Coffee

Blackberries
Crisp Rolls and Butter
Coffee

Sliced Peaches
French Omelet
Coffee

Blueberry Muffins
Scrambled Eggs
Coffee

Autumn Breakfasts

Sliced Pineapple
Graham Muffins and Honey
Coffee

Canteloupe
Cereal and Cream
Hot Rolls and Marmalade
Coffee

Kitchenette Cookery

Grapes

French Toast and Sirup

Coffee

Canteloupe

Broiled Bacon and Toast

Coffee

White Grapes

Corn Fritters

Hard Rolls

Coffee

Creamy Omelet

Hot Biscuit

Strawberry Jam

Coffee

Bartlett Pears

Poached Eggs on Toast

Coffee

Concord Grapes

Creamed Dried Beef on Toast

Coffee

Sliced Peaches

Shirred Eggs

Toast

Coffee

Breakfast on a Time Limit

Watermelon
Prepared Cereal
Fish Cakes and Toast
Coffee

Winter Breakfast Menus

Sliced Oranges
Wheat Cereal
Soft Cooked Eggs Toast
Coffee

Stewed Prunes
Fried Wheat Cereal
Coffee

Halves of Oranges
Oatmeal and Cream
Creamed Chipped Beef on Toast
Coffee

Grapefruit
Prepared Cereal
Bacon and Eggs and Toast
Coffee or Cocoa

Prunes with Cream
Poached Eggs on Toast
Coffee

Kitchenette Cookery

Sliced Bananas with Cream
Creamed Beef and Potato Cakes
Hard Rolls
Coffee

Sliced Oranges
Raisin and Corn-Meal Mush with Cream
Soft Cooked Eggs
Coffee or Cocoa

Cold Baked Apple with Cream
Prepared Cereal
Bacon and Eggs
Coffee

Stewed Dried Peaches with Cream
Asparagus Omelet
Coffee or Milk

Grapefruit
Calves' Liver and Bacon
French Rolls
Coffee or Cocoa

CHAPTER VI

LUNCHEONS AT HOME AND BY BOX

LUNCHEONS at home, seldom possible for the business woman, but usually for the bride — kitchenette apartments seem invariably to be occupied by one or the other — are nearly always eaten alone. But even so they can be attractive and appetizing, although we naturally demand menus that are quickly and easily prepared.

Some luncheon tastes run to salads, some to cream soups, and some to “creamed on toast” dishes, but a varied and pleasing list of luncheon menus can be made up by using one of these three groups for the main dish in each menu. In fact a luncheon dish with bread and butter, a cup of tea or cocoa (rarely coffee), and bit of sweet either in fruit or cake is getting

Kitchenette Cookery

to be the popular luncheon to-day. We are learning that when we are not sawing wood we don't need to eat hearty foods, and in fact are much more comfortable for not eating sawing-wood meals.

Plain Tea

1 teaspoonful tea 1 cupful boiling water

Rinse out a china or earthenware teapot with boiling water and put into it a level teaspoonful of tea. Pour in a measuring cupful of boiling water and let it stand in a warm place, but not over the flame, for three minutes and serve at once. Serve with sugar, cream, or lemon to suit the individual taste. After measuring the water with a measuring cup once or twice it is easy to determine how far such a cup fills your teapot, and you can then dispense with measuring the water, pouring the boiling water directly on to the tea. One such cupful gives two teacups of tea.



AFTERNOON TEA ON THE TEA-WAGON.

Luncheons at Home and by Box

Boiled Coffee

2 tablespoonfuls coffee 1 cupful boiling water

Measure two level tablespoonfuls or one rounded one that is just equal to the two level, into a coffeepot which has been freshly rinsed out with boiling water. Add one measuring cupful of rapidly boiling water and let it boil for three minutes. After the three minutes of boiling, add a tablespoonful of cold water and let it stand a few minutes before serving. By tucking a piece of tissue paper into the spout to withhold the aroma while the coffee is boiling, a better-flavored coffee results.

Cocoa

2 tablespoonfuls cocoa	1 cupful boiling water
2 tablespoonfuls sugar	1 cupful milk
1 teaspoonful corn- starch	A few grains of cinna- mon

Mix the sugar and cocoa, level tablespoonfuls of each, with the cornstarch, in a

Kitchenette Cookery

saucepan, add the cinnamon, and pour on the boiling water. Let boil up for three minutes. Add the milk slowly, bring to the boiling point, and whip for a minute with the Dover egg beater. Serve with a teaspoonful of whipped cream to each cup. This recipe gives two cupfuls of cocoa.

CREAM SOUPS

For a simple and satisfying luncheon for one person, nothing is better or easier to prepare than a cream soup, with crackers, or bread and butter, and a bit of a sweet to finish off the meal. Any one of the following cream soups is sufficient for a luncheon for one; the recipes can be doubled or tripled to serve more people:

Cream of Peanut Butter Soup

$\frac{1}{2}$ tablespoonful butter	1 tablespoonful peanut
$\frac{1}{2}$ tablespoonful flour	butter
$\frac{1}{4}$ teaspoonful salt	1 cupful milk
$\frac{1}{8}$ teaspoonful paprika	

Luncheons at Home and by Box

In the top pan of the double boiler, placed directly over the flame, melt the butter and add the flour and salt. Set aside from the flame and add the cupful of milk slowly, stirring until evenly mixed. Return to the fire and let cook up for two minutes. Fill the lower part of the double boiler with hot water and place the soup pan above it. Mix the peanut butter with a little cold milk and add to the soup, and stir until smooth. Just before serving, give it a turn with the Dover egg beater, so as to serve a very creamy soup.

Cream of Tomato Soup for Two

1 tablespoonful butter	1 cupful strained tomato
1 tablespoonful flour	1 cupful milk
1 teaspoonful salt	$\frac{1}{8}$ teaspoonful paprika
	$\frac{1}{8}$ teaspoonful soda

Melt the butter, add the flour, remove from the fire, and add the milk, stirring until smooth, and return to the fire to cook up for two minutes. Heat the

Kitchenette Cookery

strained tomato to boiling and add the soda, skimming off the foam which forms. Pour the heated tomato into the hot milk and turn off the flame under the milk at once. Add the salt and paprika, whip for a minute with the Dover egg beater, and serve.

CREAMED VEGETABLES

Creamed Asparagus on Toast

1 cupful milk $\frac{1}{4}$ teaspoonful salt
1 tablespoonful butter 1 tablespoonful flour
Cooked asparagus

Melt the butter, stir in the flour and salt, remove from the fire, and stir in the milk. If this is added slowly and let boil up for a few minutes, a white sauce without lumps is the result. Heat the asparagus by steaming it in a wire sieve placed over a saucepan of hot water while making the sauce. Place the heated asparagus on slices of hot buttered toast and pour over it the hot white sauce.

Luncheons at Home and by Box

Nearly all cooked vegetables are delicious when heated up in this cream sauce and make an appetizing luncheon dish of left-over bits.

LUNCHEON SALADS

Another good way of disguising bits of left-over foods is to combine them, mix with a salad dressing, and serve on a bed of lettuce. Vegetables can be combined with other vegetables, fruits, meat, or fish. A few nuts or chopped olives added to a mixture of fruits, or fruit and vegetables, change the character of the dish.

There are several good salad dressings which can also be varied to provide the "something different" dish by adding a tablespoonful of tomato catsup, chopped peppers, or pickles.

French Dressing

$\frac{1}{2}$ teaspoonful salt	1 tablespoonful lemon
$\frac{1}{8}$ teaspoonful paprika	juice or vinegar
$\frac{1}{8}$ teaspoonful pepper	3 tablespoonfuls oil

Kitchenette Cookery

Drop the dry ingredients into a glass-stoppered bottle, add the lemon juice, and give it a shake. Add the oil and shake vigorously for half a minute just before serving on the salad.

Thousand Island Salad Dressing

To two thirds of a cupful of mayonnaise dressing add two teaspoonfuls each of chopped green peppers, pimientos, and chives, the sifted yolk of one hard-cooked egg, half a teaspoonful of paprika, tomato catsup, tarragon vinegar, and three table-spoonfuls of chili sauce.

Cooked Salad Dressing

$\frac{2}{3}$ cupful cream	$\frac{1}{4}$ teaspoonful mustard
2 table-spoonfuls vine- gar	$\frac{1}{4}$ teaspoonful paprika
	$\frac{1}{4}$ teaspoonful salt
2 table-spoonfuls butter	2 egg yolks or 1 whole egg

Mix the salt, paprika, and mustard and add the beaten egg, melted butter, and

Luncheons at Home and by Box

cream. Cook in a double boiler, stirring gently until slightly thickened, add the vinegar slowly, stirring continually until well mixed. Remove from the fire and whip up with the Dover egg beater for just a moment before cooling.

LUNCHESES BY BOX

Box lunches can be made appetizing by careful packing. Glass jars for salad or cream soup, to be heated up on an alcohol stove or electric plate, and waxed paper for wrapping individual sandwiches, cake, or cookies are essential.

For the lunch to be taken on a hike, a thermos bottle in which to carry hot coffee or hot soup is almost indispensable. Where a cold drink is desired this same bottle can be used equally well. Following are recipes for various sandwiches which are especially suited for box lunches:

Kitchenette Cookery

Egg Sandwiches

Chop the whites of hard-cooked eggs and put the yolks through a strainer. Season with a boiled or mayonnaise salad dressing and spread between thin slices of buttered bread.

Nut and Olive Sandwiches

Chop equal quantities of English walnuts or pecans and olives, moisten with mayonnaise dressing, and spread between thin slices of buttered bread.

Jam or Jelly Sandwiches

Mix together a quarter of a cupful of finely chopped English walnuts or pecans with half a cupful of currant jelly or strawberry jam, season with lemon juice if too sweet, and spread between slices of buttered bread.

Fig or Date Sandwiches

Mix together half a cupful each of dates or figs and English walnuts, season with

Luncheons at Home and by Box

lemon juice, and spread on slices of buttered bread. The dates should first be cooked in a little water before being chopped and mixed with the nuts.

Sardine Sandwiches

3 large sardines	1 tablespoonful olives,
2 tablespoonfuls butter	chopped
$\frac{1}{8}$ teaspoonful paprika	1 teaspoonful parsley,
$1\frac{1}{8}$ teaspoonful lemon	chopped
juice	

Cream the butter; skin and bone the sardines, mash, and add to the butter, with the lemon juice and paprika. Add the olive and chopped parsley, and spread between thin slices of white bread.

CHAPTER VII

DINNERS FOR SELF AND FRIENDS

WE shall have to admit that the business woman is at a disadvantage when it comes to cooking dinners — for there is no gainsaying the fact that a dinner really worthy the name is hard to prepare when it is known to be intended for but one — so when the mood for real dinners is on, the business woman is apt to search for victims among her friends.

A kitchenette dinner, even when the victim is secured, is a type all its own. There is the necessary informality of service, too, that adds to rather than detracts from the charm of a kitchenette dinner party. My guests have usually counted it great fun to arrive in time to watch a part of the play of preparation — and as the



WHEN A DINNER IS SERVED THE BIG DOORS CAN BE CLOSED
TO HIDE THE KITCHENETTE.

Dinners for Self and Friends

kitchenette opens right into the living and dining room, it is impossible for the cook lady to hide.

As the dessert and salad — when the latter is to be served as a separate course — are prepared, they are placed on the tea wagon with the sugar bowl and cream pitcher. The tea wagon is then pulled to the left of the hostess's place so that she can change the courses without getting up from the table.

A LUSCIOUS ROAST BEEF

For this dinner I secured a three and three-quarter pound porterhouse roast — that is the first cut of rib roast — which that day was twenty-two cents a pound. It came rolled and tied, as I had asked the butcher to prepare it. Lighting the gas under the oven that it might have ten minutes or so in which to become very hot, I wiped off the meat with a piece of paper

Kitchenette Cookery

toweling dipped in water, and placed the meat on a wire rack in my large aluminum pan (to be used as a roaster) with the *skin* side up. This was put in a hot oven and the meat turned once during the first fifteen minutes, then dredged with flour, salted with a teaspoonful of salt, peppered with a shake of the pepper shaker, and basted with the fat that had melted out. The flame was then turned down, as after the first searing in a hot oven, to make the meat retain all its juices, a roast or a steak should continue its cooking slowly.

No water was added to the pan, as it changes the flavor, and we wanted a truly roast this time. Every ten or fifteen minutes the meat was basted and dredged with flour and in just an hour and a half was ready to serve — not roasted to death but cooked through. Sometimes, for the last half-hour's cooking, I invert the other aluminum pan over the meat,

Dinners for Self and Friends

making a roaster, although when not too busy to baste the meat I prefer the flavor of a basted roast.

As this was to be an oven dinner, the potatoes were sliced and allowed to stand in cold water while the biscuits were mixed and set into the ice box until the meat was ready to come out of the oven. The biscuits, cut with a very small cutter, were then placed in the oven where they would be baked by the time the other things were on the table. The dish of escalloped potatoes was ready to go into the oven when the heat of the oven was turned down for the meat. This gave them time to be thoroughly cooked.

The Menu as Served

Roast Beef

Escalloped Potatoes Celery

String Bean Salad

Hot Tea Biscuits

Strawberries and Cream

Snowdrift Angel Cake Coffee

Kitchenette Cookery

Escalloped Potatoes

4 potatoes
 $\frac{1}{2}$ cupful milk
 $\frac{1}{2}$ teaspoonful salt
1 tablespoonful butter
1 tablespoonful flour

Pare and slice the potatoes and drop them into cold water; drain and place half of them in a baking dish of earthenware or glass; add half the flour and salt, then the rest of the potatoes with the remainder of the flour, salt, and the butter. Add the milk, which has been heated, and set into a slow oven to cook until the potatoes are soft. Serve in the dish in which cooked.

Hot Tea Biscuits

1 cupful flour
 $\frac{1}{2}$ teaspoonful salt
1 tablespoonful shorten-
ing
 $\frac{3}{8}$ cupful of milk
2 teaspoonfuls baking
powder

Sift the flour, baking powder, and salt and cut into it the shortening; add the milk gradually, mixing with a knife to a soft

Dinners for Self and Friends

dough. Turn on to a floured board, give two or three turns on the board, and roll out to half an inch in thickness. Cut in rounds, place in pan, and bake in a hot oven ten to twelve minutes.

Snowdrift Angel Cake

$\frac{1}{2}$ cupful egg whites (about 5 eggs)	4 tablespoonfuls wheat flour
$\frac{1}{2}$ cupful sugar	4 tablespoonfuls potato flour
$\frac{1}{4}$ teaspoonful cream tar- tar	
$\frac{1}{2}$ teaspoonful vanilla extract	

Beat the whites of the eggs until light and foamy, add the cream of tartar, and beat until dry. Sift both sugar and flour at least five times and fold in the sugar first and then the flour with a spoon or a spatula. Add the vanilla and pour into the small-tube pan, size number five, which has not been buttered, and bake forty minutes in a moderately slow oven. The cake should rise but not brown during the first fifteen

Kitchenette Cookery

minutes and is ready to come from the oven as soon as it begins to shrink from the edge of the pan. Take out and turn upside down on a wire rack to allow it to hang from the pan for at least half an hour. Remove from the pan and dust with powdered sugar.

A CHICKEN À LA KING DINNER

As dinners are built around the meat dish, and for the informal service of a kitchenette apartment must necessarily consist of but two or at most three courses, the combination dishes of meat, fish, or fowl with vegetables, such as chicken à la king, casserole of veal, or creamed salmon in rice, are especially adapted to our purpose. For the dish of chicken à la king the thighs, legs, and part of the breast were steamed for ten minutes under ten pounds of pressure in the pressure cooker and cut up into small pieces.

Dinners for Self and Friends

Menu

Chicken à la King
Potato Chips Clover Leaf Rolls
Beet Salad
Fruit Cup
Coffee

Chicken à la King for Two

1 cupful cubed chicken	1 cupful mushrooms
$\frac{1}{2}$ cupful chicken stock	$\frac{1}{2}$ green pepper
(or canned chicken soup)	1 yolk of egg
2 tablespoonfuls butter	$\frac{1}{2}$ teaspoonful salt
1 tablespoonful flour	$\frac{1}{8}$ teaspoonful paprika
1 teaspoonful lemon or kumquat juice	$\frac{1}{2}$ cupful thin cream

Skin the mushroom caps and cut the green pepper into strips; cook together in one tablespoonful of butter until slightly browned. While these are cooking, in another saucepan melt a tablespoonful of butter and stir into it the flour, salt, and paprika. Add the chicken stock and cream, stirring constantly, and add the peppers and mushrooms. When it has boiled for three

Kitchenette Cookery

minutes, add the lemon or kumquat juice and chicken. As it boils up again, stir in the well-beaten yolk of egg until evenly blended and serve on toast points at once.

For the beet salad cut the beets into small balls and place them on a bed of shredded lettuce. To shred the lettuce, wash thoroughly to remove grit, dry on a paper towel, and cut into strips with the kitchen scissors. Lettuce for salads is much crisper if it has lain in a piece of cheesecloth on ice for an hour or more before serving. Pour over this a French dressing.

Clover Leaf Rolls

3 cupfuls flour	$\frac{1}{2}$ cake of compressed
1 cupful scalded milk	yeast
1 tablespoonful sugar	White of one egg
$\frac{1}{2}$ teaspoonful salt	
2 tablespoonfuls butter	

Dissolve the sugar, and salt, and melt the butter in the hot milk. Cool until it becomes lukewarm, then add the stiffly beaten

Dinners for Self and Friends

white of egg, and the yeast, which has been dissolved in two tablespoonfuls of lukewarm water. Add flour and beat thoroughly. Add the rest of the flour, turn out on a bread board, and knead until smooth and elastic to the touch. Let rise in a warm place until double in bulk, cut down into tiny rolls. Place three balls together to form the clover leaf and set to rise until twice as large. Brush the tops with milk and bake in a quick oven.

CHAPTER VIII

HIGH-PRESSURE DINNERS

IT was quarter past one when we came in and took off our wraps and we had to leave the house by quarter past two in order to secure our seats for a lecture. On a wild impulse I had asked three friends to come out and be good sports with me in getting a bite to eat. Veal stew and dumplings I had planned for myself, with just a pound of stewing veal in the refrigerator. New Bermuda potatoes were on hand, however, and we hastily washed and brushed these while the meat was turned into the hot pressure cooker to brown in a bit of vegetable oil and butter. The meat browned, the potatoes were turned in and

High-Pressure Dinners

salted with the meat on the rack, two cups of hot water added, and the cover was clamped on. In five minutes the pressure gauge ran up to twenty pounds, where by turning down the gas flame, it was held for ten minutes.

A can of tomatoes was opened, sugared, and put on to heat. Four level tablespoonfuls of coffee were put into the percolator and two cups of hot water added and set over the simmerer of the gas range to percolate. The celery was washed and cut and the butter put on the butter dishes. The mushroom caps were washed and peeled and the bread cut. The ten minutes up, the pressure cooker was taken to the window sill and exhausted to the outer air. The meat and potatoes were removed, and three tablespoonfuls of browned flour and the mushroom caps were added to the stock in the kettle to make the brown gravy.

Kitchenette Cookery

The salad had to be stretched as much as the meat, so each salad plate drew for its share two heart leaves of lettuce with some shredded outer leaves. Two tablespoonfuls of grated carrot were placed on each serving of lettuce; a French dressing was quickly made in the glass-stoppered salad bottle and poured over the carrot and lettuce.

In just forty minutes from the time we entered the door we sat down to the following dinner :

Browned Veal with Mushroom Sauce
Steamed Potatoes Stewed Tomatoes
Celery Ripe Olives
Bread and Butter
Complexion Salad with Crackers
Fruit
Coffee

BOSTON BAKED BEANS IN A KITCHENETTE?

Did you ever stop to think that even Boston baked beans are really boiled, not

High-Pressure Dinners

baked? For even in the Boston way the beans are first parboiled, put into the bean pot with hot water added, and so boiled instead of baked in the oven.

Here is where my pet, the pressure cooker, best shows off his time-cutting qualities. For the parboiling process two cups of beans are washed and soaked in lukewarm water for an hour or two, then put into the cooker with a teaspoonful of soda and two cupfuls of boiling water to parboil. The cover is clamped on, and the pressure run up to twenty pounds, where it is held for five minutes by turning the gas lower. After this cooking, drain off the water, add more hot water to rinse, and again drain the beans. Now pour the beans into a bean pot and add a quarter of a pound of salt pork scalded and cut into small pieces. To half a cup of hot water add three tablespoonfuls of molasses, one eighth teaspoonful of ginger, one eighth

Kitchenette Cookery

teaspoonful of mustard, and one teaspoonful of salt. Pour this over the beans, and if necessary add more water until you can see it.

Place the bean pot inside of the cooker, on the wire rack, and add two cupfuls of hot water. Let the pressure run up to fifteen pounds. Turn down the flame so that the pressure remains steady at fifteen pounds for an hour and a half. When the beans are taken out of the pot, they have the rich, brown color and the identical flavor of real Boston baked beans — such at least was the verdict of two Bostonians who happened to be the victims of this experiment.

To have baked beans for dinner and only start them soaking at three o'clock in the afternoon and use but one gas flame for less than two hours instead of eight hours of oven heat is certainly worth while. Is it any wonder that I am fond of my pet?

High-Pressure Dinners

Dinner Menus Possible in a Kitchenette with or without a Pressure Cooker

Roast Shoulder of Lamb with Mint Sauce
Browned Potatoes Buttered Peas
Tomato and Lettuce Salad
Salted Wafers
Fig Tapioca

Broiled Steak with Mushroom Sauce
Rice Buttered Asparagus
Grapefruit, Cocoanut, and Cherry Salad
Wafers
Coffee Mints

Roast Chicken
Rice String Beans
Celery Ripe Olives
Tomato Jelly and Cheese
Lettuce Salad
Lemon Sherbet
Coffee

Casserole of Veal, Carrots, and Celery
Asparagus and Pimiento Salad
Fruit Tapioca
Coffee

Kitchenette Cookery

Escalloped Oysters
Cold Slaw Baked Potatoes
Coddled Apples
Coffee

Roast Beef and Brown Sauce
Steamed Sweet Potatoes Celery
Cabbage Salad
Orange, Cherry, and Cocomanut Cup
Sponge Cake
Coffee

Creamed Salmon and Rice Border
Dill Pickles Sauté Tomatoes
Cheese Balls on Lettuce
Thousand Island Dressing
Sliced Peaches Cake
Coffee

Meat Loaf with Tomato Sauce
Buttered String Beans Candied Sweet Potatoes
Pineapple and Lettuce Salad
Baker Sponge Cake
Coffee

High-Pressure Dinners

Broiled Steak with Mushrooms
Hashed Brown Potatoes Celery
Chocolate Ice Cream
Coffee

Boston Baked Beans
Buttered Asparagus Brown Bread
Jellied Beet Salad
Fruit Whip
Coffee

CHAPTER IX

EXPERIMENTS TRIED ON FRIENDS

A LITTLE bride next door came in to ask how long she should roast a four and a half pound chicken which “hubby had ordered home for a company dinner that night.” She wanted that chicken just right, and I was looking for victims — both chickens to roast and folks to eat them, so I claimed this an opportunity not to be lightly passed by, and together we set to on Mister Chickie.

We first singed off the remains of his feathered coat over the gas flame, holding neck and wings in one hand and legs in the other, for just a moment or two, being careful not to let the flame itself touch and char the bird. As the crop had been removed it was not necessary, as otherwise,

Experiments Tried on Friends

to cut the slit in the skin at the back of the neck and pull out the gullet, crop, and windpipe. I am always glad when the butcher has completed his end of the job by removing all, instead of just part, of these internal structures, replacing the gizzard, liver, and heart in the cavity when he delivers the chicken. Our butcher, however, had failed to remove heart, lungs, and kidneys from the body of the fowl, so I had to insert my hand and with a slow pressing and pulling motion of my fingers along the backbone work under the soft structures and remove them all. The heart we placed with the gizzard and liver to be cooked for the giblet gravy, throwing away the rest.

We cut off the neck bone, but not the skin, even with the wings, then held the bird under the cold-water faucet for just a moment and wiped it off, inside and out, with a soft paper towel. The stuffing,

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wherein lay the experiment for me — my “trick on Mister Chickie” — consisted of the following :

- 3 cupfuls soft bread crumbs
- $\frac{1}{2}$ cupful peanut butter
- 1 teaspoonful salt
- $\frac{1}{4}$ teaspoonful paprika
- 1 egg, lightly beaten
- $\frac{1}{4}$ cupful liquid, stock or water

This was all mixed together and stuffed into the chicken until it resumed its normal shape. With the kitchenette darning needle and a bit of white twine, a few stitches were taken to close the cavity, so that the dressing would not cook out in the oven. We folded forward the neck skin, folded back the wings and tied them securely down with a cord, and inserted a few pieces of salt pork over the breast of the chicken, fastening them under the neck skin with the darning needle itself. The legs were pulled back close to the body

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and tied securely by drawing another cord around the body of the bird.

Mister Chickie, on a rack, not on the bottom of the roasting pan, then took his stand in the center of a hot oven for fifteen minutes. During this time he was turned so as to become evenly browned on all sides. At the end of fifteen minutes a cup of hot water was put into the pan, and with a long-handled spoon was poured all over the chicken. After each moistening, or, as it is called, basting, we dredged it lightly with flour. A teaspoonful of salt was added after the dredging, and the gas flame of the oven was turned down so that the chicken would continue to cook at a lower temperature for an hour and a half in order to be thoroughly done yet tender. Every ten minutes or so we basted and dredged it and added our pared potatoes and the giblets to the pan to cook three quarters of an hour before serving.

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When all else was on the table, out of the oven came Mister Chickie, as plump, shiny, and brown as any one would wish to see. All cords and threads and the darning needle were carefully removed, lest our carver should encounter them in his carving.

The greater part of the fat left in the roasting pan was poured off for future use, while the pan with the gravy was returned to the fire and the minced giblets and two tablespoonfuls of flour and half a teaspoonful of salt were stirred into it. Half a cupful of milk was added, and it was allowed to boil up for two minutes and poured into the gravy bowl. The rest — there were only bones left to tell the tale.

A SUNDAY DINNER FOR FRIENDS

They said they liked this dinner, these two guests of mine, and they certainly didn't do any perfunctory nibbling. To

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be served lamb, though, on a Sunday and when one is a guest, must have been somewhat of a shock. I was a little dubious myself, for he was a traveling man used to hotel service, and she hadn't kept house for nearly four years, but was regularly eating where dinners cost seventy-five cents a cover.

A peculiar circumstance made me venture to invite them. He had declared that ten years hence no woman would cook — they would all consider it beneath them; and I wanted him to see my playthings that made me contradict his prophecy with a "You just wait until we women have our kitchens fitted up as conveniently for work as you men have your offices, and see if we don't love to cook." I couldn't resist showing off my pet, the large pressure cooker (I am charging up to entertainment the greater part of the fourteen dollars paid for it), so instead of roasting

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my stuffed breast of lamb for an hour and a quarter in the oven, I roasted it à la the cooker.

The meat I had was but two pounds of a breast of lamb. By cutting between the bones and flesh a pocket was made which was stuffed with slices of tart apples sprinkled with sugar and cinnamon. With my kitchen darning needle I caught together the edges with a few stitches and browned the roll in butter for five minutes in the bottom of the cooker placed directly over the flame, then lifted it up by means of the double fork or "crab" in order to insert a wire rack for it to rest upon during the remainder of the cooking. The meat was seasoned with salt and pepper, four washed and brushed potatoes were laid in beside it, and a cup of hot water poured into the kettle.

The cover clamped on, the heat was turned on for eight minutes until the

Experiments Tried on Friends

pressure gauge told us — both Mr. and Mrs. Guest were watching with interest now — that the lamb was being cooked in steam at twenty pounds' pressure. The flame was lowered to keep this temperature for ten minutes; it was only out of respect for the lamb that I didn't let the pressure go up to thirty pounds, when the safety valve would exhaust with a shrill whistle, for the fun of startling my guests. I let the kettle do it once when cooking macaroni and had to call my dish macaroni à la Du Pont, for each little macaroni stick exploded.

At the end of ten minutes of cooking under twenty pounds' pressure, I turned off the gas, allowed it to cool for five minutes until the pressure was down to zero, then carried the cooker to the open window and turned the exhaust valve, letting all the unpleasant lamby smell pass off with the steam to the outside air.

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While the cooker was taking care of the lamb, the macaroni was cooked, salad made, and coffee put on to percolate. In just one hour to the minute we sat down to the following dinner :

Menu

Stuffed Breast of Lamb

Potatoes in Skins	Macaroni and Tomatoes
Bread and Butter	Celery
String Bean Salad	
Pineapple and Raisin Whip	Chocolate Cake
Coffee	

Stuffed Breast of Lamb

2 pounds breast of lamb	2 tablespoonfuls sugar
2 tart apples	$\frac{1}{8}$ teaspoonful pepper
1 tablespoonful salt	Cinnamon

Cut a pocket in the lamb between the bones and flesh. Stuff with sliced apples, sprinkled with sugar and cinnamon. Put into a hot oven. At the end of ten minutes lower the heat, season, and cook for an hour and a quarter.

CHAPTER X

A BITE TO EAT AT BEDTIME

THE American habit of nibbling must have its wants supplied even in a kitchenette apartment. Here it is a simpler matter to open the big doors separating the kitchenette from the living room and prepare the dishes on the gas stove than to get out a chafing dish.

Bedtime bites vary from simple nibbles of toasted wafers and cheese to the more elaborate lobster Newburg, or oyster stew. Shellfish seem to belong naturally to late-hour dining.

Cream Cheese Toasted Wafers

Soften a cream cheese, spread on crisp salted wafers, and lightly brown in a quick oven. Serve with hot cocoa.

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Pimiento Cheese Wafers

Soften a pimiento cheese, add a bit of cream, and spread on salted wafers. Serve with ripe olives and coffee.

“ Slum Gulley ”

New England boys named this dish “Slum Gulley”, although it is really derived from the Tourquemada. Adapted to kitchenette preparation, it is made as follows in the aluminum skillet :

3 tablespoonfuls butter	1½ cupfuls tomatoes
1 green pepper or two pimientos	2 eggs Salted crackers
1 small onion	½ teaspoonful of salt

Cut fine both pepper and onion, and brown them in the butter. Add the tomato and salt and let it cook up. Beat up two eggs, pour into the mixture, and cook gently for just a moment until the egg thickens a bit. Serve at once on salted crackers.

A Bite to Eat at Bedtime

Crab, Creole Style

2 tablespoonfuls butter	1½ cupfuls tomatoes
1 green pepper, chopped	1 small onion, chopped
½ teaspoonful salt	1 cupful crab meat

Cook the pepper and onions in the butter for five minutes in the top of a double boiler placed directly over the flame, and add the tomatoes. When it again cooks up, salt it, and add the crab meat; place over the lower part of the double boiler filled with hot water and let it simmer for ten minutes. Serve on pieces of crisp toast or crackers.

Montevista Lobster

1 small can lobster	½ cupful thin cream
1 green pepper	½ cupful chicken stock or chicken soup
1 small onion	1 tablespoonful corn- starch
1 egg yolk	1 teaspoonful paprika
¼ teaspoonful salt	
2 tablespoonfuls butter	

Cook the sliced onion and pepper in the butter and add the cornstarch and season-

Kitchenette Cookery

ings. Remove from the fire and add the chicken stock, and cream slowly, stirring constantly. Return to the fire, let it boil up for three minutes, and add the cubed lobster meat. Add the egg yolk slightly beaten and serve at once on salted crackers.

Shrimp Wiggle

$\frac{1}{2}$ cupful cooked rice	1 tablespoonful butter
$\frac{1}{2}$ can peas	$\frac{1}{2}$ cupful cream
1 can shrimp	$\frac{1}{2}$ teaspoonful salt
1 onion	$\frac{1}{4}$ teaspoonful paprika

Brown the sliced onion in the butter; add the cream, rice, and peas; let cook up, and add the shrimp, salt, and paprika; simmer over hot water for fifteen minutes, and serve on crackers.

A Midnight Sandwich

Soften cream cheese, slice a Bermuda onion, and place on a crisp lettuce leaf with mayonnaise dressing between slices of buttered bread; serve with hot coffee.

A Bite to Eat at Bedtime

A Fish Salad

- | | |
|-----------------------|-----------------|
| 1 small can tuna fish | 1 green pepper |
| 1 grapefruit | French dressing |

Open the small can of tuna fish, turn out on to a plate without the oil, and let it air for several hours to lose its very fishy odor. Shred the green pepper and cut out the sections of the grapefruit; serve on a bed of crisp lettuce in a salad bowl. Pour the French dressing over just before serving.

Oyster Salad

- | | |
|------------------------------------|-----------------------------------|
| 1 dozen oysters | 2 tablespoonfuls pre- |
| $\frac{1}{2}$ cupful whipped cream | pared horse-radish |
| 1 cucumber | $\frac{1}{2}$ teaspoonful salt |
| 1 pimiento | $\frac{1}{8}$ teaspoonful paprika |
| 1 tablespoonful lemon juice | |

Parboil the oysters and cut into pieces, mix with sliced cucumbers and pimiento, and serve on crisp lettuce with a cream dressing. To make the dressing, mix

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thoroughly the salt, paprika, lemon juice, and horse-radish and fold into it the whipped cream.

Pepper, Grapefruit, and Tomato Salad

1 green pepper
3 tomatoes

1 grapefruit
French dressing

Cook the green pepper in boiling water for one minute and cool. Remove the grapefruit sections, cut tomatoes into sections instead of slices, and shred the pepper. Mix with French dressing and serve on crisp lettuce leaves.

Shrimp Salad

Remove the shrimps from the can and let stand in ice water for half an hour. Drain on a soft paper towel, remove intestinal veins, and cut into half-inch pieces. Let stand for half an hour, mix with a French dressing, and serve on lettuce with mayonnaise dressing.

A Bite to Eat at Bedtime

Mayonnaise Dressing

1 egg yolk	$\frac{1}{2}$ teaspoonful salt
2 tablespoonfuls vinegar	1 cupful oil (olive or cottonseed)
2 tablespoonfuls lemon juice	$\frac{1}{8}$ teaspoonful pepper
	$\frac{1}{8}$ teaspoonful mustard
	$\frac{1}{8}$ teaspoonful paprika

To make a quick mayonnaise that will not curdle requires the use of utensils and materials that are equally cold. Fill the lower part of a double boiler with ice water. Place the upper boiler over this, and mix the pepper, paprika, and mustard. To this add the beaten egg yolk, mix thoroughly, and slowly add the vinegar and the lemon juice. With the Dover egg beater beat this up and add the oil by the half teaspoonful until three or four tablespoonfuls of it have been added. Continuing the beating with the Dover egg beater, add the remainder of the oil more rapidly, and at the very last add the salt. Serve on salad.

CHAPTER XI

HALF-A-CAN RECIPES

ONE of the difficulties of using canned goods in cooking for one or two is that only part of a can can be eaten at one time, and we do not always know just what to do with the rest. Because I found this trying, I began to play tricks on my canned goods and reduced some of my old-time standard recipes to fit my smaller pans. In this way I learned a variety of ways for using each can, so that there is neither waste nor a needless repetition of dishes. With the necessarily small refrigerator of a kitchenette, it is likewise impossible to keep a lot of left-overs, so by using these recipes I avoid them.

In opening a can of any vegetable, and

Half-a-Can Recipes

sometimes of fruit that is not to be served again for a week or so, I pour it out at once, always at once, one half to be used and the other half put into a saucepan to be heated up to the boiling point and poured into a sterilized half-pint jar. After sealing and cooling, these can be set into the refrigerator. It takes but a few minutes to do this, but it saves a monotonous repetition of the same food.

Canned goods used most frequently in this way are corn, peas, tomatoes, asparagus, string beans, lima beans, baked beans, beets, and salmon. All but the beets are used for cream soups. I have one basic recipe which can be adapted to any vegetable in making a cream soup to serve two or three persons.

Basic Recipe for Eight Cream Soups

1 tablespoonful butter	2 cupfuls milk
1 tablespoonful flour	$\frac{1}{2}$ teaspoonful salt
$\frac{1}{2}$ to 1 cupful vegetable pulp	

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Melt the butter, add the flour and salt, and remove from the flame while stirring in the milk. Cook up the vegetable and mash through a strainer, or merely dice up very fine and heat for a hurry-up soup. Cook up the milk and flour, and when it has boiled for three minutes pour in the hot vegetable pulp — except in tomato soup. Remove from the fire at once, give it a few turns with the Dover egg beater, and serve.

Seven Creamed Dishes

The only difference between the cream soups and creamed dishes is that for the one tablespoonful each of butter and flour, one cupful instead of two cupfuls of milk is used, and the vegetables are added whole or in pieces rather than mashed. Corn, peas, asparagus, string beans, lima beans, beets, and salmon are all delicious when served in this way. They may be served on hot toast, in little toasted bread cases

Half-a-Can Recipes

made by cutting out boxes of stale bread and buttering and toasting them in the oven, or in pattie cases. Baking-powder biscuit dough can be used for pattie cases by rolling out to a quarter of an inch in thickness and cutting two rounds, cutting a smaller round out of one of these. The ring so made is placed on top of the first round, moistened with a bit of milk to unite them in the baking. With a sharp-pointed knife cut out the soft center part and fill with the creamed dish made.

Twenty Half-a-Can Salads

Corn and shredded green peppers on lettuce with a French dressing.

Peas, salmon, or tuna fish and olives with a French or mayonnaise dressing.

Tomato with cheese balls on lettuce with a French dressing.

Tomato stuffed with celery and nuts with a mayonnaise dressing.

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Asparagus with a French or mayonnaise dressing.

Asparagus and pimiento with a French dressing.

String beans with a French dressing.

String beans and grated carrots with a French dressing.

Lima beans and corn with a French dressing.

Baked beans, sliced onions, and pickles with a French dressing.

Sliced beets with a French dressing.

Beets stuffed with cream cheese with a French dressing.

Shrimp and pimiento on hearts of lettuce with a mayonnaise dressing.

Lobster marinated in a French dressing, served with mayonnaise.

Salmon, hard-boiled eggs, and olives, with a mayonnaise dressing.

Tuna fish and green pepper on hearts of lettuce with mayonnaise dressing.

Half-a-Can Recipes

Jellied pimiento and cabbage salad with a mayonnaise dressing.

Jellied beet salad on hearts of lettuce with a mayonnaise dressing.

White cherries, orange, and English walnuts with mayonnaise and whipped cream.

Cherries, raisins, and pecans with a French or mayonnaise dressing.

Jellied Pimiento and Cabbage Salad

1 tablespoonful gelatin	1 canned pimiento
2 tablespoonfuls cold water	$\frac{1}{2}$ cupful shredded cabbage
$\frac{1}{2}$ cupful boiling water	$\frac{1}{2}$ green pepper
$1\frac{1}{2}$ tablespoonfuls lemon juice	$1\frac{1}{2}$ tablespoonfuls sugar
1 tablespoonful vinegar	$\frac{1}{4}$ teaspoonful salt

Soften the gelatin in cold water, add the boiling water, and cool. Shred the cabbage and pepper and cut the pimiento into short strips. Mix the salt, sugar, lemon juice, and vinegar, and add with the cabbage, pepper, and pimiento to the softened gela-

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tin. Pour into custard cups and place in the refrigerator to set. Serve on hearts of lettuce with a mayonnaise dressing.

Jellied Beet Salad

1 tablespoonful gelatin	2 tablespoonfuls vinegar
2 tablespoonfuls cold water	$\frac{1}{4}$ teaspoonful salt
	$\frac{1}{8}$ teaspoonful paprika
$\frac{1}{2}$ cupful boiling water	1 tablespoonful sugar
	$\frac{3}{4}$ cupful diced beets

Soften the gelatin in cold water, add the boiling water, seasoning, and beets, and pour into a mold to cool and set. Serve on hearts of lettuce with a mayonnaise dressing.

Corn Fritters

1 cupful corn	1 cupful sifted flour
$\frac{1}{2}$ green pepper, sliced	$\frac{1}{3}$ cupful milk
1 egg or an egg white	1 teaspoonful baking powder
$\frac{1}{2}$ teaspoonful salt	
	$\frac{1}{8}$ teaspoonful paprika

Cook the pepper in boiling water a few minutes to soften; cool, and slice. Mix the

Half-a-Can Recipes

corn, pepper, milk, egg yolk and seasoning, add the flour and baking powder sifted together, and fold in the beaten white of the egg. Bake as griddlecakes in a buttered skillet.

Escaloped Corn and Tomatoes

1 cupful corn	$\frac{1}{2}$ cupful buttered bread
$\frac{1}{2}$ cupful tomatoes	crumbs
$\frac{1}{8}$ teaspoonful paprika	$\frac{1}{2}$ teaspoonful salt
2 tablespoonfuls melted butter	

Mix the bread crumbs in two tablespoonfuls melted butter. Into a buttered baking dish place a layer of corn, a layer of tomatoes and crumbs, and repeat in the same order. Bake until brown, and serve.

Corn Pudding or Timbales

$\frac{1}{2}$ can corn	1 tablespoonful melted
1 egg	butter
1 teaspoonful sugar	$\frac{1}{2}$ cupful milk
$\frac{1}{2}$ teaspoonful salt.	

Beat up the eggs and add the other ingredients, pour into individual buttered

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custard cups, and bake slowly, or set in a pan of hot water and bake as custard.

Asparagus Shortcake with Cheese Sauce

$\frac{1}{2}$ can asparagus	4 teaspoonfuls baking powder
2 cupfuls flour	
$\frac{1}{2}$ teaspoonful salt	4 tablespoonfuls butter
$\frac{1}{2}$ cupful milk	1 egg, beaten very light

Sift the flour and measure and sift again with the salt and baking powder. Cut the butter into the flour, add the milk and eggs together, and mix lightly. Turn out on to a floured board and roll to three quarters of an inch thick. Cut in oblong pieces, and with a floured knife crease through the center of each; fold, and bake for fifteen minutes in a hot oven. Split into halves and place the heated asparagus between. Serve with cheese sauce.

Cheese Sauce

1 tablespoonful flour	1 cupful milk
1 tablespoonful butter	$\frac{1}{4}$ cupful cheese
$\frac{1}{2}$ teaspoonful salt	

Half-a-Can Recipes

Melt the butter in a saucepan, add the flour, stirring until smooth, add the milk slowly, and let the mixture cook up for three minutes before adding the finely cut cheese. Stir until the cheese melts, and remove from the fire.

Macaroni, Cheese, and Tomatoes

1 cupful elbow macaroni	$\frac{1}{4}$ cupful chipped cheese
$\frac{1}{2}$ cupful tomato soup or	1 teaspoonful salt
1 cupful canned toma- toes	1 tablespoonful butter

Cook the macaroni until tender, blanch, and add the tomatoes or tomato soup with half a cup of boiling water. Cook up and add the butter and cheese; stir until thoroughly melted, and serve at once.

A Two-Egg Omelet for Two

$\frac{1}{2}$ cupful milk	$\frac{1}{4}$ teaspoonful salt
2 tablespoonfuls butter	2 eggs
2 tablespoonfuls flour	Pepper

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Make a white sauce of the butter, flour, and milk; when thick and well cooked, cool. Beat the yolks of the eggs until thick, add the seasoning and yolks to the white sauce; fold in the whites, which have been beaten until stiff, heat the omelet pan, butter both the sides and bottom, light the oven gas and pour the omelet into the pan, spreading evenly. Place on the stove and cook slowly until well puffed and browned underneath. Now place the pan on the center grate in the oven to cook the top.

The omelet is ready to serve when it is firm to the touch when pressed by the finger. Turn out on to a hot platter and serve at once with Spanish sauce.

Spanish Sauce

1 green pepper	$\frac{1}{2}$ can tomatoes
1 onion	1 cupful cooked rice
2 tablespoonfuls butter	$\frac{1}{2}$ teaspoonful salt
6 or 8 stuffed olives	

Half-a-Can Recipes

Brown the sliced pepper and onion in the butter and add the tomatoes. To this add the cooked rice, and, just before pouring on to the omelet, add the olives, which have been cut crosswise into slices.

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