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# Superior Fireless Cookery



FRANCES A. SEELY



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## WEIGHTS AND MEASURES.

All measurements are level. Follow rules for cooking given in recipe book. All recipes can be adapted to large quantities by substituting the term "quart" for "cup" and multiplying the smaller measurements, such as spoons, etc. by four. This will give the proper proportions to each quart.

3 teaspoons = 1 tablespoon.

4 tablespoons =  $\frac{1}{4}$  cup =  $\frac{1}{2}$  gill.

$\frac{1}{2}$  cup = 1 gill      2 gills = 1 cup.

2 cups = 1 pint.      2 pints = 4 cups = 1 quart.

4 cups flour = 1 pound = 1 quart.

2 cups granulated sugar = 1 pound.

$2\frac{1}{2}$  cups powdered sugar = 1 pound.

4 tablespoons butter solid and level = 2 oz. =  $\frac{1}{4}$  cup.

2 cups butter packed solidly = 1 pound.

## GENERAL REMARKS.

**Illustrative Recipes**—Are given for all branches of cookery in which superior results can be obtained by the fireless method. **Roasting** and **Baking** are not dwelt upon because from the nature of these processes the products cannot excel and must in some cases fall short of results obtainable in the usual way.

No recipes are given for foods which require but a few minutes boiling on stove and are not benefitted by the fireless method.

Any favorite recipe can be successfully adapted to the Fireless method if comparison is made with similar illustrative recipes.

A number of short time foods can be cooked over the large lower kettle, by rapidly substituting one small kettle for another.

Remove foods from Cooker at the end of an all day or all night period, unless the quantities are very large.

Before using a recipe read carefully all special notes at the head of the group under which it is classed.

Boil directly in utensils furnished with the Cooker.

Do not use large utensil for small quantities of food.

Observe all rules for measuring food and water and boil on the stove for the exact time specified.

All measurements are level.

Lumps should be crushed and sifted before measuring.

A cup is any half-pint cup filled full and leveled with a knife.

A measuring cup divided into thirds and quarters may be purchased from any dealer. The term part used on time table means any unit of measurement. One part meal to six parts water may be one cup to six cups; one quart to six quarts, etc., according to the quantity desired.

Place foods in hot dishes if you wish to serve hot at the table.

Hot Food may be kept hot, or Cold Foods warmed up without drying by placing in Cooker over a kettle containing boiling food or water.

## CEREALS.

### SPECIAL NOTES.

#### Read carefully before cooking any cereal

Owing to process of manufacture, rolled or sterilized cereals take only the proportions given on package. Stir when possible with a fork or wire egg beater.

Proportions given are for firm cereals.

Condensation sometimes settles on top of cooked cereals in a little clear water and may be poured off or stirred in before serving.

Measure meal first and place it in a shallow dish so that it can be shaken lightly into the boiling water. Measure water into kettle which accompanies cooker. Place directly on fire, add salt, and when bubbling boiling hot, add meal, stirring slowly and evenly for several minutes until it begins to thicken. This prevents the meal from gathering in the center and lumping. Be exact as to boiling time over fire. If too short the result will be a thin cereal, if too long, the water will have boiled away and the cereal be thick and stiff.

To prevent lumping in cooking fine grained cereals (Cornmeal, farina, etc.), measure water into kettle which accompanies Cooker, bring quickly to the boil, then remove kettle to side of range or turn out gas so that boiling ceases during the process of stirring in the cereal. Shake cereal in lightly, stirring constantly with wire beater until evenly mixed. Return kettle and contents to fire, stir slowly and evenly until it boils again and begins to thicken. Then boil for the time specified, but not too rapidly, or over too strong a fire. Stir occasionally to prevent settling and sticking. The time required for careful and close attention during the short preliminary boiling of cooker foods, is fully repaid by the very superior

results and long care free period, once the food is in the Cooker.

The flavor of **Steel Cut** or **Old Fashioned Oatmeal**, is preferred by many to the rolled variety. It is also much more economical. 1 part expands to a firm cereal in 5 parts water, whereas the same amount of water would require more than 2 parts rolled oatmeal.

**Note.** Some grades of **oatmeal** develop a slight bitterness from too long a period in the Cooker. In this case, do **not** exceed 10 hours.

Special attention is drawn to the economy and transformation of **Yellow Cornmeal**. It is much better flavored than the white meal and makes a most delicate breakfast cereal. In the case of invalids, it affords a nourishing and appetizing gruel. A combination of 2 parts yellow cornmeal, 1 part farina, makes an agreeable change.

**Yellow Cornmeal—Breakfast Cereal**—One cup meal, 6 cups water, 1 level tablespoonful sugar, 2 level teaspoonfuls salt. Stir meal slowly into boiling salted water, stirring constantly until it begins to boil and thicken evenly. Boil ten minutes, cover before removing from fire, place in cooker, over lower kettle filled with boiling food or water, 6 hours or all night.

**Corn Meal Gruel**—1 part meal, 7 parts water, 1 tablespoon sugar, 2 teaspoons salt; proceed as for breakfast cereal. When cooked this may be still further thinned with milk.

**White Cornmeal**—To prevent lumping, have the water hot, but **not** boiling. Lift kettle from fire and stir in the meal slowly and evenly, then return to fire and **boil** ten minutes as usual. This rule applies also to some of the finely milled grades of yellow meal, otherwise stir yellow meal into boiling water. One level tablespoonful sugar to each cup dry cornmeal greatly improves the flavor of ordinary meal.

**Mush to Fry**—1 cup cornmeal,  $5\frac{1}{2}$  cups water, follow rule for breakfast cereal. On removing from cooker turn the mixture into a shallow square granite pan, previously wet with cold water. When cold turn out and cut in 2 inch squares, roll in flour and place in a croquette basket; fry in deep fat until brown; drain a few minutes on brown paper and serve as a vegetable with bacon, ham, pork tenderloin or roast pork, or as a dessert with syrup or granulated sugar.

**Cracked wheat and pearl hominy** expand more fully if put over fire in cold water; also improved by soaking.

**Cracked Wheat**—One cup meal,  $4\frac{1}{2}$  cups water 2 level teaspoonfuls salt. Place over fire in cold water, heat slowly and boil 25 minutes. Place in cooker 9 hours, or over night. Serve hot with cream or mould and serve cold with whipped cream or crushed fruit and sugar. Delicious for hot mornings.

**Hominy—Fine Granulated**—One cup fine granulated hominy,  $4\frac{1}{2}$  cups water, 2 level teaspoonfuls salt. Stir into the boiling salted water and boil steadily for 30 minutes. Place in cooker 9 hours or over night; delicious fried.

**Hominy, Pearl**—One cup hominy,  $4\frac{1}{2}$  cups water, 2 level teaspoonfuls salt. Soak 9 or 10 hours in plenty of warm water. Pour this off and add  $4\frac{1}{2}$  cups cold salted water. Place over fire and let come slowly to the boil, stirring occasionally to prevent sticking. Boil gently 1 hour and place in cooker over night or all day, when it will have absorbed all the water and be large and full.

**Another way**—Soak as usual. Drain and turn into 3 quarts boiling salted water. Boil 30 minutes. Place in cooker 9 hours or over night. Remove from cooker and drain. Serve as a cereal with cream and sugar or fry and serve as vegetable.

**Rolled Oats, Mothers' Oats, Quaker Oats, etc.**—Rolled wheat, Wheat Flakes, Pettijohn—One cup meal to  $2\frac{1}{4}$  cups water, 1 teaspoonful salt to each cup meal. Add salt to water and when boiling bubbling hot add meal. Stir with a fork or wire egg beater until it boils again; boil 5 minutes; place in cooker 6 hours, or over night; on removing from cooker mix lightly with a fork.

**Steelcut Oats—Old fashioned oatmeal**—One cup meal, 5 cups water,  $1\frac{1}{2}$  teaspoonfuls salt; boil 15 minutes; place in cooker 8 hours, or over night.

**Farina, Vitos, etc.**—One cup meal, 7 cups water, 2 level teaspoonfuls salt; stir into boiling salted water; boil 3 minutes; place in cooker 4 hours, over night.

**Wheatlet, Wheatina, Cream of Wheat**—One cup meal, 6 cups water, follow rule for farina.

All fine grained cereals make delicious desserts if pressed into cups or moulds when warm and allowed to set. Serve with cream and sugar, dried fruits, crushed fresh fruits, jelly or syrup.



## SOUPS.

### SPECIAL NOTES.

**Read carefully before cooking any soup.**

Cover cooked bones with water, but allow 1 quart of water to every 2 pounds of fresh meat. Crack all bones very thoroughly and use more meat than bone. A little baking soda added to dried peas or beans when put on to boil makes them more tender for straining.

On removing from cooker reheat all soups to the boiling point before straining, otherwise flavor and strength are left in meat. If, however, soup meat is wished for croquettes, hashes, etc., allow it to cool in the broth when it will be found juicy and savory.

Unless white stock is desired, the flavor of soup is much improved by browning the meat in a little butter or beef drippings, and then adding the cold water. Bring very slowly to a boil and skim thoroughly for several minutes.

**Cooked Bones** from roast pork or chops make a soup not unlike chicken in flavor. Cook, strain, cool and remove fat. Add tomato flavoring and cooked rice.

**Soup Stock**—Two lbs. beef marrow bones, 2 lbs. coarse lean beef, 2 lbs. lean veal, 1 large onion, 1 carrot, 1 turnip, 6 coarse stalks of celery, 3 quarts cold water. Have bones cracked fine, vegetables cut in pieces and meat cut up as for beef tea. Cover with the water and bring very slowly to a boil. Skim well when it begins to bubble, boil on stove 30 minutes, set in Cooker 9 hours, or over night. Reheat to boiling point and strain. Set away to cool. Remove fat before using. This stock will form the foundation of any soup.

Note—If veal meat is desired for croquettes, stews, etc., let stock cool a little. Remove meat and then reheat stock and strain as directed.

**Stock for Clear Soup.**—Four lbs. lean beef, 2 quarts water, 1 small onion, 1 carrot, 2 stalks celery, salt and pepper. Cut meat up, cover with water, let come slowly to a boil, skim very carefully. Boil 20 minutes. Add vegetables, cut in pieces. Boil 10 minutes. Cover and place in Cooker 9 hours, or over night. Remove from Cooker. Reheat to boiling point and strain first through a colander to catch meat and vegetables, then through an old napkin previously wet in boiling water. Set away to cool. Skim off all fat when it will be ready for any kind of clear soup!

**Julienne Soup**—Three pints clear stock, 2 tablespoons butter, 1 teaspoonful sugar,  $\frac{1}{4}$  cup each of carrots, celery, onion, turnip, and peas. Eight fresh or canned string beans. Salt and pepper. Cut the beans in thin short strips

or tiny rings. The other vegetables in even dice. Brown the onion in the butter, add sugar and carrot. Stir until sugar is dissolved. Add the other vegetables and just enough boiling water to cover. Boil ten minutes and place in Cooker 3 hours. Remove and add to soup stock. Season with salt and pepper to taste, boil 5 minutes and serve.

**Split Pea Soup (Yellow)**—Three cups peas, 4 quarts stock,  $\frac{1}{4}$  teaspoonful soda, 2 tablespoonfuls butter, 2 tablespoonfuls flour, salt and pepper. Wash the split peas, cover with plenty of warm water and soak 8 or 9 hours, or over night. Drain and add cold stock, or this stock may be cooked with peas, using cold water and any kind of cooked bones, meat ends or a little fresh or salt pork. Add soda. Let come slowly to the boil. Skim well, and boil 30 minutes. Place in Cooker 9 or 10 hours or over night. Remove from Cooker and rub through a coarse strainer. Return to stove. Melt butter, add flour, brown slightly, stir into soup. Season to taste with salt and pepper. Boil about 5 minutes, stirring constantly. If this should appear too thick, add a little boiling water and boil up briskly for a moment. Dice a slice of bread and fry to a delicate brown in butter or deep fat. Serve with or in the soup.

Navy bean or lentil soup may be prepared in the same way.

**Brosia Meal** of ground peas, beans or lentils can be used in place of the dried varieties. It is very desirable for soups, purees, etc., requiring no more preparation than the thickening of ordinary soup stock. To every 2 quarts soup add a roux composed of 1 tablespoonful flour and 1 tablespoon butter, as given in recipe for split pea soup.

**Cream of Asparagus Soup**—One bunch asparagus, 3 cups salted water, 1 quart milk, 1 tablespoonful butter, 1 tablespoonful flour, yolks of two eggs. Cut asparagus into  $\frac{1}{2}$  inch pieces and drop into the boiling salted water. Boil 5 minutes on stove, 2 hours in Cooker. Reserve  $\frac{1}{2}$  cup of the most perfect tips and rub the remainder through a colander, or coarse strainer, squeezing very thoroughly to obtain all the juice. Return the liquid to fire to keep hot. Melt butter in a saucepan over hot water and add flour. Rub smooth and stir into the milk. Cook and stir until smooth. Add asparagus liquor slowly. Have egg yolks beaten and ready. Pour the hot soup gradually upon these, stirring constantly. Return to fire for a minute. Season and serve or keep hot in Cooker until wanted.

**Cream of Potato Soup**—Six large boiled potatoes,  $\frac{1}{2}$  cup cream, 1 pint milk, 2 tablespoonfuls butter, 1 tablespoonful flour,  $\frac{1}{2}$  teaspoonful onion juice, 1 teaspoonful

minced parsley. Boil potatoes 5 minutes on fire, 2 hours in Cooker. Remove, drain well, and shake over dry heat. Mash, add cream and beat until very light. Heat milk to boiling point, rub butter and flour smooth and thin with a little of the milk until it can be poured into it. Stir constantly until it thickens and pour slowly into the mashed potato, beating lightly. Season to taste with salt, pepper and onion juice. Add parsley just before serving.

**Cream of Rice**—One quart chicken stock,  $\frac{1}{2}$  cup rice, 1 quart cream or milk, 1 tablespoon butter, 1 small onion, 1 stalk celery. Wash rice carefully and add to stock or water in which a chicken was boiled, and to this add onion and celery cut fine. Boil 5 minutes on stove, place in Cooker 3 hours. Pass through a sieve, add seasoning and milk or cream which has just been brought to the boil. If cream is used, butter may be omitted.

**Delicious Broth**—Equal weights of mutton and veal. Allow 1 quart water to 2 pounds meat, 30 minutes on stove, 9 or 10 hours in cooker, remove from cooker, reheat and strain. Season with salt only. It forms a clear jelly when cold. If the meat is allowed to cool in broth it retains its flavor and may be used for other purposes.

## FISH.

Special attention is called to the unusually sweet flavor of cooker boiled fish. The flesh is white and firm, flaking from the bones without being soft, and in every way superior to stove cooked fish.

**Plain Boiled White Fish**—Scale and clean fish. Wash and wipe dry. Place in a kettle of boiling salted water. Boil 5 minutes, place in Cooker 2 hours. Remove from Cooker and drain. Garnish with thin slices of lemon and parsley. Serve with plain white or egg sauce.

**Turbot a la Creme**—One large whitefish, 1 quart milk, 4 tablespoonfuls flour,  $\frac{1}{4}$  lb. butter, 2 egg yolks, 1 small onion, 1 teaspoonful minced parsley, 1 pinch thyme, salt and pepper. Prepare and cook fish as directed for plain boiled fish. Drain and let stand until cold. Remove skin and pick up fine with two silver forks. Take out all the bones. Place milk on fire with onion, parsley and thyme. Scald up and set in Cooker for two hours. Remove milk from Cooker. Mix flour with a little water and strain into milk. Stir until it thickens, strain over the egg yolks. Add butter, salt and pepper. Pour over fish and mix lightly with a fork, taste again, and add more salt if necessary. Turn into a baking dish or individual shells or ramekins.

Cover top with rolled cracker or buttered bread crumbs and over all a grating of cheese. Bake 30 minutes, or until brown.

**Fresh Codfish**—Select a thick piece from the middle of the fish, cover with plenty of boiling salted water, boil 5 minutes, place in Cooker for 2 hours, drain and serve with egg sauce, pouring half the amount prepared over the fish and the remaining half in a sauce boat.

**Fresh Halibut**—Instead of having the halibut cut in steaks, have it cut in one thick piece and follow rule for fresh cod. Serve with cream or egg sauce.

**Cream Sauce**—Two tablespoonfuls butter, 2 tablespoonfuls flour, 1 cup milk, salt and a dash of red pepper, melt butter, stir in the flour until smooth, add cold milk, heat gradually, stirring all the time until it boils and thickens.

**Egg Sauce**—Make as for white sauce, and add the yellow of 1 raw egg to the thickened milk, and one hard boiled egg chopped fine with a silver knife, or add minced parsley and omit hard boiled egg.

**Turbot a la Creme**—Cod or halibut can be used to make turbot a la creme or a plain scalloped fish, using a simple white sauce to moisten the flakes. Sprinkle buttered crumbs and a grating of cheese over the top. Bake 20 to 30 minutes or until brown.

**Codfish Balls**—Six potatoes, 1 cup codfish, 2 eggs, 1 tablespoonful butter. Pare and cut raw potatoes in pieces. Shred codfish fine with a fork, without soaking, boil with potatoes on fire 5 minutes. In Cooker 1½ hours. Drain, shake dry and mash. Beat in eggs until light, add butter. form into balls, roll in flour, and fry in deep fat.

## MEATS.

### SPECIAL NOTES.

Read carefully before cooking any meat.

**Fresh Meats and Fowl** should be covered with **boiling water** and boiled rapidly for the time specified on fire to harden the albumen and keep in the juices. The simmering which makes them juicy and tender is done in the cooker. **All small and cut up meats for stews** will be found thoroughly cooked in four hours, but are not injured by the longer period which is frequently more convenient. The flavor of stews is improved by searing or

browning the meat before the boiling process begins. A few minutes care in trimming the meat free from fat and gristle—the browning of onion for flavoring in a little dripping before searing meat in same—the addition of carrot or tomato, or both, for flavoring—all serve to make delicious stews out of the commonest cuts of meat. **The gravy** may be thickened and seasoned before placing in cooker and should be thicker than usually desired as a slight percentage of juice from the meat will thin it to the proper consistency when done.

**Salt Meats** It is absolutely essential that all salt meats be soaked in plenty of cold water, then scraped, trimmed free from discolorations and rusty edges, rinsed and placed over fire in **plenty of cold water** and brought **very slowly** to the boil. If placed in warm water or allowed to come to the boil too rapidly, the fiber contracts and hardens and no subsequent boiling will make it tender. On the contrary, the longer it boils the harder and tougher it becomes. Skim carefully and add boiling water if needed before placing in Cooker as kettles must be full.

**Ham**—It is necessary that a ham should be soaked 10 hours, or over night before boiling to soften the hard outer surface so that it can be scraped clean and trimmed free from brown and rusty edges. The water in which it is boiled can then be used instead of meat to flavor bean or pea soup.

If ham, mutton or large meats shrink very much, shorten the boiling time on the stove, as great shrinkage indicates too long boiling before the simmering process of the Cooker begins.

If shank is too long for kettle, slit skin at the back of it with a sharp knife and remove small end bone, then push loose meat into cavity and fasten the skin with a few stitches neatly to the back of the ham.

**Boiled Ham (10 to 12 lbs.)**—Soak 10 hours, or over night. Scrape clean and trim free from brown and rusty edges. Place over fire in large kettle full of fresh cold water. Bring very slowly to a boil, skim carefully and boil steadily 40 minutes. Add boiling water to fill kettle full before placing in Cooker. Place in Cooker 10 hours, or over night. Remove from Cooker, lift edge of skin and peel off. Serve hot. Can be served plain or covered with 3 tablespoonfuls grated bread crumbs mixed with two tablespoonfuls brown sugar. Brown in oven or under gas broiler.

A caramel composed of 3 tablespoonfuls sugar, 1 tablespoonful English mustard and just enough vinegar to make a

smooth paste may be used instead of bread crumbs and sugar. Score ham, spread caramel over top and in each square stick a whole clove. Brown and serve.

**Another**—After removing skin, stick in cloves, put in baking pan. Sprinkle with brown sugar, add 1 goblet full of sherry or sweet cider. Bake in moderate oven 1 hour, basting frequently.

If desired for cold ham, let nearly cool in liquor before removing skin. Serve plain, or brown as directed.

**Tongue**—Wash and place over fire in cold water, boil on stove 30 minutes. Place in Cooker over night. Remove from Cooker, pour cold water over it and skin from tip to end. For sauce 2 tablespoonfuls flour, lightly browned with 1 tablespoonful butter, 1 quart water, in which tongue was boiled; 1 turnip, 1 carrot, cut fine; some parsley, 1 small onion; 1 tablespoonful Worcestershire sauce, salt and pepper. After boiling, the tongue is placed in the above sauce and baked.

**Boiled Leg of Mutton**—Place mutton in large kettle and cover with boiling water. Add one medium sized onion 1 one carrot cut in pieces. Season with pepper only. Boil 30 minutes. Then place in Cooker 8 hours or over night. After serving hot, season liquor with salt and return mutton to it to cool.

Note—Remove the thin outer skin of mutton, as the strong flavor lies in this. If leg is too long, remove small end bone, pin loose meat down with a skewer, and it will go into kettle easily.

**Pot Roast**—Trim beef free from fat or gristle. Place this fat, dripping or salt pork in stew pan over fire. Add 1 onion and 2 carrots cut in rounds. Fry gently 5 minutes, stirring to prevent burning. Remove vegetables to a dish and put in meat, moving and turning until well browned on all sides. Cover with boiling water and return vegetables adding more carrots if flavor is liked. Season with pepper. Boil gently 20 or 30 minutes, according to weight of beef, boil up hard a minute, before setting in Cooker over night or all day. Remove from Cooker, take out beef and set liquid over fire, boil up, thicken with flour and water passed through a strainer, add salt to taste, put meat in, boil 10 minutes, being careful not to burn. Serve or set back in Cooker until wanted.

**Fresh Pork** is an admirable substitute for chicken in making salads, croquettes, etc. Cool in the liquor in which it is cooked, then trim free from fat and gristle before dicing or mincing. The liquor may be used as soup stock. Flavored with tomato, and the addition of rice, it is not unlike chicken.

**Spring Chickens** may be evolved from old hens.

**For Broiling** split down the back, clean very thoroughly and remove all membrane adhering to inside of breast and back. Close again and cover with plenty of boiling water, boil 30 minutes; in Cooker 4-6 hours according to age of bird. Remove from Cooker, spread chicken open, broil bone side slowly first, then spread a little butter on the meat side and brown quickly; delicious. For roasting, stuff fowl as usual, plunge into fast boiling water, boil 30 minutes, in Cooker 4 or 6 hours. Remove from Cooker, spread with a little butter, roast in a hot oven until brown.

Attention is drawn to the great economy of this method. The meat from the mature bird is not only more nourishing, but the liquor in which it is cooked can be used for soup. Season with pepper and salt, add cooked rice and a little tomato. Or both may be omitted and a lightly beaten egg stirred in just before serving. 1 egg to each quart of broth. In the case of large quantities the number of eggs may be lessened proportionately, or part of the broth used plain.

**Chicken Stew**—Cut up chicken, wash and remove all the membrane adhering to bone side of back and breast, as the strong flavor seems to be in this, cover with boiling water and skim carefully as it comes to a boil. Season with pepper and boil 30 minutes, place in Cooker for 6 or 8 hours, according to age of chicken; on removing from Cooker, skim chicken out and keep hot. Thicken gravy and add salt, boil up and return the chicken, boil 10 minutes and set back in Cooker for 30 minutes to blend with gravy. A little curry powder added to gravy will give curried chicken, or chicken may be browned in a frying pan before boiling, making a brown fricasee.

**Plain Mutton or Veal Stew**—Three lbs. lean meat cut in squares, place in Cooker kettle, cover with boiling water, boil 20 minutes, skim well. In Cooker 4½ hours, or longer if desired, remove from Cooker, skim meat out and keep hot, thicken gravy with flour and water passed through a strainer, season to taste with salt and pepper, return meat to gravy, boil 10 minutes and return to Cooker for about 30 minutes to blend with the gravy.

**Brown Mutton or Veal Stew**—Three lbs. lean meat, 1 onion, 2 tablespoonfuls flour, 2 tablespoonfuls butter, 3 tablespoonfuls finely minced salt pork, cut meat in three inch squares, slice onion and fry in the butter until it begins to color, skim out, put in meat squares, brown on all sides, and turn into Cooker kettle, add flour to gravy in pan, stir until smooth and add 1 pint of cold water,

pepper and salt to taste, stir constantly until it thickens, pour over meat and add minced salt pork, boil ten minutes, watching carefully that it does not stick. Place in Cooker 4 hours or longer if desired. A teaspoonful of curry powder may be added to veal if flavor is liked and thus make curried veal.

**Beef Stew**—Three pounds beef (round) cut in 2-inch squares, free from fat or gristle; 3 tablespoonfuls butter or beef dripping, 3 level tablespoonfuls flour, 1 teaspoonful salt,  $\frac{1}{4}$  teaspoonful pepper,  $\frac{1}{2}$  can tomatoes or 4 whole ones. Place onion in frying pan and fry a golden brown. Add beef and turn often for about 10 minutes. Remove beef to pot, and to gravy in pan add seasoning, tomatoes and 1 pint water. Mix flour with a little water and stir into gravy. Boil up and pour over beef. Boil 10 minutes and place in Cooker 3 or 4 hours. Veal may be cooked in the same way, omitting onion.

**Mock Birds**—One and one-half lbs. veal, cut very thin. Trim and cut in strips 3 inches wide and 4 inches long. Make a dressing of bread crumbs, as for fowl.  $1\frac{1}{2}$  pints bread crumbs, 1 teaspoonful salt, a little pepper,  $\frac{1}{2}$  teaspoonful sage or summer savory, rubbed fine between the hands, 1 tablespoonful butter. Mix very thoroughly. pour a little boiling water over hard bits of bread or crusts, add to dry crumbs (this binds them together.) Spread on strips of meat, roll up and tie with a clean white string, then roll in flour. Place salt pork or beef fat dripping over fire. When melted and hot, put in meat birds, turning often so that they brown without burning. This will take about 10 minutes. Remove from pan and place in kettle. Put 2 even tablespoonfuls flour in the fat left in the pan, add one level tablespoonful butter. Stir until smooth and slightly brown. Add 1 pint cold water, stir constantly until it boils. Season with salt, pepper and a little tomato. Strain this over meat birds, and boil gently 10 minutes. Set in Cooker 5 hours or longer if desired, over large utensil filled with boiling water or food. Cut and remove all strings. Arrange on deep platter and pour the gravy over them. Beef may be prepared in this manner.

**Mutton chops** may be browned, **pork and veal chops** breaded and browned in hot fat, the gravy made as for mock birds and the same general directions followed for fire and Cooker.

**Braised Pork Tenderloin**—Cut tenderloins open, but not quite through, make a dressing as for veal birds and fill the tenderloins. If small make one form the cover of the other, bind together with clean white string, roll in flour and proceed as for veal birds.



**Beef Olives**—One and one-half lbs. beef round, sliced thin, trim and cut in 4-in. strips. Sprinkle with chopped parsley, and a little pepper and salt, roll and fasten with toothpick or clean white string. Roll in flour and brown in salt pork fat, beef drippings or butter, turn often and when well browned remove to Cooker pot. Thicken gravy in pan with 2 tablespoonfuls flour, 1 tablespoonful butter. Add 1 pint cold water, season with salt and pepper, stir until it boils and thickens, pour over beef olives, boil 10 minutes, and place in Cooker  $3\frac{1}{2}$  to 4 hours.

**Sweetbreads**—Wash and place in cold water for 30 minutes, then carefully pull off all the tough and fibrous skin. Cover with boiling water, boil 10 minutes, place in Cooker 3 hours or even all night. Beef sweetbreads are rendered delicious by the long period. On removing from Cooker drop into very cold water. They are then ready to be creamed, fried, etc.

**Creamed Sweetbreads**—Cut the boiled sweetbreads in very small pieces, season with salt and pepper and moisten well with cream sauce. Boil 3 minutes and return to Cooker to blend with the sauce for 30 minutes. They are then ready for patties, etc.

**Breaded Sweetbreads**—After being boiled, split them and season with salt and pepper, dip in beaten egg and cracker crumbs. Fry in deep fat until a light brown. Serve with thin crisp bacon.

## VEGETABLES.

### SPECIAL NOTES.

Read carefully before cooking any vegetable.

Winter vegetables require a few minutes longer boiling than the more tender ones of summer. Drain cauliflower, cabbage, potatoes and onions immediately on removing from cooker. A dash of cold water on cauliflower will blanch it. Cream or serve cold as salad. All other vegetables are sweeter if allowed to cool in the water in which they are cooked. They can be drained and reheated with butter, pepper and salt, or creamed if desired. Potatoes may be cooked dry by boiling 10 minutes, drain and dry over fire for a moment and place quickly in Cooker for the usual time over boiling food or water. Unpeeled potatoes may be left in Cooker 8 hours without becoming watersoaked; remove from Cooker and shake over dry heat as usual.

**Plain Boiled Potatoes**—Pare, cut in half if large. Cov-

er with plenty of boiling salted water. Boil hard 5 minutes, in Cooker  $1\frac{1}{2}$  hours. Drain very thoroughly and dry on stove over hot plate or low fire, shaking hard all the time. Remove from direct heat and cover with a clean napkin for a few minutes when they will be mealy and dry. For mashed potatoes, mash thoroughly, add milk and a small piece of butter. Beat very light with a slit spoon or a fork. The longer they are beaten, the fluffier they become. Pile lightly in a hot dish and serve at once.

**Creamed Potatoes**—Slice or dice cold boiled potatoes, cover with milk. Let come to a boil, add butter, pepper and salt to taste, add 1 tablespoontul of flour mixed in a little cold water, boil up well and place in Cooker 1 hour or longer if desired, or make a white sauce and pour over potatoes. Boil up and place in Cooker 1 hour to blend.

**Cream Carrots**—Scrape and cut carrots in rounds, boil 10 minutes on stove, set in Cooker over night. Remove, cool, drain in colander, partly cover with milk, return to stove. Boil up, thicken with flour and water passed through a strainer; butter, pepper and salt to taste. Boil 5 minutes, stirring to prevent burning, then set back in Cooker for at least 30 minutes, to blend with the sauce.

Plain boiled cabbage, cauliflower, celery or salsify are delicious reheated in milk and creamed according to recipe given for creamed carrots.

Reject coarse heart of cabbage and break cauliflower into pieces. It cannot be too strongly emphasized that the flavor of all vegetables is improved by being returned to Cooker to blend with the sauce.

**Cabbage or Cauliflower au Gratin**—Take plain boiled cabbage or cauliflower and follow rule for creaming carrots. Place in a buttered baking dish or individual shells. Cover top with buttered crumbs and over all a grating of cheese. Bake in a hot oven 20 minutes or until brown.

Cabbage creamed, or au gratin, is more delicate than cauliflower.

**Beets**—New beets will cook in  $6\frac{1}{2}$  hours if covered with plenty of boiling water—on removing from Cooker, turn into colander and rub skin off quickly, slice across and place in a hot dish, season with salt, pepper and a generous quantity of melted butter.

**Canned Vegetables** are improved by the Cooker. Use  $\frac{1}{2}$  the usual quantity of milk on corn. Season with but-

ter, pepper and salt. Thicken and season tomatoes and other vegetables as if for serving. Boil up on stove 2 minutes, place in Cooker 1 to 2 hours or longer if desired.

**Macaroni**—Macaroni must be removed from Cooker and drained at end of two hour period. It may then be returned to Cooker and placed over other food or boiling water, to keep hot until wanted. Can be prepared at noon and kept hot in this manner until evening.

Special attention is drawn to the nourishment contained in Cooker cooked macaroni or spaghetti. The expansion is so great that it is as tender cold as hot, thus permitting preparation in advance of use.

It may be served with meat stews as a substitute for potatoes, as a separate dish with tomato or cream sauce, or baked.

**Macaroni, Plain Boiled**—One-half lb. macaroni, 2 quarts boiling salted water. Break macaroni in 2 inch lengths and drop into the boiling salted water. Stir occasionally with a fork until it boils again to prevent settling and sticking to bottom. Boil 5 minutes and place in Cooker for 2 hours. Drain and serve with tomato sauce, cream sauce, or bake.

**Tomato Sauce**—Two tablespoonfuls butter, 2 tablespoonfuls flour,  $1\frac{1}{2}$  cups tomato juice, 1 teaspoonful beef extract, 1 cup grated cheese, or if soft cheese 3 heaped tablespoonfuls. Season to taste with salt and a dash of red pepper. Rub butter, flour and cheese together, warming a little to melt, then add cold tomato juice, stirring constantly until it boils and thickens. Lastly, add beef extract. Pour this sauce over hot macaroni. Mix lightly with two forks and serve. If cheese is dry and grated it may be added to sauce last. For cream sauce use milk instead of tomato juice and omit beef extract.

**Tomato Sauce (2)**—Inexpensive and delicious. 1 small onion,  $\frac{1}{2}$  can tomatoes, 2 tablespoons butter, 1 tablespoon flour, salt and pepper. Slice onion thin and fry golden brown in the butter, add tomatoes, boil 10 minutes. Mix flour smooth in  $\frac{1}{4}$  cup cold water, add to boiling tomatoes, boil 2 minutes. Serve with plain boiled macaroni or spaghetti.

**Baked Macaroni with Cheese**—Prepare as for plain macaroni. Drain and mix with cream sauce. Turn into buttered baking dish. Have ready  $\frac{1}{2}$  cup grated cheese,  $\frac{1}{2}$  cup bread crumbs. Sprinkle over the macaroni and brown in oven about 20 minutes. Or butter the bottom of a baking dish, then alternate layers of plain macaroni

with layers of grated cheese, dabs of butter, a sprinkle of salt and a very little cayenne pepper. Add some buttered bread crumbs to the cheese for the last layer. Moisten with a little cream or milk poured in at the sides and bake 30 minutes.

**Macaroni Croquettes**—Break  $\frac{1}{2}$  lb. macaroni in  $\frac{1}{2}$  inch pieces and follow rule for plain boiled macaroni. Make a cream sauce of 2 tablespoons butter, 2 tablespoons flour,  $1\frac{1}{2}$  cups milk,  $\frac{1}{4}$  teaspoon salt, a dash of red pepper, adding last  $\frac{1}{4}$  cup grated cheese. Drain macaroni thoroughly and stir into sauce. Spread on a buttered plate to cool, then form into balls or little rolls and dip in fine crumbs, then beaten egg and again in crumbs. Fry in deep fat. Drain on paper and serve hot.

**Baked Beans**—One quart navy beans,  $1\frac{3}{4}$  quarts water,  $\frac{1}{4}$  teaspoonful baking soda,  $\frac{1}{2}$  lb. salt pork, 4 tablespoonfuls molasses. 1 tablespoonful English mustard, 1 teaspoonful salt. Wash beans and cover with plenty of warm water. Soak 9 to 10 hours, or over night. Drain and add the fresh cold water and baking soda. Bring slowly to a boil and skim well. Boil 30 minutes. Remove rind from pork, cut in two-inch lengths, mix mustard, salt and molasses until smooth. Add this and the pork to beans, boil 10 minutes longer. Place in Cooker 10 hours, or over night. Remove from Cooker and turn into a round baking dish, arranging pork in a circle even with top of beans. Bake one hour in hot oven, or until brown. C sugar may be substituted for molasses, or if New Orleans molasses is used, a little more soda is necessary. Golden syrup gives a more delicate flavor than New Orleans molasses.

**Stewed Beans** to be served without baking require  $\frac{1}{2}$  cup less water. Brisket beef may be substituted for pork if desired.

## DESSERTS.

### SPECIAL NOTES.

Read carefully before cooking any rice.

Rice should be washed in cold water until the last water looks clear. Drain and follow any desired recipe.

Rice in milk should be placed over fire cold. Let

come slowly to the boil, stirring occasionally to prevent settling and sticking.

**Plain Rice (Chinese Rice)**—One cup rice, 9 cups boiling salted water, 3 teaspoonfuls salt, wash rice in cold water, drain and shake into the fast boiling salted water. Stir with a fork or wire egg beater to prevent settling until it boils again, then boil hard for 5 minutes. Place in Cooker for exactly 30 minutes, or 25 minutes if broken rice, remove and drain in a clean colander, cover with a clean napkin. Set back over the hot kettle or in the oven for a few minutes to steam dry, or drain as you would potatoes, being careful not to shake, or the rice will matt—each grain should be distinct and full.

**Another Way**—Wash and soak rice in cold water 8 or 10 hours. Drain and proceed as for plain rice, or follow rule for rice in milk. The grains will be abnormally large.

Note—Rice with chicken or any meat must be cooked separately in plain boiling salted water as for “Chinese Rice” and added to meat when gravy is made, then set back in Cooker to blend and ripen. If cooked with the meat the expansion is so great that all the moisture is absorbed and both rice and meat remain hard and under done.

**Rice Croquettes**—Take cold boiled rice, allow 1 teaspoonful of butter and 1 beaten egg to each cup of cold boiled rice. Mix and roll into oval balls with floured hands, dip in beaten egg then in cracker crumbs and fry in deep fat like doughnuts. Drain on brown paper and serve hot with meat course.

**Escalloped Rice**—One cup rice, 9 cups water, 3 cups grated cheese, 1 cup rich milk, 4 tablespoonfuls butter,  $\frac{1}{2}$  cup bread crumbs. Wash rice and drain. Add slowly to boiling salted water and boil hard 5 minutes; in Cooker 30 minutes. Drain in strainer. Place in a buttered baking dish, a layer of rice, then a liberal layer of cheese, a faint dash of cayenne pepper and dabs of butter, then another layer of rice, cheese, etc. to top of dish. Toss the crumbs in a little melted butter and sprinkle on top layer. Pour over all, the milk and bake  $\frac{1}{2}$  hour. Serve hot.

**Rice or Tapioca in Milk**—One cup rice or tapioca,  $5\frac{1}{4}$  cups milk or half milk and half water,  $\frac{2}{3}$  cup sugar, 1 teaspoonful salt, flavor with grated nutmeg. Set over fire cold and let come slowly to boil, stirring with a fork to prevent sticking, then boil 5 minutes and place in Cook-

er 2 hours or longer. Some rice is very dry and if the center of the grain remains hard, add more liquid for expansion. Some poor grades of rice never soften in the center.

**Rice or Tapioca Custard**—Take  $\frac{1}{2}$  cup rice or tapioca to 5 cups milk, and follow rule for rice in milk. On removing from Cooker set the kettle in boiling water and add two well beaten eggs. Bring the water in lower kettle to a quick boil, then remove rice to Cooker for 30 minutes. Vanilla flavoring may be used instead of nutmeg if preferred.

**Rice and Fruit**.—Follow rule for rice or tapioca custard, but reserve the whites of the eggs for a meringue. Line a deep dish with the rice, then place a layer of Cooker-cooked fruit on it; whip the whites of the eggs stiff, adding a little sugar. Cover rice and fruit mixture with this and set it in the oven till light brown.

**Tapioca and Sago**, soaked and cooked with fruit juices instead of water make delicious and dainty desserts. The juice of cranberries stewed and strained, currants, raspberries, cherries, orange or lemon may be used. Sweeten juice before measuring.

When using juice strained from canned or preserved fruits, reserve the whole fruit and pour over it the cooked fruit tapioca. Chill and serve with whipped or plain cream and sugar.

**Pearl tapioca** should be covered with plenty of cold water and soaked not less than 8 hours or more than 12. Drain and cook according to rule. In using gelatine for fruit shapes, it will not set if allowed to boil. If desired, sago may be used as a substitute for gelatine. Follow rule for sago.

**Tapioca Sponge**—Follow rule for tapioca in milk, substituting vanilla flavoring for nutmeg. Remove tapioca from Cooker, place on stove over boiling water, and whip into it, the stiffly beaten whites of two eggs. Beat hard until it appears to set. Chill and serve with cream.

**Pineapple Tapioca**—1 cup plain tapioca, Cooker-cooked in water, 3 cups sugar, juice of 1 lemon, 1 can chopped or 1 fresh pineapple, shredded, whites of 3 eggs beaten stiff. Add sugar, fruit, and last, gradually, the stiffly beaten egg whites. Beat well and boil up once. Chill and serve. Cranberries may be used in place of pineapple.

**Fresh Fruits**—Rhubarb and apple sauce which require

but a few minutes quick boiling are not benefitted by fireless cooking, as they acquire a stronger flavor and turn dark.

**Whole Apples in Syrup**—Make a rich syrup, 1 cup water to 1 of sugar or a plain syrup,  $\frac{1}{2}$  cup sugar to 1 cup water, flavored with whole spices tied in a bag. Have ready whole apples pared and cored. Remove spice bag and pour the boiling syrup over apples, covering fully. Boil 5 minutes on stove, place in Cooker 4 or 5 hours, filling other utensils with boiling food or water as usual. One tablespoonful sherry wine may be added just before removing from fire or when flavor is preferred use a few slices of lemon and omit spices. An inverted plate or saucer placed over apples before covering will prevent them rising out of syrup. Allow apples to cool in syrup and serve very cold with whipped cream, adding a red cherry to the center for effect. Cover spice bag and bottle extra syrup for future use. Cook early apples half time.

**Pears**—Pare, cut in half and follow the apple recipe.

**Pears in claret**—Make a syrup of 2 cups claret to 1 cup sugar, 6 whole cloves. Boil syrup 5 minutes, add pears previously peeled and cored and proceed as for whole apples in syrup.

**Crab Apples**—Follow rule for apple syrup. Boil two minutes only in syrup without coring or paring.

**Cranberries**—One quart berries, 2 cups sugar,  $1\frac{1}{2}$  cups water. Boil 5 minutes, place in Cooker 4 hours, or over night if desired. The berries will fill and come out whole.

## DRIED FRUITS.

### SPECIAL NOTES.

Read carefully before cooking any fruit..

**Dried and Evaporated Fruits** swell to their natural size, tender as jelly and equal to the best home-made preserves.

**NOTE.**—Dried and evaporated fruits acquire a strong, disagreeable flavor, and turn dark if boiled longer than specified. Bring quickly to the boil and follow rules for boiling time accurately.

**Acid fruit juices** left over from apples, apricots, plums, etc., may be used to make a delicious fruit tapioca. Sweeten to taste before measuring. Add a little seasoning of lemon and nutmeg or cinnamon to apple juice.

**Preparation**—Pick over fruit carefully, cover with plenty of cold water, and let stand for about ten minutes to soften any dirt. Then wash in at least three waters, rubbing lightly between the hands. Lastly, turn into colander or sieve and rinse. Return fruit to kettle, cover to twice its depth with cold water, and soak 8—10 hours or over night. Longer than 12 hours destroys the flavor.

**Apricots** are especially delicate and desirable when Cooker-cooked. The small grade and bright appearance have the best flavor.

**Pitted Plums** make an excellent filling for pies and steamed puddings or a delicate tart fruit sauce.

**Prunes**—A pitted prune may be had which is not only delicious and economical for sauce but very desirable for fruit shapes, pies, puddings, etc. The prune fills out as perfectly as the prune with a stone.

**Peaches**—Some brands of peaches will peel after soaking. Slip the skin off with the fingers and drop each half-peach thus peeled into another kettle until all are done. Then strain the water in which they were soaked back over them. This prevents scraps of skin disfiguring the clear juice and the fruit thus carefully prepared quite repays the extra trouble. On the other hand, evaporated and peeled peaches may be had which quite equal the fresh fruit preserve.

**Process**—Place fruit over fire in water in which it was soaked, using Cooker kettles. Add sugar at once and more water if necessary, as the liquid should cover the fruit about 1 inch **before** boiling begins. After boiling begins, the amount of liquid is not discernible as the fruit rises to the surface.

**Frozen Desserts**—Cooker-cooked dried fruits will be found superior to the canned variety for making frozen desserts, sherbets, etc. Use any favorite recipe.

**Process**—Strain off juice and rub fruit through a sieve, or a more convenient method is to use a flour sifter. Add pulp to juice, and to each quart thus prepared allow 1 cup sugar, 2 tablespoons lemon juice and 1 tablespoon gelatine, previously dissolved in  $\frac{1}{4}$  cup water. Freeze to a mush. 1 pint of stiffly whipped cream beaten into the frappe at this point makes a delicious sorbet, but is not necessary. Do not serve for two hours after adding cream.



**Fruit Whip**—Whip one pint of cream very stiff and stir into it 1 cupful of any kind of finely cut Cooker-cooked dried fruit, drained free from juice. Sweeten cream for acid fruits. Chill and serve.

**Evaporated Apricot Sponge**—Two cups Cooker-cooked apricots, 1 cup sugar, 1 cup apricot juice or juice and water,  $\frac{1}{2}$  package gelatine, whites of 3 eggs. Soak gelatine in  $\frac{1}{2}$  cup cold water. Boil juice and sugar for ten minutes. Mash the apricots fine and rub through a strainer. Add to syrup, boil 2 minutes, stirring constantly. Place this kettle in another of boiling water, add gelatine, stir until it is quite dissolved. Remove the kettle to a dish of ice water and beat the mixture until it begins to cool. Then add the stiffly beaten whites of the eggs and continue beating until slightly stiff. When it will just pour, turn into one large or several small moulds, previously wet with cold water, and serve with plain or whipped cream and sugar. This rule also applies to Cooker-cooked cranberries, evaporated plums or peaches, using  $\frac{1}{2}$  cup less sugar for peaches.

**Dried Fruits**—Apricots, prunelles, pitted plums, peaches without skins, 1 lb. fruit,  $\frac{3}{4}$  lb. or  $1\frac{1}{2}$  cups sugar. Boil 2 minutes; in Cooker, 8 hours or over night.

**Peaches with skins, prunes without stones, pears, nectarines**, 1 lb. fruit,  $\frac{1}{2}$  lb. or 1 cup sugar. Boil prunes and nectarines 2 minutes, peaches and pears 5 minutes; in Cooker, 8 hours or over night.

**Prunes with stones**, 1 lb. fruit,  $\frac{1}{4}$  lb. or  $\frac{1}{2}$  cup sugar. Boil 5 minutes; in Cooker, 8 hours or all night.

**Apples**—1 lb. fruit,  $\frac{1}{2}$  lb. sugar,  $\frac{1}{2}$  lemon sliced, stick cinnamon and a small bit of ginger root. Each 5 minutes on stove, 8 hours in Cooker.

**Prunes in Claret**—Wash and cover with water 1 pound large prunes. Let soak over night or all day. When put on to boil they should be covered with about 1 inch of water. Boil 5 minutes and add 1 cup claret. When this begins to boil, place quickly in Cooker for 8 or 10 hours.

**Jellied Prunes, Apricots, etc.**—One pound Cooker Cooked prunes,  $\frac{1}{2}$  box gelatine,  $\frac{1}{4}$  cup sugar, soak gelatine in  $\frac{1}{2}$  cup cold water, strain juice from prunes into a small saucepan, add sugar and enough boiling water to make one pint of liquid, boil 5 minutes. Remove from fire and add gelatine. Stir until fully dissolved. Remove stones from prunes and pour the jelly over them. Mould and chill. Serve with whipped cream and sugar.

**Jellied Prunes** — (2). Use the largest grades of prunes, remove stones, fill the cavities with chopped nuts, raisins or dates, cover with gelatine mixture as usual and set away to harden. **Note.**—The juice of a lemon added to the gelatine mixture makes an agreeable change.

**Prune Whip**—One lb. Cooker-cooked prunes,  $\frac{1}{2}$  cup sugar,  $\frac{1}{2}$  cup cream,  $\frac{1}{2}$  teaspoon vanilla. Drain prunes, remove stones, chop or mash till smooth, add cream, sugar and flavoring, and beat with egg beater until light. Chill and serve with the prune juice as sauce. Prune juice may be boiled down to a thick syrup if desired and a dash of lemon juice added.

**Spiced Prunes (delicious with cold meats)**—Two lbs. prunes,  $4\frac{1}{2}$  cups sugar, 1 cup prune water, 2 cups vinegar,  $\frac{1}{2}$  teaspoonful whole allspice,  $\frac{1}{2}$  teaspoonful whole cloves. Use the best grade of prunes. Wash and cover with fresh cold water. Soak 8 hours or over night. Drain and prepare a pickling syrup of the vinegar and the water in which prunes were soaked. Add sugar and spice, boil 10 minutes, pour over prunes. Boil 5 minutes, in Cooker 8 hours, or all night. Remove from Cooker, let cool in syrup and stand for 24 hours before using. Do not use too much water in soaking prunes, as only 1 cup is used with the vinegar. The balance may be sweetened to taste and flavored with a dash of lemon juice or vinegar. Boil 10 minutes and use as a fruit syrup to serve with cereals or puddings.

**Whole Figs**—Soak 8 hours, or over night. Boil 5 minutes. No sugar required. Place in Cooker 8 or 9 hours, or over night. They should be covered by about 1 inch of water when placed over fire.

**Figs with Fruit Juice**—One lb. figs, juice of 2 oranges and 1 lemon,  $\frac{1}{2}$  cup sugar. Add enough of the water in which figs were soaked to cover by about an inch when placed over fire. Boil 5 minutes. Place in Cooker 6 hours or over night if more convenient.

**Figs with Ginger**—One pound figs,  $\frac{1}{2}$  cup sugar, juice of 1 lemon, a little of the yellow rind, green ginger root about the length of a finger. Peel ginger and cut in shreds. Liquid should cover figs about 1 inch when placed over fire. Follow usual rule for cooking. On removing from Cooker, drain syrup from figs and simmer gently until quite thick. Pour back over figs, chill, and serve with cream.

## BROWN BREAD AND STEAMED PUDDINGS.

**Brown Bread and Steamed Puddings** are better put on to steam in cold water which is then brought to a boil and kept constantly boiling for the required time. Place a small wire coffee pot stand or inverted perforated pie tin in bottom of water kettle under mould, while on fire—use regular moulds, baking powder tins or small lard kettles, grease well and fill two-thirds full. Steam 30 minutes on fire and place in Cooker over large lower kettle full of boiling food or water. Mix dry soda with a little granulated sugar until the soda granules disappear, then add to flour or liquid as usual.

**Brown Bread**—Two cups Graham or rye meal, 2 cups yellow cornmeal, 1 cup molasses,  $\frac{3}{4}$  cup sour milk, 3 cups cold water,  $1\frac{1}{2}$  teaspoonfuls soda, 1 teaspoonful salt, 1 teaspoonful sugar. Rub soda, sugar and salt together until all soda granules disappear, add to meal and sift. Then beat together thoroughly with the milk and molasses. Pour into a buttered mould or kettle, filling two-thirds full. Put on stove over cold water. Boil 30 minutes, place in Cooker for 6 hours, then in a hot oven for 20 to 30 minutes or until brown.

**Brown Bread**—One cup flour, 2 cups yellow cornmeal, 1 cup molasses,  $2\frac{1}{2}$  cups milk (turned),  $1\frac{1}{2}$  teaspoonfuls soda, 1 teaspoonful salt, a small bit of ginger. Steam  $\frac{1}{2}$  hour, place in Cooker for 6 hours. Then bake  $\frac{1}{2}$  hour, or until brown.

**Plain Fruit Pudding**—One cup fruit, 3 cups flour, 1 cup raisins, 1 cup milk, 1 cup New Orleans molasses, 1 teaspoonful soda, 1 teaspoonful salt, 1 teaspoonful ginger, 1 teaspoonful cinnamon,  $\frac{1}{2}$  teaspoonful cloves. Steam 30 minutes, in Cooker 6 hours.

**Fruit Pudding No. 2**— $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  cup sugar,  $1\frac{1}{2}$  cups flour, grated peel of 1 lemon, 3 eggs,  $\frac{1}{2}$  lb. raisins,  $\frac{1}{8}$  lb. candied citron, 4 figs,  $1\frac{1}{2}$  cups flour. Cream butter and sugar together, add eggs beaten very light. When thoroughly mixed, stir in flour and grated lemon peel. Mince citron and figs, seed and halve raisins, dust well with flour and stir into batter. Pour into buttered mould. Steam 30 minutes. In Cooker 6 hours.

**Apricot Pudding**—One lb. Cooker cooked apricots,  $1\frac{1}{4}$  cups flour, 2 level teaspoonfuls baking powder,  $\frac{1}{2}$  teaspoonful salt, 2 tablespoonfuls butter, 1 cup milk. Put baking powder and salt in flour and sift twice, chop fat into this with a knife. Add milk and mix to a dough. Strain the juice from the apricots and reserve it for sauce

for the pudding. Butter a mould or small kettle. Cover with an inch of dough, then a layer of apricots, then more dough and so on until you have used up all your materials, leaving dough for last layer. Cover closely and steam 30 minutes. Place in Cooker 5 to 6 hours.

**Sauce**—Strain and heat the apricot juice. Thicken with a tablespoonful each of flour and butter. Add one table-spoonful sugar. Boil 3 minutes.

**Bread raising**—Mix yeast batter, set in Cooker over warm water for 1 hour. Mix into dough. Return to Cooker for 2 hours. Mould into loaves. Raise and bake. Or place the larger kettle filled with boiling water in Cooker; leave until interior is well heated, then remove water and set sponge in Cooker to raise.

**ADDENDA.**

**Barley Water for Infants**—Formula given by Miss Grayce G. Welch, Dietitian Jackson Park Sanitarium. One ounce pearl barley grains, 1 dram salt, 1 quart water. Boil 1 hour on stove, place in cooker for 12 hours. Remove from cooker and strain. This gives a barley water with value of 3 calories per ounce. This process takes the place of 10 hours boiling on the fire.



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